

Assam CM Himanta accuses Kharge family of insulting Assam’s pride and youth

■ Assam Chief Minister Dr. Himanta Biswa Sarma criticized Congress President Mallikarjun Kharge and his son Priyank Kharge for their perceived anti-Assam stance.

Guwahati, Oct 29: Assam Chief Minister Dr. Himanta Biswa Sarma has launched a strong attack on Congress President Mallikarjun Kharge and his son Priyank Kharge, accusing them of carrying forward an “anti-Assam mindset” through their words and actions. Addressing a press conference on Monday, the Chief Minister alleged that both father and son had shown disrespect to Assam’s culture and its people. “Mallikarjun Kharge once insulted the legendary Bhupen Hazarika, who remains the voice of Assam’s identity and emotion. Now his son has insulted the youth of

Assam. This shows that the Kharge family has consistently failed to understand the dignity and potential of our state,” Dr. Sarma remarked. The comments came after Priyank Kharge reportedly questioned the feasibility of establishing a semiconductor project in Assam, claiming that the state’s ecosystem was not conducive for such an industry. He also cast doubt on the Assam government’s claim that 15,000 youths had received training under the state’s semiconductor mission. Reacting sharply, the Chief Minister said the Congress leader’s remarks were “misinformed and arrogant.” “It is unfortunate that he is spreading falsehoods about Assam’s development efforts. Our government is empowering the youth through modern skill development, and the semiconductor initiative is one such



transformative step,” Dr. Sarma said. Recalling a previous controversy, Dr. Sarma reminded reporters that when Bhupen Hazarika was conferred the Bharat Ratna, Mallikarjun Kharge had made “disparaging comments,” which had deeply hurt the sentiments of the



Assamese people. “The Congress leadership has a habit of belittling Assam’s achievements and pride. Their words reveal their lack of understanding about our state’s progress,” he added. The Chief Minister urged the Congress

leadership to correct its stance and educate its leaders about the cultural and intellectual wealth of Assam. “It is their responsibility to make Priyank Kharge understand what Assam stands for — its culture, spirit, and the incredible strength of its youth,” he said.

In Brief

Emotional farewell bid to music icon Zubeen Garg

Guwahati: In alignment with his final wishes, the ashes of renowned artist Zubeen Garg were immersed in the Brahmaputra River, adhering to Vedic traditions. His wife, Garima, expressed her profound grief to journalists, highlighting Zubeen’s deep love for nature and his desire to merge with it, stating, “Zubeen wished to merge with the Brahmaputra.” The poignant ceremony took place at the riverbank, attended by family and friends, with Zubeen’s ashes being transported to the center of the river by canoe at Lachit Ghat. After the rituals, Garima emphasized that the immersion was a tribute to the singer’s enduring memory and affection for the river. Family members, including Arun Garg, participated in the ceremony, ensuring that Zubeen’s long-held dream was honored. Zubeen Garg’s lasting impact is expected to resonate for many years, and his legacy will be cherished by all.

Emotional farewell bid to music icon Zubeen Garg



Guwahati, Oct 29: In accordance with his last desires, the ashes of the well-known artist Zubeen Garg were submerged in the Brahmaputra River, and the state is still dealing with his passing. His ashes were immersed by following the Vedic traditions and ceremonies. Garima was crying uncontrollably as she spoke to the journalists, recalling her late husband. She emphasized how much the late singer loved the outdoors. She goes on to say that Zubeen wanted to merge with it. “Zubeen wished to merge with the Brahmaputra,” she continues. At the Brahmaputra riverbank, the moving ceremony was

held in front of Zubeen’s loved ones, family, and friends. At Lachit Ghat, the ashes were transported to the center of the river by canoe. Following the closing ceremonies, Garima fulfills the last wish of the deceased singer. “The immersion was a small gesture to honor the singer’s eternal memory and his love for the river and its lasting legacy,” says Garima, who is visibly upset. Arun Garg and other members of his family attended the ceremony later in Jorhat, which made sure the artist’s long-cherished goal was fulfilled. The enduring influence of Zubeen will be felt for many decades to come. We shall always cherish his legacy.

Assam CM Examines BTC Budget

Guwahati, Oct 29: In Guwahati, a significant conference was convened to discuss the Bodoland Territorial Council’s (BTC) financial and administrative strategies. Assam Chief Minister Himanta Biswa Sarma and BTC Chief Executive Hagrama Mohilary attended, along with all Executive Members and top officers. The meeting centered on BTC’s interim budget and governance issues, particularly the allocation and disbursement of funds. Durga Das Boro of the Bodoland People’s Front highlighted the importance of a fair tax-sharing arrangement with the Assam government to promote growth. The BTC plans to present an additional budget by November 25, with potential expenditures between Rs. 1500 crore and Rs. 3000 crores.

Arunachal ties up with OIL for critical mineral exploration in PHOP block

Itanagar, Oct 29: In a major step towards strengthening India’s self-reliance in critical minerals, the Government of Arunachal Pradesh has signed a strategic partnership with Oil India Limited (OIL) for the exploration and development of vital mineral resources in the PHOP Block. The collaboration is expected to play a key role in supporting India’s clean energy transition and promoting industrial growth through a sustainable supply of essential raw materials. The agreement was spearheaded by Arunachal Pradesh’s Minister for Science & Technology, Dasanglu Pul, in coordination with the Centre for Earth Sciences & Himalayan Studies (CESHS). The initiative reflects a collective effort to advance scientific research, technological innovation, and sustainable mineral exploration in the state’s resource-rich terrain. Speaking at the signing event, Minister Dasanglu Pul said the collaboration is aligned with the Central Government’s “Atmanirbhar



Bharat” vision of creating a strong domestic value chain for critical minerals such as lithium, cobalt, nickel, and rare earth elements. “This partnership will help reduce India’s dependence on mineral imports and enable us to contribute meaningfully to the nation’s clean energy goals,” she stated. The project aims to employ advanced geoscientific tools and environmentally responsible methods for exploration. It will also emphasize community engagement and ecological preservation while ensuring that economic benefits reach local populations.

Accident

Guwahati: A fatal road accident near the Karbi block region along the Assam–Arunachal Pradesh border in Biswanath district killed three people: two adolescent girls and a young guy. Police reports claim that the deceased young man was riding his motorcycle with the two girls when a tractor came up from the other way and collided with the bike. Both passengers and the motorcyclist perished instantly in the crash due to its extreme force. Shortly after the accident, police officers arrived at the scene. But the tractor that was involved in the collision ran away and hasn’t been found yet. Authorities have moved the deceased’s bodies to the Biswanath Chariali Civil Hospital for a post-mortem examination and collected the damaged motorcycle. To track down the car and ascertain what caused the crash, an inquiry is under progress. Sahil Basumatary from Sonajuli and Agni and Ragina Narzari from Rupajuli have been recognized as the victims.

Security forces seize spurious liquor

Imphal: The Indian Army and Assam Rifles, together with Manipur Police, engaged in intelligence-driven joint operations from October 17-24, 2025, leading to the arrest of two individuals and the recovery of weapons and contraband. Notably, on October 17, a person was arrested in Kakching with 500 litres of spurious liquor. On October 24, Haominthang Haokip from the United Kuki National Army was apprehended in Churachandpur, with a pistol and ammunition seized. A significant arms cache was also found in Saikumpha, Mizoram, including six mortar tubes, assault rifles, a hand grenade, and anti-personnel mines. All items have been handed over to the Police Department in Dungtlang, Champhai, for investigation and legal action.

One killed in tragic road accident

Guwahati: A 65-year-old guy named Shuklal Kosta lost his life in a horrific traffic accident. The accident happened close to Doomdooma on the Dhola–Sadiya linking route. According to reports, the old guy was struck by a Bole-ro pickup truck that was traveling from Dhola to Sadiya. Witnesses claim that Kosta was on his way home from his daily labor job when he tried to cross National Highway 115 and was struck by the car. He died instantly as a result of the impact. Locals have stopped NH-115 in response to the event, calling for safer roads and justice. Traffic on the busy roadway was temporarily stopped by the demonstration. Dhola Police have begun an inquiry into the circumstances surrounding the crash and were on the scene shortly after it occurred. The body has been taken to Sadiya for a post-mortem examination, according to authorities. While the inquiry is ongoing, police are organizing attempts to clear the route and have advised drivers to drive carefully.

Mizoram National Front announces statewide bandh in Mizorsm over Forest Amendment Act



Aizawl, Oct 29: Mizo National Front (MNF) has called and enforced a statewide Total Bandh today from 6:00 a.m. to 4:00 p.m. across Mizoram, in protest against the adoption of the Forest (Conservation) Amendment Act, 2023 (FCAA 2023) by the Zoram People’s Movement (ZPM)-led government. The MNF stated that the bandh aims to pressure the government to revoke the official resolution passed in the Mizoram Legislative Assembly on August 27, 2025, which approved the implementation of FCAA 2023 in the state.

In a press release issued late last evening, MNF Secretary for Media and Publicity, Lallenmawia Jongte, said the protest reflects the “will of the people of Mizoram, who have consistently opposed the FCAA 2023.” The bandh has the backing of the Mizo People Conference, Joint Civil Society of Mizoram, comprising various political parties, NGOs, and community-based organizations. The MNF argued that the Forest (Conservation) Amendment Act, 2023 undermines the special constitutional protections of Mizoram guaran-

teed under Article 371(G), which prevents any Act of Parliament concerning ownership or transfer of land from applying to the state unless approved by its Legislative Assembly. The party also warned that the amendment’s new provision — Section 1A, which allows the Central Government to authorize “strategic and developmental projects” within 100 kilometres of international borders — could place the entire state under Central control, leading to deforestation and ecological damage. MNF leaders recalled that the previous MNF-led government

had officially opposed the FCAA 2023 through a resolution in August 2023, and at that time, Chief Minister Lalduhoma, then in the opposition, had also spoken strongly against it. As of this morning, reports indicate that shops, transport, and institutions remain largely closed in major towns including Aizawl, Lunglei, and Champhai, while security has been tightened to ensure the bandh remains peaceful. The MNF reiterated that the bandh is a peaceful demonstration intended to “safeguard Mizoram’s land, forests, and constitutional rights.”

NSCN militants surrender before Assam Rifles in Arunachal Pradesh

Itanagar, Oct 29: In a major boost to peace efforts in Arunachal Pradesh’s Tirap district, a hardcore cadre of the NSCN-K (Nikki Sumi) faction, identified as SS Lt Nyamphua Hakun, surrendered before the Khonsa Battalion of the Assam Rifles on Tuesday, October 28. According to an official release, Hakun had long been involved in activities such as extortion, recruitment, and illegal tax collection across Tirap and its adjoining areas. His surrender, officials said, was the result of sustained outreach initiatives by the Assam Rifles that combined persistent counter-insurgency operations with community engagement measures aimed at promoting peace and development in the region. During the formal surrender ceremony, Hakun reportedly expressed deep remorse for his past involvement in insurgent activities and voiced his desire to rejoin the mainstream. The Assam Rifles commended his decision and assured full support for his rehabilitation under the Government’s Surrender and Rehabilitation Policy. “This surrender represents a significant step in our ongoing mission to eliminate insurgency and reinforce lasting peace across Arunachal Pradesh and the North East,” the Assam Rifles said in the statement.



NATIONAL

Will fight against High Court order, says CM Siddaramaiah

Bengaluru, Oct 29: The Karnataka government plans to appeal against a high court's interim stay that halted its mandate requiring prior permission for public events in government spaces. Chief Minister Siddaramaiah confirmed this decision, emphasizing the government's intention to uphold its authority to regulate such events.



The order was initially implemented to maintain law and order, yet opposition party BJP claims it was aimed at restricting the activities of the Rashtriya Swayamsevak Sangh (RSS), especially in light of state minister Priyank Kharge's criticisms of the organization.

Home Minister G. Parameshwara stated that the appeal will be directed to a division bench and expressed that the court's ruling is not a setback for the government, while BJP leaders lauded the stay as a protection of democratic rights and constitutional dignity. BJP president B.Y. Vijayendra condemned the government's approach, likening it to the authoritarian excesses of the 1970s, and warned against what he termed as the Congress

In Andhra and Odisha, Cyclone Montha leaves a destructive path

Two people were killed

Bhubaneswar, Oct 29: Cyclone Montha made landfall near Kakina, Andhra Pradesh, on Tuesday, resulting in heavy rainfall and winds gusting up to 110 km/h across the coastal districts. Although the cyclone has since weakened, it caused significant damage in Andhra Pradesh and Odisha, including uprooted trees and flooded farmlands. According to the India Meteorological Department (IMD), Montha's landfall occurred between Machilipatnam and Kalinapatnam at around 7 PM, bringing maximum sustained winds of 90-100 km/h and gusts reaching 110 km/h, leading it to downgrade to a cyclonic storm.

Tragically, the cyclone resulted in the deaths of two individuals in Andhra Pradesh, as reported by the state's Chief Minister. He emphasized that precautionary measures mitigated potential losses and directed the government machinery to persist in relief efforts for an additional two days to restore normalcy. The state government successfully evacuated nearly 76,000 residents, set up over 219 medical camps, and prepared 865 tonnes of animal fodder. Moreover, they deployed extensive resources, such as 1,447 earthmovers, 321 drones, and 1,040 chainsaws, to facilitate debris removal and manage fallen trees.

In anticipation of the cyclone's impact, authorities imposed a ve-



hicular curfew in seven districts: Krishna, Eluru, East and West Godavari, Kakinada, Dr. BR Ambedkar Konaseema, and parts of Alluri Sitarama Raju. This curfew was part of safety measures to protect citizens from storm-related hazards.

The cyclone also disrupted transport severely, resulting in the cancellation of 32 flights at Visakhapatnam Airport, 16 at Vijayawada, and 4 in Tirupati. The South Central Railway reported the cancellation of 120 trains within its service area, and several services by the East Coast Railway were diverted due to the adverse conditions.

