

In Brief

NCPCR clears 26,000 cases, rescues 2,300 kids

Itanagar: The NCPCR reported resolving nearly 26,000 cases and rescuing over 2,300 children in India in the last six months, highlighting ongoing child protection challenges. At a conference in Arunachal Pradesh, Paresh Shah emphasized the need for timely intervention and noted the repatriation of over 1,000 children aided by technology. Despite government commitments, he stated legislative measures are insufficient without effective monitoring and awareness. The NCPCR also aims to enhance mental health support and utilize AI against child sexual abuse. Ratan Anya from the SPCPR raised concerns over monitoring and enforcement weaknesses in the state, including issues with POCSO investigations, low awareness of child rights, and inadequate actions against child trafficking and labor.

Drugs worth Rs 3.5 crore seized

Guwahati: Assam Police have intercepted narcotics worth approximately Rs 3.5 crore in three operations, as announced by Chief Minister Himanta Biswa Sarma on November 21. The first operation resulted in the seizure of 255.641 kg of ganja valued at Rs 1.2 crore, followed by the recovery of 1.985 kg of morphine worth Rs 1.9 crore and 9.44 kg of opium valued at Rs 47.5 lakh. One suspect was arrested, and Sarma praised the police for their efforts, calling them “Assam’s real-life Avengers.” These operations signify a strong response against drug trafficking in the region, although specific details of the locations and the identity of the suspect remain undisclosed as the investigation continues.

Two arrested in Dibrugarh

Dibrugarh: A teacher from Lezai Higher Secondary School, Atuar Rahman, 48, and a local individual, Rajesh Thakur, 32, have been detained by Dibrugarh police on allegations of sexually harassing female students. During a school excursion to Sivasagar, it is reported that Rahman attempted to sexually harass the girls by providing them vodka. The Borbaruah police registered Case No. 110/2025 under specific sections of the POCSO Act and the Juvenile Justice Act. While Thakur is not affiliated with the school, he accompanied the students on the trip. After their court appearance, both were placed in judicial custody, and authorities are conducting further investigations into the matter.

Two Myanmar nationals arrested with meth tablets

Aizawl: In a combined operation, the Mizoram Excise and Narcotics Department along with the Border Security Force (BSF) seized methamphetamine pills valued at over Rs 26 crore and detained two Myanmar nationals for drug trafficking. Acting on reliable intelligence, they apprehended the suspects on National Highway-6 between Seling and Tuirial. Upon questioning, the suspects revealed hidden drugs in roadside bushes, leading to the recovery of 15 packages of methamphetamine (14.905 kg) and 49 soap packs of heroin (707 grams). The successful operation highlights effective collaboration between the BSF and local agencies in Mizoram.

Children Discover the Magic of “The Tunes of Kongthong” at Shillong Litfest

Shillong, Nov 22: A gentle breeze marked the opening of the children’s segment at the 5th Shillong Literary Festival, where young readers were immersed in the enchanting world of Kongthong, Meghalaya’s “Whistling Village.” The storytelling session centered on “The Tunes of Kongthong” attracted the attention of Meghalaya Chief Minister Conrad K. Sangma, who expressed his delight in introducing this unique cultural treasure to the younger generation. In Kongthong, each child is given a melodically whistled name by their mother, forming an identity system embedded in music, which has earned the village its poetic title. As the festival progressed, CM Sangma emphasized the importance of nurturing writing among children, advocating for competitions and mentorship programs to inspire young storytellers. He envisioned transforming Shillong into India’s next arts and literature hub and announced the expansion of the Chief Minister’s Research



Grant, now aiding 75 scholars exploring the heritage of the Khasi, Jaintia, and Garo communities. Additionally, he revealed plans for a significant upgrade to Ward’s Lake, the festival venue, with a budget of ₹50 crore.

The festival also featured contributions from writers, scholars, and artists, including actor Rajat Kapoor, who discussed challenges in independent cinema and his upcoming film project, set for release in 2026. As the day concluded, MGMP artists provided soulful performances, harmonizing with the festival’s celebration of literature, culture, and community, bringing stories to life throughout Ward’s Lake.

