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MK Stalin Backs CJP Protest, Rules Out Working With 'Backstabber' Congress

Chennai. (Agency)

The DMK has thrown its weight behind the Cockroach Janta Party (CJP) protests against SIR and Chief Election Commissioner Gyanesh Kumar, while also distancing itself from the Congress that has been spearheading the political protest against the poll body. At a meeting of party MPs in Chennai, DMK chief MK Stalin has directed leaders to up the ante against the SIR and support the Cockroach Janta Party agitation, sources have told NDTV. At the same time, Stalin, according to sources, has made it clear that the Dravidian party will not work with the "backstabber" Congress.

The meeting, chaired by former chief minister, was called to discuss the SIR issue. The DMK has also resolved to demand the scrapping of the SIR exercise and return to the ballot paper system, sources have told. The meet decided to work closely with the CJP. The party has accused the Congress of "doublespeak" on the SIR issue.

Notably, Stalin has been very vocal over the last few days on the crackdown on the protesters. On Thursday he spoke strongly against the detention of CJP founder Abhijeet Dipke ahead of the Tiranga march.

Illinois temple shooting plot: India urges US to ensure safety of Indian nationals

New Delhi. (Agency).

India on Friday called on the United States to ensure the safety, security and well-being of Indian nationals, describing an alleged plot to carry out a mass shooting at a Hindu temple in Illinois as a matter of "deep concern". Ministry of External Affairs spokesperson Randhir Jaiswal made the remarks in response to a query during his bi-weekly media briefing. A 19-year-old was arrested in Palatine, near Chicago, for allegedly planning a



mass shooting at the Sri Venkateswara Temple in Aurora, Illinois, on Sunday. The plan reportedly failed after the gun he was carrying jammed and could not fire.

The teenager appeared in court on October 14 and was charged with one count of making a terrorist threat and one count of unlawful possession of weapons. India had on Thursday expressed deep concern over reports of the alleged plot, linking the incident to growing concerns over "racist hostility and anti-India hate" in the US.

Several US lawmakers and advocacy groups have also expressed shock over the alleged plot, warning that anti-India hatred was escalating into violence.

BJP Leader LK Advani, 98, Admitted To Delhi Hospital With Chest Infection

New Delhi. (Agency).

Veteran Bharatiya Janata Party (BJP) leader and former Deputy Prime Minister Lal Krishna Advani was admitted to Indraprastha Apollo Hospital in Delhi with a chest infection. His condition is stable, hospital officials said. The 98-year-old leader was brought to the hospital at around 7.30 pm on Friday and admitted to the pulmonary department. He is currently under observation by a team of doctors, while medical tests are underway.

Advani is undergoing treatment at the hospital, and his condition remains stable, according to the officials. This is not the first time the veteran leader has been hospitalised in recent months. He was last admitted to Apollo Hospital in May this



year due to age-related health complications. He remained under medical care for a few days before being discharged. Earlier, in December 2024, Advani was admitted to the intensive care unit (ICU) of Indraprastha Apollo Hospital for medical management and investigations. He was treated under the supervision of a neurologist. The hospital then stated that his condition was stable. On December 17, 2024, the hospital reported that Advani had shown gradual improvement and was likely to be shifted out of the ICU within the following one to two days.

Born on November 8, 1927, in Karachi (present-day Pakistan), Advani is one of the most prominent leaders in the history of the BJP. He played a key role in the party's growth from a relatively small political force into a major national political organisation.

Devendra Fadnavis says regime change possible only through elections under constitution

Those eyeing to create a situation similar to that in India's neighbouring countries, should remember that the Constitution guarantees justice to everyone, the CM added.

New Delhi. (Agency).

Maharashtra Chief Minister Devendra Fadnavis on Friday said that as long as the Constitution remains in force, a change of government can take place only through elections, with decisions being made in Parliament. His remarks came amid a controversy over senior advocate Prashant Bhushan's call for "regime change". Fadnavis also alleged that attempts were made in recent years to attack the Constitution and the country's democracy. CM Fadnavis and former Chief Justice of India (CJI) B R Gavai released two books as part of the Brihanmumbai Municipal Corporation (BMC)'s educational initiative to promote constitutional values, fundamental duties and democratic principles among students in its schools. Amid the ongoing protests against Chief Election

Commissioner (CEC) Gyanesh Kumar over alleged irregularities in the ongoing SIR, Prashant Bhushan on Thursday called for a "regime

change", stressing that it was the democratic right of every citizen. Speaking at the event in central Mumbai's Dadar, Fadnavis said, "I heard some recent statements. Someone just said that the fight will now take place on the streets and not in Parliament, and the regime will change. But I want to tell them that as long as the Constitution of Bharat Ratna Dr Babasaheb Ambedkar exists, decisions will be taken in Parliament and regime change will happen only through elections."

In recent years, several attempts were made to attack the Constitution and the country's democracy, but India's constitutional framework is so strong that nobody could touch it, he said.

Those eyeing to create a situation similar to that in India's neighbouring countries, should remember that the Constitution guarantees justice to everyone, the CM added.

"I think those who are planning to bring about a situation like Pakistan, Bangladesh, Sri Lanka and Nepal, should remember that this Constitution has given everyone the right to access justice in this country," he said. People should seek justice through constitutional means, he said, adding that the Constitution also provides for dealing with those who act against its provisions.



'Police can break bones, not satyagraha': Rahul vows legal action over alleged assault on students

In a post on X, Gandhi said the Congress would not allow the "brutality by Amit Shah's Delhi Police" to go unchecked.

New Delhi. (Agency)

Congress leader Rahul Gandhi on Friday accused Delhi Police of refusing to register an FIR over the alleged assault of student protesters and vowed to pursue legal action against the officers responsible.

In a post on X accompanying a video of his interaction with injured students, Gandhi said the Congress would not allow the "brutality by Amit Shah's Delhi Police" to go unchecked.

"Delhi Police is refusing to register an FIR on the assault of our students. Two young women, Athira from Kerala and Ritu from Rajasthan, along with many others, were beaten by Delhi Police," he said. Gandhi added that he had spoken to Kerala Home Minister Ramesh Chennithala and Rajasthan Pradesh

Congress Committee president Govind Singh Datasra, and that a Zero FIR had already been



registered in Kerala.

"We will pursue every legal route against the officers responsible, in Kerala, in Rajasthan and in the courts. Brutality by Amit Shah's

Delhi Police will not go unchecked," he said.

Invoking the 1930 Dharasana Satyagraha, in which Sarojini Naidu led unarmed protesters against British police action, Gandhi said the students' resolve reflected the spirit of non-violent resistance. "Police can break bones. They cannot break a satyagraha. India's youth, especially young women, are fearless, determined and united. They are standing up for our democracy, and I stand with them," he said. Gandhi met the students, including members of the Congress' student wing, the National Students' Union of India (NSUI), at his mother Sonia Gandhi's residence at 10 Janpath on Wednesday. The students were injured during recent protests against Chief Election Commissioner Gyanesh Kumar over alleged irregularities in the Special Intensive

JDU's Anant Singh Claims He Got '9 Killed For Nitish Kumar', Then A 'Lalu' U-Turn

New Delhi. (Agency).

Janata Dal United (JDU) MLA Anant Kumar Singh has triggered a major political controversy in Bihar after claiming to have "masterminded the murders of nine people for former Chief Minister Nitish Kumar", with the party distancing itself from his remarks. Singh, who has been upset with the party for fielding his political rival Neeraj Kumar in the upcoming legislative council polls, made the claim while lashing out at his adversary. "Nitish Kumar and I go back a long way. To help him, I got nine people murdered. I stood by him in times when he was struggling to find a toehold," he said. Singh also referred to past political rivalries, alleging that Neeraj Kumar had previously opposed him and questioned why the party chose to nominate someone with whom he had



differences. Reacting to this, the Lalu Prasad Yadav-led Rashtriya Janata Dal (RJD) hit out at the former Chief Minister, alleging that Singh's remark amounted to an admission of political crimes.

"Anant Singh has effectively confessed to nine murders, murders that occurred while Nitish Kumar was Chief Minister, and, by implication, for the sake of Nitish Kumar.

Even if Anant Singh later retracted or altered his statement, likely due to pressure from his party at both the central and state levels, does it not remain a fact that Nitish Kumar built his power in Bihar by aligning himself with notorious criminal gangs from across the state - whether from Motihari, Muzaffarpur, Vaishali, or the Mokama region? Who were these notorious gang members? They were all with him," party leader Shakti Singh Yadav said.

What JDU said

JDU quickly distanced itself from Singh's remarks, with the party's national spokesperson Rajiv Ranjan Prasad asserting that it "did not deserve to be taken seriously". Without naming Singh, the JDU leader said, "Nitish Kumar has stood out for an untainted record, with no blemishes of hobnobbing with criminals and involvement.

1 Killed, 3 Injured As Truck Hits Bikes In Delhi's Dwarka, Driver Arrested

New Delhi. (Agency).

A man was killed and three others injured after a recklessly driven truck hit two motorcycles near a traffic signal in southwest Delhi's Dwarka, police said on Saturday. The accident occurred at 12.45 am near the Crescent Apartment crossing in Sector 18, they said.

The victim, identified as Gaurav, sustained a severe head injury. He was rushed to a nearby hospital where he was declared brought dead, and his body has been preserved at the Deen Dayal



Upadhyay Hospital mortuary, a police officer said.

The three injured were identified as Hitesh (18), Harshit (20) and Dhruv (23). Hitesh and Harshit were initially taken to Indira Gandhi Hospital and later referred to higher medical centres for further treatment. Dhruv was admitted to Max Hospital and was found unfit to give a statement, police said.

The truck driver, Hotam Singh (41), a resident of Uttar Pradesh's Agra, has been arrested. Police have seized the truck, both motorcycles and other exhibits. A crime team inspected the accident site. A case has been registered and further investigation is underway, police added.

Karnataka committed to expanding NLSIU campus, promises land and financial assistance: CM Shivakumar

Karnataka. (Agency).

Chief Minister D K Shivakumar on Saturday assured the National Law School of India University (NLSIU) of the Karnataka government's full support for expanding its campus, including allotment of land and financial assistance to strengthen infrastructure for legal education.

Shivakumar was speaking after joining Chief Justice of India Surya Kant and Karnataka High Court Chief Justice Vibhu Bakhru in laying the foundation stone for the South Block, auditorium and student

centre at the NLSIU campus in Jnanabharathi, Bengaluru.

"I am proud that Karnataka took the lead in establishing the National Law School. When we



were student leaders in the state, the establishment of the first National Law School was celebrated with great enthusiasm across the country," he said.

Assuring the university of government support for its expansion, the Chief Minister said there was no need to worry about the availability of land or financial resources.

"Whether it is seven acres or 10 acres, whatever you need, the government is committed to helping you with land grants and financial assistance," he said.

Congratulating Vice-Chancellor Prof. Sudhir Krishnaswamy and his team on the institution's infrastructure expansion, Shivakumar said the government considered it its responsibility to protect and develop the prestigious institution.

Assuring the university of government support for its expansion, the Chief Minister said there was no need to worry about the availability of land or financial resources.

In Gurgaon, man returns to find his wife murdered in loo, hands tied

Gurgaon.(Ajency)

A 34-year-old woman was found murdered inside her house in Daulah village in Sohna on Friday, with her hands tied and tape covering her mouth and face.

Her husband discovered her body in the bathroom around 2pm after returning home with their children from school and finding household belongings scattered across the house, police said. The motive for the murder remains unclear. Police said they are investigating all possible angles, including suspected theft, and have yet to identify the suspects.

The deceased, Neetu, was married to Prashant, a teacher at a private school. According to police, Prashant had left home with the children for school on Friday morning. When they returned around 2pm, he found household belongings scattered across the house. Suspecting something was wrong, he searched the premises and found Neetu lying in the bathroom with her hands tied and tape over her mouth and face.

Shocked by the sight, he raised an alarm and rushed her to a private hospital in Sohna, where doctors declared her dead.

Woman crossing road on her way to work run over by crane in Gurgaon

Gurgaon.(Ajency)

A woman who was travelling to her workplace in Sector 45 was crushed to death by a Hydra crane while she was trying to cross Hero Honda Chowk on Thursday morning.

Police have arrested the driver and seized the vehicle. The deceased, Mahvash Siddiqui, was employed with SRF Limited, a chemical conglomerate company, which has its office in Sector 45. Her father said that the family lives in Manesar and every day, Mahvash would take a bus to Hero Honda Chowk, cross the road towards Subhash Chowk to reach work. However, on Friday, a crane, allegedly being driven at high speed and negligently, hit her from behind around 8.30am while she was trying to cross the road. She died on the spot following the collision. "After receiving information about the accident, a team from Naharpur Rupa police post reached the spot and arranged for a private ambulance to take Mahvash to Civil Hospital in Sector 10. Doctors declared her brought dead," a police officer said.

Noida man strangles 40-year-old neighbour after spat over parking, loud music

Noida.(Ajency)

A 40-year-old auto driver was allegedly drugged and strangled by his neighbour, a pharmacist, after repeated disputes over parking and loud music in Greater Noida's Kulesara.

The accused allegedly mixed intoxicants into the man's liquor before killing him and dumping his body at an isolated stretch on Lakhnawali Road.

Lalit Kumar Sharma (43) was arrested and the Maruti Suzuki Brezza allegedly used to transfer the body was seized. Pills and the victim's broken mobile phone were also found with him.

The victim, Pawan Sharma, lived in Kulesara and had a longstanding dispute with Lalit over parking his three-wheeler on a narrow street near the latter's house. The two had also quarrelled over music on several occasions, police said. On Oct 15, Lalit allegedly invited Pawan to a party and took him in his Brezza (UFM/8392). He allegedly mixed the pills into Pawan's liquor.

Man found murdered in Faridabad; wife, her lover arrested

Gurgaon.(Ajency)

A 40-year-old man was found murdered with a stab wound to his neck at his relative's house in Faridabad's Shyam Colony on Thursday morning. Police have arrested his wife and her alleged lover in connection with the murder conspiracy. The deceased, Gopal, originally from Kumarpur village in UP's Hathras district, had been living in Faridabad for around 15 years and worked as a machine operator at a factory in the DLF industrial area. According to police, Gopal's wife Kajal (35) had travelled from their native village to Faridabad on Oct 13 with two of their three children and was staying at a relative's house in Shyam Colony. Gopal also visited the house the next day to meet them.

On Thursday morning, their daughter called Gopal's brother, Bhura, and told him that her father was unwell. When Bhura reached the house, he found his elder brother dead and informed the police. Based on Bhura's



complaint, a case was registered under Section 103 (murder) of BNS at Palla police station. During the probe, police found that Gopal and Kajal had been involved in a domestic dispute over her acquaintance and alleged affair with Yogendra (37), a man from

their village. Investigators suspect that the two allegedly conspired to kill Gopal.

According to preliminary findings, Gopal reached the relative's house on the intervening night of Oct 14 and 15 in an intoxicated condition. After he fell asleep, Kajal allegedly stabbed him in the neck with a knife, causing his death. She allegedly fled after the crime, making her the prime suspect in the case, police said. The DLF crime branch subsequently arrested Kajal and Yogendra from their native village. A police officer said Yogendra was not present at the house during the murder but was allegedly involved in the conspiracy. Police are questioning them to establish the sequence of events and their alleged roles in the crime.

"Police have arrested the two accused and are investigating all aspects of the alleged conspiracy," Faridabad police spokesperson Yashpal Yadav said.