Agriculturally, the impact in Andhra Pradesh was substantial, with standing crops across 38,000

hectares reported destroyed, alongside horticultural crops over a wider area of 138,000 hectares. The IMD cautioned about potential further degradation to paddy and vegetable fields in the inundated low-lying zones.

Odisha experienced its share of the cyclone's aftermath, affecting 15 districts with heavy rainfall and strong winds. Chief Minister Mohan Charan Manjhi indicated that over 11,000 individuals were relocated to 2,048 cyclone shelters, and educational institutions in nine districts were closed until October 30.

Heavy downpours resulted in landslides and flooding in regions like Malkangiri, Koraput, Rayagada, Gajapati, and Ganjam districts

of Odisha. Roads were obstructed due to boulders and fallen trees, and there were reports of injuries including a person in Gajapati injured from a house collapse.

As of Wednesday morning, the IMD reported that Montha had degraded to a cyclonic storm centered approximately 20 km west-northwest of Narsapur and 90 km west-southwest of Kakinada, with expectations of further weakening into a deep depression as it progresses northwestwards inland. The IMD has also issued red and orange alerts for both Odisha and Andhra Pradesh while forecasting heavy rains over the coming days in Telangana, Tamil Nadu, Jharkhand, and West Bengal as the storm system continues to move.

Delhi HC allows CBI to record video in arms dealer Verma case



New Delhi, Oct 29: The Delhi High Court has allowed the CBI to record testimony via videoconferencing from the Indian Consulate in New York of 79-year-old American businessman C Edmonds Allen, linked to a 2012 Official Secrets Act case against arms dealer Abhishek Verma.

The CBI's appeal followed a trial court's earlier dismissal of their request to examine Allen, citing risks of disclosing classified documents.

The court found that the OSA does not prevent electronic evidence collection if safeguards are implemented. Justice Narula emphasized the importance of regulations to maintain secrecy during trials while maintaining the integrity of proceedings.

Rahul Gandhi addresses the family of the Maharashtra doctor who committed suicide and promises justice

Mumbai, Oct 29: On Wednesday, Rahul Gandhi, the Leader of the Opposition in the Lok Sabha, reached out to the family of a woman doctor who reportedly died by suicide in Satara district, Maharashtra. During the conversation, facilitated by Maharashtra Congress president Harshwardhan Sapkal, the family expressed their deep concern over the investigation process, urging Gandhi to advocate for the establishment of a Special Investigation Team (SIT) to thoroughly investigate the circumstances surrounding the doctor's death, which they feared could lead to the destruction of evidence given that a week had elapsed since the incident.

The deceased, a 29-year-old doctor, was discovered lifeless in a hotel room in Phaltan town on the evening of October 23. The postmortem report



Rahul Gandhi

confirmed that the cause of death was asphyxia due to hanging, indicating a suicide. Disturbingly, a message found inscribed on her palm alleged repeated rapes by police sub-inspector Gopal Badane and mental harass-

ment by software engineer Prashant Bankar, both of whom were apprehended by the police on October 25.

Investigators have stated that there were no indications of forced entry into the hotel room, suggesting that the woman might have been alone at the time of her death. The family has expressed serious concern regarding the handling of her phone, stating that critical data was deleted posthumously after the device was unlocked with her fingerprint, which they believe jeopardized crucial evidence in the case.

In response to the tragedy, residents of Wadwani, the doctor's hometown, organized a bandh to emphasize their demands for an SIT to investigate her alleged suicide, reflecting the community's outrage and desire for justice for the young doctor.

SC requests Center, Ladakh's response to the plea contesting the detention of Sonam Wangchuk

New Delhi, Oct 29: The Supreme Court has requested responses from the Centre and Ladakh regarding Gitanjali Angmo's amended plea challenging her husband Sonam Wangchuk's detention.

The case, which questions the legality of Wangchuk's arrest under the National Security Act (NSA), will be heard on November 24. Wangchuk was detained after protests in Ladakh turned violent in late September, and his wife claims his detention is intended to silence a prominent environmentalist advocating for democratic and ecolog-



Sonam Wangchuk

ical issues.

The protests, initially peaceful, escalated on September 24, leading to four civilian deaths. Following these events, Wangchuk was arrested on September 26 and is currently held at Jodhpur Central Jail. The

Ladakh administration provided an affidavit to the Supreme Court asserting that Wangchuk's detention was legally justified, indicating that it was based on concerns for state security and public order.

The district magistrate

●The Supreme Court requested responses from the Centre and Ladakh regarding Gitanjali Angmo's petition that challenges the detention of Sonam Wangchuk.

deemed the detention order to be lawful, reaffirming that Wangchuk was informed of the reasons for his arrest and his rights to contest it.

Recently, a three-member advisory board from the Leh administration conducted a hearing at Jodhpur Central Jail, during which Gitanjali Angmo presented her case for her husband's release.

HC halts Karnataka's order on large gatherings, allegedly in an attempt to target RSS

Bengaluru, Oct 29: The Karnataka High Court halted the enforcement of a state government order limiting gatherings to no more than ten people in public spaces, which critics believed targeted the Rashtriya Swayam Sevak Sangh (RSS).



Priyank Kharge for a ban on RSS events in government areas.

The court was considering a petition from the NGO Punashchetana Seva Samsthe, seeking to nullify the government's decree. Justice Nagaprasanna remarked that the order infringed upon rights protected under Chapter 3 of the Constitution, specifically Articles 19(1)(a)

and (b), which secure freedom of speech, expression, and assembly. He asserted that such rights can only be limited by law, not administrative orders, and emphasized the need for legislative processes.

The government, which plans to appeal the court's decision, faces accusations from the BJP of utilizing state power to stifle dissent.

Following the court's decision, Karnataka Chief Minister Siddaramaiah confirmed intentions to challenge the stay order, maintaining his administration's right to regulate public events on state land.

The Karnataka BJP president praised the stay as a reaffirmation of constitutional integrity and democratic values, interpreting the court's decision as a rejection of the Congress government's attempt to suppress RSS activities. The case is scheduled for further proceedings on November 17.

■The Karnataka High Court has suspended a government order that restricted public gatherings to ten people, citing breaches of fundamental rights.

Property dispute, rape, and fake acid

New Delhi, Oct 29: What initially appeared to be an acid attack on a 20-year-old Delhi University student turned out to be a fabricated story devised by her father to settle scores with three men involved in personal and legal disputes with him. The woman claimed to have been attacked, leading to her hospitalization with burn injuries. However, police investigations revealed contradictions between her account and CCTV footage. Her father confessed that he staged the incident, admitting to raping one of the accused men's wives and planning the attack to frame the three men. Further inquiry showed that the woman self-inflicted her injuries using a toilet cleaner, and CCTV footage confirmed discrepancies in her story.

Farmer protests

Bacchu Kadu, the former minister, issues a train blockade warning

Nagpur, Oct 29: Former Minister Bacchu Kadu, leader of the Prahar Party, announced a train blockade in Nagpur as farmer protests entered their second day, demanding loan waivers for debt-ridden farmers in Maharashtra.

Kadu criticized the state government for its lack of financial support, urging the central government to intervene if the state cannot provide the necessary assistance. He emphasized the dire situation for farmers, whose debts are exacerbated by inadequate government aid despite previous promises.

During the protests, thousands of farmers blocked the Nagpur-Hyderabad Na-



Kadu criticized the state government, asserting that if it lacks the funds to forgive farmer loans, the Central Government should intervene.

tional Highway, expressing their frustration over unmet demands for debt relief and better compensation for their crops. Kadu highlighted the inefficiency of existing programs compared to those in neighboring states.

Earlier, Chief Minister Devendra Fadnavis announced a relief package for rain-affected farmers, but Kadu insisted that the demands for immediate debt relief are still pressing, with the protest expected to grow in numbers.

President Droupadi Murmu departs the Air Force station in Ambala in a Rafale jet

Ambala, Oct 29: On Wednesday, President Droupadi Murmu conducted a sortie in a Rafale fighter jet at the Air Force Station in Ambala, Haryana, with Air Chief Marshal AP Singh also present. This event is significant as it follows the usage of Rafale aircraft during Operation Sindoor, which targeted terror infrastructure in response to the April 22 attack in Pahalgam, Jammu and Kashmir.



Dassault Aviation of France, were officially inducted into the Indian Air Force in September 2020 at the same Ambala station. The initial batch of five Rafale jets arrived in India on July 27, 2020, and were incorporated into the 17 Squadron, known as the 'Golden Arrows', marking the first new import of fighter jets into the IAF in 22 years, since the Sukhoi-30s that began service in June 1997.

A former BJP MLA has come under fire for saying that Hindus who “bring Muslim girls, convert them” can get jobs

Lucknow, Oct 29: Former BJP MLA Raghavendra Pratap Singh has ignited controversy with his inflammatory remarks regarding Hindu-Muslim interfaith relations. During an event in Dhankharpur village on October 16, he controversially stated that he would cover the marriage expenses and provide employment for Hindu youths who “bring ten Muslim girls and make them Hindu,” aiming to retaliate against perceived slights towards Hindu women who have married Muslim men. A viral video captured these statements, where he suggested that if two Hindu girls have gone with Muslim boys, it is insufficient, and consequently,



he encouraged the recruitment of Muslim women for conversion. Reactions from political entities have been swift and severe. The Samajwadi Party, Bahujan Samaj Party (BSP), and Congress have demanded his accountability, branding his remarks as “inflammatory” and “shameful.” Singh defended his position by claiming that previous

governments instilled fear among Hindus, while asserting that under the current Yogi Adityanath administration, there should be no such fear. BSP leader Mayawati condemned Singh's comments as narrow-minded, highlighting that they promote communal and casteist hatred and unrest in states like Uttar Pradesh and Uttarakhand.

She called for stringent legal actions against individuals spreading such divisive rhetoric. The Congress party labeled his statements as indicative of the BJP's strategy to instigate societal division along religious lines. Saiyada Khatoon, a Samajwadi Party MLA from Domariyaganj, characterized Singh's comments as “beyond tolerance” and “blatantly misogynistic,” arguing that they objectify women and target a specific religion, which may align with a political agenda but ultimately is disgraceful. Singh, however, has remained unwavering in his stance despite the backlash from various political factions and the media.

Zenith Sangma quits Meghalaya TMC

Heads back to Congress

Shillong, Oct 29: In a major political shake-up ahead of the autonomous district council elections next year, Meghalaya Trinamool Congress (TMC) vice-president and former minister Zenith Sangma resigned from the party on Tuesday, ending his three-year association with the All India Trinamool Congress (AITC). In a letter addressed to the party leadership, Sangma described his resignation as a “difficult but necessary” step, taken after deep reflection on his political journey and the aspirations of the people he represents. “This has not been an easy decision. My journey with the AITC has been filled with invaluable experiences and lessons. I will always remain grateful for the trust and support I received from colleagues and well-wishers throughout my tenure,” he wrote. The younger brother of Opposition



Leader Mukul Sangma, Zenith is a prominent figure from the Garo Hills region. He had joined the TMC in 2021

along with several MLAs who defected from the Congress, giving the party an initial boost in Meghalaya’s opposition

space. However, recent internal rifts and declining organisational strength have plagued the TMC’s state unit.

Mizoram shutdown: MNF protests

Forest Act extension

Aizawl, Oct 29: In a sharp escalation of political tension in Mizoram, the Mizo National Front (MNF), the state’s principal opposition party, has announced a 10-hour statewide shutdown on October 29 to protest the extension of the Forest (Conservation) Amendment Act (FCAA), 2023, to the state. The MNF has accused the ruling Zoram People’s Movement (ZPM) government of failing to protect Mizoram’s forest rights and regional autonomy. According to a statement issued by MNF media and publicity cell secretary Lalremruata Jongte, the shutdown will be observed from 6 a.m. to 4 p.m. across all districts, except Mamit, where preparations are underway for the upcoming by-election in Dampa scheduled for November 11.

During the protest, government and private offices, educational institutions, shops, and transport services will remain closed, except for those engaged in emergency duties. The MNF said the move is a democratic protest against what it termed as the “imposition” of a law that undermines the interests and sentiments of the Mizo people. “The Forest Amendment Act gives the Centre greater control over land within 100 kilometres of international borders under the pretext of security and strategic projects. This directly threatens the customary land ownership system and community forest management in Mizoram,” the party said in a statement. MNF leader and former Chief Minister Zoramthanga criticised the ZPM government for what he described as “a complete failure to defend Mizoram’s rights.” He alleged that by supporting the Act’s extension, the state government had surrendered to central authority at the expense of local people. “Our forests are our lifeline — they represent our culture, our identity, and our future. The government’s support for this Act is deeply disappointing,” he said.

Accident

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Police reports claim that the deceased young man was riding his motorcycle with the two girls when a tractor came up from the other way and collided with the bike. Both passengers and the motorcyclist perished instantly in the crash due to its extreme force. Shortly after the accident, police officers arrived at the scene. But the tractor that was involved in the collision ran away and hasn’t been found yet. Authorities have moved the deceased’s bodies to the Biswanath Chariali Civil Hospital for a post-mortem examination and collected the damaged motorcycle.

To track down the car and ascertain what caused the crash, an inquiry is under progress.

Sahil Basumatary from Sonajuli and Agni and Ragina Narzari from Rupajuli have been recognized as the victims.