Bodo Groups Hold Sit-In at Jantar Mantar, Seek Time-Bound Implementation of Bodo Accord and Passage of 125th Amendment Bill

New Delhi, Nov 21: Three major Bodo organisations—the All Bodo Students Union (ABSU), the United Boro People’s Organization (UBPO) and the Ex-ND-FB Welfare Association—staged a sit-in protest at Jantar Mantar on Thursday, demanding urgent, time-bound implementation of the Bodo Peace Accord signed in 2020 and immediate passage of the 125th Constitutional Amendment Bill, 2019.

The demonstration followed a national seminar held on Wednesday at the Constitution Club, which was attended by leaders from ten Sixth Schedule councils across Northeast India. The organisations accused the government of delaying key commitments made under the Accord, despite repeated assurances at multiple high-level meetings over the past five years.

ABSU president Dipen Boro said the Bodo people had exercised remarkable patience since the signing of the Accord, but progress remained slow and incomplete. He stated that the government must act swiftly to uphold its commitments, warn-

ing that continued delays could undermine the credibility of the peace agreement. He also reiterated the demand for immediate tripartite talks involving the Centre, the Assam government and ABSU to review the status of pending clauses and to fast-track their implementation.

Despite the restoration of peace in the Bodoland region, several critical provisions of the Accord remain unimplemented. Representatives of the organisations said that more than a dozen review meetings had been held with the Union and State governments, including multiple engagements with the Union Home Minister, but concrete action on the ground had been limited.

As part of their intensified democratic movement, the groups announced a mass gathering in Kokrajhar in December, where they expect nearly two lakh people to participate. Their demands include passage of the 125th Constitutional Amendment Bill to enhance the financial and administrative powers of Sixth Schedule councils; granting of ST (Hill) status to Bodo-Kachari people in



Karbi Anglong and Dima Hasao; full-fledged operationalisation of the Boro Kachari Welfare Autonomous Council; provincialisation of educational institutions in and outside the BTR; inclusion of additional tribal-majority villages in the region; and recognition of tribal land rights under the Forest Rights Act.

They also called for the withdrawal of pending cases against former NDFB members, ex-gratia for families of those killed during the movement, special recruitment drives for Bodo youth in security forces, and the establishment of a cultural and academic complex in memory of Bodofa Upendranath Brahma.

A major thrust of their demand relates to the ₹1,500-crore Special Development Package promised under the Accord, which includes proposals for a central university, regional campuses of national educational institutions, medical and sports infrastructure, technical institutes, and major road connectivity projects.

Two arrested in Dibrugarh for allegedly harassing students

Dibrugarh, Nov 21: A teacher at Lezai Higher Secondary School and another young person from the Lezai neighborhood of Dibrugarh were detained by Dibrugarh police on suspicion of sexually harassing female students. Rajesh Thakur, 32, of Lezai, Dibrugarh, and Atuar Rahman, 48, of Bilasipara, Dhubri, have been identified as the accused. Police claim that Lezai High School teacher



Atuar Rahman took the kids on an excursion tour in Sivasagar. According to a police officer, “the girls have complained that Atuar Rehman tried to sexually harass them after giving them vodka during the excursion tour.” The Borbaruah police station registered Case No. 110/2025 u/s 75(2) BNS R/W sec. 10 of the POCSO Act and R/W sec. 75/77 of the Juvenile Justice Act.

The school has no affiliation with Rajesh Thakur. He lived in Lezai and accompanied the pupils on the outing. After appearing in court, both people were placed under judicial detention. According to police officials, an investigation is being conducted to gather further information about the occurrence.

Manipur Sangai Festival 2025 kicks off amid protests

Imphal, Nov 21: Manipur Governor Ajay Kumar Bhalla today inaugurated Manipur Sangai Festival 2025, the state’s flagship cultural and tourism event, on a subdued note amid call to boycott the annual festival. Apart from government officials and security personnel, not many general visitors were seen at the venue as there have been demands for rehabilitation of the people displaced by ethnic violence, free movement on highways, and restoration of peace in the trouble-torn state before holding such festivals. On Thursday, protesters, including internally displaced persons (IDPs) backed by the Coordinating Committee on Manipur Integrity (COCOMI), clashed



with security forces outside the festival venue that led to use of tear gas shells and lathi charge. After yesterday’s incident, an uneasy

atmosphere prevailed at the inauguration of the 10-day cultural extravaganza.