UDISE code must for 2027 board exam forms in Haryana

Gurgaon.(Ajency)

Schools in Haryana will have to enter their Unified District Information System for Education (UDISE) code in the application forms of students appearing for Class 10 and Class 12 board examinations in March 2027, following directions from the Union ministry of education. UDISE code serves as a unique identifier for a school in the national education database. Officials said making it mandatory in board examination applications would help verify students' academic records and establish whether they are registered with the institution in which they study. The move is also aimed at detecting possible irregularities involving schools operating beyond

their recognised levels or enrolling students under another institution's identity. For instance, an institution running Classes 11 and 12 but registering students through another school could come under scrutiny during verification. Linking examination applications to the school's UDISE code is expected to help authorities identify discrepancies in enrolment details and check the recognition status of institutions. The system maintains information on schools and supports education authorities in planning, monitoring and record-keeping. Haryana Board of School Education has initiated steps to implement the requirement, and the district education office has issued instructions to schools to ensure

compliance. Block education officers have been asked to direct schools in their respective areas to enter the correct code while completing examination-related formalities.

Officials have stressed that schools must enter the correct code and complete the required formalities carefully to avoid discrepancies that could affect students during registration for the March 2027 examinations. The education department has asked schools to complete the necessary formalities well before the board examination application process begins. The requirement is intended to strengthen transparency in school records and make verification of examination applications and academic documents more reliable.

From Uttam Kumar's nostalgia to women at the helm, Ghaziabad's pandals tell many

Ghaziabad.(Ajency)

--His smile once lit up the silver screen. This Durga Puja, it will greet visitors at a pandal in Indirapuram. Mahanayak Uttam Kumar, the iconic Bengali film star, who dominated the industry from the 1950s to 1980s, would have turned 100 this year. At Shipra Suncity Bongotoru Durga Puja in Central Park, Indirapuram, the superstar is coming back to life through the pandal showcasing his enduring legacy. Kumar's appeal has transcended generations. One of Bengali cinema's most bankable stars during its golden era, he remains a cultural touchstone for



Bengalis across the world. His familiar smile adorns the pandal walls, while stills from films such as Saptapadi, Harano Sur, Indrani and Nayak feature on the front facade. Greater Kailash-1 Durga Bari, too, has brought a slice of

the actor's legacy to Delhi. "Uttam Kumar represents a shared cultural memory. The centenary provides an opportunity to revisit that legacy while introducing it to audiences in the north who may know the legend more by name than by his work," said Avinash Chakraborty, general secretary of Bongotoru. Durga Puja marks the goddess's homecoming. It brings people together in a vibrant celebration of culture, art and devotion, more so for the expatriate or 'probasi' Bengali community. Dedicated to Durga's victory over demon Mahishasura, the festival symbolises the triumph of good over evil.

240 litres of ghee, 18kg chilli powder seized in Navratri crackdown in Dadri

Noida.(Ajency)

A team of the food safety and drug administration department on Friday seized approximately 240 litres of ghee and 18 kg of chilli powder over labelling violations from a warehouse of City Mall, an online grocery retail platform, in Dadri.

The raid was conducted on the directions of the district magistrate and was led by chief food safety officer Virendra Dwivedi. Assistant commissioner of food, grade II, Sarvesh



Mishra said that the department had stepped up inspections to ensure food safety standards were being complied with during the Sharadiya Navratri festive season, when demand for certain food items increases. He said the ghee was confiscated after officials found claims on the packaging about the presence of vitamins and minerals in the product, which they

considered potentially misleading. He said the chilli powder did not have essential information on its packaging, including the packing date and the batch number. The product was suspected to be misbranded, he said. "Apart from the seizures, officials also collected six food samples for laboratory testing. These included Avatar brand ghee, Avatar brand cow ghee, chilli powder, makhana (fox nuts), mustard oil and buckwheat flour, commonly known as kuttu atta. The samples will be examined to

determine whether the products meet the prescribed quality and safety standards," Mishra said. Laboratory findings will help determine whether further action is required against the products that were tested.

The department also issued instructions to food business operators to ensure that products are procured only from licensed or registered suppliers. They were directed to maintain purchase bills and verify manufacturing dates, batch numbers and other

mandatory labelling details before purchasing, storing or selling food items. Mishra said inspections and sample collection would continue under the district magistrate's directions to safeguard public health and ensure food products meet the prescribed standards.

Power supply to condo snapped over dues, 6th time in a year

Noida.(Ajency)

Noida Power Company Ltd (NPCL) disconnected electricity supply to Mahagun Mywoods in Greater Noida West at 9am on Friday over unpaid dues. It was the sixth such disruption since Nov 2025. The supply was restored around 5.30pm. "The society had outstanding dues of Rs 1,78,01,835 against its Sept 2026 electricity bill. Between Oct 5 and 14, it paid only Rs 1,07,50,646, leaving Rs 70,51,189 unpaid. The connection was therefore liable for disconnection on this amount," NPCL said. On Friday, the society paid a further Rs 48 lakh and submitted an undertaking to clear the remaining Rs 22 lakh on Saturday.

The condominium, which has 6,158 flats housing approximately 5,000 families, runs on a single-point electricity connection. It had been on power backup for over eight hours. NPCL said the builder's maintenance team had not cleared the dues despite repeated warnings and notices. "Mahagun Mywoods Society has a history of delayed payments, compelling us to take disconnection action on several occasions. We have issued multiple notices and granted opportunities for this society to clear its outstanding dues. Timely payment is essential, and repeated failures can lead to such actions as per our procedures, in which we give a prior one-week notice before the disconnection action," said an NPCL spokesperson.

According to the discom, the society has



faced disconnections on five earlier occasions: on Nov 21, 2025, with outstanding dues of Rs 85.4 lakh; Dec 15, 2025 (Rs 68 lakh); March 16, 2026 (Rs 71.4 lakh); April 14, 2026 (Rs 46.7 lakh); and Sept 17, 2026 (Rs 51.5 lakh).

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An American pope brings American-style governance to the Vatican, even in a health crisis

VATICAN CITY.(Agency)

There's a telling anecdote from St. John Paul II's pontificate that illustrates how Pope Leo XIV and his American style of governing have changed the Vatican and the way it handles papal health crises. The Polish pope, 84 at the time, was back at Gemelli hospital battling an acute respiratory infection, breathing problems and the worsening effects on his larynx of Parkinson's disease, which had made speaking nearly impossible and breathing difficult.Doctors performed a tracheotomy under anesthesia, an incision in John Paul's windpipe, to help him breathe. And yet the next morning, his spokesman gave reporters a remarkably rosy, seemingly implausible update: John Paul had eaten his regular breakfast of coffee with milk, 10 biscuits and a yoghurt."Something that would suffocate anyone," church historian Alberto Melloni recalled Friday. "But it was normal then that they told lies about the pope. Those were the rules of the game." Two papacies and twenty years later, Pope Leo XIV has changed the rules of the game.

Bali Hit By Fuel Shortage, Hundreds Protest As Queues Stretch Over Kilometre

world.(Agency)

Hundreds of people protested a petrol shortage that authorities have blamed on supply disruptions on Indonesia's resort island of Bali on Thursday, as hours-long queues built up at gas stations.Officials urged residents to stay calm this week, noting there was enough fuel to go around on the island that relies on shipped-in gasoline and diesel supplies. Long lines stretched more than a kilometre (0.6 miles) at several gas stations in the provincial capital of Denpasar on Thursday, according to an AFP reporter, and around 500 people rallied outside the governor's office."This is such a mess... we've been standing in line for four to eight hours. I just hope the government's response will be much better," Adolf Alfino, a 21-year-old university student attending the protest, told AFP. The supply disruption was due to delays in distribution after a tanker had trouble discharging its cargo, according to state-owned oil and gas firm Pertamina.

Protest vs Counter-Protest In UK Amid Row Over Poll Body Chief Gyanesh Kumar

London.(Agency)

A large group of demonstrators gathered outside the High Commission of India in London on Friday for a protest organised by the Student Federation of India (SFI) UK. A smaller group of Indian government supporters convened a counter-protest to the "Stand in Solidarity" student demonstration demanding "accountability and transparency". The demonstration on Friday followed an "Emergency Protest" earlier this week outside India House in London, called to "amplify" the demands of the Cockroach Janata Party (CJP) - including the demand for the removal of Chief Election Commissioner (CEC) Gyanesh Kumar and the scrapping of the Special Intensive Revision (SIR) of electoral rolls in India. The two groups were kept apart by several Metropolitan Police officers, as both sides waved the Tricolour with a set of steps separating the two groups.

How slipper-clad Houthis hit Saudi Arabia with Claude AI and China’s missile parts

✱ Yemen's Houthis are no longer just ragtag fighters in slippers, armed with Kalashnikovs and riding pickup trucks. Backed by Iranian weapons technology, equipped with Chinese-made missile components and experimenting with Anthropic's Claude AI, the rebels are building a more sophisticated arsenal of

world.(Agency)

The classic image of Yemen's Houthis is that of slippers wearing Kalashnikov-wielding militants riding their Toyota pickups across vast expanses of desert. They also may or may not be high on the khat leaf. But this image belies the technological capabilities the Zaydi Shia movement has developed, and the military threat it now poses to its biggest regional rival, the oil-rich Gulf Kingdom of Saudi Arabia.Since September, the Iran-backed Houthis have taken over almost all of Yemen's Red Sea coast while shrugging off hundreds of Saudi airstrikes. Although a counteroffensive by forces loyal to the Riyadh-backed Yemeni government has clawed back some ground, including reportedly liberating the vital port city of Mokha, Houthis (who are also known as Ansar Allah) remain a force to be reckoned with.More importantly, the Houthis have also

carried out missile and drone strikes targeting Saudi Arabia, hitting, among other things, vital oil extraction and refining infrastructure and King Khalid International Airport in



Riyadh.The battlefield gains of Iran's proxy's cannot be explained by surprise alone. How has a movement operating in one of the world's least economically developed countries acquired and sustained a high-tech but at the same time economical arsenal of

missiles and drones capable of threatening a regional power equipped with billions of dollars' worth of advanced military hardware?The answer lies in a combination of Iranian assistance, supplies of Chinese-made components, and lately, American Artificial Intelligence (AI) platforms. **THE HOUTHI ARSENAL** Before we go into how the Houthis were able to build up their high-tech arsenal, let us first have a look at the high-tech weapons that are being used by the Ansar Allah. According to a February 2024 report by the US Defence Intelligence Agency (DIA), the Houthis, alongside their guns and vehicles, also possess a diverse arsenal of ballistic missiles, cruise missiles and unmanned aerial vehicles (UAVs), many of which bear similarities to Iranian designs.

Iran war votes in Congress become a focal point for campaign ad attacks

WASHINGTON.(Agency)

In Wisconsin, a narrator complains that "groceries, utilities, everything's getting more expensive and Congressman (Derrick) Van Orden is adding to the list. He voted for the costly Iran war and spiking gas prices."In Nebraska, Democratic candidate Chris Backemeyer says families are drowning. "And Mike Flood opened the gates. Flood voted six times for Trump's tariffs and the Iran war, flooding us with higher prices on groceries, gas, cars and medicine, costing us a thousand dollars more a year."And in Iowa, a group called Vote Vets Action Fund said Republican Senate candidate Ashley Hinson voted five times for the Iran war, "giving us record prices for gas and fertilizer."

Those ads are but a few examples of how Democrats and aligned advocacy groups are using an unpopular war as they challenge Republicans, aiming to win back power in the House and Senate. It's the culmination of a strategy Democrats launched in the spring, when they began to repeatedly bring up war powers resolutions aimed at ending the conflict. The votes had little practical effect, but forced lawmakers to go on record and take a stand.Now those votes are being highlighted in campaign ads across the country, according to an Associated Press analysis of data from AdImpact, which charts media spending.In some cases, the Republicans targeted have never served in Congress before, so they couldn't

possibly have voted on the various war powers resolutions. Even then, Democrats are portraying them as destined to be rubber stamps for President Donald Trump when it comes to the war.

Tying the war to the cost of living The Associated Press analyzed data on broadcast and cable ads aired from Sept. 1 through Oct. 14 in the most competitive midterm races. The analysis focused on House and Senate races rated as either tossups or leaning Democratic



or Republican by the Cook Political Report. A smaller number of streaming ads were also examined.At least half of the 50 races featured Iran-related ads, most of which included household cost-of-living messages. All told, the ads aired on TV more than 43,000 times since Sept. 1, costing an estimated \$42 million. The AP used both AdImpact's own issue designations along with additional analysis of the ads' language to identify them.Of the 65 unique Iran-themed ads identified by the AP, 61 of them stressed household cost-of-living messages such as rising prices for fuel and other items.

The Republican playbook

Republicans are largely ignoring the Iran war in their ads. Their best strategy is to go after Democratic weaknesses so voters say "this guy is worse," said Ron Bonjean, a Republican strategist.

"In the end, you're trying to get as many Republicans out to vote for you as possible and bring over some independents," Bonjean said. "And talking about the Iran war is really not a winning message because you're playing on the Democratic turf."The major themes addressed in the Republican advertising since Sept. 1 are taxes and crime, followed by issues tied to character, healthcare and immigration. Some Republicans have sought to distance themselves from the Iran conflict outside the airwaves. In Michigan, Republican Senate candidate Mike Rogers has said the "war with Iran needs to end — and end quickly." His opponent, Democratic nominee Abdul El-Sayed, has run ads saying that a billion dollars a day is going to a war "we have no business fighting" and he was running to "invest our tax dollars here in Michigan."In Maine, Republican Sen. Susan Collins emphasized in a recent debate that she voted nine times to end the conflict, prompting Democratic challenger Troy Jackson to say she voted five times to "make it happen."In all, the Senate has voted 14 times on resolutions seeking to halt or restrict Trump's military action against Iran. The House has held six such votes since the conflict began in late February.

Trump waives Russia-related tariffs, offering India relief on oil imports

World.(Agency)

US President Donald Trump has issued an executive order waiving key sanctions, trade restrictions and tariff provisions under the recently enacted Lindsey O. Graham Sanctioning Russia and Iran Act of 2026, suspending penalties that could have included tariffs of up to 100% on major buyers of Russian energy.The decision comes just days before the measures were due to take effect and could provide significant economic relief to countries such as India and China, which continue to import Russian crude oil and natural gas. The legislation, signed into law in mid-September, was designed to increase economic pressure on Russia over its ongoing war in Ukraine. It targeted the largest importers of Russian energy and countries accused of facilitating sanctions evasion.Trump invoked a national interest waiver provision in the law, certifying to Congress that suspending the specified measures was necessary to protect US economic interests.

The waiver comes amid concerns over elevated domestic gasoline and diesel prices ahead of the November midterm elections. According to reports attributed to Bloomberg and Reuters, the administration's decision reflects efforts to ease pressure on energy markets and contain fuel costs. The move also follows a reported agreement between Trump and Russian President Vladimir Putin that would allow Moscow to export millions of tons of diesel to international markets to help stabilize supplies.The decision signals a shift in Washington's approach to economic pressure on Moscow, potentially easing restrictions on Russian energy trade even as the war in Ukraine continues.

India and China among potential beneficiaries India and China, two major buyers of Russian energy, stand to benefit from the suspension of secondary trade penalties. The proposed tariffs threatened to raise the cost of maintaining commercial ties with Moscow and potentially disrupt global energy flows.The waiver could help preserve supplies in international markets and reduce the risk of additional trade costs. However, the administration's decision leaves open the possibility that it could reinstate the restrictions.

Trump's new press secretary Katie Zacharia fired less than a week into the job

Zacharia had got off to a rocky start with her debut press room briefing Tuesday morning.