Royal Global University to hold 5th Convocation on October 31;

Four eminent personalities to receive Honoris Causa

Guwahati, Oct 29: The Assam Royal Global University (RGU) is set to celebrate a major milestone in its journey of academic excellence as it hosts its 5th Convocation Ceremony on 31st October 2025. The prestigious event will be presided over by Sri Lakshman Prasad Acharya, Hon’ble Governor of Assam and the Visitor of RGU, in the presence of Dr. A. K. Pansari, Chancellor. Sri AK Modi, Pro Chancellor, Prof. A. K. Buragohain. Vice Chancellor: Dr. Sudhanshu Trivedi, Member of Rajya Sabha, Shri Kamakhya Prasad Tasa, Member of Lok Sabha: Dr. Ranaj Pegu. Education Minister of Assam: Sri Bimal Bora, Minister of Industries and Commerce; along with a distinguished gathering of eminent dignitaries. This announcement was made today during a Press Conference held on the

RGU campus and addressed by Prof. A. K. Buragohain, Vice Chancellor: Prof. Amarjyoti Choudhury, Emeritus Professor at Dr. Bhupen Hazarika Centre for Creativity: Dr. Shiela Bora, Professor at Department of History and Advisor, IKS Cell; Dr. Diganta Munshi. Registrar (Administration); and Dr. D. N. Singh. Registrar (Academics). The Convocation Address will be delivered by Dr. Sudhanshu Trivedi. A total of 1,967 students will be awarded their degrees this year, including 1,093 undergraduates, 777 postgraduates and integrated course graduates, and 32 Ph.D. scholars. Academic excellence will be celebrated with 56 Gold Medalists and 58 Silver Medalists receiving recognition for their achievements. In addition, special honors will be conferred, including 2 Chancellor’s Gold Medals

and 5 awards for excellence in literary activities, cultural activities, community service, mentoring, and sports. A major highlight of the ceremony will be the conferment of honoris causa to four renowned personalities: Doctor of Science (D.Sc.) to Dr. Naresh Trehan. Padma Bhushan awardee & Chairman and Managing Director. Medanta; Doctor of Letters (D.Litt.) to Sri Sanjiv Goenka, Chairman, RP-Sanjiv Goenka Group: Doctor of Literature (D.Litt.) to Padma Shri and Sahitya Akademi Awardee Sri Yeshe Dorjee Thongchi; Doctor of Law (LL.D.) to Sri Mahesh Agarwal. Eminent Advocate and Managing Partner, Agarwal Law Associates This year’s Convocation will celebrate Arunachal Pradesh as the theme, honouring the state’s rich cultural heritage and its remarkable contribu-



tions to the Northeast region. RGU follows the unique tradition of highlighting one Northeastern state every year during the convocation to showcase its diversity and significance. As a pioneer private university in the region, RGU continues to set new benchmarks in higher education, research, and holistic development. The university now has over 8500 students.

including international students from 13 countries. It has over 500 faculty members and more than 130 academic programs under 24 Schools of Studies. The eco-friendly campus, world-class infrastructure, and advanced learning facilities offer an enriching academic environment that blends rigorous scholarship with hands-on industry exposure.

Tripura Congress blames BJP, EC for voter list deletions

Agartala, Oct 29: The Tripura Pradesh Congress Committee (TPCC) has launched a sharp attack on the ruling Bharatiya Janata Party (BJP) and the Election Commission (EC), alleging that the ongoing Special Intensive Revision (SIR) process is being misused to delete names of poor, tribal, and marginalized voters from the state’s electoral rolls. Addressing a meeting in Khowai District on Monday, TPCC President Asish Kumar Saha claimed that the process is being deliberately manipulated to suppress the voices of those from economically weaker and socially disadvantaged communities. “The BJP government is using the SIR as a political weapon to erase voters who stand in their way. The tribal people are being fooled and used only as a vote bank,” he said. Saha further alleged that the state is facing a “restless situation” due to rampant political and financial corruption, even acknowledged by some ministers themselves. He asserted that the deletion of voter names under the guise of administrative procedure is a direct violation of democratic principles. Highlighting the plight of the affected citizens, Saha noted that many poor and rural voters are unaware of their rights or lack the required documentation, making them easy targets for exploitation. “The poor and underprivileged are being deprived of their constitutional rights. This is nothing short of systematic disenfranchisement,” he added.

Preparations in full swing for 18th Tamenglong Orange Festival

Imphal, Oct 29: Preparations are gaining momentum in Tamenglong district of Manipur for the much-awaited 18th edition of the Tamenglong Orange Festival — the state’s premier cultural and agricultural celebration that highlights the region’s reputation as the “Orange Bowl of Manipur.” To ensure smooth execution of the event, Tamenglong Deputy Commissioner Dr. L. Angshim Dangshaw (IAS) chaired a comprehensive coordination meeting on Tuesday at the Conference Hall of the Mini Secretariat. The meeting, attended by key district officials including SP Tamenglong Lanmiyo Luikham, SDO Tamenglong D.Meidinbui (MCS), ADC CEO Kachamthai F. Gangmei (MCS), DFO Kh. Hitler, and several other department heads, focused on reviewing preparations and assigning clear responsibilities for each department involved. Dr. Dangshaw, who also serves as the Chairman of the Orange Festival, announced that the three-day event will be held from December 17 to 19 this year. To streamline coordination, the district administration has constituted 22 sub-committees, each tasked with specific duties ranging from logistics, venue management, and security to cultural programming, tourism promotion, and farmer engagement.

Security forces seize spurious liquor in Manipur

Imphal, Oct 29: The Indian Army and Assam Rifles, in collaboration with Manipur Police, conducted a series of intelligence-driven joint operations from October 17-24, 2025, resulting in the arrest of two individuals from local groups and the recovery of weapons, contraband, and war-like materials. On October 17, one person was apprehended at a check post in Kakching, along with the seizure of 500 litres of spurious liquor. On October 24, Assam Rifles arrested Haominthang Haokip from the United Kuki National Army (UKNA) in Churachandpur, seizing a pistol and two rounds. Additionally, a significant cache of arms was recovered in Saikumpha, Champhai District, Mizoram. Among the items found were six 60mm mortar tubes, two Myanmar-made assault rifles, shotguns, a hand grenade, live ammunition, mortar rounds, anti-personnel mines, and communication equipment. All recovered items have been submitted to the Police Department in Dungtlang, Champhai, for further investigation and legal proceedings.

Centre grants ₹202 crore to Nagaland for flood relief

In response to the severe floods in Nagaland, the Union Home Ministry has released a second instalment of ₹202 crore from the State Disaster Response Fund (SDRF) for relief and rehabilitation efforts.

Kohima, Oct 29: In a significant move to assist flood-hit Nagaland, the Union Home Ministry has released the second instalment of ₹202 crore under the State Disaster Response Fund (SDRF) to support relief and rehabilitation efforts for those affected by this year’s devastating monsoon. The state witnessed widespread damage caused by heavy rainfall, flash floods, and landslides, severely impacting several districts and disrupting transport and livelihood networks. The funds, approved by Union Home Minister Amit Shah, form part of the 2025–26 financial year’s allocation dedicated to disaster management and post-calamity restoration. According to the Home Ministry, the fresh release aims to provide immediate financial support for rebuilding essential infrastructure, assisting displaced families, and restoring normalcy in flood-ravaged regions. A statement from the ministry said that the Centre has been working closely with the Nagaland government to

ensure the timely flow of funds and logistical support. “Under the leadership of Prime Minister Narendra Modi and the guidance of Union Home Minister Amit Shah, the Government of India remains committed to supporting states during natural disasters and ensuring that affected citizens receive prompt assistance,” it stated. During the current fiscal year, the Centre has already disbursed ₹15,554 crore to 27 states and ₹2,267.44 crore to 15 others under the SDRF and the National Disaster Mitigation Fund (NDMF). The Home Ministry also confirmed that teams from the National Disaster Response Force (NDRF), the Army, and the Indian Air Force were deployed across several regions to carry out large-scale rescue and rehabilitation operations. Officials noted that the NDRF alone conducted 199 major rescue operations across 10 states and Union Territories this monsoon, saving thousands of people trapped by floods and landslides. In Nagaland, the relief funds are expected to be channelled toward rebuilding damaged roads, bridges, and homes, as well as ensuring adequate food, water, and medical supplies in the worst-affected districts. Officials from both sides expressed op-



timism that the exploration of the PHOP Block could unlock new economic opportunities in Arunachal Pradesh. If successful, the initiative is expected to generate local employment, attract new industries, and create a foundation for the state’s long-term growth. The collaboration is also seen as a strategic move to support key sectors such as green energy, electric vehicle (EV) battery production, and advanced manufacturing — industries that depend heavily on the availability of critical minerals. Minister Pul acknowledged the contributions of Binayananda Bharali, Resident Chief Executive and Executive Director (Geosciences), OIL; A.K. Singh, IAS, Secretary (Geology & Mining); and Songnyan Tante, Deputy Secretary (Tech.), for their pivotal roles in shaping the partnership.

One killed in tragic road accident near Doomdoo

Guwahati, Oct 29: A 65-year-old guy named Shuklat Kosta lost his life in a horrific traffic accident. The accident happened close to Doomdoo on the Dhola–Sadiya linking route. According to reports, the old guy was struck by a Bolero pickup truck that was traveling from Dhola to Sadiya. Witnesses claim that Kosta was on his way home from his daily labor job when he tried to cross National Highway 115 and was struck by the car. He died instantly as a result of the impact. Locals have stopped NH-115 in response to the event, calling for safer roads and justice. Traffic on the busy roadway was temporarily stopped by the demonstration. Dhola Police have begun an inquiry into the circumstances surrounding the crash and were on the scene shortly after it occurred. The body has been taken to Sadiya for a post-mortem examination, according to authorities. While the inquiry is ongoing, police are organizing attempts to clear the route and have advised drivers to drive carefully.

Massive ABSU rally

ABSU demands implementation of 2020 Bodo Peace Accord in Assam

● *The All Bodo Students’ Union (ABSU) organized a significant rally on October 29 in Kokrajhar and 30 other districts of Assam, demanding the timely implementation of the Bodo Peace Accord signed in 2020.*

Guwahati, Oct 29: The All Bodo Students’ Union (ABSU) on Wednesday, October 29 spearheaded a massive rally in Kokrajhar and simultaneously across 30 district headquarters of Assam, demanding the complete and timely implementation of the historic Bodo Peace Accord signed in 2020. In Kokrajhar, the demonstration commenced from Bodofa Children Park, J.D. Road, and marched through the main town before concluding at the Government H.S. & M.P. School Playground. Hundreds of students, youth, and supporters joined the protest, holding placards and shouting slogans calling for justice and swift action on the promises made under the

accord.

The rally sought to draw the attention of both the Government of India and the Government of Assam toward what ABSU described as “delayed execution” of crucial provisions of the agreement—pertaining to political, economic, and cultural empowerment of the Bodo community.

Key demands:

Amendment of Article 280 and the Sixth Schedule in line with the 125th Constitution (Amendment) Bill, 2019, during the upcoming Winter Session of Parliament, 2025.

Granting of Scheduled Tribe (Hill) status to Boro-Kacharis living in Karbi Anglong and Dima Hasao districts.

Full operationalisation of the Bodo Kachari Welfare Autonomous Council (BKWAC) through village notification, delimitation, and conduct of elections.

Provincialisation of educational institutions in the Bodoland Territori-



al Region (BTR) and Bodo-medium schools located outside it.

Inclusion of additional villages from Sonitpur, Biswanath, and southern parts of the BTR within its jurisdiction.

Protection of tribal land rights under the Forest Rights Act (FRA), 2006.

Release of Rs 1,500 crore as a Special Development Package for infrastructural and socio-economic growth

in the BTR.

Addressing the rally, ABSU President Dipen Boro stated that the demonstration was aimed at “pressurizing the Union Government for the immediate and full-fledged implementation of the 2020 Bodo Peace Accord.” He warned that if the government failed to respond positively, the movement would intensify across the Bodoland region and beyond.

As part of its continued agitation, ABSU announced a high-level seminar on November 20 with leaders of Sixth Schedule councils to deliberate on the 125th Constitutional Amendment Bill. This will be followed by a dharna at Jantar Mantar in New Delhi on November 21, demanding that the Bill be passed during the upcoming Winter Session of Parliament.

“The government must act decisively this session. Otherwise, the agitation will grow stronger and more widespread,” Boro cautioned.

BUSINESS

Amway to invest Rs 100 crore in India to drive innovation, empower entrepreneurs and boost retail presence

New Delhi: Amway President and CEO Michael Nelson announced a ₹100 crore (USD 12 million) investment to accelerate Amway India’s growth and transformation over the next three to five years, marking a decade of local manufacturing in the country. The move highlights India’s growing importance as one of Amway’s three global manufacturing hubs, alongside the US and China.

On his maiden visit to India as CEO, Nelson emphasized the nation’s pivotal role in Amway’s



global strategy. “India stands at the very core of Amway’s global vision,” he said, describing the country as a “powerhouse of potential” driv-

en by its youthful population and thriving gig economy. The investment will focus on expanding Amway’s physical presence, strengthening distributor capabilities, and elevating customer experiences through redesigned stores and advanced training programs.

Amway India Managing Director Rajneesh Chopra said the initiative aligns with the government’s Viksit Bharat 2047 vision, aiming to foster entrepreneurship, innovation, and holistic wellbeing.

Medanta expands footprint in Northeast with 400-bed super-specialty hospital in Guwahati

Guwahati: Global Health Limited (Medanta), one of India’s largest private multi-specialty tertiary care providers, has announced the Bhoomi Poojan ceremony for its upcoming 400-bed super-specialty hospital at Sarusajai Industrial Estate, Guwahati, on October 31, 2025. The event will be attended by Assam Chief Minister Dr. Himanta Biswa Sarma, Dr. Na-

resh Trehan, Chairman and Managing Director, Medanta, Mr. Pankaj Sahni, Group CEO, along with key government officials and community representatives.

The Guwahati facility will feature comprehensive tertiary and quaternary care, including robotic surgeries, transplant programs, and advanced diagnostic services such as radiology, nu-

clear medicine, and preventive health check-ups. According to Dr. Trehan, Medanta’s entry into the Northeast aims to “bridge the healthcare gap and make advanced, high-quality medical care more accessible to the people of Assam and neighbouring states.”

With this expansion, Medanta continues its strategic growth trajectory, reinforcing its mission to deliver ac-



cessible, compassionate, and world-class healthcare across India.

