

Nagaland teachers to join **three-day pen-down strike** over IAS induction irregularities

Kohima, Oct 10: The All Nagaland School Teachers' Association (ANSTA) has announced that teachers across Nagaland will participate in a three-day Pen-Down Strike from October 14 to 16, 2025, to protest alleged irregularities in the recent IAS induction process. The strike comes in support of the Confederation of All Nagaland State Services Employees' Association (CANSSEA), which has been spearheading the movement demanding transparency and fairness in state service appointments. The decision to observe the state-wide pen-down protest follows the growing discontent among employees after the IAS induction conducted on September 25, 2025, allegedly included non-NPSC (Nagaland Public Service Commission) candidates in the select list of Non-State Civil Service (Non-SCS) officers. The inclusion, according to CANSSEA and ANSTA, undermines the merit-based system that has long governed appointments and promotions in the state bureaucracy. In an official statement issued by the ANSTA headquarters, the association said it is standing firmly behind CANSSEA in demanding corrective

action from the state government. The teachers' body has directed all district units, zonal branches, and affiliated groups to strictly adhere to the strike call. During the three-day protest, both teaching and non-teaching staff in government schools across Nagaland will abstain from all official duties as a mark of protest. The directive emphasizes that while normal teaching activities will remain suspended, members are expected to maintain discipline, decorum, and unity throughout the strike period. District-level office bearers have been asked to monitor the observance of the strike closely and report compliance to the ANSTA headquarters in Kohima. The call for a pen-down strike follows the larger agitation launched by CANSSEA, which represents employees from various state departments. The confederation has been pressing the government to fulfill two major demands — the withdrawal of Non-NPSC candidates from the IAS induction list and the restoration of the Vacancy Circular dated March 10, 2025. The circular, CANSSEA claims, was a crucial framework that ensured transparen-



cy and merit-based evaluation in the selection process for IAS induction from among state service officers. CANSSEA maintains that the recent IAS selection process has raised serious questions about procedural integrity. The organization alleges that the inclusion of candidates who were not recruited through the Nagaland Public Service Commission violates the spirit of fair competition and demoralizes deserving officers who have risen through the proper merit system. Speaking on the matter, a senior ANSTA office-bearer said, "We are not opposing individuals but the process. The inclusion of non-NPSC candidates in the IAS induction

list undermines the credibility of the system. As teachers, we stand for merit, fairness, and justice — principles that must be upheld in every aspect of governance." The association clarified that the decision to participate in the pen-down strike was not taken lightly but is a necessary step to defend the integrity of Nagaland's administrative machinery. "When due processes are ignored, it affects not just the employees but also the morale of every hardworking government servant who believes in honesty and dedication," the statement added. ANSTA's involvement in the strike adds significant weight to the ongoing protest since the associa-

tion is one of the largest and most organized employee bodies in the state. With teachers forming a major segment of the government workforce, the strike is expected to impact academic activities across schools in both urban and rural areas. However, ANSTA has urged all members to ensure that the protest remains peaceful and orderly. The issue has already stirred widespread debate across the state. Civil society groups and retired officials have voiced concern over the alleged irregularities, calling for an independent review of the selection process. They argue that such discrepancies, if left unaddressed, could erode public confidence in the state's recruitment systems. Meanwhile, the state government has yet to issue an official response to the latest round of protests. Sources indicate that the administration is reviewing the representations submitted by CANSSEA and has initiated internal consultations to assess the validity of the allegations. However, employee organizations maintain that until concrete steps are taken, the protest will continue as scheduled.

In Brief

Mizoram issues 4,100 ILPs after new rail link

Aizawl: Since the opening of the Bairabi-Sairang railway line on September 13, a total of 4,102 Inner Line Permits (ILPs) have been issued in Mizoram, with 4,064 at Sairang station and 38 in Kolasib district. A review meeting led by Home Minister K. Sapdanga noted a 30-40% decline in ILPs at the Vairengte check-gate and reduced maxicab services linking Mizoram with neighboring states. The ILP, required for entry into protected areas like Mizoram under the Bengal Eastern Frontier Regulation of 1873, has raised concerns from the Mizo Zirlai Pawl regarding discrepancies between visitor numbers and ILPs, along with issues such as inadequate staffing and illegal alcohol importation. The new railway line enhances connectivity with the national capital and key cities like Kolkata and Guwahati.

'Shushrusha Setu' Mega Health Camp

Guwahati: On October 11, the Mazbat Legislative Assembly Constituency will host the "Shushrusha Setu" health camp at Orang Higher Secondary School, part of the Assam State Government's "Sevaai Samarpan" project. This initiative aims to provide medical care to children and adolescents under 18 across various assembly constituencies in Assam. The event is designed to ensure that young patients receive essential medical assistance from qualified professionals. Medical specialists from Tezpur Medical College and Guwahati, covering fields such as pediatrics, gynecology and obstetrics, general medicine, cardiology, orthopaedics, neurology, dermatology, ophthalmology, and ENT, will be in attendance. Additionally, all attendees will receive free diagnostic testing and medications. Following this event, major health camps will be held at Tanga Higher Secondary School on October 17 and Udalguri Higher Secondary School on October 24.

Ri Bhoi murder case

Shillong: A 13-year-old girl was found murdered in Kalapangti village, Khyndewso area, Ri-Bhoi district, on Wednesday evening. After failing to return home after school, her family alerted village authorities, leading to a search that quickly uncovered her body in a nearby forest. She was discovered with severe injuries, evident bleeding, and a notebook in her hand, suggesting foul play. Police indicate she may have been struck with a hard object. The body was moved to Nongpoh Civil Hospital for a post-mortem examination as part of the ongoing investigation, and Ri Bhoi police are working to identify and apprehend the assailants.

Assam BJP charts 2026 poll roadmap

Dibrugarh: The Assam BJP, led by Chief Minister Himanta Biswa Sarma, is set to finalize its strategy for the 2026 assembly elections through ongoing discussions. A recent meeting of the party's extended executive committee in Dibrugarh focused on evaluating the party's current situation and preparing for the upcoming elections. Sarma described the meeting as "very constructive," highlighting comprehensive discussions that included meetings of the core committee and office bearers. Key participants included Union ministers Sarbananda Sonowal and Pabitra Margherita, MP Kamakhya Prasad Tasa, and state officials. The two-day session is considered one of the party's crucial preparatory activities, aimed at strengthening its organizational framework and enhancing voter outreach in Assam.

Mizoram strengthens wildlife crime investigation

Aizawl: In an effort to enhance coordination and efficiency in tackling wildlife crimes, a two-day Capacity Building Training on Wildlife Crime Investigation concluded at the Forest Training School in Aizawl. Held from October 8 to 9, the program aimed to bolster enforcement officers' legal and technical understanding of wildlife crime, focusing on the illegal wildlife trade in Northeast India. Jointly organized by the Wildlife Crime Control Bureau and the Department of Environment, Forest & Climate Change, the training emphasized the necessity for inter-departmental collaboration to address increasingly sophisticated wildlife trafficking networks.

At Darrang College, Teachers' Training Programme on Mentoring Cutting Edge Research held

Tezpur, Oct 10: Darrang College (Autonomous), Tezpur, has organized a two-day Teachers' Training Programme on "Mentoring Cutting Edge Research in the Light of NEP 2020" under the sponsorship of RUSA 2.0 / PM-USHA Assam, in collaboration with the UGC-Malaviya Mission Teacher Training Centre (MMTTC), Gauhati University on 10-11 October, 2025. The inaugural ceremony has commenced with the lighting of the lamp and a tribute to late singer Zubeen Garg, performed by Dr. Khargeswar Borkakati, the President of the Governing Body of Darrang College (Autonomous). The event has featured a chorus performance by the students of the Centre for Performing Arts, followed by the felicitation of the distinguished guests, including the Principal and GB President, Dr. Biren Das, Controller of Examinations, Tezpur University and Prof. Shyamanta Chakraborty, Director of MMTTC, Gauhati University. Dr. Rabindra

Hazarika, Assistant Professor of Zoology, has elaborated on the objectives of the programme, emphasizing the importance of research mentoring under NEP 2020. The formal inaugural address has been delivered by Dr. Biren Das, while Prof. Shyamanta Chakraborty has presented an overview of the training initiative. The first academic session has been conducted by Prof. Sudeshna Bhattacharjya, Department of Sanskrit, Gauhati University, who has spoken on "Integrating Indigenous Knowledge Systems in Research for Sustainable Development and Viksit Bharat." The second session has been led by Prof. Dhrubajyoti Sahariah, Department of Geography, Gauhati University, on "Geospatial Technologies for Sustainable Natural Resource Management: An NEP-2020 Perspective." In the third session, Dr. Mriganika Gogoi, Assistant Professor, Department of Electronics and Communication Engineering, Assam Don Bosco University, has delivered

an insightful talk on "Semiconductor Research and Innovation Opportunities in Northeast India." The concluding session of the day has been presented by Dr. Nabajyoti Medhi, Department of Computer Science, Tezpur University, on "Artificial Intelligence, Machine Learning & Data Science for Multidisciplinary Research." More than a hundred participants from Darrang College and other institutions, including Gauhati University, Tezpur University, Rangapara College, LGB Girls' College and Nalbari College, have attended the programme. Dr. Manoj Kumar Hazarika, Principal, Tezpur College and Dr. Tapan Kumar Kalita, Principal, LGB College, Tezpur have participated in the training. Dr. Ranjan Kumar Kalita, Principal, Rangapara College (Autonomous) has graced the occasion. The entire day's proceedings have been anchored by Dr. Juli Bairagi, Assistant Professor, Department of Zoology, Darrang College (Autonomous).

Meghalaya CM calls for peace after clash near state's border with Assam

Shillong, Oct 10: A day after a fatal clash near the Assam-Meghalaya border, Meghalaya Chief Minister Conrad K Sangma urged for peace and non-violence in the region. He described the incident, stemming from disputes over paddy harvesting, as "unfortunate," attributing it to ongoing border disagreements between the two states. The conflict resulted in one death and several injuries, sparked by residents of Meghalaya allegedly harvesting crops in contested territory within Assam's West Karbi Anglong district. Sangma emphasized the need for dialogue to address these conflicts, highlighting that both states had anticipated tensions during the harvesting season and had deployed police to maintain order. He stated that scuffles between farmers from both sides are common in disputed areas, but local resolutions and the formation of peace committees are being pursued. Sangma also noted the progress in resolving the long-standing border dispute, mentioning that six out of twelve areas of contention have been settled under his administration, urging citizens to cooperate for lasting solutions and to avoid further violence.

Mizoram issues about 4,100 Inner Line Permits after rail line introduced in state

Aizawl, Oct 10: At least 4,102 Inner Line Permits (ILPs) have been issued to visitors arriving at various railway stations in Mizoram since the inauguration of the Bairabi-Sairang railway line on September 13, police said on October 9.

According to Aizawl Additional Superintendent of Police Lalringlana Pachaua, a total of 4,064 ILPs were issued from four counters at Sairang railway station near Aizawl, where 14 policemen have been deployed to manage the process. Kolasib Superintendent of Police David H. Lalthanglana added that another 38 ILPs were issued across four railway stations within Kolasib district.

The figures were shared during a review meeting chaired by Home Minister K. Sapdanga to assess the impact of the new railway line on ILP issuance and related security concerns.

Officials noted a 30-40 per cent decline in the number of ILPs issued at the Vairengte check-gate in Kolasib district, as well as a similar drop in the number of maxicabs operating between Mizoram and neighbouring states, following the launch of train services linking Aizawl with Delhi, Kolkata, and Guwahati.

The Inner Line Permit is a mandatory travel

document under the Bengal Eastern Frontier Regulation of 1873, allowing Indian citizens to enter protected areas such as Mizoram. Non-residents must obtain the permit before entry.

Meanwhile, the Mizo Zirlai Pawl (MZP), the state's apex student body, voiced concern over what it termed as a "mismatch between the number of visitors and ILPs issued." MZP president C. Lalremruata said the organisation's leaders, during an inspection at Sairang railway station on Thursday, found that "several visitors managed to slip out without securing ILPs."

Lalremruata also pointed to inadequate manpower at ILP counters and the absence of excise officials to monitor the illegal import of alcohol into the dry state. The MZP urged the government to strengthen enforcement at railway stations to prevent illegal entry and smuggling activities.

Prime Minister Narendra Modi inaugurated the 51.38-km Bairabi-Sairang railway line on September 13, marking Mizoram's first rail connection to the national capital through the newly launched Rajdhani Express, alongside new trains to Kolkata and Guwahati.

'Shushrusha Setu' Mega Health Camp to be held in Orang on October 11

Guwahati, Oct 10: On October 11, the Mazbat Legislative Assembly Constituency's Orang Higher Secondary School will host a massive health camp called "Shushrusha Setu" as part of the State Government's "Sevaai Samarpan" project. The main goal of the special health camp, which is being held in each assembly constituency in Assam, is to offer medical care to children and adolescents under the age of 18. The event will function as a significant outreach initiative in Orang to guarantee that young patients obtain necessary medical care under the guid-



ance of knowledgeable medical professionals. A group of specialized physicians from Tezpur Medical College and Guwahati will attend the health camp, according to official sources. These special-

ists include specialists in pediatrics, gynecology and obstetrics, medicine, cardiology, orthopaedics, neurology, dermatology, ophthalmology, and ENT. All beneficiaries attending the camp will

also receive free diagnostic testing and medications. On October 17 and 24, respectively, Tanga Higher Secondary School and Udalguri Higher Secondary School will host major health camps.