WASHINGTON.(Agency)

White House Press Secretary Katie Zacharia was pushed out Friday after less than a week in the high-profile job, following a series of blunders that added to distractions for her embattled boss, President Donald Trump. "Can confirm," a White House official told AFP, after Fox News reported that Zacharia, 41, was "transitioning out."The writing was on



the wall earlier when Trump made clear he was ready to see his newly minted spokeswoman go amid criticism that she had pretended to be a lawyer and over her one, much-mocked press briefing."I said, 'Katie, is this for you?'," Trump told reporters. "I said, 'Katie, you don't have to do this'... I said to her, 'Honestly if I were you I'd reconsider.'"Zacharia only began her job ive

days ago, taking over from the combative Karoline Leavitt, who helped Trump reshape White House coverage by bringing in more friendly outlets and fiercely attacking critical media.Zacharia had got off to a rocky start with her debut press room briefing Tuesday morning.It lasted less than 15 minutes, beginning with a remarkably slow reading out of what she said were Trump's many accomplishments -- then taking just three questions from journalists.She then was plunged into controversy when it emerged that her previous claims to be a lawyer were not true.The kerfuffle is a distraction for 80-year-old Trump as he flies around the country trying to boost Republican candidates ahead of the November 3 congressional midterm elections, with polls predicting a drubbing. The Republican leader himself also faces ever-lower polls as Americans sour over the war against Iran, inflation and perceptions of corruption.Zacharia had described herself as a lawyer during television appearances and on social media, and listed herself as general counsel of a California-based conservative nonprofit.While she does have a law degree from a California university, she acknowledged Thursday she had failed the bar exam, a prerequisite for practicing law in the United States.

I killed my daughter: US woman calls 911, 5-year-old found bleeding from nose, mouth

world.(Agency)

A five-year-old girl's death in New York City has led to the arrest of her mother, who allegedly told the emergency dispatch that she herself killed the child. The girl, Fabiana Cabello, was found unresponsive inside the family's home in the South Richmond Hill neighbourhood of Queens.Her mother, Francis Cabello, who is in her early 30s, confessed while calling 911 for help, telling the operator, "I killed my daughter," according to sources cited by the New York Post.The father of the accused woman has claimed that she was battling "psychological issues" and was off her medication when the incident happened.When police arrived at the scene during the evening hours on Wednesday (local time), they purportedly found Francis downstairs. She reportedly directed them upstairs, saying that her daughter was not breathing.The officers found the girl in a bedroom, bleeding from her nose and mouth, police said. She was rushed to a hospital, but was pronounced dead there. Francis was also taken to a hospital for evaluation. Investigators questioned her late Thursday. Charges were pending against her at the time.Meanwhile, the medical examiner was working toward determining the cause of Fabiana's death. The investigators were treating it as a case of homicide. **'KNEW SHE WASN'T 100% THERE'**

Talking about the mental health history of the accused, her father and the victim's grandfather, Franklin Cabello said his daughter had stopped taking her medication and was hospitalised around three months before the incident.

"I knew mentally she (Francis) wasn't 100% there," he said.

"I knew something was wrong. When a person stops taking medicine for the



sickness that she had, the person is going to suffer," Franklin, who was home at the time, was quoted as saying by the New York Post.He said he nevrr thought Francis was capable of harming her daughter, describing her as a protective and attentive mother."I never would have thought she would have done something like this," Franklin said.He also said that he had been trying to keep an eye on his daughter as he was worried her mental healt crisis might worsen after she went off her meds.Franklin also said that his daughter had been acting strange lately. "I knew that she stopped taking the medication. I used to tell her to take her medication.

Two arrested for killing 18-year-old in Hyderabad

HYDERABAD.(Agency)

Kothur police on Friday arrested two persons for allegedly murdering an 18-year-old security guard over a Rs 20,000 dispute near Theegapur village in Kothur mandal. The victim, Bodike Prem Kumar, died on October 14. Police said the prime accused, Mohammed Irfan, had demanded repayment of the amount from Prem Kumar. Irfan allegedly invited him to a real estate venture for drinks, where an argument broke out over the loan. During the altercation, Irfan allegedly stabbed Prem Kumar multiple times with a knife, while the second accused, Mohammed Nawazuddin, allegedly restrained him. The victim died at the scene.

Police examined the crime scene, collected evidence and analysed the victim’s mobile phone records. The two accused were apprehended during vehicle checking at Thimmapur X Roads on October 15. Police seized a knife, clothes, two mobile phones, a Honda Activa scooter and an autorickshaw.

Telangana: Identify begging hotspots by October 25, civic bodies told

HYDERABAD.(Agency)

The Municipal Administration and Urban Development (MAUD) department has set October 25 as the deadline for the Greater Hyderabad Municipal Corporation (GHMC), Cyberabad Municipal Corporation (CMC), Malkajgiri Municipal Corporation (MMC) and other urban local bodies (ULBs) to implement the National Human Rights Commission’s (NHRC) recommendations on beggary and submit action-taken reports. The measures focus on identifying begging hotspots, extending welfare benefits, rehabilitating vulnerable people and taking action against organised begging networks and trafficking groups under relevant provisions of the BNS. The directive follows recommendations adopted by the NHRC after an open house discussion in New Delhi on “Rethinking Beggary: Bridging Gaps between Policy, Practice and Dignity”. The Telangana Mission for Elimination of Poverty in Municipal Areas (TMEPMA) has instructed civic bodies to implement the recommendations and submit detailed compliance reports.

Operation Kavach: Midnight checks by 3,000 cops in Hyderabad

HYDERABAD.(Agency)

Hyderabad police deployed 3,000 personnel in 100 teams for a citywide midnight naka-bandi operation under Operation Kavach from 1 am to 3 am on Friday. Police detained 725 vehicles for traffic violations and took 48 suspects into custody. The operation also resulted in five cases of minor driving, one case involving illegal possession of a weapon, two cannabis-related cases under the Narcotic Drugs and Psychotropic Substances (NDPS) Act and several other cases. Hyderabad Police Commissioner VC Sajjanar inspected vehicle checks at multiple locations across the city. He visited Chandrayangutta and surrounding areas before reviewing checkpoints near Mehfil Hotel in Mailardevpally, Satamrai near Aramghar under the RGIO police station limits, Hyderguda Pillar No. 133 under Attapur police station limits, and areas in Bandlaguda and Rajendranagar. He also provided guidance to officers on duty. Addressing the media, Sajjanar said some motorists tampered with, obscured or altered registration plates to evade police surveillance. He warned that those deliberately altering number plates would face criminal cases under relevant cheating and forgery provisions.

Cockroaches scurrying, fungus growing: FDA shuts Mumbai’s Fortis Hospital kitchen

Sodexo, which runs the hospital’s kitchen, is among 25 food businesses to lose licences in a statewide crackdown.

Amritsar.(Agency)

The Maharashtra Food and Drug Administration (FDA) has suspended the food business licence of Sodexo India Services Pvt Ltd, which operates the kitchen at Fortis Hospital in Mulund, after an inspection found cockroaches, food waste in drainage, fungus-infested food transport containers and rusted knives while meals were being prepared for patients. The action was part of a statewide crackdown announced by the FDA on October 16, in which licences of 25 food establishments, including hotels, restaurants, bakeries and canteens, were suspended for



violations of food safety regulations. Responding to the action, Fortis said patient safety, quality of care and hygiene were paramount. The hospital said it had taken note of the FDA’s communication concerning the on-premise kitchen operated by its third-party dietary service provider, Sodexo India Services Pvt Ltd, which holds the relevant food business licence. “We take the observations raised by the FDA seriously and have directed the service provider to promptly address them and ensure compliance with all applicable food safety requirements,” the hospital said,

INDIA bloc parties to form coordination committee to intensify SIR stir in Karnataka

The proposed coordination committee will bring together the constituent parties to plan and organise protests and public awareness campaigns across Karnataka.

BENGALURU .(Agency)

India bloc parties in Karnataka have decided to form a state-level coordination committee to spearhead a statewide agitation against the Special Intensive Revision (SIR) of electoral rolls, alleging that the exercise could disenfranchise eligible voters. The decision was taken at a state-level meeting of INDIA bloc constituents held at the Legislators’ House here on Friday. The parties also resolved to participate in a major protest at Ramlila Maidan in New Delhi on November 1 and intensify their agitation across Karnataka thereafter. KPCC president B K Hariprasad announced the decisions in a post on X, stating that the parties had agreed to launch a united struggle to protect the Constitution, democracy and voting rights. The meeting was attended by state leaders of the CPM, CPI, CPI(ML) Liberation, Samajwadi Party and Forward Bloc, along with Congress representatives. The leaders discussed strategies to mobilise public opinion against the SIR process and coordinate protests across the state. The INDIA bloc constituents claimed that eligible voters were being excluded from electoral rolls in the guise of SIR and expressed concern that the exercise could undermine citizens’ voting rights. Their key demands include scrapping the SIR process, reinstating eligible voters whose names have been deleted



from electoral rolls and the resignation of Chief Election Commissioner Gyanesh Kumar. “The attempt to take away voting rights in the name of SIR

must be resisted collectively. There is no question of tolerating any move to deprive eligible citizens of their right to vote,” Hariprasad said.

Rajasthan: Eight killed, 15 injured as bus overturns on Delhi-Mumbai Expressway in Kota

KOTA (Rajasthan).(Agency)

Around eight people were killed and 15 others injured -- after a minibus carrying around 23 passengers veered off the road and plunged into a 15-foot-deep drain along the Delhi-Mumbai Expressway in Rajasthan’s Kota district on Saturday morning. The accident occurred near pole number 384 on the Expressway. The bus was carrying passengers from Madhya Pradesh to Khatu Shyam when it overturned. Authorities suspect the driver fell asleep at the wheel or felt drowsy, causing the vehicle to veer off the eight-lane road. Upon information, emergency personnel reached the spot and immediately launched rescue operations.

Andhra HC orders CBI probe into Sai Krishna’s death

VIJAYAWADA.(Agency)

The High Court on Friday ordered a Central Bureau of Investigation (CBI) probe into the alleged custodial death of Gade Sai Krishna, holding that the State police could not be trusted to conduct an impartial investigation into the case. The HC directed the State government to pay Rs 25 lakh compensation to his mother, Vijayalakshmi, within four weeks. A division bench comprising Justice Ravinath Tilhari and Justice Alapati Giridhar passed the 89-page judgment on a petition filed by Vijayalakshmi seeking an independent investigation into her son’s death and disappearance of his body. The bench directed the CBI Director to ensure immediate registration of a case and entrust the investigation to a senior officer. It instructed

Andhra's Tirumala barbers likely to get wage hike

TIRUMALA.(Agency)

The Tirumala Tirupati Devasthanams (TTD) is seriously contemplating a fresh increase in the salaries and wages of barbers working at the Kalyana Katta in Tirumala very soon. Speaking to , TTD Executive Officer Muddada Ravi Chandra stated that the administration has taken every aspect—including worker grievances, long-standing suggestions, and the overall State of affairs over the years—into account and will announce a concrete decision shortly. The proposed financial review comes as part of a major administrative overhaul, with the TTD EO identifying four crucial sectors for immediate reform: temple administration, queue line management, food and prasadams, and tonsure operations. Following a comprehensive evaluation of decades of feedback from devotees and workers alike, TTD is putting strict Standard Operating



Procedures (SOPs) in place, with targeted reforms aimed at streamlining operations for the millions of pilgrims who offer their hair at Tirumala. Currently, TTD deploys a workforce of 1,152 active barbers—supported by 20 regular supervisors, 3 assistants, and 46 support staff—operating across one main Kalyana Katta and 11 mini-centres around Tirumala.

Why Mumbai is turning to sound waves as a third of its water goes missing

Engineers now dig up roads on guesswork to find leaks. The BMC wants SONAR to pinpoint them, and plans to replace pipes five times faster from 2027.

Mumbai.(Agency)

With Mumbai facing a 10 per cent water cut following deficient rainfall, the Brihanmumbai Municipal Corporation (BMC) plans to step up efforts to plug leakages in its ageing water supply network by using SONAR technology to pinpoint underground leaks and increasing the pace of pipeline replacement up to five-fold. The civic body estimates that nearly 34 per cent of the water it supplies, or around 1,394 million litres per day (MLD), is lost to leakages and water theft. With a network stretching nearly 6,000 km, much of it decades old, the BMC plans to replace 250-300 km of pipelines annually, against the current 60-70 km. One of the key interventions under consideration is the use of Sound Navigation and Ranging (SONAR) technology to identify underground leakages. The technology uses sound waves to detect objects and identify changes beneath the surface. “Whenever there is leakage, water starts gushing out from underneath the ground onto the streets or roads above. Often, after digging the surface, we discover that the source of leakage is not at the spot

from where the water comes out. Following this, we need to do our own calculations, narrow down a few suspected points and continue to dig the roads until the leakages are located,” Abhijit Bangar, Additional Municipal Commissioner (Projects), told . He said repeated digging damages roads, while the actual source of a leak can remain undetected for some time. SONAR technology is expected to help pinpoint



leaks and reduce the need for exploratory digging. The BMC is also looking to accelerate the replacement of its ageing pipeline network. Civic officials said the current pace of replacing 60-70 km of pipelines annually accounts for barely one per cent of the network. The target is to raise this to 250-300 km a year, replacing around 5-6 per cent of the network annually.

Pincer move needed for atmanirbharta in atmaraksha

In 1775, the East India Company set up a Board of Ordnance in Fort William, Kolkata. In 1787, a gunpowder factory was established at Ishapore (Ichhapur), followed by a Gun Carriage Agency at Cossipore (Kashipur), which began production in 1802. By 1947 there were 18 such ordnance factories, and by the time they were corporatised in 2021, there were 41.Remarkably, the economic structure of the system barely changed after independence, and weapons production remained entirely State-run and State-owned. The factories came under the ministry of defence in 1948, and a department of defence production was set up in 1962. The Industries (Development and Regulation) Act, 1951 brought arms and ammunition under industrial licensing. Even the 1991 reforms kept all types of defence equipment reserved for the public sector. Only in May 2001 were Indian private firms let in.

A defence market has one buyer: the armed forces. When that buyer faces a single State-owned seller, neither side has much incentive to economise. In the absence of competition, the ordnance factories had no incentive to cut costs or invest in efficiency. It was estimated that Indian-built aircraft such as the MiG-21 and the Gnat cost 150-190 percent of what it would have cost to import them.

Therefore, dependence on imports followed from the public sector’s inability to supply what the armed forces needed at a competitive price. India was the world’s largest arms importer in 2018-22 and the second-largest in 2021-25. The price of this dependence was paid in crises. In every urgent purchase during the Kargil war, recalled the then Army chief General V P Malik, suppliers “exploited us as much as they could”. One country, asked for a few guns, “supplied refurbished old weapons” from another—“we were given 1970-vintage ammunition”.Over the past decade, the government has chipped away at this from two directions: making the incumbents behave like companies, and letting in challengers. The first was the corporatisation of the Ordnance Factory Board. Committees headed by T K A Nair, Vijay Kelkar and Raman Puri had all recommended it. Yet only on October 1, 2021 did the management, control, operations and maintenance of the 41 factories pass to seven wholly-government-owned companies.

As companies, they now enjoy more operational freedom and flexibility. The units had run up losses over three years preceding corporatisation. In their first six months as companies, six of the seven reported profits. Exports by the new companies went from ₹82 crore in 2022-23 to ₹1,977 crore in 2023-24. The second was making it easier to do business. An industrial licence for defence items used to be valid for seven years. Since 2015, the validity is for 15, extendable to 18. Arms Act licences are now valid for the company’s lifetime, provided it sets up its plant and meets other conditions within seven years. No licence is required for manufacture of any parts or accessories in the defence sector, unless the items are specifically listed.Although defence is still one of four industries under compulsory licensing, the number of defence licences has more than tripled from 258 in 2015 to 834 by March 2026. The ceiling on foreign direct investment, set at 26 percent in 2001, now allows 74 percent through the automatic route and up to 100 percent with government approval.

The latest steps go further. On August 25, the MoD approved the transfer of technology of conventional missile systems developed by the Defence Research and Development Organisation to Indian industry. Seventeen firms, public and private, have been identified through an open expression of interest.