Stock to buy or sell after 9% slump brokerages mixed on outlook
CarTrade Tech shares:

Mumbai: Shares of CarTrade Tech came under heavy selling pressure on Wednesday, slumping as much as 8.6 per cent to hit a day’s low of Rs 2,860.50 on the BSE, compared with the previous close of Rs 3,129.95. The sharp fall came after the company delivering a set of numbers for the September quarter (Q2FY26). The auto-tech firm reported results that beat Street estimates, with EBITDA and PAT surpassing projections by 32 per cent and 31 per cent, respectively, according to Elara Securities. JM Financial also termed it a “strong beat”, attributing the performance to broad-based growth across key business segments — the Consumer Group (CarWale/ BikeWale) grew 37 per cent YoY, the Re-marketing (Shriram Automall) business rose 23 per cent YoY, and the OLX India classifieds segment expanded 17 per cent YoY, recording its highest-ever quarterly revenue and profitability. Meanwhile, CarTrade’s shareholding pattern for the September 2025 quarter showed continued foreign investor confidence. FII holdings rose to 68.5 per cent from 67.3 per cent sequentially, while DII holdings dipped slightly to 10.0 per cent from 10.5 per cent. Over the past year, the stock has been a multi-bagger, delivering over 200 per cent returns to investors. Reflecting this upbeat performance, Elara Securities



reiterated its ‘Buy’ rating on the stock and raised its target price to Rs 3,840 from Rs 3,590, implying an upside of 22 per cent from Tuesday’s close. The brokerage cited disciplined execution, operating leverage, and margin expansion as key drivers, while also highlighting the company’s asset-light model and a healthy cash position of Rs 1,080 crore as positives for sustaining profitable growth. In contrast, JM Financial maintained its ‘Reduce’ stance, cautioning that the risk-reward remains unfavourable at current valuations. It said that despite the quarterly outperformance, there was no major structural change in the business and suggested that

growth in the New Auto segment may have peaked, partly due to festive demand being advanced this year on GST benefits. The brokerage revised its target price to Rs 2,820, implying a nearly 10 per cent downside from the previous close.

JM Financial also flagged a new potential challenge, noting that Generative AI could pose a long-term threat to CarTrade’s business model. It warned that the rise of AI-driven assistants might erode the duopoly in New Auto digital advertising, with users increasingly shifting research to AI platforms that may not prioritise traditional auto-tech portals.

India’s retirement index rises to 48: Axis Max Life IRIS 5.0 shows stronger awareness, early planning among urban Indians

Guwahati: India’s retirement readiness is steadily improving, as the India Retirement Index Study (IRIS) 5.0 by Axis Max Life Insurance, conducted in partnership with Kantar, recorded a national score of 48 — up from 44 in 2022. The report reflects higher financial, health, and emotional awareness, with half of urban Indians now believing that retirement planning should start early in their earning years.

Despite the growing awareness, action remains limited — only 37% of respondents have achieved even a quarter of their target corpus, and 63% fear their savings would not last beyond 10 years post-retirement. Health preparedness has improved the most, supported by increased fitness habits and 50% health insurance ownership. Women and gig workers showed slightly higher preparedness levels, while the East Zone led in overall readiness.

In Guwahati, financial planners observed that awareness of long-term savings and retirement schemes is rising among young professionals. However, most still rely on traditional instruments like fixed deposits and gold rather than diversified financial products, indicating room for deeper financial literacy and investment diversification in Assam’s urban segment.

Axis Max Life MD & CEO Sumit Madan said IRIS 5.0 marks a “clear shift toward holistic retirement planning,” emphasizing the need for advisory-led and inclusive financial solutions.

Infosys reported an 8.5 per cent year-on-year (YoY) growth in consolidated revenue to Rs 44,490 crore, with broad-based growth across verticals—manufacturing (up 14.4 per cent YoY), hi-tech (up 13.4 per cent), and financial services (up 10.4 per cent).

On the geographic front, Europe led the charge with 15.7 per cent YoY growth, while North America rose 6.5 per cent. Profit after tax (PAT) climbed 13.2 per cent YoY to Rs 7,375 crore, aided by higher other income. Deal momentum also remained strong, with large deal total contract value (TCV) of \$3.1 billion during the quarter—67 per cent of which came from new business. Post-quarter, Infosys announced an additional \$1.6 billion mega deal. EBITDA grew 7.4 per cent YoY to Rs 10,535 crore, though margins slipped 25 basis points YoY to 23.7 per cent, largely due to a higher share of technical subcontractor costs. Geojit expects margin stability ahead, backed by “efficiency initiatives and talent upskilling.”

Geojit believes there is additional upside the 5% monthly increase

Mumbai: Infosys shares have been on a steady uptrend, gaining 4.96 per cent over the past month from Rs 1,441.80 to Rs 1,513.30 on the NSE. Brokerage Geojit Financial Services has reiterated its ‘Buy’ rating on the IT major, setting a revised target price of Rs 1,712.

The new target implies a potential upside of about 13 per cent from current levels. Geojit’s positive stance stems from Infosys’s steady performance driven by resilience in deal execution, continued traction in digital transformation projects, and operational discipline across key verticals.

The brokerage noted that the company’s “focus on GenAI adoption, platform monetisation, and cloud-led modernisation” will enhance scalability and market differentiation.

Infosys, it added, “remains well positioned for sustainable growth in the evolving digital landscape.”

The upbeat outlook follows a solid showing in Q2FY26.

EPFO may hike EPF wage ceiling to Rs 25,000



New Delhi: The Employees’ Provident Fund Organisation (EPFO) is likely to hike its wage ceiling for mandatory inclusion of employees in the Employees’ Provident Fund (EPF) and the Employees’ Pension Scheme (EPS) to ₹25,000 per month in the coming months, a Money-control report said, quoting sources. At present, the wage ceiling is ₹15,000 per month. This is the statutory ceiling for mandatory contributions to the EPF and EPS — governed by the EPFO. Employees who are earning more than ₹15,000 per month — in basic pay — have an option to opt out of these two EPFO schemes. The employers don’t have a legal mandate to register such employees under EPF and EPS. The EPFO’s Central Board of Trustees may take up the issue for discussion in their next meeting — likely to be held in December or January — where a final approval could be given. “According to an internal assessment of the labour ministry, the ₹10,000 per month

The proposal, expected to be taken up in December or January, could bring over 10 million more employees under EPF and EPS coverage and boost retirement savings across sectors

increase in the wage ceiling would make social security benefits mandatory for over 10 million more individuals,” an official said. “The labour unions have been seeking a raise (on wage limit) for a long time as monthly salaries of several low or mid-skilled workers in many metro cities are more than 15,000 per month,” the person added. “A higher ceiling would make them part of EPFO.” According to the extant rules, both the employer and the employee are required to contribute 12 per cent each of an employee’s salary every month. However, the employee’s full 12 per cent goes to the EPF account, while the employer’s 12 per cent is split between the EPF (3.67 per cent) and the EPS (8.33 per cent).

Lenskart IPO: Peyushi Bansal to be 4th ‘shark’ to D-St watersreviews & GMP

Mumbai: Lenskart IPO: Peyush Bansal’s flagship company Lenskart Solutions is all set to hit Dalal Street on Friday, October 31, when the new-age eyewear retail will be looking to raise a total of Rs 7,278 crore via its IPO, sold in the range of Rs 382-402 per share with lot size of 37 equity shares. Lenskart-CEO and cofounder Peyush Bansal will become the fourth ‘Shark’ from the entrepreneurship-based reality TV show Shark Tank India, after Eternal’s Deepinder Goyal, Mamaearth’s Ghazal Alagh and Emcure Pharma’s Namita Thapar. It will be the fourth IPO from the ‘Shark Tank India’ famed entities. The Dalal Street ride for ‘Indian Sharks’ has been a mixed bag so far. Deepinder Goyal’s Eternal, formerly known as Zomato, made its stock market debut in July 2021. The company raised a total of Rs 9,375 crore via IPO by selling its shares of Rs 76 apiece. Despite some carnage in November 2021 onwards, the new age food delivery and quick commerce player has seen a stellar 385 per cent rally from its IPO price to hit Rs 386.40 in mid-October 2025. The stock has not only rewarded the investors but has also turned profitable, thanks to strong operations and game changer moves like acquisition of Blinkit. Interestingly, renamed as Eternal and valued nearly Rs 3.2 lakh crore, the internet-based lifestyle solutions provider has become a Nifty50 constituent.

Namita Thapar, who is executive director of Emcure Pharmaceuti-

cals, saw her company getting listed on Dalal Street in July 2024. The company sold its shares of Rs 1,008 apiece to raised more than Rs 1,952 crore at a valuation of more than 19,000 crore. The stock was seen around Rs 1,350 on Wednesday, up 34 per cent from its IPO price. Owing to a lower domestic sales mix, we bake in a 150 bps qoq gross margin decline for Emcure in Q2FY26 to 60.3 per cent. We expect Emcure’s overall Ebitda to grow 13 per cent YoY with Ebitda margins improving 30 bps YoY to 19.3 per cent, said Kotak Institutional Equities with a ‘buy’ rating and a target price of Rs 1,625. JM Financial has the same rating with a target price of Rs 1,740. However, the stock market ride has not been so smooth for other sharks. Mamaearth-parent Honasa Consumer made its stock market debut two year ago in November 2023. The company raised a little more than Rs 1,700 crore by selling its shares of Rs 324 apiece, at a valuation little more than Rs 10,400 crore. The stock is currently valued at Rs 272, down 16 per cent from its IPO price. The total market capitalization of the company has slipped below Rs 9,000 crore. It scaled an all-time low of Rs 190 in April 2025, but has rebounded 43 per cent from those levels. Antique Stock Broking has a ‘hold’ rating on it, while JM Financial has suggested an ‘add’ rating with target price of Rs 278-279. Lenskart is India’s largest and amongst the top 2 players in Asia in the organized retailers of prescription eyeglasses in terms



of B2C eyeglasses sales volumes. It has demonstrated significant growth over the years in both financial and operational metrics. It is broadening its presence in the rapidly expanding Indian eyewear market, said SBI Securities.

“The IPO is valued at FY25 EV/ Sales and EV/EBITDA multiples of 10.1 times and 68.7 times, respectively. Valuation of Lenskart seems to be stretched and hence listing gain is likely to be muted. However, looking at the robust business model, the company is well placed to encash on the fast-growing domestic organized underpenetrated eyeglasses market,” it said with a ‘subscribe’ rating. Ahead of its IPO, SBI Optimal Equity Fund (AIF) and SBI Emergent Fund (AIF), invested Rs 100 crore in Lenskart Solutions through a pre-IPO transaction at a transfer price of Rs 402 per equity share from promoter Neha Bansal. She also sold eyewear-retailer’s

stake worth Rs 90 crore at same price to Radhakishan Damani, founder of Avenue Supermarts (DMart). “We recommend subscribing to the IPO given Lenskart’s profitability recovery, 65 per cent penetration headroom in India’s 777 million affected population, technology-led 10-month store payback, and sustainable competitive advantages offering compelling value creation in India’s fastest growing eyewear retail sector, a high-risk, high-potential opportunity for long-term investors,” said SMIFS. Lenskart turned profitable in the year ended on March 31, 2025 as it clocked a bottomline of Rs 297.34 crore with a revenue of Rs 7,009.29 crore. Its net profit stood at Rs 61.17 crore with a revenue of Rs 1,946.10 crore for the quarter ended on June 30, 2025. It saw a sharp correction in its grey market premium (GMP) to Rs 65-70 apiece from Rs 100-105 per share a day ago.

Markets slip in volatile session
Sensex 151

Trent, ICICI Bank, Tech Mahindra, Bajaj Finserv, Mahindra & Mahindra, Power Grid, Tata Consultancy Services and Bajaj Finance were among the major laggards

Mumbai: Benchmark BSE Sensex declined by 150 points in a volatile session on Tuesday due to profit-taking in IT, consumer durables and realty shares and weak trends in Asian markets. In a see-saw trade, the 30-share BSE Sensex closed lower by 150.68 points or 0.18 per cent at 84,628.16. The index opened strong but erased gains in the late morning as investors took profits.

The barometer tanked nearly 560 points to hit a low of 84,219.39 during the day, but buying support at lower levels helped it recover some losses in the final half hour of trade. Among Sensex firms, Trent, ICICI Bank, Tech Mahindra, Bajaj Finserv, Mahindra & Mahindra, Power Grid, Tata Consultancy Services and Bajaj Finance were the major laggards. “The domestic market remained volatile in negative terrain and ended flat, weighed down by profit booking on monthly expiry and weak global cues,” Vinod Nair, Head of Research, Geojit Investments Limited said.

Thalavara OTT Debut: Catch Arjun Ashokan's Critically Praised Vitiligo Drama on

Kochi: Thalavara, featuring Arjun Ashokan and Revathy Sharma in the lead roles is now streaming on a popular OTT platform. The film which released in cinemas on 22 August, opened to positive reviews upon release. Here's where you can watch it online.

Thalavara, is now available on Prime Video. The film directed by Akhil Anilkumar tells the coming-of-age story of a youngster with a skin condition called vitiligo. While those around him mock him for his physical appearance, making him suffer from low self-esteem, he challenges the odds to dream big. Mamta Mohandas, an actor with the same condition as the film's lead character, praised Thalavara in



a social media post. She posted "While we celebrate the rise and long awaited coming and successes of 'superheroine' films this season, I take this opportunity to also redirect your attention towards and throw a bright light on a hero who chose to select a script and played the role of a person who represents the life of several super-heroes & her-

oines that live amongst us fighting REAL battles everyday," wrote Mamta. She described Thalavara as "a beautiful painful yet powerful tale that highlights personal, emotional and especially the psychological challenges that one living with it needs to be mentally prepared for in order to face life." During the film's shoot, an accident occurred

while the lead actors were shooting. The behind-the-scenes video showed actor Arjun Ashokan being hit and dragged by a scooter. The mishap occurred while they were filming a sequence featuring Arjun and actor Sarath Sabha. Luckily, they were not injured.