Himanta calls for pressure on Miya muslims, predicts demographic shift

Guwahati, Oct 10: Assam Chief Minister Himanta Biswa Sarma on October 10 claimed that the Miya community is projected to become the largest in the state, with their population share expected to rise to around 38 percent in the upcoming census. Speaking at a public meeting in Dibrugarh, Sarma said, "This time, when the census takes place and the results are out, it will be found that the percentage of the Miya community has increased to 38 percent. If any

statistical department makes a projection, it will clearly show that they are set to become the largest community in Assam — and that is the truth." He asserted that Assam's indigenous population would remain secure "only if the Miya Muslims are kept under pressure," adding that the government must bring a new law in the Legislative Assembly to safeguard the interests of indigenous Assamese people. Reiterating his government's ongoing land and eviction drives, the



Chief Minister said, "Eviction notices have already been issued in Goalpara and Behali. We are not stopping any work. The pressure on

illegal encroachments will continue." Sarma's remarks have drawn strong reactions across political circles, with critics calling them polar-

ising, while his supporters hailed the statement as a firm stance to protect Assam's demographic and cultural integrity.

Massive fire destroys 20 shops

Guwahati, Oct 10: On Friday morning, a huge fire destroyed commodities valued at crores of rupees and reduced approximately 20 stores to ashes at the Jhargaoon market in Jagiroad. Beginning in the market's produce section, the fire swiftly spread to neighboring stores, sending traders and shoppers into a panic.

Shopkeepers hurried to salvage their items after a vehicle initially spotted the flames, according to witnesses. After several hours of work, fire department crews arrived on time and, with the assistance of nearby people, were able to put out the fire.

NATIONAL

Modi's unqualified praise Israeli PM 'shocking', 'morally atrocious'

New Delhi, Oct 10: The Congress on Thursday said Prime Minister Narendra Modi's "unqualified praise" for his Israeli counterpart Benjamin Netanyahu was "shameful and morally atrocious", and slammed the Indian prime minister's "silence" on the future of an independent and sovereign state of Palestine.

The opposition party's assertion came after Prime Minister Modi welcomed the agreement on the first phase of US President Donald Trump's peace plan for West Asia, under which Israel and Hamas have decided to pause fighting in Gaza. Modi also said the agreement was a reflection of the strong leadership of Netanyahu. Launching the attack on the prime minister, Congress general secretary in-charge communications, Jairam Ramesh, said Modi said nothing on the continued expansion of Israeli settlements in the occupied West Bank. "The prime minister has welcomed the new developments regarding Gaza and hailed President Trump. That eagerness to do so is not surprising. But what is shocking, shameful, and morally atrocious is Mr. Modi's unqualified praise for the Israeli PM Mr. Netanyahu — who has unleashed a genocide in Gaza over the past twenty months," Ramesh said. "Mr. Modi has also maintained a total silence on the future of an independent, sovereign state of Palestine that was recognised by India way back in November 1988, and that is now recognised by over 150 countries," he added. In a post on X earlier, Modi said, "We welcome the agreement on the first phase of President Trump's peace plan. This is also a reflection of the strong leadership of PM Netanyahu."



Yogi Adityanath expresses grief after 5 killed in Ayodhya house explosion incident

Lucknow, Oct 10: CM Yogi termed the incident "heartbreaking" and prayed for the speedy recovery of the injured in the accident. He also offered his condolences to the victims of the incident.

"The loss of lives in the unfortunate accident in Ayodhya is extremely heartbreaking. My condolences are with the bereaved families. I pray to Lord Shri Ram that he grants eternal peace to the departed souls, strength to the grieving families to bear this immense sorrow, and a speedy recovery to the injured," CM Yogi wrote on 'X'. Earlier on Thursday, an explosion that caused a house to collapse in Uttar Pradesh's Ayodhya, killing five people, including three children, officials said. A probe into the incident is underway. The incident occurred in a village under the Purakalandar police sta-



Chief Minister Yogi Adityanath

tion area. Ayodhya District Magistrate Nikhil Tikaram Funde said preliminary findings suggested that the blast, which caused the house to col-

lapse, was likely triggered by a gas cylinder or a pressure cooker. "...We received information about an explosion and the collapse of a house's

roof at around 7:15 pm. Local police and first responders immediately arrived at the spot and began clearing the debris and evacuating the victims. After the debris was removed, a total of five people were taken to the district hospital. All five were declared dead on arrival," DM Funde. He added that no trace of gunpowder or firecrackers had been found at the site.

"The site has been cleared of all debris and searched. Prima facie, it appears to be a cylinder or cooker blast, as both have been found at the location. No trace of gunpowder or firecrackers has been found at the spot," he said. Ayodhya Superintendent of Police Gaurav Grover said the house, located in the Pura Kalandar area and belonging to one Pappu Gupta, collapsed following the explosion.

SC refuses to entertain plea seeking guidelines suspension, blocking of social media accounts

New Delhi, Oct 10: The Supreme Court on Friday refused to entertain a plea seeking pan-India guidelines for governing social media intermediaries with respect to suspension and blocking of accounts. The apex court allowed the two petitioners to withdraw the plea and told them that they were free to seek any other remedy available in law before an appropriate forum. A bench of Justices Vikram Nath and Sandeep Mehta was told by the counsel appearing for the petitioners that their WhatsApp, which they used to communicate with the customers, was blocked. "There are other communication applications, you can use that," the bench observed and asked why WhatsApp of the petitioners was blocked. The petitioners' counsel said no reason was given to them. "What is your fundamental right to have access to WhatsApp?" the bench. It asked the petitioners why they approached the apex court directly with a petition under Article 32 of the Constitution. The counsel said the petitioners, who have a clinic and a polydiagnostic centre, were communicating with their clients through WhatsApp and had been using the messaging platform for the last 10-12 years. The bench observed that recently an indigenous mes-



saging app has been created and the petitioners may use that for communicating with their clients. It added that the petitioners may approach the high court with their grievances. The counsel referred to the prayer made in the plea and said the petitioners have sought pan-India guidelines "for govern-

ing the social media intermediaries with respect to suspension and blocking of account, ensuring due process, transparency and proportionality". The counsel asked how could their WhatsApp be blocked without giving them any opportunity to respond.

Illegal firecrackers worth Rs 50 lakh seized, six arrested Kanpur market blast

Kanpur, Oct 10: About 100 quintals of illegal firecrackers worth over Rs 50 lakh have been seized and six persons arrested after an explosion triggered by illegal storage of crackers left eight people injured in a market here, police said on Friday. The extensive crackdown on illegal firecrackers across the city has been initiated after a massive explosion rocked the congested Mishri Bazaar area here on Wednesday, leaving eight people injured and two scooters damaged. Police said the explosion took place due to illegal firecracker storage, and denied links to any terrorist activity. We have raided simultaneously in multiple areas, including Moolganj, Fazalganj, Govind Nagar and Naubasta following inputs about large-scale storage of fireworks in densely populated areas," Commissioner of Police (Kanpur) Raghuraj Lal told PTI on Friday. "After the Moolganj blast, we activated the entire district police. Acting on inputs, we raided several locations and



seized huge quantities of illegal firecrackers," he said. In Moolganj, police claimed to have recovered 14 cartons of firecrackers (1.5 quintals) worth rupees 2 lakh from an individual, Ikram's shop, and six cartons (50 kg) worth 40,000 from Abdul Bilal's store. Two FIRs have been registered in connection with these recoveries, the police said.

Nomination begins phase of Bihar polls

Patna, Oct 10: Filing of nomination papers began on Friday for the elections to 121 seats in the first phase of the Bihar assembly polls, officials said. The first round of the elections will be held on November 6. Candidates can file their nomination papers till October 17, and the scrutiny of such documents will be held on the next day, according to a notification. The last date for withdrawal of nominations is October 20 for the first phase of the assembly polls. Patna, Darbhanga, Madhepura, Saharsa, Muzaffarpur, Gopalganj, Siwan, Saran, Vaishali, senior party leaders. Sources in the BJP said that the seat-sharing arrangements within the NDA will be finalised in a day or two, and the party will release its first list of candidates soon after that.

India Will Strengthen Ties With Taliban And Reopen Embassy In Kabul EAM Jaishankar

New Delhi, Oct 10: New Delhi: External Affairs Minister S Jaishankar on Friday expressed India's commitment to Afghanistan's sovereignty, territorial integrity and independence and announced India's upgradation of Technical Mission in Kabul to the status of Embassy. He said that Afghanistan Foreign Minister Amir Khan Muttaqi's visit to India marks an important step in advancing bilateral ties and affirming the enduring friendship between two nations. In his opening remarks during his meeting with Muttaqi in New Delhi on Friday, EAM Jaishankar also recalled the talks held with Afghan Foreign Minister after the April 22 Pahalgam attack and earthquake in Kunar and Nangarhar. He said, "India is fully committed to the sovereignty, territorial integrity and independence of Afghanistan. Closer cooperation between us contributes to your national development, as well as regional stability and resilience. To enhance that, I am pleased to announce today the upgrading of India's Tech-

nical Mission in Kabul to the status of Embassy of India." He expressed India's interest in Afghanistan's development and progress. EAM Jaishankar said that he and Muttaqi can speak about the maintenance and repairs of finished projects and steps to complete others. "As a contiguous neighbour and a well-wisher of the Afghan people, India has a deep interest in your development and progress. Today, I reaffirm that our longstanding partnership that has seen so many Indian projects in Afghanistan stands renewed. We can discuss the maintenance and repairs of finished projects as well as steps to complete others to which we have already committed. Beyond that, other development priorities of Afghanistan can be discussed by our teams." Highlighting India's assistance to Afghanistan over the years, he said, "India has long extended support for the health security of Afghanistan, including during the Covid pandemic. We are now ready to commit to six new projects, whose details can be announced



after the conclusion of our talks. A gift of 20 ambulances is another gesture of good will and I would like to open to doing more. As a first responder, Indian relief materials were delivered to the earthquake sites within hours of the disaster last month. We would like to contribute to the reconstruction of residences in the affected areas. India has also been a significant provider of

■ India will reopen its embassy in Kabul, External Affairs Minister S. Jaishankar told Taliban-ruled Afghanistan's Foreign Minister Amir Khan Muttaqi, who is on a visit to India until October 16.

food assistance to the Afghan people. A further consignment will be delivered in Kabul today," he added.

Indigo plane delayed by 37 minutes as pilot misses

New Delhi, Oct 10: In a bizarre instance of flight delay, an Indigo flight from Hyderabad to Mumbai on Thursday took off 37 minutes later than scheduled as one of its pilots could not report for duty on time. The First Officer landed late for work as he was operating another flight to Mumbai, which reached the airport late. Flight 6E 5099 was scheduled to leave at 2.25 pm from Rajiv Gandhi International Airport. It finally took off by 3.02 pm, reveals flight tracking platform, flightstats.com. An Indigo source said, "The First Officer, who got delayed, was actually



on duty flying another flight. He was to catch this flight after completing that trip. Since that flight got delayed, he arrived late for the Hyderabad-Mumbai flight. Arranging another pilot will involve much time as the roster generally expected to report for duty an hour in advance. The cabin crew is expected to report even earlier. The Pilot-in-Command carries out a quick briefing with all the staff who will travel on board before the flight takes off." The flight cannot take off if either of the pilots have not reached, he added.

Two personal security officers arrested by Assam SIT in connection with Zubeen Garg's death

Silchar, Oct 10: The Special Investigation Team (SIT) of Assam Police's Crime Investigation Department has arrested two Personal Security Officers (PSOs) linked to the late singer Zubeen Garg in connection with his sudden demise in Singapore. Zubeen Garg, a celebrated singer, passed away on September 19, in Singapore, just a day before he was scheduled to perform at the North-east India Festival. The SIT has taken into custody Nandeswar Bora and Paresh Baishya, who had long served as Garg's personal security officers. Munna Prasad Gupta, SIT Chief and Special DGP (CID), confirmed the arrests, stating, "Yes, both were arrested today by the SIT/CID team. The arrested persons have been brought before the Chief Judicial Magistrate (CJM) court for production." The investigation also revealed significant financial transactions amounting to over Rs 1 crore linked to the two

men, with Rs 70 lakh credited to Bora's account and approximately Rs 40-45 lakh in Baishya's. Police have noted that both sums are significantly disproportionate to their declared sources of income. In addition to the PSOs, several others connected to the case have been arrested, including the main event organiser Shyamkanu Mahanta, Zubeen Garg's manager Siddharth Sharma, bandmate Shekhar Jyoti Goswami, co-singer Amritprava Mahanta, and Zubeen's cousin and suspended Assam Police Service officer Sandipan Garg. The Assam government has officially suspended Sandipan Garg in light of the investigation. Amidst the ongoing probe, Garima Saikia, wife of the late singer, has appealed to the public not to politicise Zubeen's death and urged eyewitnesses to come forward. Speaking to the media, she said, "I am still keeping the faith. Five to six people have been arrested, but the



truth has not yet been revealed. I am waiting patiently.

People are cooperating with the investigation and judicial system, and I hope the truth emerges quickly." She added, "It has been 21 days since Zubeen's death. Those who witnessed the events should come forward. We have lost our icon, our

heartbeat. This matter should not be politicised." Earlier reports suggested that Zubeen Garg died during a scuba diving incident in Singapore. However, bandmate Shekhar Jyoti Goswami has alleged a conspiracy, claiming the singer was poisoned and that efforts were made to portray his death as accidental.