Missiles are not an isolated case. Private firms can now participate in the development of the fifth-generation advanced medium combat aircraft. The government is now moving from a traditional sub-contracting model to genuine co-development and risk-sharing. The effect of the reforms is palpable. Defence production rose from ₹46,429 crore in 2014-15 to ₹84,643 crore in 2020-21 and ₹1.78 lakh crore in 2025-26, with the private sector’s share at an all-time high of 24 percent

Afghan route to China faces hurdles

Efforts to promote Pak-proof gateway via Wakhan Corridor beset by Beijing’s security concerns

EARLIER this month, Afghanistan’s de facto authorities inaugurated a 121-km unpaved transit route connecting Badakhshan with China’s Xinjiang via Sarhad-i-Broghil to the Wakhjir Pass (its zero point), then to Kashgar through Tashkurgan. The Pass is at an elevation of over 16,000 feet. It has remained closed to commerce and civilian access since the People’s Republic of China was established in 1949. Afghans have long aspired to connect with China through an all-weather road, or even railways, from Wakhan to the Karakoram Highway.The Wakhan Corridor evokes historical memory beyond its original purpose of separating the expanding British and Russian empires. It was delineated following the 1895 Pamir Boundary Commission protocols and the 1893 Durand Line Agreement. It abutted Gorno-Badakhshan to the north and Khyber Pakhtunkhwa and Gilgit-Baltistan to the south. The British-led Gilgit Scouts’ action in October 1947 led to Pakistan acquiring Gilgit-Baltistan, depriving India of a connection to the Corridor. To the east, it touches China’s Xinjiang Uygur Autonomous Region. The Corridor straddles the Pamir plateau, where the Himalayas, the Hindu Kush and the Karakoram meet. In the 7th century, Chinese Buddhist monk Hsuan Tsang travelled through it, returning to China from India; in the 13th century, the Venetian traveller Marco Polo traversed it on his way to Kublai Khan’s court; and in the 16th century, the Chagatai Mirza Muhammad Haidar Dughlat, Babur’s cousin, crossed the Pamir while proceeding from trans-Oxiana to Badakhshan.Afghanistan prioritised the project and funded it domestically at a cost equivalent to \$5.6 million. It did so in the hope of establishing a direct land link to China without transiting the Pakistani transit routes of Torkham and Chaman, which Af-Pak disputes across the Durand Line often disrupt. It also hopes to encourage China to increase its investments in Afghanistan.

This dirt-and-gravel, seasonal route will be open less than six months a year. For the new route to attract commercial traffic and become a trade and transport corridor, Afghanistan would have to pave the road and, along with China, build reciprocal infrastructure, such as customs terminals and border management facilities.For this, China would have to overcome its fear that an open, accessible corridor might be used by members of the Turkistan Islamic Party or the Islamic State Khorasan Province (ISKP) to enter Xinjiang. In January, the ISKP



increase security along the Corridor and curb Uyghur militant infiltration.The fraught security situation in Badakhshan reinforces China’s fears. A local Badakhshani Tajik Taliban commander, Juma Khan Fateh, was recently arrested for disaffection and dismissed from his district governorship.

While the Taliban have beefed up security in the Corridor to reassure China of its intent to protect the route, which loops westward to Kunduz and Mazar-e-Sharif and southward to Kabul, Beijing does not seem enthusiastic about developing the transit corridor. So far, China has kept the Wakhjir Pass border crossing closed to commercial cargo and passenger transit.

I visited Wakhan in October 2008. Since the Afghan government’s control of the route through Feyzabad (Badakhshan) was uncertain, I went via Tajikistan. Reaching Ishkashim, at the neck of the Corridor, required

a flight from Kabul to Dushanbe and then a helicopter ride to Khorug.I was happy to find the 15-kilowatt solar PV array funded by India to light up the classrooms and men’s and women’s hostels of the Teachers Training College, Sheghnan, set up by India’s Central Electronics Limited in perfect working condition, besides the 933 solar panels supplied to households in the Wakhan district under the Afghan National Solidarity Programme.

Tajik-speaking population, mostly Ismailis, lives on both sides of the river. Yet, people on the two shores of the Panj, as the upper Oxus is known, lead entirely different lives. A

metalled road runs on the Tajik side. Tajiks are more educated. Women go about their daily business confidently, alone, their faces uncovered and their hair tied in bright scarves.In contrast, infrastructure is non-existent on the Afghan side. The road up to Ishkashim is a muddy track. Tajiks have electricity, while Afghans now have only some solar power. Women are not visible in the Afghan area. In the bi-weekly border market, I saw Afghan men buying Tajik bread and cakes, and Tajik women showing interest in and buying sewing machines, which, incidentally, were made in India.As a history student, I was excited to be in Wakhan. In places, it is no more than 15 km wide. The Tajiks call it Bom-i-Dunya, the roof of the world. While crossing from the Tajik side to Afghanistan across the narrow Panj, we gained an hour.

The time change when crossing into China from Afghanistan is even more dramatic: with a single step over the border, you cross seven time zones and lose three and a half hours (Afghanistan is GMT +4:30 and China, GMT +8).It is difficult to imagine the Pamir and Wakhan resuming their roles as regional thoroughfares. However, the Taliban have kept alive the abiding aspiration of all previous Afghan governments — that of turning Afghanistan into the crossroads between Iran and Central Asia, and China and South Asia, thereby converting the country into a regional trade, transport, minerals and energy hub.

By preventing overland transit for Afghan third-country goods, Pakistan has thwarted Afghan aspirations. That explains why Afghanistan is keen to promote the alternative Pakistan-proof transit routes through the Chabahar Port and the Wakhan Corridor.

Keep up disinvestment momentum provided by IDBI bank stake sale

IDBI Bank’s turnaround has been substantial. The challenge is to sustain this progress under private ownership while preserving depositor confidence

With Canada-based Fairfax Financial Holdings, founded by Indian-origin billionaire Prem Watsa, receiving Cabinet approval to acquire a controlling stake in IDBI Bank, the government has brought a long-pending strategic disinvestment process closer to completion. Initiated in 2022, the transaction signals that the government has not abandoned its disinvestment agenda despite delays in completing major sales. Valued at ₹52,878 crore, the deal involves the combined 60.72 percent stake held by the government and LIC. Following the sale, the government and LIC will retain stakes of 15 percent and 19 percent, respectively. The transaction remains subject to regulatory clearances.This is a major strategic sale under the Modi government, following Air India and Neelachal Ispat Nigam, both acquired by Tata Group companies. The IDBI Bank transaction marks a change of control at an institution that had once teetered on the brink of collapse. Fairfax’s existing investments in India, including Bengaluru airport, CSB Bank and IIFL Capital Services, make it a significant choice of buyer. Its experience in the Indian financial sector could help steer the bank through its next phase of growth, though



sustaining its recovery will be the real test.IDBI Bank’s turnaround has been substantial. Government capital support of about ₹25,000 crore between 2010 and 2020

helped stabilise its finances. Its gross non-performing asset ratio fell from 31.78 percent in September 2018 to 2.32 percent in March 2026, while its capital adequacy ratio rose from 6.22 percent to 26.65 percent. The bank reported a record net profit of ₹9,513 crore in 2025-26. Its total business stood at ₹6.27 lakh crore on September 30, 2026, registering year-on-year growth of 18 percent. The challenge is to sustain this progress under private ownership while preserving depositor confidence.The transaction should provide fresh momentum to the government’s disinvestment drive. Its 30.48 percent stake is expected to fetch about ₹26,540 crore, taking disinvestment and asset monetisation receipts beyond the Budget target of ₹80,000 crore for 2026-27, once the proceeds are realised. With nearly half the financial year still ahead, the total could exceed ₹1 lakh crore. But one large transaction cannot substitute for a consistent disinvestment policy. The government must advance other pending strategic sales and deploy public capital more efficiently. The IDBI Bank sale is a welcome boost; sustaining the momentum will be the real test.

How a murderer revealed the open veins of Punjab

Punjab’s furious reaction to anti-drugs activist Parvinder Singh Jhota’s brazen killing shows the depth of the state’s troubles. The increasing deaths and arrest of policemen indicate the embedded networks that are refusing to let this menace subside despite efforts. The pressure to address it is peaking as the state Assembly polls near

The near-unanimous support for a call to shut down a state spoke volumes of the raw sentiments festering behind the immediate cause. A number of political parties, farmer organisations and religious bodies joined the call for a Punjab bandh on Thursday following the killing of anti-drugs activist Parvinder Singh Jhota on Tuesday. Jhota’s family had called for the bandh after he was allegedly killed by a pharmacist selling substances used by abusers in Mansa, a town close to the Rajasthan border. Jhota, which translates to ‘bull’, had been added as a title to his name by the popular activist who had cured himself of addiction and had become a dedicated crusader against drugs. His modus operandi in this mission was to record the illegal sale of drugs on his mobile and share it on Facebook Live. Ironically and shockingly, his own killing, too, was recorded during one such session. A wave of protests followed in this southern Punjab district. Mobs set the accused person’s shop on fire. The district authorities demolished a portion of his house while purportedly searching for shop owner Ashwani Kumar, who belonged to Rajasthan and was eventually arrested there. Jhota’s father indignantly refused to cremate his son’s body while calling for a state-wide bandh, which the Congress, BJP, Shiromani Akali Dal, BJP and Waris Punjab De supported. The event added fuel to a long-burning fire ahead of the state Assembly polls early next year. Chief Minister Bhagwant Mann vowed strict punishment for the accused as opposition leaders accused the ruling party for a breakdown of law and order in the state. A meeting has been scheduled for Friday to review the implementation of the states various anti-narcotic drives.Punjab Congress president Pargat Singh stepped up



his criticism of the Mann-led Aam Aadmi Party administration in a sharp statement that the state seems to be without “political leadership as well as a lack of will among the police”. Recent times have also seen killing of policemen with two assistant sub-inspectors shot down in the span of two weeks in Tarn Taran and Amritsar districts. The latest victim, who was returning home on a motorcycle Sunday evening, was the fifth policeman to be shot dead this year.Amid all this, local newspapers reported another telling story on page one—of a Punjab police constable, Karandeep Singh, being arrested with a large amount of heroin allegedly smuggled from across

the Pakistan border at Tarn Taran. It underlines the depth of the rot Punjab faces today.

The blame-game has become personal, too. Although accused of being addicted to liquor himself, Mann has often pointed fingers at well-known political families and police officials in the ongoing narcotics’ crisis through satirical phrases consisting of words like ‘chitta’, synonymous with ‘white’, indicating heroin and cocaine. The truth is that the state’s drug mafia continues to flourish no matter which government is in power. Illegal smuggling has been a constant feature in this border state not far from the Golden Crescent area near the Pakistan-

Afghanistan border notorious for large-scale production. And with job opportunities few and far between, the state’s younger generations often fall prey to the menace. The drug war is at its peak in Punjab at a time job opportunities are stifled and the only choice available to youths is to migrate abroad by hook or crook as their own land has little to offer. Tilling the fertile fields of Punjab is a new generation of migrant labourers from Bihar, while local residents exclaim in distress, “What will they do here, apart from falling prey to drugs?”

A study conducted by Chandigarh’s Institute of Development and Communication on a sample of 1,527 respondents from the border districts had revealed that as much as 70 percent of drug abusers in the state in the age group of 15-35 years had a rural background and mostly were hooked to drugs and opium that they procured from village chemists.This is the crisis Jhota tried to address. His tragic death—allegedly in the hands of a peddler who is reported to have cried out, “He is creating a lot of mess here”—is a sad reflection of the story of Udda Punjab, the 2016 film. One hopes that the state, which has seen much violence over decades, would not return to the ‘Chitta-ve’ days when heroin and cocaine became a regular habit for younger generations. It’s no wonder that parents remain eager to send their children abroad at any cost for survival, as their own land seems lost.The Punjab election will surely add to Mann’s challenges in the months to come. The AAP administration has a two-pronged plan to curb supplies and reduce demand through greater de-addiction efforts. But it has failed a series of deadlines to make the state drug-free that party leaders themselves set time and again.

Diganta Borah appointed new director of Biju Patnaik International Airport

BHUBANESWAR.(Agency)

The Airports Authority of India (AAI) has appointed Diganta Borah as the new director of Biju Patnaik International Airport (BPIA).

Borah will succeed incumbent director Prasanna Pradhan, who has been transferred and posted as the director of Lal Bahadur Shastri International Airport in Varanasi.

A native of Assam, Borah holds extensive experience in air traffic control (ATC) and aviation infrastructure management. He served for several years as the director of Rajkot International Airport (Hirasar) overseeing its transition to a greenfield facility, expansion efforts and the launch of cargo infrastructure.

Borah will likely assume charge next week at a time when the number of both domestic and international flights have reduced from BPIA. Within days of his assuming charge, a team of Directorate General of Civil Aviation (DGCA) is likely to visit BPIA for three days to inspect the airport's various operational parameters.

Friction between police and protesters in anti-SIR protest in Thiruvananthapuram

THIRUVANANTHAPURAM.(Agency)

Unlike previous protests seen at the Manaveeyam Veedhi in Thiruvananthapuram, the anti-SIR protest on Friday saw friction between police officers and event organisers. Officers said the organisers had not availed clearance to use microphones for the event and could have caused traffic disruption.

However, organisers told TNIE that the authorities with the BJP-led city corporation tried to prevent their protests from taking place, having done so even in the past. "The protesters hadn't availed proper clearance from the corporation to host the event and to use microphones.

The protest would have also caused a traffic block on the road, which is why police officers were deployed there throughout the event," an officer with the Museum Police said. However, the event began after the officers made a note of the names of the organisers. Stating that the corporation officials put forward technical and procedural reasons to not let them protest in July, condemning the police action on protesters at Jantar Mantar, the organisers alleged that the officials' claims were proved to be wrong in the days that followed. They also added that corporation representatives arrived at the venue less than an hour before their protest, to stop them from hosting the event. "The fundamental question of 'getting permission to protest' in itself is problematic; and a protest is not something planned long back.

Unauthorised private dog shelter in Thiruvananthapuram served stop memo

THIRUVANANTHAPURAM.(Agency)

A reportedly unauthorised private dog shelter in Kuttichal panchayat that has been at the centre of the city corporation's controversial stray-dog management programme has been served a stop memo, with the operator given seven days to relocate the animals. An inspection carried out by panchayat authorities found that between 125 and 150 dogs are being illegally housed at the facility without the permission or knowledge of the panchayat.

"The individual obtained a permit and pollution clearance under the pretext of starting a pet-breeding and bird-rearing facility around four months back. However, instead of pet animals, stray dogs were secretly transported and housed here without our permission.

There are no proper waste pits or basic infrastructure at the facility. Local residents reported seeing vehicles secretly bringing in dogs late at night between 2 am and 4 am," said president Radha Jayan, Kuttichal grama panchayat.

She said the corporation has not approached it or informed it about any proposal to establish a dog shelter in its jurisdiction.