The film marks the Malayalam film debut of Revathy Sharma, who is known for the Tamil film August 16 1947. It also features Devadarshini Chetan, Ashokan, Abhiram Radhakrishnan, Sarath Sabha, and Prashanth Murali among others. On the technical front, it has cinematography by Anurudh Aneesh, editing by Rahul Radhakrishnan and music composed by the band Electronic Kili.

Ayushmann Khurrana's 'Thamma' Crosses ₹100 Crore Mark at Box Office

Mumbai: Ayushmann Khurrana and Rashmika Mandanna's film Thamma continues its steady run at the box office. Despite receiving mixed reviews and witnessing a dip in footfall recently, the film has managed to maintain momentum and reach a major milestone. After a solid first week, Thamma has officially entered the Rs 100 crore club.

According to box office tracker Sacnilk, the film earned Rs 5.50 crore on Tuesday, taking its total domestic collection to Rs 101.10 crore. This marks a slight jump from Monday's Rs 4.3 crore, following an impressive weekend that brought in Rs 13.1 crore on Saturday and Rs 12.6 crore on Sunday. Thamma had a strong start, earning Rs 24 crore on the first day and Rs 18.6 crore on the second day. It continued to perform well, earning Rs 13 crore on day three and Rs 10 crore on Friday. The film was released alongside Harshvardhan Rane's Ek Deewane Ki Deewaniyat.

The film Thamma, produced by Maddock Films, is another addition to Dinesh Vijan's growing horror-comedy world, which also includes Stree, Roohi, and Bhediya. Thamma, directed by Aditya Sarpotdar, is the fifth



installment in the Maddock Horror comedy franchise. Along with Rashmika and Ayushmann, the film also features Nawazuddin Siddiqui and Paresh Rawal. The film mostly focuses on the World of Vampires and is described as a "bloody" love story. It shows Ayushmann and Rashmika as lovers meant to be together, resulting in a wonderful love story. However, the presence of Nawazuddin Siddiqui changes the plot, adding thrill and tension to keep viewers completely interested in the drama. Thamma was released on October 21. The combination of eerie themes, comedy, and Ayushmann-Rashmika's chemistry appears to be paying off for the filmmakers. With its consistent success, Thamma is certain to continue drawing people throughout the week.

Sooraj Pancholi Quits Bollywood, Speaks



Mumbai: Sooraj Pancholi has dismissed reports which claim that the actor has decided to quit the film industry. On Wednesday, Sooraj took to his Instagram handle and issued a small statement which read, "There are a few articles out there stating that I have quit films. Let me clarify, that is not at all true." In the caption of his post, Sooraj also slammed those spreading negativity about him and added the hashtag, 'Haters Gonna Hate'. It should also be noted that the actor also turned off comments section of his post, possibly to avoid any further negativity.

Sooraj Pancholi's life took a drastic turn after actress and his former girlfriend Jian Khan was found hanging at her home by her mother, Rabia Khan in June 2013. Khan had also allegedly written a 6-page letter describing her relationship with Sooraj Pancholi. Following Jiah's death, her mother accused Sooraj and his family of 'mistreating' Jiah. He was then booked for abetment of suicide. Sooraj was even arrested but was later released on bail.

Akshay Kumar, Anees Bazmee Film Set for February Shoot After 15-Year Gap

Mumbai: Akshay Kumar is truly in his unstoppable era. The Khiladi of Bollywood has been on a winning streak throughout 2025, starting the year strong with Sky Force, followed by captivating audiences with Kesari Chapter 2. In the latter half, he grabbed massive attention with his return to two of his most iconic franchises, Housefull 5 and Jolly LLB 3. Now, as he basks in the success of his recent hits, Akshay is gearing up with an impressive lineup of films slated for release in 2026-2027.

The actor is already set to reunite with Priyadarshan for three upcoming projects, Bhooth Bangla, Haiwaan, and Hera Pheri 3, with the first two expected to release next year. He also has Welcome To The Jungle lined up. And now, Akshay is joining forces once again with another acclaimed filmmaker with whom he has previously delivered several blockbusters. He is none other than



director Anees Bazmee. There has been ongoing speculation that Akshay Kumar is teaming up with Anees Bazmee for a double-role comedy titled Ram Aur Shyam. However, contrary to these reports, the two are collaborating on a completely

different film. A source revealed to Pinkvilla that Akshay Kumar is set to collaborate with director Anees Bazmee for his next film. The project is not a double-role comedy but a brand-new family comedy-drama. The yet-untitled film will be backed by veteran Telugu producer Dil Raju under his banner, Sri Venkateswara Creations.

According to the source, the film is currently in its pre-production stage and is expected to go on floors in February 2026. The casting process for the female lead and other key roles is underway. In true Anees Bazmee style, the film will feature a strong ensemble cast, promising wholesome entertainment for audiences across all age groups. Anees Bazmee's most recent directorial venture was Bhool Bhulaiyaa 3 (2024). He was earlier slated to helm No Entry 2, starring Varun Dhawan, Diljit Dosanjh, and Arjun Kapoor, but the project

has since been put on hold. The upcoming family comedy-drama will mark the fourth collaboration between Akshay Kumar and Anees Bazmee. The duo has previously delivered films like Welcome (2007), Singh Is Kinning (2008), and Thank You (2011). Their reunion after 15 years has already sparked excitement among fans who fondly remember them for presenting films of humor, heart, and entertainment. Along with his reunion with Priyadarshan, this project further strengthens Akshay's impressive lineup, promising a mix of nostalgia and fresh storytelling.

Akshay Kumar has a packed schedule, which includes the upcoming releases Welcome To The Jungle and a reunion with director Priyadarshan for films like Bhooth Bangla and Haiwaan, making this new project with Bazmee a key highlight of his 2026-2027 slate.

Dhanush's 'Idly Kadai' hits Netflix

Mumbai: The film 'Idly Kadai,' starring actor Dhanush, was released in theaters on October 1, 2025. The film opened to mixed reviews from all quarters and is now available for digital streaming. It is available on Netflix in all languages. Let's wait and see how the film performs on OTT.

Apart from Dhanush, 'Idly Kadai' boasts a stellar cast including Arun Vijay, Shalini Pandey, Raj Kiran, Sathyaraj, Parthiban, Samuthirakani, and others. Nithya Menen is seen as the female lead in the film. The film is jointly produced by Dawn Pictures and Wunderbar Films. Idly Kadai was released in Telugu as Idly Kottu. It was dominated at the box office first by Pawan Kalyan's OG and then by Rishab Shetty's Kantara Chapter 1.

Blockbuster Shah Rukh Khan: Pre-Birthday Appearance Stuns Fans

Mumbai: Even the slightest glimpse of superstar Shah Rukh Khan can make his fans' day. As the actor is currently busy with the shooting of his next, King, with director Siddharth Anand, he made a short appearance in the city last night. Although the Devdas actor was not clearly visible, it was his huge convoy, including his security, that grabbed the viewers' attention. Several pictures and videos of the same are now surfacing on social media.

The video is seemingly from outside SRK's new temporary residence in Mumbai, where the family has shifted due to the construction work at the bungalow, Mannat. In the clip, the superstar's convoy is seen arriving near a building and the security guards ask paps to shift aside. As it progresses, we see the actor's luxurious ride, the Mercedes Maybach, taking a cut and entering the building. Although the shutterbugs, stationed at the location, couldn't spot the actor directly but this slight glimpse has made the fans extremely happy. An Instagram user wrote, "SRK Ka craze hi alag hai." While some expressed their excitement for the actor's birthday. A



person commented, "Birthday Boy."

The superstar will be celebrating his 60th birthday on November 2, 2025, and following the tradition, Shah Rukh is expected to greet his fans on his special day. Considering the construction work going on at Mannat, it is not sure whether he will be coming to wave to his fans outside his luxurious property. Having said that, SRK might opt for an indoor meet-and-greet event in Mumbai instead of the traditional balcony appearance, similar to what he did last year. An of-

ficial confirmation regarding the same is still awaited.

He will be next seen in Siddharth Anand's action thriller, King. The film also features an ensemble cast including Deepika Padukone, Suhana Khan, Jaideep Ahlawat, Arshad Warsi, Anil Kapoor, Saurabh Shukla, Raghav Juyal and Abhay Verma. It is expected to hit the big screens in the second half of 2026. Reports suggest that the actor might treat his fans with the teaser of his next film, King, on his birthday.

Telugu Film Industry Sees Nayanthara Take on More Roles



Hyderabad: Lady Superstar Nayanthara is back in Tollywood and once again proving why she remains one of the most sought-after actresses in the South. The actress has signed two massive projects opposite megastars Chiranjeevi and Balakrishna, reaffirming her top-tier status. Nayanthara is currently shooting for Mana Shankar Varaprasad Garu, a big-ticket family entertainer in which she plays Chiranjeevi's lov-

ing yet strong-willed wife. "Nayanthara's character has multiple shades in the film, and she perfectly complements Chiranjeevi's energy. Their recent song 'Meesala Pilla' has already crossed 13 million views, drawing wide attention," reveals a source close to the unit.

In between, the actress has also signed another prestigious project opposite Nandamuri Balakrishna. The untitled film, directed by Bobby

Kolli, is said to be a semi-historic action adventure, with Nayanthara portraying a regal princess. "Balakrishna and Nayanthara have been a golden pair in Tollywood with blockbusters like Simha, Legend, and Jai Simha. Their on-screen chemistry is set to shine once again in this magnum opus," adds the source. Despite her hefty remuneration—reportedly over ₹10 crore per Telugu film—producers are queuing up to cast her, considering she perfectly complements seasoned stars like Chiranjeevi and Balakrishna. In Tamil cinema, she continues to balance commercial and content-driven films, charging around ₹2 crore for performance-centric roles and nearly four times that for star-studded ventures. "She's maintained her superstardom while consistently delivering powerful performances—a rare balancing act indeed," concludes the source.

'Witcher 4' Leads 6 Hollywood Releases Streaming

Agency: Ahead of a new month, several exciting Hollywood films and shows are gearing up to make their debut on OTT platforms. From gripping thrillers to the comeback of horror icons and fantasy adventures, this week's lineup promises to keep the audience hooked. Let us take a look at some of the major Hollywood releases across streaming platforms:

Netflix's popular series The Witcher is finally returning for its fourth season on October 30. The upcoming season will bring a major twist with Liam Hemsworth stepping in as Geralt of Rivia, replacing Henry Cavill. The series is based on Andrzej Sapkowski's novels and follows Geralt, Yennefer, and Ciri as they navigate a divided Continent in the middle of war and chaos. Based on Stephen King's 1986 novel It, the supernatural horror series is a prequel to the 2017 film It and the 2019 film It Chapter Two. Set in 1962, the series explores the origin of Pennywise the clown and the dark events that shaped the town of Derry. The series stars Taylor Paige, Jovan Adepo, Chris Chalk, James Remar, Stephen Rider, Clara Stack, Amanda Christine and Mikkal Karim-Fidler, and Bill Skarsgard in prominent roles. IT: Welcome to Derry will release on October 27. The crime thriller follows undercover agent Tea, who infiltrates a criminal gang by befriendng Ashley, the girlfriend of ringleader Miran. After witnessing Ashley's helplessness, Tea finds herself in a conflict between her mission and her desire to help Ashley escape. The series stars Clara Dessau, Maria Cordsen, Afshin Firouzi, Nicolas Bro, and Soheil Bavi in lead roles and is set to premiere on October 27. Based on Henrik Ibsen's classic play Hedda Gabler, the film stars Tessa Thompson in the titular role with Imogen Poots, Tom Bateman, Nicholas Pinnock, and Nina Hoss in supporting roles.

'Tu Meri Main Tera' Trailer Date Out! Kartik Aaryan, Ananya Panday Fans Rejoice

Mumbai: Kartik Aaryan and Ananya Panday are reuniting for an upcoming romantic drama Tu Meri Main Tera Main Tera Tu Meri. Recent report suggest that the trailer of the film is set to release on Ananya Panday's birthday. Directed by Sameer Vidwans, the film is releasing this year.

Times Now quoted Mid-Day report stating that the makers will drop the first look of Kartik and Ananya's Tu Meri Main Tera Main Tera Tu Meri on the actresses' birthday, October 30. "The team wanted the first-look reveal to feel special, and Ananya's birthday felt like the perfect occasion," the source said. The trailer is expected to release on Kartik's birthday. "Through their marketing strategy, the makers want to celebrate both the leads, first Ananya with the poster, then Kartik with the trailer," the trade source added. The romantic drama film



Tu Meri Main Tera Main Tera Tu Meri is helmed by Sameer Vidhwans. The film is backed by Karan Johar's Dharma Productions and will be hitting the big screens on December 31, 2025. Apart from the lead pairs, the film also features Jackie Shroff and Neena Gupta in significant roles. It marks Kartik and Ananya's second project together, following the success of Pati Patni aur Woh.

Ananya Panday's 27th birthday is just around the corner. The actress, who is the daughter of Chunky Panday and Bhavana Pan-

dey, will be turning a year older on October 30. As the diva awaits to mark her special day with her friends and family, the makers of her upcoming project treated her with a special cake on the sets. Although the actress has not shared any details regarding the project that she is shooting right now, fans can't wait to see her back on the big screen. Kartik Aaryan has an exciting lineup of projects ahead, and one of the most anticipated is Naagzilla: Naag Lok Ka Pehla Kaand, a creature comedy-drama backed by Dharma Produc-

tions and Mahavir Jain. The actor will reportedly play the role of a shape-shifting serpent, marking one of the most unique characters of his career. According to reports, Kartik Aaryan has already wrapped up the film's poster shoot, with principal photography scheduled to begin on November 1. As per a report in Pinkvilla, the actor recently shot the promotional material at a Mumbai studio, kicking off his journey into the creature-comedy genre. A source close to the project mentioned that Kartik is very excited about this unusual and intriguing role in Naagzilla. Officially announced in April 2025, the film is set to release on August 14, 2026, coinciding with Independence Day weekend and Naag Panchami. According to the report, Kartik Aaryan will play Preyamvadeshwar Pyare Chand, an Ichdaari Naag, in the film.