Sabarimala Gold Row Kerala HC Asks Criminal Case Be Filed, 475 Gm Gold Missing

Thiruvananthapuram, Oct 10: The Kerala High Court on Friday ordered the registration of a criminal case and a Special Investigation Team (SIT) probe into the missing gold plating from the sanctum structures of Sabarimala, citing serious irregularities and discrepancies. The court issued the directive after examining the final report submitted in a sealed cover by the Devaswom Vigilance wing. The Chief Vigilance and Security Officer personally handed the report to the Devaswom Bench comprising Justices Raja Vijayaraghavan and K.V. Jayakumar. It will now be forwarded to the SIT headed by ADGP H. Venkitesh for investigation. The court noted that approximately 475 grams of gold had gone missing during the 2019 gold plating of the temple's Dwarapalaka sculptures. It stressed the need for an impartial investigation and impleaded the State Police Chief as a party to the case. The gold was handed over to Unnikrishnan Potti in 2019



on the instructions of the Devaswom Commissioner for plating. However, the mahazar recorded at the time, signed by the temple Tantri, mentioned copper sheets, not gold. Fourteen sculptures sent to Smart Creations, Bengaluru, had gold plating intact, but Potti instructed that it be removed. A shortage of 474.99 grams of gold was subsequently detected. The court observed that although Smart Creations returned the gold to Potti, he never handed it back to the Devaswom Board. The bench directed the SIT to submit progress reports every two weeks and a final report within six weeks.

CM Saha: Eklavya schools to uplift tribal students

Agartala, Oct 10: In a major push towards inclusive education and tribal empowerment, Tripura Chief Minister Dr. Manik Saha on Thursday reaffirmed his government's commitment to ensuring quality education and socio-economic upliftment of tribal communities through the Eklavya Model Residential Schools (EMRS) initiative.

Speaking at the inauguration of a newly constructed EMRS at Jampujala in Sepahijala district, Dr. Saha highlighted that these schools are a cornerstone of the state's mission to bridge educational disparities and promote cultural preservation among tribal groups. "Eklavya Model Residential Schools were first conceptualized in 1997-98, but the mission gained significant momentum after Narendra Modi became the Prime Minister. These institutions aim to bring equality in education for vulnerable tribal students," he said. Out of the 21 EMRSs sanctioned for Tripura by the Union Ministry of Tribal Affairs, 12 are already functional, providing free, quality residential education



to around 5,000 tribal students. The newly inaugurated Jampujala EMRS, constructed at a cost of ₹29 crore, has a capacity to accommodate 480 students and began its first academic session with 60 students. Dr. Saha announced that once all sanctioned EMRSs become operational, over 10,000 tribal students from Classes 6 to 12 will benefit from free

education, accommodation, and skill-oriented learning opportunities. "This initiative will surely bring a positive transformation in the tribal areas of Tripura," he said, expressing confidence that the EMRS network would become a model for rural educational reform. The Chief Minister also said that EMRSs are not just educational institutions but centers of holistic development where students will receive academic training alongside exposure to sports, art, and indigenous cultural studies. "These schools will help preserve our state's diverse tribal heritage while preparing students to excel in modern society," he said.

Mizoram strengthens wildlife crime investigation

Two-day inter-agency training

Aizawl, Oct 10: In a major step toward improving coordination and efficiency in combating wildlife-related offences, a two-day Capacity Building Training on Wildlife Crime Investigation concluded on Wednesday at the Forest Training School, Bethlehem Vengthlang, Aizawl. The programme brought together officers from the Forest Department and the Police Department to strengthen their technical and legal understanding of wildlife crime investigation, with a special focus on the challenges of illegal wildlife trade in Northeast India. The training, held from October 8 to 9, was jointly organised by the Wildlife Crime Control Bureau (WCCB), Eastern Region, Kolkata, and the Department of Environment, Forest & Climate Change (EF&CC), Mizoram, as part of the 71st Wildlife Week celebrations. The initiative aimed to enhance the capability of enforcement personnel in detecting, investigating, and prosecuting wildlife crime cases more effectively. The inaugural session was held under the chairmanship of Ravi Horo, Principal Chief Conservator of Forests (PCCF), Mizoram, while Agni Mitra, Conservator of Forests (Planning), delivered the keynote address, emphasizing the urgent need



for collaboration between departments. Mitra highlighted that wildlife trafficking networks are becoming increasingly sophisticated, often overlapping with other organized crimes such as smuggling of arms, drugs, and forest produce. A total of 35 officers—including 27 from the Forest Department and 8 from the Police Department—participated in the training. The sessions were led by a panel of expert resource persons from WCCB, including Abhijit Roy Chowdhury, Additional Director (Eastern Region); Samir Majumder, Senior Government Advocate;

Shahbaaz Hussain, Senior Consultant, Ministry of Home Affairs; and Koushik Mondal, Wildlife Inspector, WCCB. The experts conducted interactive sessions covering a wide range of topics such as illegal wildlife trade routes, modus operandi of traffickers, and legal procedures under The Wildlife (Protection) Act, 1972. Officers were also briefed on best practices in evidence collection, case documentation, handling of seized specimens, and coordination with judiciary and forensic laboratories during investigations.

GST reforms to boost Arunachal's economy across sectors

Itanagar, Oct 10: According to the government, recent GST reforms will increase demand and profitability in Arunachal Pradesh's top industries and sectors, such as horticulture, agriculture, processed foods, handicrafts, textiles, and furniture made of bamboo and cane. According to a statement, lower rates increase margins for thousands of tribal artisans, SHGs, and MSMEs by lowering consumer prices on processed foods by roughly 6-11% and bringing cost savings of Rs 560-Rs 7,000 on items like plywood, shawls, carpets, and yak-churpi. Additionally, the reforms will improve access to both local and international markets, support traditional and GI-



tagged goods, and encourage inclusive development, employment, and sustainable growth throughout the state. The GI-tagged Arunachal Orange,

which has a unique sweet-sour flavor due to its high TSS and acidity, is grown in Arunachal Pradesh. It is also produced in processed forms including

dried citrus, juices, and jams and jellies. According to the statement, the GST reduction on juices and jams from 12% to 5% lowers prices by 6.5%, assisting processors, lowering post-harvest losses, and increasing competitiveness. GST reforms have reduced kiwi prices by ~6.5%, boosting MSME participation and supporting the Kiwi Mission 2025. Arunachal Pradesh, producing over 50% of India's kiwis, also benefits from lower GST (5%) on agri-inputs like tractors, cutting costs for large cardamom growers. For the Idu Mishmi tribe, tax cuts of up to ₹560 on ₹8,000 shawls help preserve traditional weaving and improve artisan incomes.

Ri Bhoi murder case: Teen's body at Nongpoh hospital

Shillong, Oct 10: A 13-year-old girl was found brutally murdered on Wednesday evening in Kalapangti village under Khyndewso area, falling within the jurisdiction of Mawlasnai Police Outpost in Ri-Bhoi district. According to reports, the minor had not returned home after school. When she failed to arrive by around 7 pm, her family members alerted the village authorities, prompting an immediate search. Tragically, within a short span of time, searchers discovered her body in a nearby forest. The victim was found lying in a pool

of blood, with bleeding from the nose and a notebook still in her hand. Sources further revealed that an injury mark was found on her head, indicating that she may have been struck with a hard object. Police suspect foul play and believe the girl was murdered by unknown assailants. Around 1:30 pm on Thursday, Mawlasnai police personnel, accompanied by the family members, transported the body to Nongpoh Civil Hospital for post-mortem examination as part of the investigation process. Ri Bhoi police have launched a probe to identify and arrest the perpetrators.

DM enforces curfew as border tensions rise

Shillong, Oct 10: In response to the escalating tensions in the Assam-Meghalaya border regions, the District Magistrate of the West Jaintia Hills district has announced the implementation of a night curfew effective immediately. The notification emphasizes the potential for breaches of law and order that could jeopardize human lives and property. District Magistrate Shri. Abhinav Kumar Singh, in accordance with his authority under section 163 BNSS, has mandated a nighttime restriction on movement within the border areas from 6 PM to 10 AM.

Additionally, the order prohibits unauthorized gatherings or unlawful assemblies of five or more individuals and the possession or display of any items that could be construed as weapons or used to incite violence or public disorder. This precautionary measure has been deemed necessary to preserve peace and tranquility in the affected areas and is scheduled to remain in effect until further notice.

Assam BJP charts 2026 poll roadmap in Dibrugarh

Dibrugarh, Oct 10: The Assam BJP will continue discussions on Friday to finalise the strategy for the 2026 assembly elections, Chief Minister Himanta Biswa Sarma said. The extended executive committee of the party's state unit held discussions on the strategy for the next year's assembly elections during a meeting in Dibrugarh on Thursday, he said. The meeting was "very constructive and we followed up on various issues", Sarma said. The day-long deliberations included back-to-back meetings of the BJP's core committee and office bearers, both fo-

cused on evaluating the party's current position and preparing for the electoral battle ahead. During October 9th session, both Sarma and Saikia conducted a detailed review of the party's organisational structure and campaign preparedness across districts.

The high-level meeting was attended by Union ministers Sarbananda Sonowal and Pabitra Margherita, BJP national secretary and MP Kamakhya Prasad Tasa, state in-charge Harish Dwivedi, and state general secretary (organisation) Ravindra Raju, among other senior leaders. The two-day



brainstorming session in Dibrugarh marks one of the party's most significant preparatory exercises ahead of the

2026 assembly polls, aimed at consolidating its organisational strength and voter outreach strategy across Assam.

GST officials nab businessman in Rs 12-crore fake ITC scam in Assam

Guwahati, Oct 10: In a major crackdown on tax evasion, the Commissionerate of State Goods and Services Tax (GST), Assam, has arrested a Tinsukia-based businessman, Ujjwal Kumar Agarwal, for his alleged involvement in a massive fake Input Tax Credit (ITC) racket valued at around ₹12 crore.

Manipur government reshuffles 31 Senior Police Officers

● In a significant administrative overhaul, the Manipur government has reshuffled 31 senior police officers, including 16 IPS officers, to enhance law enforcement efficiency and coordination among security agencies.

Imphal, Oct 10: In a sweeping administrative overhaul aimed at bolstering law enforcement efficiency and improving coordination among security agencies, the Manipur government has announced a major reshuffle involving 31 senior police officers, including 16 Indian Police Service (IPS) officers. The Department of Personnel and Administrative

Reforms issued the notification on Thursday, October 9, marking one of the most extensive reorganizations in the state's police force in recent years. According to the order, the reshuffle covers crucial positions across state-level commands, ranges, battalions, and district police units.

The move is widely viewed as part of the government's broader strategy to enhance internal security, strengthen administrative oversight, and ensure better operational coordination amid the evolving law and order situation in the state. Among the key appointments, IPS officer Ningshen Worgam, who currently serves as Inspector General

(Narcotics and Border Affairs), has been entrusted with additional charge as IGP (Zone 2). Jogeshwar Haobijam, earlier serving as DIG (Range 2), has been posted as DIG (Armed Police-1), replacing Herojit Meetei, who will now lead as DIG (Armed Police-2). Similarly, M. Pradip Singh, who previously held dual charges as DIG (Range 1) and DIG (Armed Police-2), has been transferred as DIG (Range 2) while continuing to hold additional responsibility as DIG (Intelligence). Goulungmuon Singsit, former DIG (Range 4), has been assigned key roles as DIG (CID/CB), NAB, and Cybercrime, signaling a stronger emphasis on combatting organized crime and cyber threats.

At the district level, several crucial postings have been made. Imphal East SP Rakesh Balwal has been promoted to DIG (Range 1) while retaining additional charge as DIG (Range 3). His place in Imphal East will be taken by Shivanand Surve, who previously served as SP of Thoubal district. In another round of significant changes, Kangpokpi SP Manoj Prabhaakar has been transferred to Thoubal as the new SP, while IPS officer Abhinav has been appointed as SP of Kangpokpi. Meanwhile, Chura-chandpur SP Prakhar Pandey has been posted as SP of Jiribam, replacing Semmi Ramror, who will now serve as Commanding Officer (CO) of the



7th Indian Reserve Battalion (IRB). Additionally, Bishnupur SP Ksh Ravikumar Singh has been made CO of the 6th Manipur Rifles, replacing Th. Shangkar Deba, who has now taken over as Bishnupur SP.

Arunachal government hikes DA and DR by 3% for employees and pensioners

Itanagar, Oct 10: In a major relief to its workforce and retired employees, the Government of Arunachal Pradesh has announced a 3 per cent hike in Dearness Allowance (DA) and Dearness Relief (DR), effective from July 1, 2025. The decision aims to cushion the impact of rising prices and strengthen the financial security of government employees and pensioners across the state. With the latest revision, the DA and DR rates for state government employees and pensioners will increase from 55 per cent to 58 per cent, aligning with the central government's recent revision for its employees. The move will benefit thou-



sands of serving staff, retired officials, and All India Service (AIS) officers posted in the state. According to the official notification issued by the Finance Department, the arrears for the months of July, August, and September 2025 will be paid

in cash, while the revised rates will be reflected in the October 2025 salary and pension bills. Officials stated that the enhanced payments will be automatically credited along with the regular disbursements, ensuring a seamless implementation process. A senior official from the Secretariat said the revision was part of the state government's regular review of employee welfare measures and cost-of-living adjustments. "The increase in DA and DR is a gesture of appreciation for the commitment and hard work of our employees and pensioners. It ensures that their purchasing power remains stable despite inflationary pressures," the official added.