Ashish Bansal GM NFR (CON) Inspects Railway Infrastructure from Badarpur to Agartala, Nishchintapur and Sabroom

The Sikh Times

Maligaon, 17th October: Shri Ashish Bansal, General Manager (Construction), Northeast Frontier Railway (NFR), conducted a window trailing inspection from Badarpur to Agartala, Agartala to Nishchintapur and Sabroom on 14th October 2026. The inspection commenced from Badarpur and covered the entire stretches, with detailed reviews and discussions involving senior officers from NFR. During the inspection, Shri Ashish Bansal reviewed ongoing construction activities and existing railway infrastructure, including tracks, bridges and associated safety aspects. He assessed the progress of various works and issued necessary instructions to the concerned officials, emphasizing safety, quality, timely completion and proper maintenance of railway assets. Shri Ashish Bansal reviewed the status of Road Over Bridges (ROBs) in the Kumarghat-Agartala section, which are aimed at eliminating level crossings, enhancing road safety and improving public convenience. A total of 23 ROBs have been sanctioned under the Second Revised Estimate of the Kumarghat-Agartala project, with contracts awarded for 12 ROBs, where work is in progress. He instructed the concerned officials to ensure the commissioning of eight ROBs during the current financial year, along with the completion of railway portion works for three ROBs. He further directed officials

to expedite the completion of the remaining ROBs through close coordination with the State Government, particularly regarding



land acquisition and early processing of pending issues. Three ROBs are being constructed by the Public Works Department (PWD), while one ROB is being undertaken by the National Highways and Infrastructure Development Corporation Limited (NHID-CL). Railway officials were instructed to maintain close coordination with these agencies and promptly resolve issues related to

Railway. For the remaining ROBs where construction agencies are yet to be appointed, the General Manager directed officials to

explore innovative and modern construction techniques, including the use of Ultra-High-Performance Concrete (UHPC), to minimize land requirements and facilitate efficient execution. Shri Ashish Bansal also inspected the Agartala-Akhaura cross-border railway project and visited Nishchintapur railway station to review the status of the remaining works. He instructed the officials to expedite the

completion of pending activities so that passenger train operations can commence at the earliest. The Agartala-Akhaura project is an important India-Bangladesh cross-border rail link that is expected to strengthen regional connectivity and support the Government of India's Act East Policy. During the inspection of the Agartala-Sabroom section, Shri Ashish Bansal reviewed railway infrastructure, safety arrangements and maintenance activities. He issued necessary instructions to the concerned officials to ensure the continued safety, reliability and efficient maintenance of railway assets. Shri Ashish Bansal also reviewed the progress of the Moinarband-Agartala doubling survey. The Final Location Survey (FLS) has been completed, and the Detailed Project Report (DPR) has been submitted to the Railway Board for approval. The proposed doubling is expected to support future traffic growth and enhance railway capacity in the region, subject to approval and implementation. The inspection reflects Northeast Frontier Railway (Construction) focus on expediting ongoing infrastructure projects, strengthening railway safety and improving operational efficiency. These initiatives are expected to enhance passenger convenience, improve connectivity and contribute to the overall socio-economic development of the Northeast region.

Gujarat AAP MLA Chaitar Vasava gets one-day bail after half-brother's suicide bid

State opposed Vasava's plea saying his presence is 'not indispensable' stating that relatives, including two other biological brothers of the patient are there to look after the latter.

Vadodara.(Agency)

The Gujarat High Court on Friday granted one-day temporary bail to jailed Aam Aadmi Party (AAP) MLA Chaitar Vasava to visit his critically-ill half-brother, who allegedly attempted suicide by consuming poison and is on a life-support at the Surat Civil Hospital. Justice Vimal K Vyasa partly allowed Vasava's application, permitting his release from 7 am to 7 pm on the day of his actual release, subject to a personal bond of Rs 10,000 and police escort at the state's expense. The court directed the Dediapada MLA to surrender before the jail authorities immediately after the temporary bail period expires.

Vasava had initially sought 30 days of temporary bail, from October 17 to November 17, to appear for the first-semester examinations of a Master of Social Work (MSW) course he enrolled in on October 5, four months after his conviction in June. However, during Friday's hearing, his counsel, Senior Advocate I H Syed, did not press the examination-related ground and instead sought temporary release on humanitarian grounds, citing the critical condition of Vasava's half-brother, Shantilal. The court noted that medical papers showed Shantilal was admitted to the Civil Hospital in Surat and was on

life support. "Considering the fact that the brother of the present applicant-convict is in a critical condition, this court is of the considered opinion that if the applicant-convict is permitted to visit the hospital for a day to look after his brother, the ends of justice would be met," the HC order, made available on Friday, said. Syed told the court that Vasava needed to visit his brother to look after him and arrange funds and other requirements, including the



possibility of shifting him to a better-equipped hospital. He said Vasava was the only person taking care of the family and was its sole earning member although there are five brothers among other siblings from their father's two marriages — the ground on which the state had objected to the release earlier in the day. Opposing the application, public prosecutor Hardik Dave argued that Vasava's presence was not indispensable because other relatives,

including two other biological brothers of Shantilal, were available to look after the patient. Citing a police report, the state submitted that the MLA had other siblings and half-siblings who could provide assistance. The court, however, permitted the one-day visit, with police personnel escorting Vasava.

Scrutiny over exam demand

The examination-related plea had faced scrutiny from the state over the circumstances and timing of his admission to the MSW course at Balhans College of Social Work in Thava, Netrang taluka, Bharuch district, affiliated with Veer Narmad South Gujarat University, Surat.

Dave submitted that Vasava had completed his bachelor's degree in June 2009 and had applied for admission to the MSW course after a gap of 17 years, raising questions on why he had not pursued further studies earlier and argued that the plea appeared to be an afterthought following the rejection of his application for suspension of sentence.

The High Court also questioned how Vasava could appear for examinations, including a rural fieldwork viva voce, without fulfilling the course's attendance and fieldwork requirements. Syed eventually did not press the request for temporary bail on the examination ground.

Executive committee meeting BJP looks to deepen SC outreach ahead of 2027 Punjab elections

Patiala.(Agency)

The BJP is looking to deepen its outreach among Scheduled Castes (SCs) in Punjab ahead of the 2027 Assembly elections, with a day-long meeting of its state executive committee in Sangrur focusing on creating awareness about the central government's welfare schemes and ensuring that beneficiaries avail them. Accusing the AAP government of failing on multiple fronts, the party prepared a chargesheet against it over issues ranging from drug abuse to gangsterism. Chaired by Kewal Singh Dhillon, it was the first state executive committee meeting since he took charge as the Punjab BJP president, which focused on strengthening the organisation, finalising its future political strategy and intensifying its campaign against the "failures of the AAP government". The meeting also sought to put the AAP government on the defensive over pending SC scholarship funds, the backlog of government jobs under the SC/ST category and the allotment of panchayati land on lease to Dalits.

Speaking about Sangrur, Chief Minister Bhagwant Mann's home district, for the meeting instead of Chandigarh, the party's state headquarters, a senior BJP leader said the party intended to take its organisational activities beyond Chandigarh as it prepared for the Assembly elections. With 31.94 per cent of the population, according to the 2011 Census, Scheduled Castes significantly dominate the state's electoral landscape. BJP leaders discussed ways to make the community aware of the central government schemes, including the Post-Matric Scholarship for SC students, National Fellowship for SC students and the Pradhan Mantri Anusuchit Jaati Abhyuday Yojana (PM-AJAY). The discussions also covered Stand-Up India, Pradhan Mantri Jan-Dhan Yojana and Pradhan Mantri MUDRA Yojana, which are open to eligible beneficiaries across communities, including SCs.



In view of Mansa shooting, rampage, Punjab chemists' body: Will only back those who are genuine

Ludhiana.(Agency)

In view of the recent shooting and rampage in Mansa, Punjab's chemist body has warned store owners, retailers and wholesalers to strictly follow the rules under the Drugs and Cosmetics Act and not to sell NRx medicines without a prescription. The general secretary of the Punjab Chemists Association, G S Chawla, said that over 27,000 retail and wholesale chemist shops were registered across the state. Chawla, who is also the district president of Ludhiana, said, "We have issued clear guidelines that they have to follow the rules and medicines having narcotic and psychotropic substances (labelled as NRx)



should not be sold without a qualified doctor's prescription at any cost." On October 13, following the murder of anti-drug activist Parvinder Singh Jhota in Mansa, tension prevailed after a mob vandalised and set ablaze the shop of the accused chemist, Ashwani Kumar.

Jhota had accused Ashwani of selling pharmaceutical intoxicants and drugs in the area. On Thursday, a chemist shop on Karabara Road in Ludhiana was also vandalised after a family alleged that their 27-year-old son died after getting intoxicant capsules from the shop. Police have arrested the chemists in both cases.

old son died after getting intoxicant capsules from the shop. Police have arrested the chemists in both cases.

Ropar illegal sand mining: Channi hides in tipper truck for raids

Chandigarh.(Agency)

The former Punjab chief minister and Congress MP from Jalandhar, Charanjit Singh Channi, carried out a late-night surprise 'raid' on an illegal mining site near Anandpur Sahib in Ropar, on the intervening night of October 15 and 16. Channi had alleged large-scale illegal extraction of sand and gravel along the Sutlej riverbed. The Congress leader from Ropar, Barinder Singh Dhillon, and other party workers also accompanied Channi.

Channi reached the site near Saidpur and Beihara villages, close to midnight, hiding in the back of a tipper truck. In the videos shot during the raid, he said that smugglers were armed with weapons and had made tight security arrangements, due to which no car or two-wheeler could reach the mining locations. Channi also said, "This is the Ropar district near the Satluj River.... We have been here since 11:00 or 11:30 PM. Illegal mining is

taking place throughout the river at night. We have intercepted numerous machines; thousands of tipper trucks were fleeing the area, loaded with gravel and sand."

During a press conference on Friday at the



Punjab Congress office, Channi claimed that at approximately 1 am, multiple Poclair excavators were actively digging sand and long queues of tipper trucks were waiting to be loaded.

Ahmedabad man arrested in US for 'claiming citizenship to vote in 2024 presidential polls'

Mukeshkumar Somabhai Chaudhari, an Indian national, is accused of falsely affirming his US citizenship on a voter certificate in Minnesota on November 5, 2024, when the country elected Donald Trump its president.

Vadodara.(Agency)

An Ahmedabad man has been arrested in the United States for allegedly posing as an American citizen to vote in the 2024 presidential election. He could be sentenced to a decade in prison if convicted. Mukeshkumar Somabhai Chaudhari, an Indian national, is accused of falsely affirming his US citizenship on a voter certificate in Minnesota on November 5, 2024, when the country elected Donald Trump its president.

In a release on Friday, the US Department of Homeland Security (DHS) said Immigration and Customs Enforcement's Homeland Security Investigations (HSI)

arrested Chaudhari in connection with the case. A federal grand jury in the District of Minnesota returned a two-count indictment against him on September 10, accusing him of knowingly making a false claim of US citizenship to vote.

According to the indictment, Chaudhari signed a voter signature certificate required under the Minnesota law on election day. The document required voters to swear or affirm that they were

US citizens. Prosecutors allege that Chaudhari was not a US citizen but knowingly made the declaration to cast his ballot. The charges are one count of providing false information in voting and another of making a false claim of citizenship to register to vote or vote. Each carries a maximum prison sentence of five years, taking the potential of maximum imprisonment to 10 years if he



is convicted on both counts. Any sentence would be determined by a federal judge after considering applicable sentencing guidelines and statutory factors.

DHS Secretary Markwayne Mullin issued a stern warning against non-citizens attempting to vote in American elections. "Our message to

aliens who vote in American elections is clear: we will find you, arrest you, and you will face the consequences, including criminal charges and deportation," he said in the Homeland Security release.

"Under President Trump's leadership, this administration will never allow the votes of American citizens to be cancelled out by non-citizens illegally voting in our elections. Only American citizens should be electing American leaders," he added.

Vegetable markets to be revamped in Delhi

Delhi.(Agency)

The Delhi government has approved four projects for the modernisation of agricultural markets across the city, Chief Minister Rekha Gupta announced on Friday. The projects include road repair, a slow-speed weigh-in-motion system at the Azadpur market, temporary sheds at the Narela market and other projects related to drainage improvements.

“The government is working to develop new markets and improve internal roads, sewerage and pipeline networks, drainage systems and waste disposal facilities, while also preventing stray animals from entering market premises,” Gupta said.

At the Keshopur Fruit and Vegetable Market, internal roads that are more than 20 years old will be rebuilt at a cost of 9.48 crore, facilitating smooth movement of vehicles, traders and agricultural produce.

Further, two temporary sheds will be constructed at Narela’s New Grain Market, which is spread across approximately 33 acres. The sheds will provide covered space for storing grain and help reduce the risk of damage during rain and adverse weather conditions.

At the Azadpur New Vegetable Market, problems associated with nearly 30-year-old sewerage and drainage lines in Blocks B and C will be addressed. Measures to tackle sinking, damaged & blocked pipelines and water leakage will help reduce waterlogging, maintain cleanliness and improve market operations.A modern slow-speed weigh-in-motion system will also be installed at the entry and exit gates of Azadpur Fruit and Vegetable Market. The system will allow commercial vehicles to be weighed without bringing them to a complete stop. Electronic records of vehicle weights will improve transparency in the weighing process and strengthen accountability in market operations.

Gupta said the government is working to develop new markets and improve internal roads, sewerage and pipeline networks, drainage systems and waste disposal facilities, while also preventing stray animals from entering the market premises.

Attention is also being given to lighting, food and other basic amenities for workers as well as healthcare centres.

CJP’s Abhijeet Dipke Under Preventive Arrest, AISA Chief Neha Bora Released Over Protests In Delhi

Delhi.(Agency)

The Delhi Police has put Cockroach Janta Party (CJP) founder Abhijeet Dipke under preventive arrest and released All India Students' Association (AISA) chief Neha Bora early Saturday morning after taking them into preventive custody ahead of the 'Lehra Do Tiranga' protest march at Delhi's Connaught Place on Friday.

Dipke was arrested following action under Sections 126 and 170 of the Bharatiya Nagarik Suraksha Sanhita (BNSS) in connection with the apprehension of a breach of peace. He will be produced before the Special Executive Magistrate (SEM) court later in the day.

Bora was released after completing formalities related to her detention under Section 65 of the Delhi Police Act.CJP legal head Ratna Singh alleged that Dipke's location is "unknown" and claimed that lawyers haven't met him.

Abhijeet is arrested & will be produced before SEM court. His location still unknown, lawyers haven't met," Singh wrote on X.In another post, Singh said that Dipke would be produced before the court at 12:00 pm today.The CJP, Opposition parties, student groups and civil society organisations have staged protests in several parts of India demanding Chief Election Commissioner Gyanesh Kumar's resignation over alleged irregularities in electoral rolls and the Election Commission's Special Intensive Revision (SIR) exercise.

'Illegal Detentions Being Used To Instil Fear'

After being released from detention, Neha Bora alleged that protesters were being detained without valid reasons and kept in custody for hours, saying such actions were being used to instil fear among ordinary citizens. She said, "For a very long time in this country, it has been the case that people are detained without any valid reason and made to sit [in custody] for hours.

Who came out to protest in Delhi as CJP leadership went missing?

Delhi.(Agency)

At around 4 pm, the protest announced by the Cockroach Janta Party (CJP) in central Delhi was a collection of small groups, with five or six people gathered here and a dozen there. By 5 pm, some of these clusters had grown into larger groups, raising slogans against Chief Election Commissioner Gyanesh Kumar and the government. As evening set in, the groups began merging, drawing hundreds of people into the inner circle of Connaught Place. Thousands of security personnel deployed across Connaught Place suggested that Delhi was bracing for a major confrontation. But the protest site offered a different picture.Small groups of students, Left activists and ordinary citizens turned up, but there was no clear meeting point, no visible chain of command, and no leader directing the crowd.

I interacted with dozens of people, young and old. My sample size might have been small, but so was the crowd, relatively speaking, at a protest that followed a Congress march just a week earlier, and compared with the CJP's July demonstration.My interactions with the crowd suggested a mixed gathering. There were committed protesters who believed in the cause, but also onlookers who appeared to have turned up out of curiosity. It is difficult to quantify the split, but roughly one in four people I spoke to seemed more interested in seeing what was unfolding than in the protest rather than participating directly. Some even told me they had plans to head to Connaught Place's pubs and clubs, which remained open on Friday.

By evening, the crowd in the heart of the capital looked like it had crossed the 1,000-mark. Yet the crowd never quite became a unified march. By the time I left around 8 pm, hundreds had been detained, yet small clusters continued to march sporadically across Connaught Place.

The situation captured the central problem confronting the CJP-led protests. There was a turnout, and many people were willing to assemble despite the heavy security presence. But the CJP appeared unable to turn that participation into a coordinated demonstration, particularly after its three main leaders were detained or arrested.