Hemant Stops Mihir From Telling Tulsi The Truth

Mumbai: The latest episode of Kyunki Saas Bhi Kabhi Bahu Thi 2 was filled with tense moments, hidden truths, and emotional twists that kept the family on edge. Noina, who once shared a connection with Mihir, is now determined to separate him from Tulsi. She tells her sister that Tulsi and Mihir's marriage isn't built on real love and that ending it would be better for Tulsi in the long run.

Convinced about her plan, she decides to tell Tulsi everything that happened between her and Mihir in the US. Noina believes that once Tulsi learns the truth, she will leave Mihir forever. Mihir returns from the US just in time for the Dhanteras puja. The family is busy preparing for the festival, but Tulsi can tell something is troubling Mihir. His distant behaviour and hesi-



to avoid further questions. Tulsi, however, is not convinced. She asks Hemant if something took place in the US, but he avoids answering directly. His silence only makes her more suspicious. Vrinda discovers Angad's credit card among her things. Although she remembers how Suhas dislikes her meeting Angad, she still decides to return it. His question leaves Tulsi stunned, as yet another emotional storm brews within the family.

Unhealthy diet may speed up biological aging even in young adults

The results of a new study involving 826 young adults suggest that diets high in fast food, processed red meat, and soda but low in fruits and vegetables may be linked to faster biological aging. On the other hand, diets that include abundant fruits and vegetables and little processed red meat and sodas may be associated with slower biological aging, according to the study's findings. Chronological age is the one most of us are familiar with — it's the number of years since you were born. Biological age, however, measures how well someone is aging. There's no single test to assess biological aging, but the two used in the current study are: GrimAge: Estimates the difference between chronological and biological age to estimate the acceleration of aging and predict life span. DunedinPACE: Provides the pace of aging by estimating how many biological years pass per year of chronological age. Previous research has shown that both the acceleration and pace of biological aging might help predict health outcomes. Trusted Source and mortality. Trusted Source. Both measures rely on so-called epigenetic clocks to estimate biological age by analyzing DNA methylation, which affects gene activity. Our genetic code does not change throughout our lives. However, sections of DNA can get turned "off" or "on" for a short while or permanently. The code has not changed, but how the gene functions has changed. These are called epigenetic changes, and they accumulate throughout an individual's life due to many factors, including diet. Methylation is the most common type of epigenetic change. Methylation generally switches genes "off." By closely examining the methylation in specific cells or tissues, epigenetic clocks can estimate biological age. It is now well-established that following a healthy diet reduces the risk of disease. Trusted Source and death. Trusted Source. These benefits are likely due to a wide range of mechanisms, one of which is epigenetics. As it stands, we know little about this relationship. According to the authors of the new study, scientists have investigated diet and



epigenetic markers of biological age but, to date, most have focused on middle-aged or older adults. In contrast, the latest research focuses on young adults ages 21–25 — an important age group. Chronic diet-associated conditions, like type 2 diabetes or obesity, often take decades to develop, starting in young adulthood. The authors write that diet quality generally decreases as people move from adolescence to young adulthood. "It is important for disease prevention to investigate the link between diet and health from an early age before clinical signs of age-related diseases appear," they explain. Overall, the authors explain their findings like this: "In general, diets emphasizing higher consumption of fruits and vegetables and lower intakes of meat, fast food, and sugar-sweetened beverages were associated with slower biological aging." On the other hand, "diets low in fruits and vegetables and high in meat, fast food, and sugar-sweetened beverages were linked to faster biological aging." Although the effects of these diets on health do not seem out of the ordinary, it seems surprising that increased biological aging was already measurable in people in their early 20s. Medical News Today contacted one of the study's authors, Suvi Ravi, PhD, a postdoctoral researcher at the University of Jyväskylä in Finland. We asked whether she felt the same way. "Ac-

tually, I was not surprised," she told us. "The findings are consistent with studies conducted in middle-aged and older populations, as well as with the few studies that have been carried out in younger individuals." "There was no reason to expect that our cohort would differ from these earlier observations despite their young age," Ravi explained. In additional analyses, the scientists added more variables, including body mass index (BMI), total energy intake, level of physical activity, alcohol intake, and smoking. Once these factors were in place, the relationship between dietary patterns and biological aging was less clear. This hints that regular exercise, for instance, might partially compensate for a poorer diet. MNT contacted Benjamin Reiner, PhD, a research assistant professor in the Translational Neuroscience Section of the Department of Psychiatry at the University of Pennsylvania Perelman School of Medicine. Among other topics, he researches the genetics of feeding and obesity. He told us that these results build on previous studies showing that "alterations in diet can alter epigenetic modifications of the genome, and subsequently alter gene expression." Epigenetic clocks show great promise, but, as with any new technology, they may not be fully reliable yet. We asked Reiner about some of the limitations of these tools.

Moderate-intensity exercise could help suppress hunger

Moderate-intensity exercise appears to have resulted in a reduction of appetite in people with overweight and obesity in a new study conducted by researchers from Iran and Australia. While this may disappoint those who hope they can eat more because they exercise, the good news is that the reduction in hunger may make achieving weight-loss goals a bit easier. The study — which appears in the journal *Physiological Reports* Trusted Source — found that proteins associated with appetite suppression increased immediately following an hour-long exercise session, at the same time that a reduction of an appetite-stimulating hormone was observed. The peptides are produced by muscles during physical exertion. The appetite inhibitors that increased in levels were the cytokine protein interleukin 6 (IL-6) and the hormone-like protein irisin, while levels of the hormone neuropeptide Y (NPY), the stimulant, fell. The researchers also tracked the responses to exercise of interleukin 7 (IL-7) and leptin, but saw no notable changes in their levels due to exercise. The study, conducted in Iran, involved eleven males with obesity who were metabolically healthy, non-smokers, taking no medication, and living inactive lifestyles as defined by the International Physical Activity Questionnaire. All participated in two randomized crossover trials separated by at least seven days. The four-hour trials — which included meals and measurement-taking — were identical except that one included a 60-minute bicycling exercise period and the other a rest period instead. This exercise-less trial was used as a control. According to the authors of the study, until recently, much appetite research has focused on hormonal influences. This has now changed, with a greater appreciation of myokines, cytokines, adipokines, and in particular, peptides as potentially important factors in appetite. This is underscored by the popularity of GLP-1 drugs such as Wegovy and Ozempic, which mimic the glucagon-like peptide-1 hormone, which helps control hunger. Mir Ali, MD, a board-certified general surgeon, bariatric surgeon and medical director of MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center in Fountain Valley, CA, who was not involved in this study, told Medical News Today he was "not surprised by the findings from this study" because "there are complex interactions of many hormones to induce



hunger or satiety." "Though this study was a small sample," Ali noted, "it does show that we do not have a full understanding of this aspect of obesity." Kara C. Anderson, MD, a postdoctoral fellow at the University of Virginia School of Medicine, also not involved in this research, explained what recent research has suggested about the peptides investigated in the new study: In turn, Ali pointed out that "the appetite suppressive effect reported in this study seems to be much less than what patients report with GLP-1 medications." "Some data," Anderson noted, "has shown that post-exercise appetite suppression may be blunted in individuals with obesity, while others have shown similar responses between those who are obese and lean." Nonetheless, it is a complicated situation, she said. "Due to the wide variability in protocols — meal status (whether they are fasted or ate food beforehand), exercise mode, duration, and intensity — it is difficult to form a consensus." The authors of the study suggest that exercise may be viewed as yet another means of appetite-control for people with overweight or obesity. It is, of course, a healthful idea in any event. "Unfortunately," opined Ali, "most of my patients do not report feeling less hungry after exercise, and indeed feel they can eat more because they have exercised." "Although there are many factors that are involved in whether an individual is hungry or not," said Anderson, "exercise may be a tool to acutely suppress appetite and may aid in weight loss/management programs." "If after exercise, they feel less hungry, then they should try to eat less. In my experience, people tend to ignore these types of subtle signals," he reported.



Recreate Shraddha Kapoor's iconic looks with Myntra's Valentine's Day Fashion Carnival Sale

If there's one Bollywood star who effortlessly combines elegance and cool-girl vibes, it's Shraddha Kapoor. Known for her versatile style, Shraddha can slay a boho-chic outfit one day and switch to a glamorous red-carpet look the next. Now, the best part is that Myntra's Valentine's Day Fashion Carnival Sale is LIVE, and it's your golden ticket to recreating some of Shraddha's most iconic looks at unbelievably low prices! If you've ever wanted to dress like a celeb without spending a fortune, this is your moment. Heading out for a casual brunch date or a coffee catch-up? Channel Shraddha's easy-going street style with a floral midi dress, a denim jacket, and white sneakers for that relaxed yet trendy vibe. Throw on a pair of oversized sunglasses, and you're all set to own the day with effortless charm. Looking for something a little dressier? Opt for a monochrome co-ord set that mirrors Shraddha's chic minimalism. But it doesn't stop at casual wear. Shraddha's ethnic wardrobe is just as dreamy! Take inspiration from her pastel lehenga looks, perfect for those romantic Valentine's dinners. Think soft hues, delicate embroidery, and a dash of sparkle. Pair it with jhumkas and soft curls for that quintessential Bollywood princess moment. And if edgy fusion wear is more your style, grab an asymmetrical kurta and team it with ankle boots for a modern twist. The possibilities are endless! And Myntra's Valentine's Day Fashion Carnival Sale has every trendy piece you need at incredible prices! This sale is the perfect excuse to shop till you drop. With a wide range of celebrity-inspired outfits and accessories on offer, you can upgrade your wardrobe without guilt. So, why wait? Start shopping now, and let Shraddha Kapoor's style be your ultimate Valentine's fashion manual. Shraddha Kapoor's floral dresses are the epitome of playful elegance. Be it a casual lunch or a day out with friends, this look is perfect for any occasion. To recreate her look, opt for a soft, flowy floral dress with a flattering silhouette. Pair it with white sneakers for that laid-back yet chic vibe. Add a denim jacket to throw on when it gets chilly, and finish with subtle accessories like a layered necklace or a sling bag. For days when you want to feel relaxed but still look put together,

Shraddha's casual denim look is the way to go. She often rocks high-waisted jeans with a tucked-in top and classic sneakers, exuding effortless cool. To recreate this, choose a pair of high-waisted jeans that hug you in all the right places. Add a simple white



t-shirt or a cute crop top to keep it fresh. Finish off



the look with some chunky sneakers and a crossbody bag for a laid-back vibe that screams comfort and style. Shraddha Kapoor knows how to wear Indian wear with grace, and her pastel lehengas are a perfect example of that. Soft, dreamy colours like blush pink or lavender paired with intricate embroidery create an ethereal look. To channel this style, pick a lehenga in a light pastel colour and focus on delicate details like beadwork and lace. Pair it with statement earrings to complete the look. Shraddha's red carpet appearances always leave a lasting impression, and her gowns are a perfect combination of glamour and

sophistication. For a similar look, choose a fitted gown with clean lines and a high neckline. Go for metallic shades like gold or silver or bold colours like deep red or navy for a dramatic effect. Accessorise with statement earrings and minimalistic heels.

This look is perfect for a formal evening event or a wedding reception. Shraddha often dons a boho-chic look, mixing carefree vibes with style. To recreate this, go for a flowy maxi dress or a long bohemian skirt with an off-the-shoulder top. Add a wide-brimmed hat, layered necklaces, and some gladiator sandals to give the look that authentic boho charm. This look works wonders for a music festival, a beach day, or any laid-back day outing. For those days when you need to balance comfort with a touch of sophistication, Shraddha's smart casual blazer look is a go-to. She pairs tailored blazers with trousers or skirts for a chic office-appropriate style. To recreate this, choose a well-fitted blazer in a neutral tone like beige, grey, or navy. Pair it with high-waisted trousers or a pencil skirt, and keep the top underneath simple like a white blouse or t-shirt. Add loafers, and you're good to go! Shraddha knows how to make a statement in all-black attire. To get the same vibe, opt for a black leather jacket, a black t-shirt, and black skinny jeans. Combine this with black boots to complete the outfit. A sleek ponytail and bold red lips will add a dash of fierceness to the overall look. This stylish yet edgy outfit is perfect for a night out, a casual party, or any occasion where you want to stand out while keeping it chic and minimalist. In conclusion, Shraddha Kapoor's style is a perfect blend of elegance, comfort, and versatility, making her fashion choices easy to recreate for any occasion. From casual denim looks to glamorous gowns, there's a Shraddha-inspired outfit for everyone. With Myntra's Valentine's Day Fashion Carnival Sale now LIVE, it's the perfect time to grab these iconic looks at amazing discounts. Channel your inner Shraddha and step out in style this Valentine's Day with celebrity-inspired outfits that will have you turning heads.