Meghalaya Governor Vijayashankar conferred with Kaveri Prashasti Award for exemplary public service

Shillong, Oct 10: In a solemn and dignified ceremony held at Raj Bhavan, Shillong, Meghalaya Governor CH Vijayashankar was conferred with the prestigious Kaveri Prashasti Award in recognition of his exceptional contribution to public service and leadership. The award was presented by Dr. Sri Sri Trinetra Mahanta Shivayogi Swamiji, head of the Sri Durdandeshwara Mahanta Shivayogi Math, Mandya district, and Sri DMS Chandravana Ashrama, Srirangapatna, Karnataka. The ceremony, marked by warmth and reverence, was attended by prominent dignitaries, including Chief Minister Conrad K. Sangma,

Deputy Chief Minister Prestone Tynsong, Cabinet Minister Marcuise N. Marak, and Chief Secretary Dr. Shakil P. Ahammed, along with senior government officials and distinguished guests. The Kaveri Prashasti Award is a symbolic recognition of service that mirrors the enduring essence of the River Kaveri — a source of sustenance, purity, and continuity. Governor Vijayashankar's decades-long dedication to ethical leadership, administrative integrity, and social welfare has earned him respect across political and public domains. Accepting the award, Governor Vijayashankar expressed deep



gratitude to Swamiji for bestowing the honour, acknowledging it as both a personal and collective recognition. "The Kaveri Prashasti Award holds deep meaning," he said. "Like the River Kaveri that nurtures life, it reminds us to continue serving with purity, purpose, and compassion." In a moment of humility, the Governor revealed that this was

the first award he had ever accepted in his 69 years, describing it as a shared honour with the people of Meghalaya. "This award is not mine alone; it belongs to the people of Meghalaya who inspire me every day," he remarked, drawing heartfelt applause from the gathering. Chief Minister Conrad K. Sangma, in his congratulatory address, hailed the Governor's unwavering commitment to good governance, simplicity, and moral strength. "Governor Vijayashankar embodies the true spirit of public service. His humility, integrity, and steadfast dedication to the welfare of citizens make him an inspiration to all," Sangma said.

Traders Hail GST 2.0 Reforms, ‘Vocal For Local’ Initiative

Mumbai: In a push for the ‘Vocal for Local’ initiative, the government has underscored the pivotal role of the retail trade sector in the Indian economy, as traders hail the recent GST 2.0 reforms. During the seventh meeting of the National Traders’ Welfare Board (NTWB) here, Sunil J. Singhi, NTWB Chairman, appreciated the recently implemented GST reforms, which came into effect on September 22. He highlighted that the nationwide traders-led campaign, celebrated as the ‘GST Bachat Utsav’, reflects the gratitude of the trading community towards Prime Minister Narendra Modi, for the transformative GST reforms that have generated substantial benefits and savings for both consumers and traders. Sanjiv Singh, Joint Secretary, Department



for Promotion of Industry and Internal Trade (DPIIT), called upon the Board members to provide inclusive and practical suggestions for the formulation of the National Retail Trade Policy, with a focus on wider participation from grassroots-level traders. A key focus of the meeting was the ‘Vocal for Local’ initia-

tive aimed at strengthening indigenous industries and promoting locally manufactured goods. On the occasion, a poster titled ‘Garv Se Kaho, Ye Swadeshi Hai’ was released, reflecting the Prime Minister Narendra Modi’s call to proudly promote Indian-made products. All members pledged to serve as ambassadors of

the campaign to ensure its wider outreach across the country. The NTWB Chairman noted that the new GST reforms will make a wide range of essential and consumer items more affordable. Small car buyers could save around Rs 70,000, while reductions in GST on stationery, clothing, footwear, and medicines are expected to yield savings of 7–12 per cent. Health and life insurance policies have been fully exempted, offering up to 18 per cent savings, and the GST rate on tractors has been reduced from 12–18 per cent to 5 per cent, resulting in nearly Rs 40,000 in savings. Traders welcome GST 2.0 reforms and ‘Vocal for Local’ push — reforms aimed at boosting local manufacturing, tax ease, and business confidence

Mutual fund miracle How this mid cap fund turned Rs 1 lakh into Rs 4 crore in 30 years

New Delhi: Nippon India Growth Mid Cap Fund, one of India’s oldest and largest mid-cap equity schemes, has delivered a staggering 400-fold return over 30 years. Launched in 1995, the fund has rewarded long-term investors through a disciplined growth strategy, consistent stock selection, and diversification across high-potential mid-cap companies. With an Assets Under Management (AUM) of around ₹38,400 crore, the fund maintains a growth-oriented philosophy focused on identifying companies with above-average earnings potential and solid fundamentals. This focus has helped investors capture the wealth creation potential of India’s emerging corporate sector while balancing risk through diversification. According to the fund house, the scheme’s Net Asset Value (NAV) has surged from ₹10 at inception to Rs 2,001.69 as of September 2025 — a 180-fold rise, translating to a lumpsum growth of ₹1 lakh into ₹4 crore. This performance underscores the power of compounding and the benefits of staying invested through multiple market cycles. Performance snapshot Over the last three years, the fund delivered a 25.45% CAGR, while

the five-year return stood at an impressive 30.62% CAGR. For longer holding periods, the 10-year and 20-year returns came in at 17.90% and 17.76% CAGR respectively. Such consistency across decades showcases the fund’s resilience through bull and bear markets alike. The portfolio allocation remains true to its mid-cap focus — with financials forming 25% of exposure, followed by consumer discretionary and industrials at around 20% each. According to the fund house, the scheme’s Net Asset Value (NAV) has surged from ₹10 at inception to Rs 2,001.69 as of September 2025 — a 180-fold rise, translating to a lumpsum growth of ₹1 lakh into ₹4 crore. 17% each. Other key sectors include healthcare, technology, energy, and materials. This broad-based diversification has helped mitigate risk while capturing sectoral growth opportunities. A spokesperson from the fund house noted, “The performance highlights our disciplined growth-oriented strategy over three decades. It reinforces the importance of staying invested for the long term in fundamentally strong mid-cap companies.” SIP investors



investors, too, have seen remarkable gains. A monthly SIP of ₹1,000 since inception would today be worth about ₹2.25 crore, yielding an XIRR of 23%. More recently, investors who contributed ₹10,000 monthly for the last 10 years (total ₹12 lakh invested) would have accumulated ₹36.9 lakh, translating to an annualised return of 21.39%. These numbers highlight how long-term SIPs in growth-oriented mid-cap funds can harness volatility to create significant wealth over time. the scheme’s Net Asset Value (NAV) has surged from ₹10 at inception to Rs 2,001.69 as of September 2025 — a 180-fold rise, translating to a lumpsum growth of ₹1 lakh into ₹4 crore.

California almonds shine as smart choice for health-conscious Diwali celebrations

Guwahati/Kolkata: As Diwali approaches, consumers are increasingly seeking healthier alternatives amid festive indulgence, and California Almonds are emerging as a preferred choice. Naturally rich in protein, fibre, and heart-healthy fats, almonds provide essential nutrients including calcium, magnesium, zinc, and vitamin E, supporting heart health, blood sugar regulation, and overall wellness. Bollywood actress Soha Ali Khan highlighted mindful festive choices, saying, “Diwali is about togetherness, and as a mother, I want my daughter to enjoy celebrations while learning to make healthier food choices.



Almonds help reduce mindless snacking while keeping the joy of festivities intact.” Ayurveda expert Dr. Madhumitha Krishna emphasized almonds’ traditional benefits in balancing doshas and promoting vitality, while nutritionists Ritika Samaddar and Sheela Krishnaswamy recommended incorporating almonds into meals, snacks, and gifting options to maintain nutritional balance without compromising flavour. The Almond Board of California, representing over 7,600 growers and processors, continues to promote almonds globally, encouraging consumers to celebrate the festival of light with a wholesome and joyful approach.

Jayant Chaudhary launches ‘IGNiTE 4.0’ to skill 1,000 underserved youth in EV and industry 4.0 technologies

Guwahati: Union Minister of State (Independent Charge) for Skill Development and Entrepreneurship and Education, Jayant Chaudhary announced the launch of “IGNiTE 4.0”, a joint initiative of the National Skill Development Corporation (NSDC) and Mercedes-Benz India, aimed at training 1,000 youth from underserved communities in cutting-edge automotive technologies. Chaudhary said India must harness its growing youth population by fostering equity, inclusion, and opportunity. “Our institutions must think beyond cost competitiveness — we must lead on innovation, product development, and intellectual property creation,” he emphasized. The year-long programme, implemented by Kedman Skilling Pvt. Ltd., will train participants in Electric Vehicle (EV) technology, Industry 4.0 systems, and advanced automotive roles, ensuring at least 30% women’s participation. Training centres will be set up at Manav Rachna University (Delhi-NCR) and MIT ADT University (Pune). In Guwahati, the initiative could significantly boost demand for skilled manpower in Assam’s growing EV and auto service sectors. With more dealerships and EV charging hubs emerging in



Guwahati, experts say the city’s youth stand to benefit from specialized training aligned with national standards. Mercedes-Benz India’s Executive Director &

CFO Emrah Oezer said the programme aligns with the company’s global sustainability goals, creating aspirational career paths in India’s evolving mobility landscape.

Mukul Agrawal buys 2 stocks in Q2 exits Jhunjhunwala’s portfolio



New Delhi: Ace investor Mukul Mahavir Agrawal has rejigged his portfolio for the quarter ending September (Q2), making a fresh entry into a solar energy firm and increasing his stake in another, while completely exiting a company also backed by veteran investor Rekha Jhunjhunwala. Agrawal, whose portfolio is valued at nearly Rs 8,000 crore, has been active in the small-cap space. Agrawal ramped up his investment in Monolithisch India Ltd, a company operating in the refractory solutions segment. According to data from AceEquity, he increased his holding from 5,00,000 shares (2.30 per cent) to 6,00,000 shares (2.76 per cent) during the September quarter. Monolithisch India is a part of the Mineral Group of Companies. His most significant move was a fresh investment in Solarium Green Energy, where he acquired 6,00,000 shares, translating to a 2.88 per cent stake in the company. He was not listed among the company’s key shareholders at the end of the March quarter. Interestingly, Agrawal’s entry into the multibagger stock coincided with a 26 per cent correction in its share price during Q2. The stock has since recovered, gaining 6 per cent from its September 30 levels. Solarium Green Energy is a provider of turnkey solar solutions, managing everything from design and engineering to the operation and maintenance of solar power plants. As part of a broader portfolio realignment, Agrawal has completely exited his position in Raghav Productivity Enhancers Ltd. He had previously held 4,78,000 shares, or a 1.04 per cent stake, in the silica ramming mass manufacturer as of the June quarter. This exit is particularly noteworthy as Rekha Jhunjhunwala, wife of the late Rakesh Jhunjhunwala, continues to hold a significant 4.80 per cent stake in the company.

Multibagger stock Polycab shares hit record high price targets, outlook and more

New Delhi: Shares of Polycab India hit their record high amid a rally in the broader market on Friday. The multibagger wire stock reached a record high of Rs 7,788 in the current session. It rose 2% intra day to Rs 7788 in the afternoon session. Market cap of the firm stood at Rs 1.16 lakh crore. Total 9075 shares of the firm changed hands amounting to a turnover of Rs 7.02 crore on BSE. The multibagger stock has gained 195% in three years and risen 851% in five years. Polycab India has a one-year beta of 1.1, indicating high volatility during the period. In terms of technicals, Polycab India shares are trading higher than the 5 day, 10 day, 20 day, 30 day, 50 day, 100 day and 200 day moving averages. The FMEG stock is neither overbought nor oversold on charts, indicates its RSI at 65.4. Jigar S Patel from Anand Rathi said, “Support will be at Rs 7550 and resistance at Rs 7800. A decisive move above the Rs 7800 level may trigger a further upside of Rs 8000. The expected trading range will be between Rs 7500-8000 for



the short-term.” Motilal Oswal has a price target of Rs 8,750 on the stock with a buy call. According to the brokerage, participants in the cables & wires (C&W) industry indicate a continued robust demand momentum. The growth is driven by the power sector, infrastructure investments, emerging segments such as EVs and data centers, and an improving real estate demand

According to YES Securities, the stock should be bought on every correction. The brokerage has an ADD rating on the stock with a price target of Rs 8,070 valuing the company at 40x. Brokerage Anand Rathi has a price target of Rs 7,948 with a buy rating. Premiumization and a standout quarter (Q1) for solar products strengthened the FMEG

performance. Polycab is well-set to capitalise on structural demand tailwinds, focusing on domestic markets and scaling up exports, said Anand Rathi. Polycab India Limited is the country’s largest manufacturer of wires and cables. The company’s business operations span across India through 23 manufacturing facilities, 15 plus offices and 25 plus warehouses.

House of McDowell’s Soda launches ‘Yaaron Wali Baat 2.0’ celebrating friendship and firsts with Kartik Aaryan

Kolkata: House of McDowell’s Soda, in collaboration with Publicis Groupe India’s Team Spirit, has launched its latest campaign, Yaaron Wali Baat 2.0, highlighting the unforgettable “firsts” shared among friends. Headlined by brand ambassador Kartik Aaryan, the campaign, titled Karo Kuch Pehli Baar Jab Saath Hon Yaar, combines humor, nostalgia, and energy to showcase how friendship inspires courage and

memorable experiences. The film features Kartik motivating a hesitant friend to try something new, followed by playful reenactments of historical firsts—from the moon landing to the invention of social media—underscoring that the seemingly impossible is achievable with friends by your side. “Friendship has always been at the heart of House of McDowell’s Soda,” said Varun

Koorichh, VP and Portfolio Head - Marketing, Diageo India, emphasizing the campaign’s aim to inspire young audiences to create meaningful shared memories. Kolkata has responded enthusiastically to the campaign, with outlets reporting increased engagement on in-store displays and social media touch points. Retailers note a surge in purchases of McDowell’s Soda multipacks, reflect-

ing the city’s affinity for youth-focused, lifestyle-oriented beverage campaigns. The campaign will span social media, Out-of-Home, and shopper platforms, reinforcing McDowell’s Soda as a brand synonymous with friendship, aspiration, and emotional resonance. Kartik Aaryan described the campaign as a celebration of bonds that last, turning moments into stories that endure.