A CROWD WITHOUT A CJP COMMAND CENTRE

The Tiranga March had been called by CJP leader Abhijeet Dipke, who was detained just before the protest could begin on Friday. He had been served



notice by the Delhi Police asking him not to proceed with the march. His counterparts, CJP leaders Ashutosh Ranka and Saurav Das, were already under arrest.With Dipke detained, there was no prominent CJP leader visibly directing the protest. Nor was there an apparent alternative "plan B" to bring

Students, Left activists and ordinary citizens gathered in Connaught Place for CJP's Tricolour march, even as its leadership was detained and no clear plan emerged. The crowd grew through the evening, but remained scattered, with no single leader visibly directing the protest.

the groups together or decide what they should do next. More than two hours after Dipke's detention, no CJP functionary was visibly leading the gathering. The result was a protest that grew through individual groups converging rather than through an identifiable mobilisation effort.

Around 5.25 pm came the first sign of a march, when approximately 100 protesters carrying the Tricolour made a circuit of Connaught Place's inner circle, starting at Palika Market's Gate No. 1.Around the same time, around 100-120 Students' Federation of India (SFI) members gathered near Tolstoy Marg, close to Jantar Mantar.Activists associated with the All India Students' Association (AISA) also joined the demonstration, although AISA leader Neha Bora was detained.

Women’s groups march to Delhi Police HQ over alleged sexual violence during SIR protest

A young woman journalist had also alleged that an assistant commissioner of police-rank officer grabbed her breasts.

Delhi.(Agency)

Women's groups and activists on Saturday marched to the Delhi Police Headquarters, demanding prosecution of police personnel accused of sexually assaulting and harassing women and transgender protesters during the demonstrations against the Election Commission of India (ECI).Carrying placards and banners, the Left-wing women's groups raised slogans against the alleged sexual and gender-based violence by police personnel and demanded Chief Election Commissioner Gyanesh Kumar's resignation over alleged electoral irregularities.

The protesters gathered near Gurudwara Bangla Sahib and marched towards the headquarters to submit a memorandum demanding accountability for alleged sexualised and gendered violence against demonstrators.

"Those found guilty must be held accountable and punished under the law," the organisations said in their appeal, calling

for strict disciplinary and legal action against personnel accused of the alleged assaults.

In an official statement, the groups said videos, photographs and personal accounts had documented instances of alleged



sexual harassment and physical violence against women, transgender and non-binary protesters during police action since July 20, with reports intensifying from October 2.

They cited footage purportedly showing male police personnel assaulting women protesters and alleged that

incidents of sexual violence had also occurred inside detention buses and detention centres.A young woman journalist had also alleged that an assistant commissioner of police-rank officer grabbed her breasts.In their statement, the organisations further claimed that when she attempted to file a complaint, she was detained and an FIR was registered against her and others.”

These deliberate actions by the authorities are nothing but misogynistic attempts to silence women's voices and reveal a larger intent to push us out of politics and public life," the statement said.

The groups also alleged that protesters had faced casteist, communal and gendered abuse, and accused the authorities of failing to prevent or act against such misconduct.The memorandum called for action against officials found responsible and an end to impunity for sexual assault, while stressing the right of women and gender-diverse people to participate in public and political life without fear.The protest was organised by several women's and students' organisations, including the All India Democratic Women's Association (AIDWA), National Federation of Indian Women (NFIW), All India Progressive Women's Association (AIPWA), All India Mahila Sanskritik Sangathan (AIMSS), Collective, All India Feminist Alliance (ALIFA), All India Coordination Committee of Working Women (AICCW), Pragatisheel Mahila Sangathan.

Delhi HC asks Mirzapur makers to donate Rs 50,000 over Shoorveer song

Delhi.(Agency)

The Delhi High Court has asked the makers of "Mirzapur: The Movie" to donate Rs 50,000 to the Army Welfare Fund over the alleged misuse of a song paying tribute to Maharana Pratap, news agency Press Trust of India reported.

The song, "Shoorveer", was used as the background score for a fight sequence. The court closed proceedings on a public interest litigation challenging its use after the song was replaced, but said it would reconsider the issue of costs if the donation was not made within the stipulated period.

According to PTI, a bench of Acting Chief Justice Nitin Wasudeo Sambre and Justice Sanjay Sharma noted in its October 13 order that the song had been removed and had not been played in the movie since September 17.

"Counsel for the respondent no. 3 (Excel Entertainment Pvt Ltd) states that in view of the conduct of the respondents, an amount of Rs 50,000 shall be voluntarily donated to the Army Welfare Fund within a period of one week from today and the acknowledgement to that effect shall be produced on record," the order stated.The court added, "In case there is a failure to produce the acknowledgement as claimed above, within a period of two weeks from today, the matter shall be

listed for re-consideration before the Court only on the limited aspect of cost to be paid by the respondent no. 3."

On September 17, the high court had said that using "Shoorveer" as the background score for a fight sequence in the movie was "not in good taste", PTI reported.

After the Central Board of Film Certification's counsel told the court that the film's producer had voluntarily approached the board to make changes to the scene, the court asked the board to



decide on the proposal within a week. The producer's counsel said the song had been used only to "embellish" the climax, in which the protagonists fight goons.The petition, filed by Prashant Kumar Singh, alleged that using "Shoorveer", a tribute to Maharana Pratap, in the sequence created an "undesirable association" between the warrior's revered ideals and the violent and unlawful conduct shown in the film.The plea said the movie was set against the backdrop of organised crime, gang rivalry and violent criminal activities.

These guys are human: Morne Morkel hits back at critics targeting India bowlers

New Delhi.(Agency)

India bowling coach Morne Morkel has urged critics to show greater understanding towards the team’s bowlers, pointing to the mental fatigue caused by a packed international schedule. With India’s attack under scrutiny after some expensive outings against the West Indies, Morkel reminded critics that players cannot be expected to deliver at their best in every game. India’s busy calendar has seen players move between bilateral cricket, the Asian Games and off-field commitments before returning to international action. Speaking on the eve of the fifth T20I against the West Indies in Bengaluru on Friday, Morkel called for better recovery time and a more measured response to bowling performances.“I read



everything that's written on social media. One thing that we sometimes forget is that mental fatigue plays a big part. We have to manage that and you have to be smart with it,” Morkel said at the pre-match press conference, pointing out how some players went from the Asian Games straight into the West Indies series before travelling to Delhi for a presentation with Prime Minister Narendra Modi and returning for the match. “And for me, your execution and your skills will be better when you've recovered well, when you've slept well, and once you've mentally refreshed and that is a challenge.

MI begin rebuild with Mahela Jayawardene exit as Rohit Sharma captaincy buzz grows



New Delhi.(Agency)

Mumbai Indians are heading towards a significant reset ahead of the Indian Premier League (IPL) 2027 season, with Mahela Jayawardene and the franchise mutually agreeing to part ways. The development comes at a time when the five-time champions are also facing fresh speculation over their leadership, with Rohit Sharma emerging as a possible candidate to return as captain. Jayawardene's exit marks the end of another chapter in his long association with Mumbai Indians, where he has served in multiple roles over the years. The franchise will now look to chart a new course, while the possibility of Rohit reclaiming the captaincy has added another layer of intrigue to its plans for the next season.“Mumbai Indians has been a very special part of my journey for over a decade now. The players, coaching team, the incredible support of the #OneFamily and above all the fans have made this an experience I will always treasure,” Mahela said in a statement.“Mahela has made a significant contribution to Mumbai Indians over the years. His calm leadership, integrity and deep love for the game have meant so much to us. On behalf of the entire MI family, I want to thank Mahela for his immense contribution and unwavering commitment over the years.

IND vs WI, 5th T20I: Bhuvi back to stop sixes as rain threatens to spoil show

India vs West Indies, 5th T20I preview: India's bowling woes face another stern test against an explosive West Indies batting line-up in the series decider. Bhuvneshwar Kumar's return offers hope, but rain threatens to play

Bengaluru.(Agency)

Bengaluru's rain clouds threaten to put a dampener on a series that has had little shortage of fireworks. India and West Indies head into Saturday's fifth and final T20I locked at 2-2, with showers and thunderstorms forecast around the scheduled

7 pm start at the M Chinnaswamy Stadium. If the weather permits a full contest, India will have to find answers to a more immediate problem: how to rein in a West Indies batting line-up that has repeatedly exposed their bowling frailties. With the visitors matching India's firepower and the series on the line, the hosts cannot afford another night of six-hitting at will.India's bowling coach Morne Morkel has defended his attack, pointing to flat pitches, dew and the difficulty of executing plans with a wet ball. He has also urged people to consider the mental fatigue brought on by a packed schedule, with players coming straight from the Asian Games into the West Indies series and travelling to Delhi for the felicitation ceremony before returning to Bengaluru. But the numbers make for uncomfortable reading. Barring Prince Yadav, none of India's frontline pacers has managed an economy rate below 10 runs per over across the series. West Indies chase down a record 250 in the second T20I in Ranchi, they went past 200, but failed to

chase 224 in Indore in the third. However, in the fourth T20I in Hyderabad, the West Indies smashed 247/3 in 20 overs and successfully defended it by 24 runs to level the series. In the absence of Jasprit Bumrah,



who was rested for this series, the young crop of Indian fast bowlers, led by Arshdeep Singh, has struggled to contain the West Indies batters on flat surfaces. Bhuvneshwar Kumar's return could offer India some much-needed control. The 36-year-old has been added to the squad after Arshdeep sustained a blow to his bowling shoulder in Hyderabad,

and his ability to swing the new ball and deliver variations at the death could be valuable against West Indies' power hitters. Bhuvneshwar, who last played for India in 2021, was initially in the squad for the New Zealand tour later this month, but the 36-year-old will return early if he gets a spot in the XI. India are also trying to protect a significant home record: no visiting side has won a bilateral T20I series in India since February 2019 - a run of 20 series without being beaten at home. TEAM NEWS: BHUVI IN? Bhuvneshwar's inclusion is the biggest talking point ahead of the decider. His experience could be particularly useful in the powerplay and at the death, two phases in which India's pace attack has struggled to contain West Indies. Arshdeep's availability is in doubt after his shoulder injury in the fourth T20I, making Bhuvneshwar a strong contender to feature at a venue where he plays for Royal Challengers Bengaluru in the IPL.

Punam Raut: The unsung hero who never needed the spotlight

New Delhi.(Agency)

India will remember 2017 as the year women's cricket began finding its voice. Smriti Mandhana dazzled with her elegance, Harmanpreet Kaur unleashed a breathtaking 171 against Australia, and Mithali Raj hogged the limelight with her batting and the now-famous picture of her reading a book. Amid all the noise, there was Punam Raut. Short in stature, she lacked Mandhana's flamboyance and Harmanpreet's belligerence but possessed a quiet resilience of her own. She was one of a kind, a pocket-sized dynamite, and one of the chief architects of India's memorable run to the final against Delhi Capitals earlier this year. Punam scored 381 runs in nine matches, including a brilliant 106 against Australia in the league stage. She began the tournament with 86 against England in the opener and then notched another 86 in the final. Those innings helped define India's campaign. Nine years later, Punam has bid farewell to the highest format of the game, having last represented India in their first-ever Day-Night Women's Test in 2021. For a cricketer who gave so much to the sport, walking away was never going to be easy. Her battle with dengue and chikungunya last year took a heavy toll on her health, leaving her



struggling with persistent joint pain for months. Eventually, the illness forced her to confront a difficult reality: sometimes, even the desire to keep playing cannot overcome what the body has endured.

“For the last five months, I had been thinking about retirement, but I wasn't completely mentally prepared to make the decision. Last year, I was diagnosed with dengue and later suffered from chikungunya for nearly five months. The illness left me with significant joint pain and other complications,” Punam told India Today in an exclusive interview. “I recovered before the season and played for Mumbai last year. However, I missed the T20 format and played only the one-day matches. The effects were still there and I wasn't able to give my 100 percent consistently. After fielding, I would experience considerable pain and discomfort the following day, which affected my recovery.” “I eventually felt I needed to stop playing for some time and see how my body responded. I also wanted a mental break because I felt I had achieved what I wanted to as a player and couldn't see much motivation to continue. I wanted to feel physically better and take time to make the right decision,” Punam said.”

Novak Djokovic returns to Basel after 15 years, accepts Swiss indoors wildcard

New Delhi.(Agency)

Novak Djokovic will return to the Swiss Indoors Basel after accepting a wildcard invitation, giving the 24-time Grand Slam champion another opportunity to add to his remarkable title collection. The Serbian is chasing his 103rd ATP Tour crown at the ATP 500 tournament, scheduled from October 26 to November 1. The tournament announced his participation on Friday, welcoming him back to Basel after three previous appearances in 2009, 2010 and 2011. Djokovic last competed at the event in 2011, making this his first appearance in 15 years. The 39-year-old arrives in Switzerland after a mixed Asian swing. He won the China Open in Beijing earlier this month to claim his 102nd career title, but suffered an early exit at the Shanghai Masters,



losing to Poland's Hubert Hurkacz in straight sets. Djokovic now has an opportunity to move level with Roger Federer, who finished his career with

103 ATP Tour titles. American Jimmy Connors remains the leader in the Open era with 109 titles. DJOKOVIC CHASES ATP FINALS SPOT The Basel appearance could also prove crucial in Djokovic's bid to qualify for the ATP Finals in Turin, scheduled from November 15 to 22. The Serbian has won the season-ending championship a record seven times, but currently sits outside the top eight in the Race to Turin standings. Only Alexander Zverev and Carlos Alcaraz had secured qualification at the time of the announcement. With Jannik Sinner ending his season early because of a knee injury, the race for the remaining places remains open. Djokovic's decision to add Basel to his schedule comes after he indicated following his Shanghai defeat that the Paris Masters would be his only.

Kavya Maran, Anirudh to marry in November. PM, Revanth Reddy, Vijay get invite

Bengaluru.(Agency)

Sunrisers Hyderabad co-owner Kavya Maran and music composer Anirudh Ravichander are set to take their relationship to the next level, with the Telangana Chief Minister's Office confirming their wedding reception plans. Chief Minister A Revanth Reddy received a special invitation from Kavya's parents, Sun Group chairman Kalanithi Maran and Kavery Maran, for the reception scheduled in Chennai on November 21. The announcement came through a post on X by the Telangana CMO, which revealed that the Marans met Revanth Reddy at his residence in Jubilee Hills to invite him to the family celebration. While wedding rumours have been doing the rounds for months, the official post has now put the reception details firmly in the public domain. “Sun Group Chairman Shri Kalanithi Maran and his wife, Smt. Kavery Maran, met Hon'ble Chief Minister Shri A. Revanth Reddy at his residence in Jubilee Hills and invited him to the wedding reception of their daughter, Kavya Maran,” The Telangana CMO wrote. “The wedding reception of Kavya Maran and Anirudh Ravichander is scheduled to be held in Chennai on November 21.” The announcement confirms the reception date, although reports claiming that the wedding ceremony will take place in Greece on November 11 remain unverified. For now, Chennai is where the



celebrations are officially set to continue, with the Chief Minister among those invited. ANIRUDH HAD SHUT DOWN RUMOURS The wedding speculation is not new. Reports linking Kavya and Anirudh romantically have surfaced over the past few years, but the composer had brushed off one round of rumours in June 2025. Reacting to claims that he was set to marry Kavya, Anirudh had taken to X and written, “Marriage ah? lol .. Chill out guys. Please stop spreading rumours.” The Telangana CMO's post is the clearest confirmation yet, with the composer and Kavya now named together in the announcement of their November 21 reception. FROM THE IPL STANDS TO THE SPOTLIGHT Kavya is the daughter of Kalanithi Maran and heads Sunrisers Hyderabad, the IPL franchise owned by the Sun Group. She has become one of the tournament's most recognisable faces.

ISL's YouTube gamble pays off early, but the bigger test is still to come



New Delhi.(Agency)

For a league that spent much of the past year worrying about its future, the Indian Super League could do with a week like this. The previous season was shortened amid uncertainty over the competition's commercial structure, leaving clubs facing difficult questions about how Indian football's top division could sustain itself. The opening week of the new season has offered a welcome change of mood, with the ISL finding an audience on YouTube that suggests there is room for Indian football to reach more people. The league recorded 65 million views and a reach of 52 million across its first five matches of the 2026-27 season.