Greece's tourist hotspot on edge



Hundreds of small earthquakes that shook Greece's tourist hotspot of Santorini this week have revived concerns about the safety of a decades-long construction boom along the island's sheer, volcanic cliffs, experts said. No serious damage has been reported but scientists have warned that the seismic activity could last for weeks and have not ruled out the possibility of a larger quake to come. That worries experts, some of whom have long questioned the sustainability of turning the small island of quaint villages into one of Europe's most popular holiday destinations. "They wanted to develop the island and didn't pay attention to environmental and safety issues," said Dimitris Papanikolaou, professor of geology at the University of Athens and former head of Greece's Earthquake Planning and Protection Organisation. The result, he said, was clear today: luxury hotels with pools and jacuzzis hanging off Santorini's landslide-prone slopes, where the volcanic soil is soft and unstable. "Nothing should have been built in this zone," Papanikolaou said. "It's a danger zone for as long as the seismic activity lasts." The tremors prompted the government to declare a state of emergency on Thursday. It shut schools, deployed the army. Meanwhile, thousands of people left on planes and ferries. Authorities announced landslide warnings for five areas, including Santorini's main port, and cordoned off areas along the caldera - the rim of an ancient, sunken volcano whose sides plunge into the clear waters of the Aegean. Excessive tourism has raised concerns about water shortages and overcrowding across Greece in recent years. But Santorini is an extreme example. Millions visit its whitewashed cobbled streets and blue-domed buildings each year. Natural disasters are not new to the island, which was formed by a volcanic eruption in 1600 BC and which experienced a devastating earthquake in 1956. A modern building boom began in the 1980s to lure back tourists. Even before the latest earthquakes, experts called for studies to assess whether buildings needed reinforcements. In 2021, a report by the Hellenic Society for Environment and Cultural Heritage commissioned by the island's authorities said there was an urgent need for a soil engineering study to assess the safety of the buildings on the caldera. Citing data from the Technical Chamber of Greece, it found many buildings had no permits, nearly a quarter of which where tourism businesses. "It is crucial...to immediately check the arbitrary construction taking place within the caldera," the report said. The environment ministry halted construction on the caldera in November for a year and has obliged owners to complete risk assessments or face having permits removed, said Dimitris Bakoyiannis, its secretary general for spatial planning and urban environment. Prime Minister Kyriakos Mitsotakis urged calm when he visited the island on Friday and defended construction standards in an interview with Reuters. "We have a very strict building code which is applied across the country, especially in those areas that are more earthquake prone," he said. "That's why we feel very, very confident that everything that could be done, has been done." Many residents have become used to earthquakes over the years, even if the past week has been extreme but they do worry about the upcoming holiday season, which begins in May. Mathaios Kourgialis, who owns a small hotel at the top of the caldera, has received several cancellations this week. "If we continue for another couple of months with this situation, the season will be lost," he said.

What happens to your body when you drink soda every day



Who doesn't love soda with their meals? According to statistics, 63% of youth in the US drink soda almost every day. While some people have reduced their daily soda intake during meals, they still find it hard to resist the occasional fizz! It is no news that a soda drink is not exactly nutrient-filled and has more sugar which can lead to adverse health effects. Sodas are technically carbonated water with added sweeteners - sugar, high fructose corn syrup, and phosphoric acid which contribute to the taste of soda and extend its shelf life as well. A few sodas are fruit or flavour-based and there are a few exceptions like Pepsi, Coca-Cola, Coke Zero, Diet Coke, Dr Pepper which have caffeine in them. One can of soda drink has 155 calories contributed by 38 grams of carbohydrates, 37 grams of sugar, and 34 milligrams of caffeine. As this is very harmful, the American Heart Association has now recommended a cap of sugar intake of 25 grams for women and 36 grams for men. As for caffeine, the Food and Drug Administration advises keeping it under 400 milligrams a day. Sodas have several negative effects and when consumed in larger quantities, the high sugar content and artificial additives harm your body. Because of the high sugar content, the soda leads to excess calorie intake and also gains weight. Soda also leads to insulin resistance in the body raising the risk of diabetes. The phosphoric acid in soda leaches into the calcium in bones and it increases the risk of osteoporosis over time. Even sugar-free sodas, they mostly contain aspartame and sucralose that affect your body metabolism. Soda also causes digestive issues and it can cause gastrointestinal discomfort, acid reflux, or exacerbate existing conditions. And with the caffeine content in it, there might be a dependency on the drink. To avoid the negative effects created in the body through sodas, you can opt for healthier options like sparkling water, homemade infused water, and herbal teas.

Can chicken soup actually relieve cold

There's no denying that a warm bowl of chicken soup can make for the most comforting meal during the winter season. Traditionally, in some culinary cultures, it was believed that chicken soup was consumed as a remedy to heal winter-related ailments like cold, cough, and respiratory congestion, to name a few. But is it actually effective or just a myth? Read on to find out... Taste and health in a bowl Traditionally, chicken soup has been considered a soothing remedy for cold, flu, fever and respiratory discomfort, but consuming a warm broth helps in healing winter woes. Well, one of the main reasons why chicken soup is considered to be a healthy potion is because of its ability to reduce inflammation. According to a study published in the digital journal of the National Library of Medicine, it was mentioned that a mild anti-inflammatory effect could be one mechanism by which the soup could result in the mitigation of symptomatic upper respiratory tract infections. Moreover, it was also found that the hot liquid helps to loosen mucus, making it easier to expel from the respiratory system, while also soothing the sore throat often associated with colds. The amino acid cysteine, which is found in chicken, has been shown to help thin mucus, similar to the effects of certain over-the-counter decongestants. Here are some of the reasons why consuming chicken soup can be good for healing winter ailments. Ingredients that play a major role Another reason that makes chicken soup a potent remedy is the use of ingredients like spices and herbs that help in naturally improving overall health and well-being. The chicken provides protein, which is essential for the body's recovery process. Vegetables such as carrots, onions, and garlic, common ingredients in chicken soup, contain vitamins and minerals like vitamin C, vitamin A, and antioxidants that can help boost the immune system and fight infections. For instance, garlic contains allicin, a compound known for its antimicrobial properties, which may help the body combat pathogens that contribute to respiratory discomfort. Relieving respiratory symptoms When you consume the chicken soup, steam from the broth have a mediate, effect on the system. The helps to open nasal passages, reducing congestion, and makes breathing easier. This is especially beneficial for people suffering from conditions like a cold, sinusitis, or bronchitis, where congestion and difficulty breathing are common symptoms. The warmth of the soup provides comfort and may help reduce chills associated with fever. Hydration Staying hydrated is crucial when fighting off an illness, and chicken soup serves as an excellent hydration source. The broth not only helps to replenish fluids lost due to fever or congestion but also provides electrolytes, which are important for maintaining proper hydration. Dehydration can make respiratory discomfort worse, so sipping on warm liquids like chicken soup can ensure that the body stays well-hydrated, supporting overall healing. Comfort of chicken soup Aside from the physical benefits, the psychological comfort that comes with eating chicken soup during illness is not to be underestimated. The ritual of consuming a warm, home-cooked meal can promote feelings of care and comfort, which can improve emotional well-being. This can reduce stress, which is known to negatively impact immune function, ultimately helping the body heal faster. Conclusion While chicken soup may not be a cure-all for respiratory discomfort, it does provide several health benefits that can ease symptoms and promote recovery. The combination of anti-inflammatory properties, nutrient-rich ingredients, steam for congestion relief, and psychological comfort all work together to support the body in fighting off respiratory infections. Though it might not replace medical treatment, chicken soup can be a helpful and soothing addition to the diet when dealing with respiratory issues.



What happens when you add soaked chia seeds to orange juice?

Whether you are trying to lose weight or simply switch to a healthy diet, adding soaked chia seeds can be a great way to begin your wellness journey. There's no denying that chia seeds have gained popularity among health enthusiasts and weight watchers, but there's still a lot more to explore about these tiny seeds and decode the right way to add them to the daily diet. Here's all you need to know about chia seeds and what happens when you add them to your homemade orange juice. The combination Both chia seeds and orange juice are packed with the goodness of nutrients like vitamins, minerals and antioxidants, but when soaked chia seeds are added to freshly made orange juice, it can simply accentuate the taste, experience, as well as the health quotient of this drink. Why combine? A simple way to add chia seeds to the diet can be by introducing them to the infused water, herbal tea or homemade juices, which helps in effective digestion, accelerates metabolism and also helps in providing satiety, which helps manage weight and curbs hunger pangs. This potent drink is a mix of vitamin C, antioxidants and fiber, which helps in boosting overall health. Here are some simple reasons to combine these two and include them in the daily diet. Hydration boost Chia seeds are known for their ability to absorb liquid, swelling up to many times their original size, which is why they provide hydration and satiety. When added to orange juice, chia seeds soak up the liquid and expand, forming a gel-like consistency, which helps in giving your diet a boost of vitamins and fiber. The combination of chia seeds and orange juice can help you stay hydrated. Better nutrient absorption Chia seeds are rich in healthy fats, particularly omega-3 fatty acids, fiber, protein, and various minerals like calcium, magnesium, and phosphorus. Orange juice, on the other hand, is packed with vitamin C and antioxidants. When you combine chia seeds with orange juice, the fat and fiber in the seeds can help your body absorb the fat-soluble vitamins present in the juice, such as vitamin A. Improved digestion Chia seeds are an excellent source of fiber, which is essential for good digestive health. They help regulate bowel movements, promote gut health, and prevent constipation. When chia seeds



are added to orange juice, they soak up the juice and form a gel-like texture, which acts as a gentle cleanser for the digestive system. The combination of soluble fiber from chia seeds and the high vitamin C content of orange juice can support overall digestion and improve gut function. Blood sugar regulation The fiber and healthy fats in chia seeds can slow down the digestion process, preventing rapid spikes in blood sugar levels after consuming sugary drinks like orange juice. This is particularly beneficial for individuals looking to stabilize their blood sugar or manage diabetes. When chia seeds are added to orange juice, they create a more balanced drink, as the fiber content helps to slow down the absorption of sugar into the bloodstream, providing more stable energy levels. Natural source of energy Orange juice is naturally rich in sugars, particularly fructose, which provides a quick source of energy. Chia seeds, on the other hand, provide sustained energy due to their fiber and protein content. By combining chia seeds with orange juice, you get a boost of energy, which makes it a great choice for breakfast or a pre-workout snack. Increased satiety The fiber and protein in chia seeds also contribute to increased feelings of fullness. When you add chia seeds to orange juice, the seeds absorb

the liquid and expand, which helps fill you up faster and reduces overall calorie intake. This can be especially helpful if you're trying to manage your weight or prevent overeating. The gel-like texture that forms when chia seeds absorb liquid creates a satisfying, thick consistency that can keep hunger at bay for longer. Antioxidant benefits Orange juice is known for its high vitamin C content, a powerful antioxidant that helps combat free radicals and support immune function. Chia seeds also contain antioxidants, including flavonoids and polyphenols, which contribute to reducing inflammation and oxidative stress. When combined, the chia seeds and orange juice work together to provide a potent antioxidant boost, helping to protect your cells from damage and support your overall health. Gut health and probiotics While chia seeds themselves are not probiotics, they provide prebiotics that nourish the good bacteria in your gut. The fiber in chia seeds helps feed these beneficial gut microbes, promoting a healthy balance of bacteria in your digestive system. Regular consumption of chia seeds, especially when paired with a probiotic-rich food like yogurt, can enhance gut health. The vitamin C from orange juice also supports the immune system, which is closely linked to gut health.

Missi Roti named one of world's worst dishes, desi internet is enraged

Missi Roti, a nutrition packed flatbread that is considered a superfood, has been added to the list of the 'worst rated foods' in the world by the Taste Atlas. It became the only dish from India to end up on the list and the internet is not happy. The traditional flatbread from Punjab made up of spices, veggies and gram flour is an excellent gluten-free alternative to typical atta rotis and is one of the most popular accompaniments with north Indian food. In the list, released in January 2025, the flatbread was placed at the 56th rank in a list of 100 worst foods from around the world. The list included jellied eels, frog eye salad, devilled kidneys as well as blodpat which is a dumpling made with blood. Many on social media complained that humble mis-



si roti pales in comparison to such bizarre food. "Missi Roti features in the world's worst dishes list. We Riot!" read the caption of the post

on Reddit. "Looks like they felt compelled to throw in something from India just to avoid admitting that every Indian dish is an absolute masterpiece. Nice try, though," argued one user. "Remember, just because you like one dish, that doesn't mean thousands of others like it the same way. People have different tastes," said another. "Who even cares mate, they put so many spanish dishes on here and so little stuff from nordic countries, clearly they're probably american or nordic-european, tastes are subjective. If they'd tasted all the stuff we probably would've had loki ki sabzi and some other stuff on here too," wrote one user. Others suggested better alternatives to add to the list. "They could have put baigan Or karele ki sabzi why missi roti," said one of them.

Desserts made with Nolen gur

In the heart of a Bengali winter, the arrival of Nolen Gur aka date palm jaggery marks a season of sweetness. This delicacy is an integral part of Sankranti celebrations in West Bengal, where families come together to make traditional treats that pay homage to this golden treasure. From dudh pitha to Sandesh and Payesh, these sweets transform into mouth-watering creations with this deep, caramel-like flavour of fresh jaggery. But Nolen Gur isn't just reserved for tradition, it has found its way into modern desserts like tres leches, cakes and cheecakes. As the fleeting season of Nolen Gur begins, here are some way to make the most of this winter speciality... Rossogolla is such a quintessential Bengali dessert that is enjoyed all through the year. However, during the winter, with nolen gur so readily available, it is also added to this sweetmeat. "Curdle milk to make fresh paneer, knead it till smooth and form dumplings. In a pan, prepare syrup of nolen gur by boiling it with water. Add the dumplings and simmer in a covered pan for 15-20 minutes. It will double in size," says Avishek Bagchi, executive sous chef, JW Marriott Kolkata. Tres Leches is a classic Mexican dessert that is simple yet packs a flavourful punch. "Nolen Gur is used in West Bengal as a sweetener in desserts and Ashley D'Souza, Head Chef at Toast & Tonic, Bengaluru, says, "It was the best ingredient to help us enhance the flavour of our Tres Leches, which is a sponge cake soaked in three types of milk - whole milk, condensed milk and evaporated milk." Collected from the sap of the date palm tree, it is then reduced until it crystallises and thickens to make nolen gur aka new jaggery. It adds a natural sweetness to a dish and makes for a sugar alternative, especially in cakes. Sift your dry ingredients, like whole wheat flour, baking powder and baking soda, and add it to the wet ingredients, including eggs, milk and nolen gur syrup. Once the cake bakes, top it with slivered almonds, pistachios and a dusting of sugar. A creamy dessert, it is a delight to eat on any occasion. To create a simple cheesecake, add nolen gur syrup and cream



to cream cheese and whisk it well. You can also mix in vanilla essence, almond extract or lemon zest to the mixture. To a layer of crushed biscuits that's been mixed with butter, pour this cheesecake and set it in the fridge. You can also mix in nolen gur into cream to make a whipped cream topping. Bengal's response to everyone's favourite kheer, payesh is made by simmering the rice in milk. During the winters and on Poush Sankranti, payesh sweetened with nolen gur is relished in all Bengali households. Bay leaves and cardamon are used to flavour the payesh and add a lot of depth of flavour to this dessert. With a unique aroma and a sweet nutty flavour, nolen gur syrup can be made by melting the jaggery in water. Pannacotta is an Italian dessert that translates to cooked cream and is a type of jiggly pudding. Add the jaggery syrup to milk along with gelatin and heavy cream. Stir till it slightly



thickens and add it to a mould. Once it sets in the fridge, demould the pannacotta and serve with some berries. Called dudh puli or dudh pitha and eaten during Sankranti, these dumplings are made with rice flour. It can be stuffed with coconut and nolen gur, or paneer (chenna). The

dough it made by mixing hot water to the rice atta, and kneading. Once stuffed and shaped, make the kheer by reducing the milk. Then cook the dudh pithas in the kheer and serve them warm. A perfect breakfast option or an evening snack, a perfect waffle has a crispy exterior and is soft on the inside. Add nolen gur to the waffle batters that's made with maida, baking soda, milk and butter. Skip maple syrup or butter, instead, you can pour a generous glug of the sweet jaggery syrup on the waffles as a topping. Top it with ice cream that has been churned with gur instead of sugar or just frozen yoghurt for that perfect mix of hot and cold.