Diwali 2025 stock Axis Securities shares

• The top picks from Axis Securities are Kotak Mahindra Bank, Federal Bank, JSW Energy, Coforge, DOMS Industries, Chalet Hotels, Rainbow Children’s Medicare, Minda Corp, and KEC International.

New Delhi: Domestic brokerage firm Axis Securities has identified nine stocks that it believes can deliver handsome returns over the next year. In its Diwali Muhurat Picks note, the brokerage expressed optimism about India’s domestic growth story and has recommended a “Buy on Dips” strategy for its chosen stocks with an investment horizon of over 12 months. Reflecting on the past year, Axis Securities noted that Samvat 2081 was a “challenging year” for the Indian equity market, which underperformed its global and emerging market peers for the first time since the pandemic era. The market endured a “roller coaster ride marked by extreme volatility,” with the Nifty 50 correcting by 16 per cent between its September 2024 peak and February 2025 low. Despite a sharp rebound in the second half, the benchmark index delivered a “flattish return” of only 3.6 per cent since last Diwali.

Pratibha Ranta Rumoured to Replace Janhvi Kapoor in Dostana 2



Mumbai: Kartik Aaryan, Janhvi Kapoor and Lakshya’s Dostana 2 has been grabbing headlines ever since it was announced. Many developments made delayed the project. And now there is a fresh cast update. According to the latest buzz, Laapataa Ladies star Pratibha Ranta has been approached to play the female lead. Times Now has reported that Pratibha Ranta is in talks to play the female lead. Janhvi also exited the project and is likely not to return due to prior commitments. Pratibha became the new sensation with her debut, Laapataa Ladies. Recently, actor and National Award winner Vikrant Massey finally broke some of the suspense. During a media

interaction, Massey revealed that Dostana 2 is indeed happening and that it marks his first ever collaboration with Dharma Productions. Known for his critically acclaimed performances in films like A Death in the Gunj, Hasseen Dillruba and the recent 12th Fail, Massey’s entry into the glossy Dharma universe has sparked curiosity about what direction the film will now take. What is confirmed so far is that Lakshya — the actor who was originally meant to make his Bollywood debut with Dostana 2 — continues to be attached to the film. Lakshya was launched by Dharma in 2019, but his big screen debut was delayed after the film ran into multiple roadblocks, in-

cluding the COVID-19 pandemic and a much-talked-about recasting. Earlier, Dostana 2 was set to feature Kartik Aaryan and Janhvi Kapoor alongside Lakshya. However, both stars are no longer a part of the project.

In 2024, Kartik Aaryan opened up about why Karan Johar’s production Dostana 2 was abruptly shelved. Kartik was to star alongside Janhvi Kapoor in the film. However, in 2021, it was reported that Kartik was no longer a part of the movie. Later, Dharma Productions had issued an official statement, saying that “we will be recasting Dostana 2.” Speaking to Lallantop, Kartik said, “Dekhiye, woh boht purani baat ho gayi. Kai bar bahut miscommunication hota hai aur kai bar bahot cheezein out of proportion bhi chali jati hai aur sepecifically jab voh likha jata hai to voh sound kuch aur karta hai.” Kartik, who has kept mum about him being dropped from the film’s sequel, said that he only wants to focus on his work. “Main tab bhi silent tha and ab bhi silent hoon un baaton pe. Main bas 100 pratishat kam karta huin, lekin jab bhi aise koi khabar aati hai ya koi controversy aa jati hai to main apne shell mein rehta huin, main shant rehta huin. Main un cheezon mein zyada ghusta hoon, aur naa kuch prove karne se mujhe kuch milta hai.

Kher’s Manmohan Singh Prank: ‘My Real Test’ on a Friend

Mumbai: In a career spanning over four decades, actor Anupam Kher has portrayed an incredibly wide range of roles on screen. He has never shied away from challenging himself, even when he knew how demanding certain characters would be. Among the countless roles he has portrayed, two stand out as particularly challenging – those of MK Gandhi and former Prime Minister Manmohan Singh – yet he aced both with remarkable finesse. Though his film portraying the legendary poet Rabindranath Tagore is yet to be released, one can be certain that he must have given his best to the role. Speaking with ANI, Kher recalled what went behind essaying these characters. “Portraying the characters of Gurudev Rabindranath Tagore, Dr Manmohan Singh, and Mahatma Gandhi was extremely difficult. Among them, Dr Manmohan Singh’s portrayal proved to be the most difficult. With Gurudev Tagore and Mahatma Gandhi, we



have numerous references in the form of archival footage, photographs, and even films that help capture their essence. Their personalities belong to a bygone era, pre and post Independence, often seen in black and white,” he shared. “But Dr Manmohan Singh’s different... he’s someone we’ve seen in our own time, on television, in news clips, and delivering speeches. He had very mild mannerisms. Voice was mild. And the whole persona was

difficult. And it was on an edge. The character was on the edge of the blade,” Kher recalled. Kher revealed that he spent extensive time rehearsing to perfect Dr Manmohan Singh’s mannerisms. “I rehearsed for 5-6 months with his mannerisms. How he sits, how he walks. And when we were shooting in England, on the first day, I was rehearsing to climb and get down the stairs. So someone shot a video. And he uploaded it. It went viral. A lot

of people didn’t know. It was in the interior of London, outside a house in a village,” he reminisced. He also shared a funny anecdote about how he once prank-called a friend, speaking in Dr Manmohan Singh’s voice and manner. His friend was so convinced that he truly believed the former Prime Minister was on the line. “The biggest thing was that his voice had a particular style. And then that was very important. So I made a joke with my friend.

Rekha’s Innate Style Praised by Manish Malhotra in Throwback Moment

Mumbai: We all have witnessed Rekha’s classic fashion style when it comes to making grand appearances or giving her fans major fashion goals even to this date. Manish Malhotra too had some words of praise to share for her innate sense of style and fashion. On Rekha’s 71st birthday, here is a throwback to Manish Malhotra’s thoughts: More than my studies, I was obsessed with movies as a child. All my summer holidays were spent watching movies. And as far as clothes, styles and versatility goes Rekha ji was absolutely on top. You must remember, those days heroines were meant to look glamorous with a special emphasis on their look. And she really took it away in that department. The expressions she brought to every dance movement. She just didn’t miss a beat.

Talking about her looks, they were always so distinct. Her high neck blouses in Jeewan Dhaara (1982), the Gujarati style of wearing a saree in Maati Maangey Khoon (1984). Her look in Daasi



(1981) or Baseraa (1981) it had that “Rekha” touch. For that matter her look in Khubsoorat (1980) is so different from her look in Agar Tum Na Hote (1983). I’m sure when she worked with directors like Yash Chopra and Feroz Khan, they being inherently stylish directors, would have contributed to the look. But even in films where the directors didn’t add much, you can see how much she has imprinted her signature style. She has an innate sense of style, you can see innovation in the clothes that she wore. You could see

it in the jewellery. Everything was handpicked. There was no “chalta hai” kaam in her work. It was impeccable. See how she drapes a saree and makes it her own every single time. Her personality is synonymous with sarees. My first real interaction with her was during the Filmfare awards when she presented me with the costume award for Rangeela in 1996. It was an absolute honour. Then I worked with her on Ram Gopal Varma’s Bhoot (2003). It was a one tonal look with kurtas, chiffons, pastel colours.

I would also see her at work during Bulandi (2000) where I designed Raveena Tandon’s outfits. Over the years I’ve designed for her appearances and events. I remember another time when we worked together in the Om Shanti Om (2007) song. I had given her an old lace saree and she added her own flourishes to it, she said “It needs the Rekha touch”. She’s not just interested in clothes. But she’s an aesthete. Be it fabric, interiors, architecture, flower arrangement, she takes a keen interest in everything. Be it a photoshoot or an appearance, the amount of hard work that she puts in is tremendous. And she does it so effortlessly. My team and I always have so much to learn from her. She has a photographic memory of films and songs but she never dwells on any of it too much. I’m always struck with her childlike enthusiasm. She’s always so positive and warm about things and people. I’ve never heard her gossip or say anything negative. She’s full of love.

The Superstar Behind Tamannaah Bhatia's Most Nervous Filmfare Moment



Mumbai: Bollywood enthusiasts are gearing up for one of the most glamorous nights in the film industry as the 70th Hyundai Filmfare Awards 2025 approach. Scheduled for October 11, 2025, in association with Gujarat Tourism, the event will be held at the EKA Arena in Ahmedabad, Gujarat, promising a star-studded evening filled with fashion, entertainment and cinematic excellence. The anticipation surrounding the red carpet and the grand performances has fans eager to witness their favourite celebrities shine.

In a pre-event press conference, actors Rajkummar Rao and Tamannaah Bhatia shared their memories and

experiences from previous Filmfare events. In an online video which is being circulated, Tamannaah is seen speaking about a particularly memorable moment performing in front of Bollywood superstar Shah Rukh Khan, which she described as both nerve-wracking and exhilarating. She said, “I was performing for one particular South Filmfare and Shah Rukh ji was supposed to be in the audience and I was going to dance to Chammak Challo and I had cold feet. I am like I have to do Chammak Challo in front of Shah Rukh, I think I am having cold feet so I went into the van and said, ‘Let’s leave, I am not doing it’ “Tamannaah further

explained that she had been practicing the dance inside a caravan, so intensely that people outside could see the caravan bouncing. When she finally performed in front of Shah Rukh Khan, the experience turned out to be incredibly fun and memorable, making it one of the most unforgettable Filmfare performances of her career. Tamannaah Bhatia is winning hearts with her latest track, Ghafoor, from the highly anticipated series The Ba****ds of Bollywood. Marking her first collaboration with debutant director Aryan Khan, the song has quickly become a fan favourite, praised for its catchy beats and high-energy choreography. Produced by Shah Rukh Khan’s Red Chillies Entertainment, the track is choreographed by Farah Khan.

The 70th Filmfare Awards are set to be a spectacular celebration of Bollywood, bringing together the biggest names in the industry for an evening of performances, fashion and recognition.

Jenner, Charli XCX lead A24’s Moment



Agency: Kylie Jenner is all set to make her acting debut. The Kylie Cosmetics founder and reality star has bagged her first major role in a film based on an “original idea” by singer Charli XCX. Taking to her Instagram stories on Thursday, October 9, she confirmed the news that she has joined the cast of A24’s upcoming movie, which is slated for release in 2026. Kylie reposted Charli’s story, which featured a screenshot of an article by Deadline. The article announced the cast of the film, titled The Moment. Directed by Aidan Zamiri, the film will see Kylie opposite Rachel Sennott and Kate Berlant, among others. The 33-year-old singer and actress would also be seen in the upcoming film.

In the following story, the beauty mogul uploaded a picture with Charli XCX adorned with Brat-green heart emojis. While Kylie was seen wearing a bold bralette-style top paired with a skirt and blazer, the 365 singer opted for a black lace top. While the upcoming film marks Kylie’s first major acting role outside of reality TV shows, she is not entirely new to appearing on the big screen. The 28-year-old star previously made a cameo as herself in the 2018 film Ocean’s 8 and, of course, has been a constant presence in the reality TV shows, The Kardashians and Keeping Up with the Kardashians, which revolve around the Kardashian-Jenner family. Speaking of The Moment, Charli XCX was the first one to share the exciting news about the movie on social media. On Thursday, she posted a short video, revealing the name of the project, its cast and crew. The Moment, co-written by Aidan Zamiri and Bertie Brandes, is being produced by the Everything is Romantic singer under her Studio365 banner, alongside 2 AM’s David Hinojosa, and executive producers Brandon Creed, Mikey Schwartz-Wright, and Zach Nutman.

Deepika shares Dua’s playschool details, reveals she always wanted motherhood



Mumbai: New-mom Deepika Padukone recently spoke to CNBC-TV18 about how motherhood has changed her. Deepika is a mother to baby Dua, and the actress thinks this is her best role yet. Deepika mentioned that while she had always been a patient person, motherhood renewed her patience and even made her more social. Deepika Padukone said, “I’ve always been a patient person, but my tolerance levels now are... It pushes you out of your comfort zone and makes you a social person; I’ve never been a social person. Having to interact with other parents, and now playschool. Motherhood just pushes you out of your comfort zone, in a good way. I’ve always wanted to be a mother, and now I’m playing my best role.”

In the same interview, Deepika also opened up about how she takes care of her mental health. “Sleep is extremely important. I keep saying this in every interview, and I’m sure, to the listener, it sounds so boring, but it is the truth. It’s about going back to the basics: quality sleep, hydration, nutrition, exercise,” Deepika said. “These things are important. They

don’t sound as fancy as cryotherapy or ice baths or red light therapy, but it’s all about going back to the basics. And when we say food and nutrition, we’re not talking about fancy meals; it’s just basic Indian food. It doesn’t have to be expensive,” she said. Deepika also spoke about how as an athlete, she is used to taking care of herself. “I can spend hours away from my device. I’m not addicted to my device at all. I can’t sit in one place, I still have to be ‘productive’. I clean, but it’s not compulsive. It’s very cool to say you’re OCD about something, but you have to realise that’s a condition. But I feel like I’m clearing my mind, maybe it’s my way of decluttering,” she concluded. Deepika welcomed her first child, daughter Dua, with husband Ranveer Singh in September 2024. Despite stepping back from a few projects, the actress continues to maintain a strong presence in the industry. She was last seen in Rohit Shetty’s Singham Again. Up next, Deepika will reunite with Shah Rukh Khan for King, directed by Sujoy Ghosh and produced by Red Chillies Entertainment.