Delhi Capitals sign Sri Lanka great to join Sourav Ganguly and Yuvraj Singh

New Delhi.(Agency)

Delhi Capitals have added another experienced name to their revamped coaching setup, appointing former Sri Lanka fast bowler Chaminda Vaas as their bowling coach ahead of IPL 2027. The franchise announced the appointment through a social media video featuring Vaas himself, completing another key addition after Sourav Ganguly and Yuvraj Singh. Vaas, one of Sri Lanka's most successful fast bowlers, finished his international career with 355 wickets in 111 Tests and 400 wickets in 322 ODIs. A member of Sri Lanka's 1996 World Cup-winning squad, the left-arm pacer was known for his accuracy, ability to swing the new ball

and effectiveness across conditions. The 52-year-old also has considerable coaching experience. He has worked with Sri Lanka's senior team and feeder squads, served as a bowling coach with Ireland during the 2016 T20 World Cup, and worked with New Zealand's fast bowlers as a consultant. He has also held coaching roles with Sri Lanka in subsequent years. His appointment marks another step in Delhi's overhaul as the franchise looks to build a stronger support staff for the 2027 season. GANGULY AND YUVRAJ LEAD REVAMP Former India captain Ganguly was appointed Delhi Capitals' head coach on October 6, returning to a franchise he has been associated with since 2019.



Reliance Industries to Elon Musk: Competition welcome, but follow rules

New Delhi.(Ajency)

Ahead of its Rs 30,213-crore Jio IPO, Mukesh Ambani’s Reliance Industries has rebutted Elon Musk’s tirade on X and said it welcomed competition. Last Wednesday, Musk had accused “certain oligarchs” of “blocking” Starlink’s entry into India before naming Ambani over the next two days in a series of posts.

In an early morning statement on Friday, Reliance Industries said: “We welcome competition in satellite communications, including Starlink. Every player, Jio included, must serve the people of India and abide by the laws and policies of the land.” “At Reliance, we have never feared competition. We see it as the truest test of who serves the customer best. Jio itself entered India’s crowded telecom market in 2016 as the newest player, with not a single customer. In just 10 years, Jio has earned the trust of over 53 crore customers and given Indians some of the best digital infrastructure and most affordable data in the world,” the statement said. It added: “Like every Indian enterprise, Reliance has grown in an India that welcomes

Trade imbalance with China growing due to barriers: FM Sitharaman

NEW DELHI.(Ajency)

Sitharaman Friday flagged her concerns over the large — and exponentially growing — trade imbalance with China and said Beijing has not addressed India’s concerns for nearly a decade and continued to deploy non-tariff barriers.

“The trade imbalance is something we have been talking with China for several years, we are denied market access even for those goods where there are immense market opportunities in China. We are global leaders in generic drugs, bovine meat, vegetables and perishables, which has huge potential in China. A decade has gone consistently putting a case for market access for Indian products. Non-tariff barriers have been very strong and China uses them unhesitatingly, whether it is in the name of phytosanitary measures or any other for which due investigations can happen, for which both sides can sit and talk but no progress is made. Non-tariff barriers are the biggest worry in trade between India and China,” she said during an interaction organised by the Atlantic Council on the sidelines of the IMF-World Bank annual meeting in Bangkok.

IDBI Bank disinvestment: Govt clarifies shareholding concerns, says 2003 law does not restrict stake dilution

New Delhi.(Ajency)

The finance ministry on Saturday clarified that the government’s power to dilute its stake in IDBI Bank was not restricted by the IDBI (Repeal) Act, 2003. The statement comes amid media reports on the 2003 legislative developments concerning the government’s shareholding in the bank. The ministry said that an amendment seeking to restrict the dilution of the government’s stake was moved during the Union Budget 2003 discussions and parliamentary debate on the Act, but was rejected and did not become part of the enacted legislation.

The ministry cited the Delhi High Court’s December 17, 2018, judgment in All India IDBI Officers’ Association vs. Union of India and Others, which dismissed a petition challenging the government’s decision to dilute its shareholding. In paragraph 41, the court held

Brent crude hits \$110 as supply hopes fade amid geopolitical conflict

✱ The Brent crude stood at 109.69, up 3.56 per cent from the previous close. The benchmark had climbed 3.7 per cent in a session marked by renewed conflict in major export regions that tightened an already fragile

New Delhi.(Ajency)

Brent crude touched \$110 a barrel for the first time since May as hopes for near-term supply relief faded and traders increased bets on further price gains. The Brent crude stood at 109.69, up 3.56 per cent from the previous close. The benchmark had climbed 3.7 per cent in a session marked by renewed conflict



in major export regions that tightened an already fragile supply outlook.Iran-backed Houthi rebels continuing missile and drone strikes on Saudi Arabia impacted the outlook, while Russia and Ukraine also attacked each other’s energy infrastructure.US lawmakers on Friday introduced a bill to block a proposed deal with Mocow to buy several hundred million barrels of diesel from

Russian reserves. Lawmakers expressed opposition to the move seen as potentially bolstering Moscow’s war finances.Geopolitical risks escalated after reports of a strike on Russia’s Ryazan refinery that led to a suspension of operationsFurther, US President Donald Trump has declined to rule out using GBU-43/B Massive Ordnance Air Blast Bomb,

dubbed “Mother of all Bombs,” on Iran after the November 3 election, according to a report by Newsmax.Brent crude price is expected to reach \$90 a barrel in December 2026, up 6 per cent from the previous forecast of \$85, another report has said, citing ongoing supply-side risks from the West Asia conflict that are keeping a hefty risk premium in time spreads.The December 2026 forecast surged because of "ongoing downside risks to supply likely to slow the moderation in the time spreads risk premium—which we estimate at just over \$20 today,” the report from Goldman Sachs said.When the West Asia war started in February-end, Brent crude stood around \$70/bbl, which jumped to over \$125/bbl as shipping through the Strait of Hormuz, a transit point for nearly 20 per cent of world's oil shipments, was disrupted. Gradual reopening led to moderation in crude prices to pre-war days before oil climbed back to test the \$110/bbl mark.

Kwala Intel AI: How AI-powered stock market research tool helps you generate passive income

Mumbai.(Ajency)

Monthly salary or business earnings are not always sufficient to cover monthly household expenses. Generating income on the side, apart from the main source, is becoming a necessity to build a stable life. In that scenario, the stock market is the first thing that comes to mind.However, people often face losses by investing in stocks based on fake social media groups, YouTube videos, or the previous year's bumper returns. Investors in the initial phase must be very cautious while investing, and in-depth market research is a necessity. You can overcome such hurdles and become a smart investor with Kwala Intel, India's first AI-powered market intelligence platform. After helping investors on the NYSE and Nasdaq in the US, Kwala Intel has now arrived in India. After Wall Street, investors and traders in the country now have their own AI SuperBrain.If you want to earn regular income from the stock market without fear, then ditch the old methods today. You, too, can become a smart investor with Kwala Intel, the country's first AI-powered market intelligence platform.

What is the offer? Now, you don't need to waste money on expensive stock market courses or fake calls. For just ₹199 per month, you'll get unlimited access to AI stock research. Visit Kwala Intel's official website to start live market research in your own

language. **Why shouldn't you buy shares just by looking at profits?**

A common mistake new investors make is investing their hard-earned money without thinking, based on a stock's track record or claims of "200% profit in one year." It's like buying a car for its



shiny body without examining its functions. It's possible that, after delivering impressive returns, the company becomes too expensive, or its promoters sell their shares and exit. In this regard, Kwala Intel AI helps you. When you ask this tool, "What is the real situation of a particular stock?", the AI examines the company's business, income, valuation, and promoters' stake within 15 seconds to reveal the truth behind those impressive returns. This information helps you avoid falling into a trap. Furthermore, it gives you an idea of when to buy or sell shares.

What is better for passive income? When you ask Kwala Intel AI how to earn consistent passive income from the stock market without working, the tool

explains it to you in detail:Long-term investment: If you invest in the shares of reliable companies (like HDFC Bank or Tata Motors) for a long period of time, the companies' periodic dividends can become a source of passive income. Furthermore, your money can grow faster over time.

Short-term trading: If you want to capitalise on the ups and downs of the stock market and make weekly or monthly profits, swing trading is a good option. However, this requires knowledge of stock charts and the correct support and resistance levels. Kwala Intel's AI can help you find these in no time.

24/7 Personal Stock Research Assistant Kwala Intel AI is not a stockbroker or a tip-providing platform. It's an educational and informational AI stock research tool. It processes live market data, corporate filings, and news to provide analysis in just 15 seconds.

Ask questions in writing or by speaking

The biggest advantage of this tool is that you don't need to learn complex financial terms. You can simply type in the search box or press the microphone to ask questions, such as "What are HDFC Bank's support and resistance levels today?" or "How were SBI's results?" in your own language. This tool will provide answers in Hindi or English in no time.

Proposed insurance commission cap may cost Canara Bank Rs 150-200 crore: MD & CEO

New Delhi.(Ajency)

Canara Bank could face an estimated impact of Rs 150-200 crore if the proposed cap on insurance commissions is implemented in its current form. However, the lender expects to offset part of the loss by increasing the volume of insurance products sold through its branches, managing director and chief executive officer Brajesh Kumar Singh said. “Even if it is reduced, the loss to earnings will be very small. That is not our core business. In Rs 24,000 crore profit, Rs 200 crore is nothing. Not even 1%,” Singh said in an interaction with The New Indian Express.

The proposed cap on insurance commissions is still at the draft stage, and the final impact will depend on the guidelines eventually notified by the insurance regulator. The bank plans to continue offering insurance products alongside other financial services, focusing on customer convenience and higher distribution volumes to make up for any reduction in commissions.The comments come at a time when Canara Bank's non-interest income declined 18% during the quarter. Singh expects rising financial literacy and greater awareness of insurance products to support distribution volumes and help offset the impact of lower commissions.Canara Bank reported strong quarterly results, with several performance indicators exceeding its guidance. Net profit grew 8% year-on-year to Rs 5,175 crore, while net interest income rose 20.4% to Rs 11,005 crore.On the interest income front, Singh expects the bank to maintain its net interest margin (NIM) in the 2.5-2.6% range over the next couple of quarters, with scope for a marginal improvement of one to two basis points.

The bank has maintained its NIM within the guided range over the past three quarters despite some pressure, he said. The Reserve Bank of India's shift in monetary policy stance from neutral to calibrated tightening could influence the interest rate environment, although a 25-basis-point rate movement alone would have a limited impact, he added..

India’s forex reserves fall by \$8.5 bn, reach about \$726 bn in week ending Oct 9

Kolkata(Agency)

India’s foreign exchange reserves, or forex reserves, have once again registered a significant decline. In the week ending October 9, 2026, the country’s foreign exchange reserves fell by \$8.58 billion to approximately \$726.03 billion. The previous week, reserves had also declined by approximately \$12.95 billion.



Decline of nearly \$60 billion in six weeks

India’s foreign exchange reserves reached a record high of approximately \$785.71 billion on September 4, 2026. Since then, they have been on a steady downward curve. As of October 9, the reserves have fallen by approximately \$59.68 billion. The decline in foreign exchange reserves comes at a time when the rupee is also under pressure. The central bank’s intervention in the foreign exchange market to protect the rupee from excessive volatility could also impact reserves.Foreign currency assets, gold reserves

In the latest week, foreign currency assets declined by about \$7.14 billion. This is the largest part of India’s total foreign exchange reserves.Additionally, the country’s gold reserves also declined by approximately \$1.32 billion. This further exacerbated the decline in total foreign exchange reserves. Foreign exchange reserves include foreign currency assets, gold, special drawing rights (SDRs), and India’s reserve position with the International Monetary Fund.

Pressure on the rupee

The role of foreign exchange reserves becomes crucial amid fluctuations in the value of the rupee. The central bank can buy and sell dollars in the foreign exchange market if needed. This is intended to control sudden sharp declines or excessive fluctuations in the rupee. The rupee has been under pressure in recent weeks. Therefore, steps taken to maintain dollar availability in the market may impact foreign exchange reserves.

Still forex reserves remain strong

Although forex reserves have declined by about \$60 billion from record levels, reserves of around \$726 billion still provide a large foreign exchange buffer for India.Factors such as the rupee’s movement, crude oil prices, foreign investment, and global market conditions could influence the direction of reserves going forward. Monitoring a sustained decline is crucial because foreign exchange reserves are crucial to a country’s external financial stability and import payment

Jio IPO: How to increase chances of share allotment? Learn the rules of application

Kolkata.(Ajency)

: If you’re planning to invest in Jio Platforms’ IPO, simply bidding isn’t enough. Investors also need to understand the categories they can apply under, who will receive shareholder and employee quotas, how many applications can be made using a single PAN, and when they’ll receive their money back if they don’t receive shares. Understanding the IPO application process and allotment rules can help investors avoid mistakes. **How many categories of investors?**

Investors in IPOs are divided into three main categories — retail, NII and QIB. The first category is Retail Individual Investors (RIIs). This category includes investors who bid up to ₹2 lakh in mainboard IPOs. According to information provided by Jio Platforms, the price of one lot is ₹13,428, and a maximum of 14 lots can be applied for in the retail category.The second category is Non-Institutional Investors (NIIs). This includes investors bidding more than ₹2 lakh. Small HNIs (S-HNIs) in this category must bid for a minimum of 15 lots, or 180 shares, requiring ₹201,420. A maximum of 74 lots, or 888 shares, can be bid for ₹993,672. Large HNIs (B-HNIs) start with 75 lots, or 900 shares, requiring an investment of ₹1007,100.The third category is Qualified Institutional Buyers (QIBs). This includes qualified institutional investors such as mutual

funds, banks, and insurance companies. The Jio Platforms IPO also has a separate quota for eligible employees and existing shareholders of Reliance Industries.

How to apply for Jio IPO?

Public subscription to the IPO is scheduled to begin on October 19. Investors can apply through their broker, bank, or authorized IPO platform. They must select the appropriate category, provide their PAN, demat account, and bidding information. They must then approve the payment mandate via UPI or ASBA. If an investor wishes to apply under the employee or shareholder quota, he or she must fulfil the eligibility criteria for that category.How much can one invest in the employee quota?A quota of ₹500 crore has been set aside for eligible employees of Reliance Industries and its subsidiaries. Bids in this category can be made up to a maximum of ₹5 lakh. Employees will need to select the relevant category when applying. Employee identification information may also be required if required.

Applications will be valid only under the terms and conditions of the IPO.Should I apply for IPO early or on the last day?Applying quickly as the IPO opens for bidding does not automatically increase your chances of allotment. Investors should allow sufficient time to complete the application process correctly and approve the payment mandate.

Nushrratt Bharuccha

Discharged From Hospital After Successful Spine Surgery, Begins Recovery At Home

Nushrratt Bharuccha is back home after successfully undergoing spine surgery following the accident she suffered in Bali earlier this month. The actress' team issued a fresh health update on Thursday, confirming that the procedure went well and that she has now been discharged from the hospital. Nushrratt had sustained a fracture in her spine during her Bali trip and was subsequently airlifted to Mumbai for further treatment. Visuals of the actress arriving in the city on a stretcher had surfaced online at the time. Her latest update brings some relief after nearly two weeks of treatment, although her team has made it clear that a complete recovery will take time.

Nushrratt Bharuccha's Spine Surgery Successful

In an official statement, Nushrratt's team confirmed that the actress has undergone the surgery advised following her spinal injury. "After going through a difficult and challenging phase following her unfortunate accident, Nushrratt Bharuccha has successfully undergone spine surgery. We are relieved to share that the surgery went well, and she has now been discharged from the hospital," the statement read. Nushrratt is now recuperating at home rather than remaining under hospital care. Her representatives said she continues to maintain a positive outlook while concentrating on rebuilding her strength. "Nushrratt is finally back home, surrounded by care and comfort, as she begins the important journey towards recovery. While the road to complete recovery will take time, she remains positive and is focusing on healing and regaining her strength," her team added.