SPORTS

Bavuma returns from injury to lead SA in India, squad packed with 3 frontline



New Delhi: Captain Temba Bavuma returned to the South Africa squad on Monday for the two-Test series in India after recovering from a calf injury. The series begins on November 14 with matches scheduled in Guwahati and Kolkata. Bavuma was not part of the recent two-match series in Pakistan that his team drew with the hosts. Most of the squad from the Pakistan series has been retained with David Bedingham making way for Bavuma. Bavuma, who led his team to the title in the previous World Test Championship cycle, is also likely to play the preceding shadow series against India A beginning in Bengaluru on November 2. The A series will also mark the return of Rishabh Pant from injury.South Africa spin trio of Simon Harmer, Keshav Maharaj and Senuran Muthusamy had

Suryakumar Yadav Gives Fresh Update On Shreyas

New Delhi: India’s ODI vice-captain Shreyas Iyer, who suffered a ruptured spleen and rib cage injury during the third ODI against Australia, has reportedly started to respond to people’s messages through his phone. In a press conference on Tuesday, India’s T20I captain Suryakumar Yadav delivered a promising update on Shreyas’ health, saying the batter is to be kept under observation for a few days but is replying and talking on the phone, which is a good sign. Shreyas was shifted out of the Intensive Care Unit (ICU) of a Sydney hospital on Monday and is now in a stable condition, easing concerns over his health. “The first day I got to know he was injured, I called him. Then I found out he didn’t have his phone with him, so I called the physio, Kamlesh Jain. But I have been talking to him over the last two days. He has been replying. Agar woh reply kar raha hai (If he is able to reply over the phone), that means he is stable. It’s looking good...the doctors are there already.



Vienna Open final: Jannik Sinner battles cramp to claim title

New Delhi: Italian top seed Jannik Sinner produced a spirited comeback to defeat Germany’s Alexander Zverev 3-6 6-3 7-5 in the Vienna Open final on Sunday, securing his fourth ATP Tour title of the season and his second triumph in Austria’s capital.Sinner, who beat Zverev in straight sets at this year’s Australian Open, has now won 21 consecutive matches on indoor hardcourts. The 24-year-old has now also notched 22 tour-level titles and 51 career wins against fellow top-10 players. The world number two banged down 11 aces and unleashed 44 winners in a thrilling contest that lasted two hours and 28 minutes.“It feels amazing,” Sinner said. “It was such a difficult start in the final for me. Down a break ... I had some chances in the first set, couldn’t use them. He was serving very well.“I tried to stick there mentally. Trying to play my best tennis when it counts. Third set was a bit of a roller-coaster. I was feeling very well the ball at times. I tried to push.“Very happy to win another title. It’s very special.”The win also allowed the four-times Grand Slam champion to level



his head-to-head record against Zverev at four wins apiece.“What an amazing year. Four Grand Slam finals and two Grand Slam titles. This week of course, simply the best player here in Vienna...”World number three Zverev saved a break point to hold the opening game before getting a break over Sinner to go 3-1 up in the first set. Zverev won the set 6-3, landing four aces while Sinner had two, with the 28-year-old German dominating the rallies.Sinner fought back in the second set, outwitting Zverev with a crosscourt dropshot to get his first break, going 2-0 up.The

Jansen and Wiaan Mulder provide the pace options.The first Test gets underway on November 14 at the Eden Gardens in Kolkata, before the side heads to Guwahati, where the ACA Stadium will host its maiden Test match from November 22.“We’ve kept the bulk of the squad that competed in the two-

match series against Pakistan. Those players showed real character and fought hard to come from behind and draw that series,” head coach Shukri Conrad said.“We are anticipating a similar challenge in India, and many of the players who stood up in those conditions will once again be key for us.” “Pakistan was a squad effort and India will demand the same. Every player has a role to play in ensuring we remain competitive in what is always a tough place to tour,” he added.South Africa Squad for India Tests: Temba Bavuma (captain), Aiden Markram, Ryan Rickelton, Tristan Stubbs, Kyle Verreynne, Dewald Brevis, Zubayr Hamza, Tony de Zorzi, Corbin Bosch, Wiaan Mulder, Marco Jansen, Keshav Maharaj, Senuran Muthusamy, Kagiso Rabada, Simon Harmer.

Shaina, Diksha grab gold at Badminton Asia C’ships



the second game to close out the match in 44 minutes. Later, Diksha became the first Indian girls singles player to win the U-17 title, dominating the 27-minute all-Indi-

an final.Jagsher Singh Khanggura and mixed doubles combination of Jangeet Singh Kajla and Jananika Ramesh had bagged bronze on Saturday.

Suryakumar’s batting form doesn’t concern me: Gautam Gambhir backs T20I captain

New Delhi: India’s head coach Gautam Gambhir is not perturbed by T20I skipper Suryakumar Yadav’s poor form as “failures are inevitable” when the team is focused on playing an ultra-aggressive brand of cricket. While India won the Asia Cup tournament last month in the UAE under his captaincy, Suryakumar’s own form with the bat left a lot to be desired as he managed just 72 runs in seven innings. However, he has now found backing from the team’s head coach. “Honestly, Surya’s batting form doesn’t concern me because we have committed to an ultra-aggressive template in our dressing room. When you embrace this philosophy, failures are inevitable,” Gambhir said during a discussion on JioHotstar.“It would be easy for Surya to score 40 runs off 30 balls and avoid criticism, but we have collectively de-

cided that it’s acceptable to fail while pursuing this approach,” he added. Even as Surya was struggling with the willow, the likes of Abhishek Sharma and Tilak Varma lit up the tournament with their explosive batting. “From our first conversation, we agreed: we will not fear losing. I don’t aim to be the most successful coach; I want us to be the most fearless team,” the head coach said.Gambhir admitted that his players are bound to make mistakes as they seek to become a fearless outfit. “In big games like the Asia Cup final, I told the players it’s okay to drop a catch, play a bad shot, or bowl a poor delivery. Human beings make mistakes. Only the opinions of those in the dressing room matter. Surya and I consistently agree: we will never fear mistakes. The bigger the game, the more fearless and aggressive we must be. A conservative



approach only gives the opposition an advantage. With the talent we have, if we play fearlessly, we will be fine,” Gambhir said.Gambhir said the focus is not on individuals but on the team as

a whole.“Currently, Abhishek Sharma is in good form and has maintained it throughout the Asia Cup. When Surya finds his rhythm, he will shoulder the responsibility accordingly.”In T20

cricket, our focus isn’t on individual runs but on the brand of cricket we want to play. With our aggressive style, batters may fail more often, but impact ultimately matters more than mere runs,” Gambhir said During the interaction, Gambhir spoke about his vision for building a fearless team culture, and his partnership with Suryakumar.“Surya is a great human being, and good humans make good leaders. While he speaks highly of me, my role is simply to advise him fairly based on my reading of the game. Ultimately, this is his team.“His free-spirited character perfectly matches T20 cricket’s essence, it’s about freedom and expression. Your off-field personality reflects on the field and in the dressing room, and Surya has maintained this atmosphere brilliantly over the past 1.5 years,” Gambhir said.

Sujeet Kalkal wins gold, Indian wrestlers conclude U23 World Championships 9 medals



New Delhi: Indian wrestlers finished their U23 World Wrestling Championships 2025 campaign on Monday with a total of nine medals, which included one gold, two silver and six bronze medals. Competitions were held in 10 weight categories each in men’s and women’s freestyle and Greco-Roman wrestling, with India entering one athlete per category, except in men’s freestyle 125kg. Around 700 wrestlers from across the globe competed in the Serbian city. Sujeet Kalkal won the gold medal in the 65kg men’s freestyle category on the final day of competition to end India’s campaign on a high. It, however, was India’s only podium finish in men’s freestyle categories this year, according to Olympics.com. Sujeet beat Uzbekistan’s Umidjon Jalolov, a senior world championships bronze medallist and former U20 champion, 10-0 via technical superiority in the final bout.This was India’s fourth gold medal at the U23 World Wrestling Championships from eight editions. Aman Sehrawat (men’s 57kg) won the first in 2022 while Reetika Hooda, competing under the United World Wrestling flag in 2023, topped the women’s 76kg division at the 2023 edition. Chirag

Chikkara accounted for the solitary gold in the men’s 57kg at last year’s championships held in Tirana, Albania.Indian wrestlers also finished the 2025 edition with a total of nine medals - one gold, one silver and seven bronze.Earlier, Vishvajit More opened India’s medal account at the U23 World Wrestling Championships 2025 after bagging bronze in the Greco-Roman 55kg category, according to Olympics.com.Interestingly, this was More’s second straight bronze medal at the U23 World Championships. Interestingly, he had also registered the first medal for India at the 2024 edition. Former U20 world champion Priya Malik won the first women’s freestyle medal - a bronze - in the 76kg division.

Amid Criticism Over Harshit Rana’s Selection, Rohit Sharma Singles Out



New Delhi: Pacer Harshit Rana ended the India vs Australia ODI series with a bang as he scalped four for 39 in the third match of the contest in Sydney. Harshit’s performance came after his spot in the Indian team had been questioned by several experts, including former cricketers K. Srikkanth and Ravichandran Ashwin. However, the tall pacer produced a career-best performance to justify his selection. Former India captain Rohit Sharma, who scored 121* in the third ODI, had some special things to say about Rana. “Unfortunately, we couldn’t win the series, but it’s still a relatively

young team. A lot of the guys haven’t been here or played white-ball cricket. So, we can take a lot of positives from here. Especially Harshit Rana, who’s playing white-ball cricket for the first time in Australia. The way he bowled in both games-Perth obviously was a shortened game-but looking at how

he bowled in Adelaide and here (Sydney), it was a fantastic effort from him,” Rohit said after the third ODI. In the third India vs Australia ODI, Australia were restricted to just 236 after Rana’s 4/39. During the chase, the spotlight shifted to the Rohit Sharma-Virat Kohli show, in just 38.3 overs.

Kabaddi try to go all the way final, says Delhi coach

New Delhi: Former Kabaddi defender and current head coach of Dabang Delhi Joginder Narwal believed that his team can go all the way to the final.On Monday, the team, in front of the fans at the Thyagaraj Indoor Stadium will play against Puneri Paltan in Qualifier 1. “We will try to win this qualifier and go to the final. Just like season 8 (where Delhi won the title and Narwal was captain) we would like to win it again as a coach,” he told reporters in an interaction facilitated by JioStar ptained a lot of teams before. And, the whole team decided that he should be the captain. Last time, he was the captain for the Bengal Warriorz. He knows how to handle the players. And, he knows how teams in the league play for the last 10 years. So, he knows how to train, how to play, what to do,” he explained.

French s/c Championships With Flourish For Grousset



New Delhi: The French Short Course Championships came to an end with more trips to the top of the podium for Maxime Grousset, Beryl Gastaldello and Mewen Tomac. The four-day event in Val-Parisis doubled as trials for the short-course Europeans which take place in Lublin, Poland, from 2-7 December.Grousset had already completed the 50/100 fly double as well as the 50 free and 100IM by the time he stood on the blocks on Sunday for the final of the 100 free, in which he won silver at the 2022 s/c worlds in Melbourne. He touched the wall 45.66 seconds later to claim his fifth crown to go well inside the QT for Lublin and add another event to his programme.Youssef Ramadanan of Egypt concluded a fine meet with second in100IM 46.39 with Clement Secchi the second Frenchman home although his time of 47.26 was

outside the cut, Roman Fuchs next in 47.39. Grousset, who propels himself into the top five for 2025, said through the French Federation: “The week is ending well. In the warm-up I saw myself swimming fast but maybe not as much.”- Gastaldello has also enjoyed a golden streak in Val-Parisis. The 30-year-old had amassed four titles leading into the final day where she made it five in the 100IM with a dominant 58.67, well inside the QT and the only woman to break the minute mark.“The breaststroke was difficult,” she said. “I feel that I’m not fast. The effort was there and with freshness and training

I can accelerate again. I’m happy tonight because it’s my fifth title and it’s not insignificant. You have to take what you have to take. It’s been a positive week. I don’t usually do these times in a comeback competition. We’re going to a training camp tomorrow, we’ll have to get back on track quickly and I can’t wait to see how it will look like at the Euros. I’m going to do everything I can to be in better shape.” Mewen Tomac had already won the 100/200 back double by the time the 50 came around. Ramadnan was first home in 23.22 with Tomac the first Frenchman as he secured the national backstroke treble in 23.26, a sliver outside the QT. Yohann Ndoye Brouard was next in 23.55. Tomac returned to take the 200IM where he finished four seconds ahead in 1:53.31 to book another event on his programme.