Venice Winner Anuparna Roy’s ‘Songs Of Forgotten Trees’ to Close IFFS

Mumbai: Filmmaker Anuparna Roy, who made her debut with Songs of Forgotten Trees, has bagged another achievement. The 11th edition of the Indian Film Festival of Sydney (IFFS) has officially elected Songs of Forgotten Trees as its closing night film, which will take place on 12th October. The film, which recently won the prestigious Orizzonti Award for Best Director at the 2025 Venice International Film Festival, is a lyrical and meditative exploration of memory, resilience, and the sacred relationship between people and nature.

Presented in Hindi, Songs of Forgotten Trees is set to have its Australian premiere at IFFS and is being touted as one of the biggest Indian international films of the year. The film stars Naaz Shaikh and Sumi Baghel in lead roles and is produced by Bibhanshu Rai, Romil Modi, and Ranjan Singh, with co-production by Navin Shetty and Roy herself. It features cinematography by Debjit Samanta, editing by Ashish Patel and music by Nishant Ramteke. Set in Mumbai, the film explores the evolving dynamic between two migrant wom-



en—Thooya, an aspiring actress navigating the city’s chaos through charm and survival instincts, and Swetha, a corporate professional who becomes her unexpected housemate. According to the official synopsis, what begins as a shared living arrangement slowly unfolds into a deeper connection shaped by empathy, vulnerability, and past traumas. Roy said she thinks the film is a tribute to all the women who are “silenced, overlooked, or underestimated”. “This film is a tribute to every woman who’s ever been silenced, overlooked, or underestimated. May this

win inspire more voices, more stories, and more power for women in cinema and beyond,” she said in a statement when she won at the Venice International Film Festival. The 11th edition of IFFS is set to feature a vibrant line-up of films, conversations, and masterclasses celebrating the best of Indian cinema, and will conclude on an unforgettable note with Roy’s award-winning masterpiece. The festival’s finale underscored its growing reputation as a bridge between Indian filmmakers and global audiences, leaving cinephiles eagerly awaiting the next edition.

Everyday habits that may be harming your eyes



Our eyes work tirelessly every day, but small lifestyle habits can strain and damage them over time. From screen overuse to skipping protective measures, here are habits that may be silently hurting your vision: Excessive Screen Time: Staring at phones, laptops, or TVs for hours can cause digital eye strain, dryness, and even blurred vision. The lack of breaks forces your eyes to overwork. Rubbing Your Eyes Frequently: Rubbing can damage delicate eye tissues, worsen irritation, and increase the risk of infections by transferring bacteria from your hands to your eyes. Not Wearing Sunglasses Outdoors: Skipping UV protection can lead to long term damage like cataracts, macular degeneration, and premature aging of the skin around the eyes. Sleeping With Make Up On: Not removing eye makeup clogs oil glands, causes irritation, and increases the risk of eye infections like styes and conjunctivitis. Poor Diet Lacking Eye Nutrients: Eyes need nutrients like vitamin A, omega 3 fatty acids, and antioxidants. A diet high in processed food but low in vegetables and healthy fats can weaken vision over time. Ignoring Regular Eye Check Ups: Many eye conditions like glaucoma develop silently. Skipping routine eye exams means missing early signs that could prevent vision loss.

Few health benefits of eating nutmeg you probably never knew



Most of us think of nutmeg only when we see desserts or winter drinks A sprinkle in custard, a pinch in warm milk, maybe a little in holiday cakes. But this tiny brown seed has been part of home remedies for hundreds of years. People in India, China, and the Middle East didn’t just use it for taste they used it as medicine. Even today, if you ask older family members, you’ll hear how nutmeg was given for stomach problems, sleepless nights, or even skin issues. The truth is, nutmeg carries a lot of hidden benefits that most people don’t really know about. Here are few of them, explained in a simple way. Helps with digestion After heavy meals, people sometimes feel bloated or uneasy. Nutmeg helps settle the stomach. Just a small pinch in food or milk can reduce gas and ease digestion. In old households, mothers used to add nutmeg to children’s meals when they complained of stomach pain. It’s gentle, unlike strong medicines, and works slowly but surely. A natural sleep aid Insomnia is common these days, but nutmeg has been a natural sleep remedy for generations. Mixing a tiny pinch of nutmeg powder in warm milk before bed is still a practice in many homes. It calms the nerves and relaxes the body, helping sleep come naturally. Many people swear they sleep deeper and wake fresher after this simple routine. Keeps the mouth clean Nutmeg fights bacteria in the mouth. That’s why some herbal toothpaste brands add it as an ingredient. It helps with bad breath, cavities, and even gum problems. In the past, nutmeg oil was dabbed on toothaches to ease pain. Chewing a very small piece occasionally keeps the mouth fresh and clean without needing artificial mints. Eases pain and swelling Nutmeg contains oils that act against inflammation. If someone has sore muscles, stiff joints, or arthritis, nutmeg taken in food or applied as oil can bring relief. Even today, nutmeg paste is rubbed on children’s foreheads to ease colds and mild pains. Good for the brain Long ago, nutmeg was called a “brain food.” Healers believed it sharpened memory and improved focus. Modern studies suggest it does protect brain cells and helps fight fatigue. Students and working professionals can benefit from adding a pinch to their diet it keeps the mind alert without the crash of caffeine.

5 Effective Ways To Protect Your Mental Peace And Maintain Emotional Well-Being In Daily Life

In today’s fast-paced world, mental peace has become as important as physical health. With constant stress, overthinking, and daily challenges, it’s easy to feel drained. Protecting your mental peace is about setting boundaries, prioritizing self-care, and nurturing positivity. 1. Set Healthy Boundaries Not every demand on your time and energy deserves a “yes.” Learn to say “no” when something overwhelms you or disturbs your balance. Whether it’s at work, in relationships, or in social commitments, boundaries help you preserve your energy and maintain inner calm. 2. Limit Negative Inputs What you consume—be it news, social media, or conversations—impacts your state of mind. Avoid excessive exposure to negativity, gossip, or toxic people. Instead, surround yourself with uplifting content, positive environments, and supportive individuals. 3. Practice Mindfulness and Meditation Mindfulness techniques such as deep breath-



ing, meditation, or journaling help you stay present and reduce anxiety. Just a few minutes of meditation daily can quiet your thoughts, bring clarity, and restore balance in your mind. 4. Prioritize Rest and Self-Care Lack of rest leads to irritability and poor mental health. Make sleep, healthy eating, and regular exercise part of your lifestyle. Simple self-care routines—like taking a walk, reading, or listening to music—can refresh your mind and protect your peace. 5. Focus on Gratitude and Positivity Shift your mindset by practicing gratitude. Keep a journal of things you are thankful for, no matter how small. Focusing on positives reduces stress and helps you stay grounded in difficult times. Protecting your mental peace is not selfish—it’s essential. When you take care of your inner calm, you not only live a happier life but also handle challenges with strength and clarity. Start small, be consistent, and watch your mental well-being flourish.

Professionals Dissect Prolonged Skin Damage



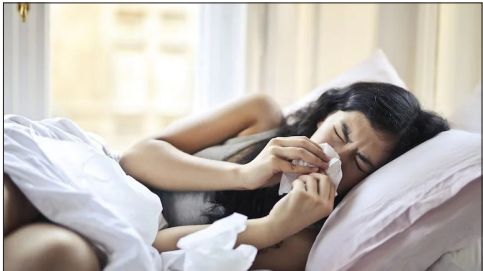
Many people believe that sunscreen is an optional item best left for beach days, tropical getaways, or hot summer afternoons. However, skin specialists and physicians caution that omitting SPF has serious repercussions that extend far beyond sunburn. The cumulative effects of unprotected sun exposure can be both obvious and potentially fatal, ranging from early aging to hyperpigmentation and even skin cancer. Celebrity Cosmetologist Dr. Mahnaz Jahan Begum, Founder of Keradis and Medical Director at Aterm Clinics, Kolkata, puts it bluntly: “Skipping sunscreen can lead to various skin issues, ranging from premature ageing to skin cancer. UV exposure causes fine lines, wrinkles, and age spots, while also contributing to hyperpigmentation, melasma, and other forms of skin discolouration. More seriously, UV radiation increases the risk of melanoma, basal cell carcinoma, and squamous cell carcinoma.” UV rays are responsible for up to 80% of visible facial ageing, making sunscreen a crucial part of any anti-ageing skincare routine. Younger skin is more prone to sun damage, so women in their 20s and 30s should prioritise sunscreen to prevent long-term damage. Adding to this, Dr. Geetika Mittal Gupta, Skin Expert and Cosmetologist, notes: “Not using sunscreen regularly leads to fine lines, wrinkles, and loss of elasticity caused by UV exposure, breaking down collagen and elastin. Hyperpigmentation, such as dark spots and uneven tone, is also linked to unprotected exposure.” She emphasises that this isn’t hype: “Daily sunscreen use is one of the most effective ways to delay ageing. Clinical studies show that people who use SPF consistently develop fewer signs of ageing and may even see improvements in texture and tone.” Even if wrinkles aren’t visible yet, cumulative sun damage in your 20s and 30s can quietly set the stage for serious concerns later. UV rays damage collagen and elastin fibers deep within the skin, causing premature sagging and fine wrinkles. Dr. Gupta cautions. Additionally, it deteriorates the condition of the skin, leaving it brittle and lifeless, and produces pigmentation problems like sunspots and melasma. The foundation for more noticeable wrinkles, sagging, and discoloration in your 40s and beyond is essentially laid by UV damage in your 20s and 30s.

Why Pneumonia Cases Surge During Monsoon: How To Guard Against It

Monsoon is romantic until your chest starts feeling like a leaky umbrella. Those sudden chills, the phantom coughs, and that inexplicable fatigue? Often, these are early warning signs of pneumonia, which tends to surge during monsoon every year. Currently, with monsoon in full swing across India, pneumonia and other cases are indeed on the rise in some regions. Recently, Gujarat reportedly had a 22% increase in anti-infective sales, highlighting a spike in respiratory illnesses, including pneumonia, during the humid, rainy season. Reports link this to monsoon conditions-damp clothes, rain-slicked air, and stifled ventilation-that create the perfect breeding ground for pneumonia-causing bacteria and viruses.This isn’t just a statistic, but a call to action. So, here’s a brief but practical guide to pneumonia, covering what pneumonia is, why monsoon worsens it in India, who’s most at-risk, and how to spot symptoms early. We’ll also offer prevention strategies, from hygiene to vaccination, and share practical care tips to protect you and your loved ones. Monsoon should be cozy, not hazardous. Let’s keep it that way.

What Is Pneumonia? Pneumonia is an infection of the lung’s air sacs (alveoli), which may fill with fluid or pus, making breathing difficult. Its causes span bacteria, viruses (like RSV or influenza), and even fungi. Symptoms often include persistent cough, chest pain, fever, and breathlessness. Why Pneumonia Spikes In Monsoon Monsoon uniquely amplifies risk factors for numerous health issues and ailments. Here are some such risk factors that you should beware of: High indoor humidity and poor ventilation

create a haven for bacteria, fungi, and viruses that can infect lungs. Rain-wetting, or getting soaked without drying off, is significantly correlated with pneumonia, especially during H1N1 outbreaks. This is suggested by a 2012 study in The Indian Journal of Chest Diseases and Allied Sciences Resurgence of respiratory viruses, including influenza A/B and RSV, plus fungal infections, hits vulnerable populations hard during rains. Who’s Most At Risk? The following groups face higher risk of getting pneumonia during monsoon: Young children and elderly, because they have weaker immune defenses and lung function. Individuals with chronic conditions like COPD, asthma, or heart disease. Smokers, those living in crowded or polluted homes, or with poor indoor air control. Immunocompromised individuals, including diabetics and those with suppressed immunity. Recognising The Red Flags For Pneumonia If you or a loved one have the following signs, seek medical attention quickly: Persistent fever with productive cough or chest pain, Difficulty breathing or chest tightness Confusion (especially in children/elderly), Early diagnosis and management, often involving chest X-rays and possibly antibiotics or antivirals, can significantly reduce danger. Prevention Tips You Can Do Today Here are some easy preventive steps you can take to keep pneumonia at bay: Stay dry and change out of wet clothes promptly (to prevent rain-wetting). Ensure good ventilation. Even during rains, crack a window or use exhaust fans. Maintain hygiene. Wash hands frequently, disinfect high-touch sur-



faces, steps that are effective against pathogens. Avoid crowded, poorly ventilated spaces, especially during rain-heavy days. Consider mask-wearing in public indoor spaces during monsoon. Stay hydrated, eat balanced food, and rest well to support immunity. Care Tips If You Or Your Loved One Has Pneumonia If someone in your circle is already suffering from pneumonia, keep the following in mind: Follow prescribed treatment diligently-antibioticsforbacterial,antivirals/othersforviralcauses. Do steam inhalation and keep humidity moderate to easebreathing. Usespectacleofhome-basedoxygenorhumidifierasrecommendedbyaclinician. Get vaccinated against pneumonia in vulnerable populations where advised; consult your doctor. Monitor symptoms for red flags such as worsening breathlessness, persistent high fever, or confusion. Seek hospital care promptly if these arise. Monsoon shouldn’t mean more coughs, hospital visits, or worry. By understanding why pneumonia spikes-thanks to damp air, viruses, and poor indoor environments-and adopting health-conscious habits and precautions, you can keep yourself and your loved ones safe. Stay cozy, stay dry, and breathe easy this monsoon.