They also thanked everyone who had reached out while the actress was undergoing treatment. "We sincerely thank everyone for the overwhelming love, concern, prayers and good wishes extended to her during this difficult time."

Actress Was Airlifted To Mumbai After Bali Accident

Nushrratt suffered the spinal fracture while she was in Bali on a work-cum-leisure trip. She was initially admitted to a hospital there before arrangements were made to bring her back to India for specialised treatment. After reaching Mumbai, the actress was seen being transported from an ambulance on a stretcher, with family members and friends accompanying her as she entered the hospital.



Kriti Sanon

Moves Delhi High Court Seeking Protection Of Her Personality Rights

Actor Kriti Sanon has approached the Delhi High Court seeking protection of her personality rights, with the court on Friday calling for a broader examination of the legal principles governing such claims amid a rise in similar cases. Justice Purushendra Kumar Kaurav asked advocate Pravin Anand, appearing for Sanon, to prepare a comprehensive compilation of judgments and research material on personality rights, including the extent of protection available and the jurisdiction of the High Court's Intellectual Property Division (IPD) to deal with such disputes. Observing that such matters are being brought before the court frequently, the judge said the legal issues required a wider examination beyond the facts of the present case.

The court asked Anand to explain the contours of personality rights, the attributes of an individual that may receive legal protection and whether such disputes fall within the purview of the IPD. Anand submitted that personality rights could extend to an individual's name, voice, face, image, photographs and videos. He also pointed to the commercial use of a person's identity without their consent or authorisation as an issue arising in such cases. Seeking assistance on the subject, Justice Kaurav asked the counsel to place relevant judicial precedents and research before the court. "Can you give me some research paper? Please give a compilation. Give

me judgments and your understanding regarding personality rights," the court observed, adding that it would consider passing a comprehensive order after examining the material.

Anand told the court that the compilation would be filed during the day and submitted that no



jurisdictional issue arose in Sanon's case. The matter has been listed for further hearing on October 29. The proceedings come against the backdrop of an increasing number of personality rights petitions filed by actors, sportspersons and other public figures before the Delhi High Court. Such cases commonly involve allegations of unauthorised use of names, photographs, likenesses, voices and other identifiable aspects of a person's identity, particularly for commercial purposes. The court has previously dealt with personality rights claims involving several.

Saba Azad Reacts After Imran Khan Is Asked To Leave India Over CJP Protest: 'This Is Absolute BS'



Saba Azad has reacted sharply after actor Imran Khan was issued a notice asking him to Leave India following his participation in a Cockroach Janta Party (CJP) protest in Mumbai last week. Sharing a post about the development on social media, Saba made her displeasure clear in a brief but pointed response. "What!? This is absolute BS," she wrote while reacting to the news that Imran has been given until October 28 to leave the country. Imran, who holds US citizenship and an Overseas Citizen of India (OCI) card, had joined the protest in Mumbai along with his partner Lekha Washington and cousin Zayn Marie Khan. The three were among hundreds of protesters detained during the demonstration before being released later that evening.

Saba Azad Reacts To Imran Khan's Exit Notice

Saba's reaction came hours after the notice against Imran surfaced. The actor, known for films including Jaane Tu... Ya Jaane Na, Mere Brother Ki Dulhan and Ek Main Aur Ekk Tu, has been given an October 28 deadline to leave India.

Imran is the nephew of Aamir Khan and has worked extensively in the Hindi film industry despite being a US citizen. He possesses an OCI card, which allows eligible foreign citizens of Indian origin certain rights to live and work in the country, subject to applicable restrictions. Saba did not elaborate further on the notice or its legal implications, limiting her reaction to calling the development "absolute BS".

Imran Khan Was Detained During Mumbai Protest

Imran had participated in the CJP demonstration held in Mumbai last Saturday in support of protests against Chief Election Commissioner Gyanesh Kumar. More than 400 demonstrators were detained in the city during the protest, including Imran, Lekha Washington and Zayn Marie Khan. The trio was released the same evening. Imran even shared a selfie from inside the police vehicle after being detained. Keeping his response characteristically dry, he captioned the photograph, "Apparently I'm going for a drive."

Kartik Aaryan, Sreeleela's Untitled Film Gets Release Date; Hrithik Roshan's Cameo In Jailer 2 Goes Viral



Kartik Aaryan and Sreeleela are all set to share screen space in Anurag Basu's upcoming romance film, and fans have been waiting with bated breaths for updates about the movie. While the title of the movie hasn't been announced yet, the makers have shared an update revealing that the film is now scheduled to release on April 30, 2027.

Jailer 2 Hrithik Roshan cameo: Hrithik Roshan's cameo in Rajinikanth's Jailer 2 has sent fans into a frenzy, with a leaked scene showing the actor stepping out of a luxury sports car going viral on social media. Fans are praising his swagger, screen presence and stylish entry, with many saying Bollywood has not fully used his potential in mass-action roles. Actor Imran Khan, nephew of Bollywood superstar Aamir Khan, will move court against the notice directing him to leave India by October 28, following his participation in a protest against Chief Election Commissioner Gyanesh Kumar in Mumbai.

Khan, an American citizen and Overseas Citizen of India (OCI) cardholder, has also been named in an FIR registered over the October 10 demonstration.

Bigg Boss 20 witnessed a dramatic turn of events as Nakul Dhull and Kushal Tanwar got into an argument that led to a physical altercation and eventually Nakul's eviction. Now, an update suggests that, keeping in line with this year's theme of the show, Tathastu, the makers have decided to give Nakul another chance, and he has re-entered the Bigg Boss 20 house.

The second trailer of Nitesh Tiwari's Ramayana is now out, giving audiences a much broader look at Ranbir Kapoor as Rama, Yash as Ravana and Sai Pallavi as Sita ahead of the film's international release on November 5, 2026.

6 fat facts you must know

Science essentially recognises four main types of fats in our foods: polyunsaturated, monounsaturated, saturated and trans fats. Each has different chemical and physical properties, and therefore, a different role to play in the body. Vegetable spreads and cooking oils mainly rapeseed, sunflower, soybean and olive mostly contain the first two and small amounts of saturated fat. Palm oil, on the other hand, which has a



higher melting point and is now used in many products, is highly saturated. Nutrition studies have moved on from obvious facts that we should eat less saturated fat, salt and sugar, to emphasis on eating a healthy portion of fruit, vegetables, low-fat dairy food, wholegrains, poultry, fish and nuts, and consuming less red meat, sweets and sugar-containing beverages. But what fat should be consumed and what shouldn't still remains a confusing puzzle. Here are six things you would like to know.

Mass storage:

Where will the fat eventually in the body? This is the one fact, everybody, especially women, worry about (read: obsess over). Women have more subcutaneous fat stores than men, so men store this visceral fat around the mesenteric blood vessel in the abdomen. When energy stored in fat cells is

released, the fat mobilisation process leads to fatty acids entering the bloodstream. Visceral fat is more rapidly mobilised than subcutaneous fat and can accumulate in the liver. Fat also accumulates in the liver if the intake of alcohol or sugar is high. Excess accumulation of body fat is harmful if it is in the abdominal cavity or liver. It is often linked to developing type 2 diabetes.

Fats are important:

Fats are essential. We need certain polyunsaturated fatty acids, aptly named essential fatty acids (linoleic and linolenic acids), in our diet for healthy skin and hair. We get these from vegetable oils, nuts and oily fish. These also contribute to cardiovascular health as well as brain and visual function. Fat also provides insulation for body temperature regulation by filling up your body's adipose tissue. And while fat is an important part of a healthy diet, it's

as important not to get too much as it is not to get too little. Eating too much can lead to weight gain and high cholesterol.

Fats for vitamins:

Medical experts say about 30g of fat is required every day to promote the absorption of fat-soluble vitamins A, D, E and K. Vegetable oils, for instance, are an important source of vitamin E and oily fish is the best dietary source of vitamin D that has become an urban epidemic of some sorts. Provitamins are substances that can be converted within the body into vitamins. So the next time, if your mummy adds a little oil to your platter of green veggies and carrots, don't fret. This actually improves the absorption of carotene (pro-vitamin A).

Women must consume fat:



Why obesity runs in

Families

diet and an offspring's risk of future obesity.

Excess methylation (an important component in cellular processes) on the DNA sequence blocks the ability to express this gene, leading to a late satiety response, increased food intake and eventual obesity.

"We observed a clear correspondence between a specific genetic mechanism and weight gain, potentially allowing for early detection and prevention of obesity," said Asaf Marco, a researcher involved in the work from Bar Ilan University in Ramat-Gan, Israel.

For the study, the researchers fed female rats a high-fat diet and a standard diet from post-weaning to adulthood and in a separate group through pregnancy and lactation. All offspring, including those of the high-fat treated rats, received standard food after weaning until adulthood.

Blood was analysed for hormone levels and brain sections for genetic modification on the specific DNA sequence of interest. The researchers found that genetic malprogramming induced by maternal high-fat diet had a long-term effect on the offspring's vulnerability to development of obesity.



Being over-weight and obese has a direct impact on the genes which signal when it is time to stop eating, the findings showed. Blocked expression of a gene called POMC, which manages a discrete area of the brain that controls feeding behaviour could provide the missing link between a mother's

That red meat, junk fare, and foods are rich sources of saturated fatty acids are associated with cardiovascular disorders are well-documented. However, studies also suggest that nuts, oily fish and dairy products, which are again high in saturated fats, are associated with lower risk of cardiac problems. Every now and then, we stumble upon a new study - one that is constantly evolving -which throws light on a different theory concerning fats.

Body fat plays an important role in fertility. Between 20-30 per cent of a healthy woman's body weight is fat (this makes it twice as much as men). If the level drops below 18 per cent, for instance, ovulation stops.

Likewise, high levels typically about 50 per cent of her weight can also pose problems of infertility. Here's why: A hormone called leptin is secreted by adipose (fat) tissue into the blood in proportion to the amount of fat it stores. The brain detects the blood leptin signal and this promotes ovulation when the level is high enough.

An energy food:

Most of the energy in our diet comes from carbohydrates. But fats provide your body with energy as well as provide storage spots for energy in the body. Fat supplies between a quarter and two-fifths of an adult's energy intake and half for a newborn. So, adding fat to food can

double the energy content.

Saturated fact: The cholesterol raising effects in saturated fats are confined to lauric, myristic and palmitic acids (found in palm oil). These raise low-density lipoprotein

cholesterol (LDL-C) in decreasing order of potency compared to carbohydrates (including all types of starches and sugars) or unsaturated fatty acids. One can lower cholesterol by replacing saturated fatty acids with oils rich in monounsaturated (olive, rapeseed) or polyunsaturated fatty acids (soybean, sunflower oil) than lowering carbohydrates.

For example, replacing butter with olive oil as your main source of fat can lower LDL-C by about 10 per cent.



"I wish more men would try out a class of yoga. There is a misconception that yoga cannot build strength and endurance," says Yoga guru ashok mundetiya.



He says that an Artistic Yoga session is guaranteed to make you sweat and build up every muscle in your body. "It's the most effective way to lose weight around the stomach, strengthen your back, unwind and also re-energise. It makes you more productive during the day!"

Artistic Yoga, was developed by Bharat Thakur 12 years ago, when yoga was thought of as a boring and difficult practice. "Some of the biggest businessmen and CEOs are practicing

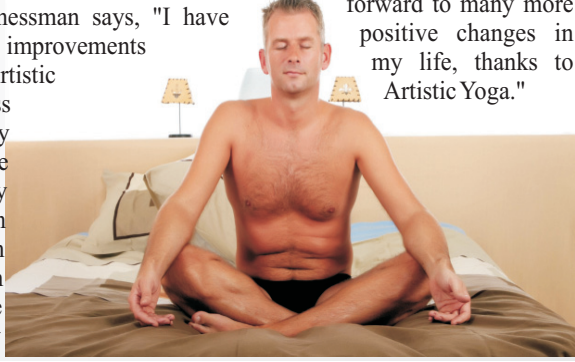
Why men should take up

Yoga

yoga today as it's a great way to get fit and de-stress at the same time."

Hussain, a businessman says, "I have noticed massive improvements after starting Artistic Yoga. I need less sleep and my energy levels are higher. My friends say I am looking much better as I am toned and have lost weight. My

stress levels are lower and I feel fresh every day. I look forward to many more positive changes in my life, thanks to Artistic Yoga."



The five-a-day weight-loss diet plan

To meticulously stick to your body's requirement of five fruit-veggie portions every day, it is important that you know all about the programme.

The five-a-day plan — long hailed as the cornerstone of great health — stresses on the health benefits of eating five portions of fruits and vegetables every day.

As most fruit and vegetables are low in fat and calories but high in fibre, they help in filling us up without piling on the pounds and keeping our hearts healthy. The fibre they contain keeps our digestive system healthy, preventing problems such as constipation, piles and bowel cancer. For instance, their soluble fibre helps lower cholesterol, thereby reducing the risk of heart disease.

Fruits and veggies also boost vitamin and mineral intake, including folate for a healthy nervous system and vitamin C for strong immunity and healthy skin and hair. They also provide potassium, which helps lower blood pressure and many antioxidants that help guard against problems such as heart disease, strokes, cancer, dementia, arthritis and even wrinkles.

Do fruit juices matter?

No matter how much fresh fruit juice you drink in a day, it is counted as only one portion. That is because



juices don't contain fibre (unlike a whole piece of fruit) and the juicing squeezes out the natural sugars found between the fruit cells, making them more harmful to teeth. As for juice drinks, they usually contain little juice, lots of sugar and hence don't count for much. Smoothies may count as two portions, but not more. If you're making your own smoothie, it needs to contain two pieces of fruit such as a banana and a pear, or one portion of fruit and a small glass of pure fruit juice.

Must fruits and veggies be eaten on their own to

count?

No. The fruits and veggies you add to dishes such as stir-fries, curries, stews, soups, pizzas, pasta, rice dishes, sauces and desserts all count towards your tally. As for baked beans, kidney beans, chick peas and lentils, they count as only one portion, even if you eat a lot of them. That is because nutritionally they are more similar to meat, poultry, fish and eggs rather than fruits-veggies.

What exactly is a portion?

A portion of fresh fruits or veggies is 80 grams. The World Health Organisation recommends at least 400 grams of fruits and vegetables daily to prevent obesity, heart disease, cancer and type 2 diabetes. So breaking this 400 into five servings means each serving should be around 80 grams. Shouldn't we eat more than five portions? Studies show our health may benefit even more with greater intakes of fruits-veggies. The World Cancer Research Fund recommends that, in future, we should aim for at least 600g of fruits and veggies daily; equivalent to six portions. Meanwhile, a study published

earlier this year in the European Heart Journal found people who ate eight portions of fruits and veggies each day had a 22 per cent lower chance of dying from heart disease than those who ate three portions. For each extra portion added, the risk was lowered by 4 per cent.

Should we eat different fruits and veggies? To get the most health benefits, it's best to vary your choices as different fruits and veggies contain different combinations of fibre, vitamins, minerals and antioxidants. Aim to eat five differently-coloured fruits and veggies each day. How can we get kids to eat five-a-day? Don't be tempted to hide fruits and veggies in dishes as it would only keep them away. Children need to learn that fruits and veggies are tasty as well as beneficial for them, so get them involved in helping prepare meals and snacks that contain fruits and veggies.

Other ways to five-a-day

Add raisins to cereal. Make shakes and smoothies with fresh berries and bananas. Top pizzas with sweet corn, peppers and tomatoes. Make fruit skewers with chunks of pineapple, mango and melon. Serve meals with baked beans or corn on the cob. Mash potatoes with an equal amount of carrot.