Royal Philips launches 2D, 3D cardiovascular ultrasound systems



Health technology company Royal Philips announced the release of Transcend Plus, its EPIQ CVx and Affiniti CVx cardiovascular ultrasound systems. Transcend Plus features FDA-cleared 2D- and 3D-image quality enhancements, as well as a suite of AI-enabled clinical applications. According to the company, Transcend Plus improves sharpness, contrast and detail in 2D and 3D imaging, including the latest FDA-cleared enhancements for EPIQ CVx and Affiniti CVx. In addition, the upgrades support visualization of cardiac anatomy and function, allowing diagnostic confidence even in complicated or technically challenging cases, according to the company. The update also includes a new 2D Auto EF Advanced feature that expands AI capabilities for contrast images, considered essential for accurately evaluating cardiac function. The integration also provides more actionable insights, which can reduce delays and support timely, evidence-based clinical decisions. “Building on the momentum of our original Transcend launch, Transcend Plus brings the full power of AI integration to the forefront, giving clinicians the confidence, speed and precision they need to lead in cardiac care, today and into the future,” David Handler, business leader of cardiology ultrasound at Philips, said in a statement.

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guided procedures in real time. The aim is to help deliver more precise, minimally invasive care. Additionally, Philips UroNav offers compatibility with ultrasound devices and needle guides, improved privacy and security tools, and integration with Philips DynaCAD systems for radiology and urology. That same month, Royal Philips and Indonesia’s Ministry of Health announced plans to deploy image-guided therapy systems, as part of their signed agreements, under the Strengthening Indonesia’s Healthcare Referral Network (SIHREN) project. The aim of the initiative is to transform the country’s treatment for heart disease, stroke and cancer by expanding access to technologies and care. In March, Royal Philips expanded its partnership with Ibx Medical Analytics that included a release of the Philips IntelliSite Pathology Solution (PIPS) to speed up adoption of AI-enabled digital pathology tools. That same month, Royal Philips joined forces with Ingeborg Initiatives, a maternal health company, to provide expectant parents in Arkansas with access to the Philips Avent Pregnancy+ app with personalized information provided by the state and tools to increase access to care. The aim of the partnership is to enhance health literacy and encourage users to embrace healthy habits.

Do You Believe Cancer Means No Meat or Sugar

Due to the many diet-related fallacies that are spreading online, many people who receive a cancer diagnosis think about cutting out meat or sweets. Such questions are understandable given the close relationship between diet and health. But the reality of a cancer diet is much more complex than a straightforward “all-or-nothing” strategy. The body is heavily burdened by cancer and its treatments, such as radiation, chemotherapy, and surgery. Weakness, weight loss, and muscle loss are typical. Consuming protein is crucial to counteracting this. Proteins help patients better tolerate therapies, improve immunity, and aid in tissue repair. For the majority of Indians, protein consumption is already suboptimal. Vegetarian sources include pulses, lentils, milk, soy, and nuts, while eggs, chicken, and fish are excellent non-vegetarian sources of complete protein containing all essential amino acids. A common concern is that consuming meat will “feed the cancer,” but there is no scientific evidence to support this claim. In fact, meat may enhance strength and recovery. What matters is preparation, opt for grilled, baked, or steamed dishes instead of fried or highly processed foods. Sugar is another area of anxiety for patients. It is true that cancer cells use glucose, but so do all the body’s cells. Eliminating carbohydrates altogether is neither practical nor healthy, as the body requires glucose for energy. Instead of completely avoiding sugar, focus on reducing refined sugars found in processed foods, soft drinks, and sweets, which add empty calories without nutrition. Patients should instead aim for complex, fiber-rich carbohydrates from whole grains, fruits, and vegetables, which provide vitamins, fiber, and a steady energy boost. Consume lean protein daily, such as fish, poultry, eggs, paneer, tofu, and dal. Eat a variety of fruits and vegetables for vitamins and antioxidants. Choose whole grains like brown rice, oats, and millet over refined flour. Limit alcohol, processed foods, deep-fried foods, and excess sugar. Stay hydrated with soups, water, and fresh beverages. Food can be a powerful component of the recovery process when patients focus on overall meal balance.



Although sprouts are a well-liked, healthful meal, how you eat them matters

We are more careful about what we eat and drink during the monsoon season. Sprouts are frequently at the top of the list for a nutritious breakfast. But the topic of whether to eat sprouts raw or heated frequently comes up. Although uncooked sprouts are high in fiber and minerals, there is a chance that they could become contaminated by germs. However, cooked sprouts are safer to eat and easier on the stomach. Which is the best option, then? Let’s explore. Steaming is a popular method for preparing sprouts, especially during the monsoon when digestion tends to be weaker. Light steaming softens the sprouts, making them easier to chew and digest, ideal for those with sensitive stomachs.

One major advantage of steaming is that it eliminates harmful bacteria such as E.coli and Salmonella, which thrive in the warm, moist conditions used to germinate sprouts. Steaming at around 160°F (70°C) significantly reduces the risk of foodborne illness. Though a small amount of nutrients may be lost during steaming, the process can improve nutrient bioavailability, helping the body absorb essential vitamins and minerals more effectively. Steamed sprouts remain highly nutritious and versatile and can be added to soups, stir-fries, curries, or salads. Raw sprouts are favoured by many health enthusiasts for their crunchy texture and fresh flavour. They are packed with live enzymes, which

support digestion and metabolism, and are rich in vitamin C, vitamin K, potassium, and magnesium. With low calories and high fibre, they’re particularly popular among those trying to lose weight. However, raw sprouts come with a caveat; the same warm, humid environment that helps them sprout also makes them a breeding ground for dangerous bacteria. Eating raw sprouts increases the risk of food poisoning, particularly for children, pregnant women, elderly people, or those with compromised immune systems. Even thorough washing cannot remove all potential pathogens. Ultimately, the decision depends on your digestive health and immunity. If you’re generally healthy with no di-



gestive issues, raw sprouts may provide more live enzymes and micronutrients. However, if you prefer to err on the side of caution, especially during the monsoon, steamed sprouts are

the safer option. Both raw and steamed sprouts can be beneficial additions to a balanced diet. The key is to choose what best aligns with your health needs and current condition.

6 Sleep-Friendly Foods That Won't Mess With Your Blood Sugar Levels

Late-night hunger pangs can be a real challenge, especially when you're trying to manage your blood sugar levels. Snacking before bed can feel like a tightrope walk – eating too little might leave you waking up in the middle of the night feeling hungry, while eating too much or the wrong foods can cause a spike in blood sugar levels and disrupt your sleep. The key is to find light, low-glycemic index foods that satisfy your hunger without affecting your insulin levels. Fortunately, many delicious and satisfying bedtime food options are gentle on your system and won't leave you feeling guilty. A handful of almonds makes for a nutritious bedtime snack, thanks to their low-carb and high-fibre content. According to a 2002 study, almonds can help maintain stable blood sugar levels. Rich in magnesium, almonds may also promote better sleep quality. Enjoying a small portion of almonds before bed can curb late-night hunger while providing a boost of protein and healthy fats. The best part is that almonds won't cause a sudden energy spike that can disrupt your sleep. Just be mindful of portion control to reap the benefits and wake up feeling rested. Plain Greek yoghurt is an excellent bedtime snack option, thanks to its high protein content and low natural sugar levels. The protein in Greek yoghurt helps keep you full and slows down digestion, preventing sudden

spikes in blood sugar levels. According to a 2019 study published in the journal Nutrients, consuming Greek yoghurt doesn't significantly impact blood sugar levels. If you're prone to waking up hungry in the middle of the night, a boiled egg before bed could be a great solution. Eggs contain tryptophan, an amino acid that helps your body produce melatonin, the hormone that regulates sleep. This simple and nutritious snack can help you stay full and support a restful night's sleep. Warm and comforting, moong dal soup is an ideal bedtime snack that won't disrupt your blood sugar levels. The complex carbohydrates in dal break down slowly, providing a gentle release of energy while keeping your blood sugar levels stable. Adding a dash of ghee, cumin, and hing can aid digestion and enhance the benefits. Sipping on warm moong dal soup before bed can promote a sense of comfort and relaxation, leading to a peaceful night's sleep. A few cubes of fresh paneer



can be a great way to satisfy your hunger before bed. As a slow-digesting, protein-rich snack, paneer can help prevent nighttime hunger and support muscle repair overnight. According to 2019 research, paneer's low-carb and high casein protein content make it an ideal choice for managing blood sugar levels. Enjoy it plain or lightly seasoned with black pepper and herbs for a satisfying and

stabilising snack that won't cause unwanted sugar spikes during sleep. Made with chia seeds, unsweetened milk, and a hint of cinnamon or vanilla, chia pudding is a delicious and blood sugar-friendly bedtime snack. Chia seeds are rich in fibre and healthy fats, which slow down digestion and promote stable glucose levels. Prepare the pudding ahead of time and refrigerate it overnight. Having a few spoons of this pudding before bed can help calm your system and support a restful night's sleep.

Would You Sip This? Chinese Cafe Serves Coffee With Pork Intestine Broth



In a bid to stand out in a crowded food scenario, many restaurants are experimenting with unusual flavour combinations. One such cafe in China has taken this trend to another level. It is serving a unique ingredient, pork intestines, in its latte. Located in China's southwestern province of Sichuan, the cafe has introduced a latte mixed with cooked pork intestine liquid and chitterlings, reported the South China Morning Post. As soon as it was launched, the cafe's sales soared, with nearly 80 per cent of people ordering the unusual latte. Zhang Yuchi, owner of the cafe, explained the idea of launching this unique combo. He said, "Red-braised pork intestine is a popular cuisine in Jiangyou. I thought of combining it with coffee to promote both my shop and the delicious food of our city." The price for a latte pork coffee is 32 yuan, which is approximately Rs 385. It comes in three levels of taste: entrance, mid and high. The

higher the level, the stronger the taste of the intestine. The flavour of the coffee is a mix of sweet and salty, which resembles the taste of salty cheese, said Mr Yuchi. He said that they purchase the cooked pork intestines from a well-known eatery in the city and then they add the intestinal liquid into the latte. Talking about the preparation process, he revealed that he adds 6 grams of pork intestine broth to each cup of coffee. This amount was chosen after multiple tests to ensure the flavour of the intestines was noticeable without overpowering the coffee. Mr Yuchi said, "We want customers to taste the delicacy of intestines, but we do not want to diminish the coffee flavour. We hope most people can accept it." It is not the first time China has come up with a unique coffee combo. Last year, a cafe in Jiangxi province went viral after it served a latte infused with red chillies and hot pepper.

From Assam To Munnar, A Look At India's Finest Tea Estates

India is more than just a tea-loving nation – it's a vast and diverse landscape of thriving tea gardens. From lush river valleys to mist-kissed mountains, tea cultivation here is deeply rooted in tradition and craftsmanship. Every region adds its signature touch, giving rise to teas that vary in strength, aroma and character. Whether you're a fan of robust morning brews or delicate afternoon sips, here's a look at some of the country's most celebrated tea-growing regions, where every leaf tells a story. Located in India's northeast, Assam is home to some of the world's largest tea plantations. Grown in fertile plains with high humidity and ample rainfall, Assam tea is known for its full-bodied, malty flavour. This strong and brisk tea pairs beautifully with milk, making it a favourite for those who love a classic masala chai. It's rich in caffeine and ideal for that much-needed morning boost. Tucked away in the Himalayan foothills of West Bengal, Darjeeling produces teas often described as the "champagne of teas." Its high-altitude gardens yield leaves that brew into a light, floral infusion with subtle fruity undertones. With its refined taste and gentle aroma, Darjeeling tea is perfect for quiet moments and afternoon relaxation. It's also packed with antioxidants and easy on the digestive system. In the rolling hills of Tamil Nadu's Nilgiris or "Blue Mountains," tea grows with a unique freshness and slightly fruity profile. Nilgiri teas are smooth, medium-bodied and refreshingly brisk. Thanks to their clean flavour, they're a great option for both hot and cold brews. On a hot day, a chilled Nilgiri iced tea hits just right. Nestled in Himachal Pradesh's scenic Kangra Valley, this lesser-known region offers delicate green and black teas with a gentle, grassy flavour and a crisp finish. Cultivated at moderate altitudes beneath the Dhauladhar range, Kangra teas are naturally soothing and ideal for those new to green tea or looking for a lighter, daily option. Close to Darjeeling, the Temi Tea Estate in Sikkim stands out for its limited but high-quality production. These organically grown teas balance the elegance of Darjeeling with the robustness of Assam, creating a cup that's smooth, aromatic, and slightly spiced. Sikkim tea is a mindful choice for those who value purity and a calming tea experience. Positioned at the base of the Himalayas in northern West Bengal, the Dooars and Terai regions produce vibrant teas that are medium-strong and wonderfully balanced. Not as intense as Assam or as delicate as Darjeeling, these teas offer a perfect middle ground – ideal for everyday drinking with a good dose of antioxidants. In Kerala's Western Ghats, Munnar's tea estates sit high among misty hills and winding trails. The cooler temperatures and rich soil create smooth, mellow teas with a faintly sweet note. Munnar tea is often light on the palate, easy to digest and hydrating – a lovely choice for those seeking calm and wellness in a cup.



The Keto diet, also known as the Ketogenic diet, is gaining popularity due to its ability to induce weight loss and improve specific health concerns. While South Indian food is commonly linked with high-carb rice, lentils, and grains, some innovative twists and adjustments to make these meals Keto-friendly. Here's a selection of traditional South Indian Keto recipes carefully curated for individuals who wish to keep fit and healthy without giving up their long-loved South Indian staples. Regular dosas cannot be eaten on the Keto Diet because the batter contains high-carb foods such as rice and lentils. By replacing high-carb ingredients with Keto-compliant substitutes, you may enjoy the crispy and savoury pleasure of dosa while adhering to your Keto diet. Mix almond flour, shredded mozzarella, coconut milk, salt, cumin powder and asafetida together to make a thick batter.

Sundal

Sundal is a traditional South Indian meal made of cooked legumes such as chickpeas, or black-eyed peas that are seasoned with mustard seeds and curry leaves. It is a popular festival food as well as a nutritious, protein-rich snack. Sundal is high in fibre, low in fat, and helps you feel full, making it an excellent choice for weight loss.

Cabbage Poriyal

This is a vegetable curry cooked using non-starchy vegetables such as cauliflower, beans, spinach, zucchini and tomatoes that are naturally low in carbs and sugar. To keep carbs low, avoid using starchy veggies such as potatoes or carrots. Use coconut milk or tomatoes to make a flavourful, sugar-free curry. Cabbage is a good source of vitamin C and other antioxidants, which improve skin health and immunity. Its high fibre content promotes good gut health and regular bowel motions.



Asparagus Poriyal

Asparagus Poriyal is a quick and easy South Indian stir fry meal that includes fresh asparagus, coconut, and a few spices. This cuisine is vegan, ketogenic, low-carb, and gluten-free. Asparagus is stir-fried with South Indian seasonings such as mustard seeds and curry leaves, then sprinkled with fresh coconut for a delicious finish.

Kootu

Kootu is a dish that combines lentils and non-starchy vegetables such as pumpkin, bottle gourd, and beans. It's a protein-rich, low-carb dish, especially when made with non-starchy vegetables. Lentils are a fantastic source of plant-based protein that promotes muscle health.

Keerai Masiyal

Keerai Masiyal is a simple yet nutritious dish made from mashed spinach or other leafy greens. It's a delectable way to get your greens in while using little oil and seasoning with mustard seeds, garlic, and green chillies. This dish is high in iron, calcium, and antioxidants, which promotes general health while being low in calories.

Rasam

Rasam is a sour, spicy soup prepared with tamarind, tomatoes, cumin, and black pepper. It is naturally sugar-free and low in carbohydrates because it is mostly produced with tomatoes, tamarind, and spices. Spices such as cumin, pepper, and tamarind assist digestion and reduce bloating.



South Indian Keto Recipes For Monsoon Dinners



Richards leads West Indies cricket legends at Golf Day

New Delhi: West Indies cricket icon Sir Vivian Richards led a distinguished gathering of cricketing legends and sporting personalities as Cricket West Indies (CWI) hosted its first-ever Golf Day in New Delhi on Wednesday. Joining Sir Vivian were fellow greats Brian Lara and Sir Richie Richardson, along with current West Indies players Shai Hope and Roston Chase, in what was both a reunion of champions and a symbol of the global reach of West Indies cricket. The event offered a unique chance for legends and leaders from various sporting disciplines to connect beyond the boundary - sharing stories, spirit, and a love of competition in

a relaxed, outdoor setting. The initiative is part of CWI's broader efforts to engage with international audiences and promote cross-sport collaboration, demonstrating how the core values of cricket - teamwork, resilience, and respect - can naturally extend into other fields of play. Chris Dehring, CEO, Cricket West Indies (CWI) said, "Cricket West Indies has always been one of the game's great institutions - built on pride, heritage, and the unmatched spirit of our players and fans. As we look ahead, our focus is on strengthening that legacy by building deeper global connections and new opportunities for the sport. This Golf Day event in Delhi.

Shubman Gill Wins First Ever Toss As Test Captain Jasprit Bumrah



New Delhi: India captain Shubman Gill finally brought an end to his bad luck when it came to coin tosses, as he stood on the winning side for the first time ever as India's Test skipper. Since taking over the reins as India's captain on the tour of England, Gill had never tasted success when it came to coin tosses. After six consecutive toss losses, Consistency is the key for us-to be able to repeat performances and to be able to have the same intensity in every match that we play. That's something that we often speak about, and that's what we are trying to look for in this Test match as well. Honestly, not much. I'm still the same person, but definitely have more responsibilities now, but I like responsibilities and a very exciting future for me (on being elevated across all formats). We have got the same team."

India wins its first mixed team medal defeating Korea in the quarterfinals World Junior Championships

New Delhi: India rode on the energy of the vociferous fans and the knowledge of the home conditions to beat Korea and assure themselves of a historic BWF World Junior Mixed Team Championships medal at the National Centre of Excellence, here on Thursday. The hosts came through a nerve-wracking quarterfinal clash that lasted almost three hours and needed the team to pick themselves up after a heartbreaking reversal in the opening set to beat Korea 44-45, 45-30, 45-33 to set up a semi-final clash against Asian U-19 Mixed Team champions Indonesia, who defeated Chinese Taipei 45-35, 45-35. The semi-final appearance also assured India of their first-ever mixed-team medal in the history of the BWF World Junior Championships. The way India had lined-up for the quarterfinals, it was quite



clear that they were heavily relying on their singles players to bail them out in case the Koreans made the most of their doubles strength. The first set went accordingly as Bhargav Ram Arigela and Viswa Tej Gobburu went down 5-9 in the first boys' doubles against Cho Hyeong Woo and Lee Hyeong Woo. The girls' doubles combination of Vennala K and Reshika U managed to reduce the deficit by one point by

beating Cheon Hye In and Moon In Seo 10-9 before Rounak Chouhan brought them within one point by beating Choi Ah Seung 11-9. However, a 4-9 loss for C Lalrangsanga and Aanya Bisht in the mixed doubles against Lee and Cheon meant that Unnati Hooda had to win 15 points before her opponent Kim Han Bi could reach nine. Unnati began strongly by taking a 3-0 lead, but Kim managed to draw

level at 6-6, and it felt that the set was slipping from India's hands. However, Unnati dug deep, played long rallies to win five straight points to build pressure on her opponent, and then went on to draw level at 44-44. However, her serve on set point landed in the net, and the distraught Unnati just dropped her racquet in despair.India made two substitutions ahead of the second set, with Lalrangsanga replacing Gobburu in boys' doubles and Vishakha Toppo coming in for Bisht.Lalrangsanga and Bhargav then gave India a positive start with a 9-7 win over Cho and Lee and Vennala and Reshika extended that advantage to six points. India never looked back thereafter and by the time Unnati took the court for the second set, they were already leading by nine points and all she had to do was wrap up the set.

Asian Aquatics Championships India loses to China 6-34 the quarterfinals of the women's water polo competition

Mumbai: On the sixth day of the water polo event, the Indian women's team was defeated 6-34 by China in the quarterfinal match of the 11th Asian Aquatics Championships, held at the Veer Savarkar Sports Complex on Thursday.China began the game on the front foot, racing to a formidable lead within the first quarter and went on to secure a convincing 34-6 win over India in the Women's Quarterfinals. Li Peiyang, Li Linyun, and Li Jianyu each scored seven goals, showing consistent finishing throughout the match.Han Wen followed with six goals, while Wang Xin added three. Shi Jingjiarong contributed two goals, and

both Wang Xuan and Liu Yan scored 1 goal each. For India, Dhruthi Karthikeya led the scoring with three goals. Captain Varsha Suresh, Safwa Sakeer, and Krishna Purokayasta added one goal each for the team. In another women's quarterfinal clash, Japan defeated Hong Kong 20-16 in a high-scoring match. Shibata Kanade led Japan with five goals, while Captain Fukuda Shoka and Eguchi Seira added four goals each.Sanda Yumeka scored three, Kobayashi Maho contributed two, and both Yamada Karin and Shieonoshita Kaho each scored 1 goal. For Hong Kong, Ho Cheuk Kiu matched the top score with five goals, Captain

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Lau Tsz Ching scored three, Ng Hau Laam Fran, Lau Kwan Ling, and Lam Yin Nga scored two goals each, while Bau Hiu Lam and Chank Pak Yin added one goal.Kazakhstan overcame Singapore 10-7. Kazakhstan's Vorontsova For Thailand edged past Uzbekistan 8-6 in a closely contested match. Captain Thinwilai Janista, Puangtong Kritsana, and Rueangsappaissan Raksina scored two goals each for Thailand,



while Kongchouy Thanita and Kwan-tongtanaree Pittayaporn added one goal each. Uzbekistan's Gavashelashvili

Elena stood out with four goals, and Andriyakhina Sofiya and Murtazaeva Komila scored one goal each.

Wuhan Open Jessica Pegula advances to quarterfinals

Mumbai: Jessica Pegula recovered an early service break in the third set Thursday to beat Ekaterina Alexandrova 7-5, 3-6, 6-3 and advance to the quarterfinals at the Wuhan Open. Pegula, who lost in the China Open semifinals last week, leveled the deciding set at 2-2, then won four of the last five games for vic-



tory, reports Sportstar.The win over No. 9 Alexandrova came a day after Pegula needed seven match points to beat fellow American Hailey Baptiste in the second round. U.S. Open champion Aryna Sabalenka's winning streak at the Wuhan Open rolled on to 19 matches when she beat Liudmila Samsonova 6-3, 6-2 to advance to the quarterfinals.Top-ranked Sabalenka's streak includes winning titles at Wuhan in 2018, 2019 and 2024. In night matches, No. 2 Iga Swiatek was scheduled to play Belinda Bencic and No. 3 Coco Gauff, coming off a semifinal loss to eventual champion Amanda Anisimova at the China Open last week, was due to face Zhang Shuai.

ICC World Test Championship Ravindra Jadeja, Mohammed Siraj reach career-best positions



Mumbai: India all-rounder Ravindra Jadeja's impressive showing in the opening match of their ICC World Test Championship series against the West Indies in Ahmedabad has elevated him to a career-high 25th spot in the ICC Men's Test Batting Rankings. The best ranking previously held by the 36-year-old, who scored an unbeaten 104 in India's only innings, was 29th, reached in July this year. He now stands at a personal best of 644 rating points. Jadeja's four wickets in the second innings have further strengthened his position at the top of the all-rounders' rankings, increasing his lead by 125 points over Bangladesh's Mehidy Hasan.Jadeja's teammate, fast bowler Mohammed Siraj, built on his strong performance from the England tour, taking four for 40 and three for

31. These figures moved him up three spots to a career-high 12th position and surpassed 700 points for the first time after India's victory by an innings and 140 runs.Other players who benefited from the Indian team's performance include KL Rahul and Dhruv Jurel, both of whom advanced in the batting rankings following their centuries. Rahul has climbed four spots to 35th, while Jurel has risen 20 places to 65th after scoring his first places to rank 21st after taking two wickets cheaply in the match. In the ICC Men's T20I Player Rankings, Australia captain Mitchell Marsh has re-entered the top 10 of the batting list for the first time since February 2024, following scores of 85 in the first match and 103 not out in the third match of the series against New Zealand.

Singapore: Down by a man and a goal with the match entering injury time, Lady Luck smiled on India - regardless of whether it was deserved or not.Rahim Ali, coming on in place of Sunil Chhetri, was handed the kindest of first international goals when Singapore's Jordan Emaviwe bungled a routine pass back to his goalkeeper, ensuring that the AFC Asian Cup qualifier in the city-state finished 1-1, keeping India's faint hopes of making the tournament in Saudi Arabia in 2027 alive. A 20-day camp, followed by four games at the CAFA Cup, and then another 15-day camp - this was about as prepared as an Indian squad could have been. Glimpses of what coach Khalid Jamil had envisaged for the team were shown at the CAFA Cup, where India were aggressive in their set-piece routines and were choosing pockets of games to press the backline in search of a goal. the AFC Asian Cup 2027 Qualifiers, where the Indian football team took on Singapore in the final-round game of the AFC Asian Cup 2027 Qualifiers here at the National Stadium in Singapore!India snatched a vital point in dramatic fashion as they held Singapore to a 1-1 draw in the intense qualifier clash.A defensive mix-up on the brink of half-time al-

AFC Asian Cup Qualifiers Lucky Rahim Ali goal salvages 1-1 draw Singapore as India's hopes stay alive



lowed Singapore's Ikhsan Fandi Ahmad to convert from a lofted pass, giving the hosts a 1-0 lead going into the break. But, a 90th-minute equaliser from substitute Rahim Ali ensured the Blue Tigers remain alive in the qualification race, after being a goal and a man down for most of the second half.It's all to play for still in the qualifiers for Khalid Jamil's men as they take a crucial point away from home with the next game against Singapore again on the 14th of October. Despite Sin-

gapore dominating possession with over 60% of the ball and creating multiple attacking opportunities, India survived thanks to a late defensive blunder from the home side. Rahim Ali pounced on a poor backpass from Singapore's Jordan Emaviwe in the 90th minute, rounding goalkeeper Izwan Mahbud to slot the ball into an open net, securing a crucial equaliser. Singapore's inability to close out the match proved costly. India had struggled to create chances throughout the 90 minutes and

would likely have lost without the error.With the draw, India now have two points from three matches after a 0-0 draw against Bangladesh and a 0-1 loss to Hong Kong in earlier fixtures. Only the top team in the group qualifies for the 2027 tournament, meaning every point is critical for India's ambitions.Both sides will face off again in the return leg on October 14 in Margao, Goa, with India hoping to build on their resilience and turn their campaign around. Playing with 10 men and relying on counter-attacks.