COCOMI, a prominent Meitei organization, has

spearheaded the opposition, calling for a 24-hour “cease work” or stay-at-home protest today for boycott of the event.

Mizoram celebrates National Traffic Award with 50% bus fare slash for Aizawl commuters

Aizawl, Nov 21: The Mizoram government has announced a special one-day, 50 percent reduction in city bus fares in Aizawl to celebrate the state’s recognition at the national level for its exceptional traffic discipline and management. The rebate, applicable for a single day, is intended as a gesture of gratitude to the public for maintaining a model traffic system that has earned admiration across the country. Urban Development and Poverty Alleviation (UD&PA) Minister K. Sapdanga announced that commuters using city buses on Friday would pay only half of the usual fare. The remaining amount will be covered by the state government as part of the celebration. He said the initiative is meant to thank residents for their cooperation in sustaining Aizawl’s unique traffic culture over the years. The announcement follows

Mizoram’s recent achievement at the 18th Urban Mobility India (UMI) Conference and Expo, held in Gurugram from November 7 to 9. The state received a prestigious national award for its efficient, organised and low-noise traffic system, which has become a defining feature of urban life in Aizawl. The award was handed over by Union Urban Affairs Minister Manohar Lal and Minister of State for Housing and Urban Affairs Tokhan Sahu. Officials said the UD&PA Department submitted a detailed presentation—including videos and PowerPoint material—to the selection panel earlier in October. The submission showcased the state’s innovative methods of traffic control and highlighted how Aizawl successfully manages congestion despite steep terrain, limited road space and a growing urban population.

A key point of praise was the city’s “Silent City” identity, earned through its long-practised no-honking culture and strict adherence to road etiquette. The committee also commended the strong coordination among government departments, enforcement agencies and local communities, which has helped maintain order on Aizawl’s narrow and challenging roads. Aizawl’s traffic system is known for its unusual yet highly effective regulations. Only smaller vehicles are allowed to operate in steep and narrow localities, while larger four-wheelers adhere to a time-based alternating movement system—using designated sides of the road depending on the hour. This organised flow, along with widespread public cooperation, has played a central role in reducing congestion and maintaining calm on the streets.

NCPCR clears 26,000 cases, rescues 2,300 kids



Itanagar, Nov 21: The National Commission for Protection of Child Rights (NCPCR) reported the resolution of nearly 26,000 cases and the rescue of over 2,300 children in India over the past six months, reflecting ongoing challenges in child protection. These figures were presented at a state-level conference in Arunachal Pradesh, focusing on the enforcement of child rights laws. Paresh Shah, NCPCR’s Division Head for Juvenile Justice and POCSO, emphasized that each case represents real children and families needing timely intervention from authorities. The Commission has repatriated over 1,000 children to their home districts with support from new technology-driven systems that enhance rescue and rehabilitation processes. Shah noted that while Central and state governments are committed to child safety, legislative measures alone are insufficient. Effective child protection requires strong monitoring, broader awareness, and coordinated enforcement. The NCPCR aims to expand mental health support for children, leverage artificial intelligence to combat Child Sexual Abuse Material, and enhance the implementation of child rights laws. The conference also assessed conditions in Arunachal Pradesh, with Ratan Anya, Chairperson of the State Commission for Protection of Child Rights (SCPCR), highlighting significant weaknesses in monitoring, reporting, and enforcement despite a solid legal framework. Challenges include POCSO investigation issues, low awareness of child rights, inadequate actions against child trafficking and labor, weak enforcement of anti-tobacco laws, and poor oversight of residential schools.

Assam moves to curb fake tea garden reservation claims

Guwahati, Nov 21: The Assam government plans to implement a strict verification policy to prevent the misuse of reservation benefits intended for tea garden communities, as announced by Chief Minister Himanta Biswa Sarma. This initiative follows incidents where individuals attempted to exploit the system using fake community certificates, initially discovered during medical admissions. The government will refine community lists for

clearer identification and apply the verification model used in medical admissions to government recruitment processes. The policy aims to ensure that only genuine members of economically and socially disadvantaged tea garden communities receive benefits, reinforcing checks during the issuance and acceptance of community certificates. Currently, Assam provides a 3% reservation for these communities in government jobs, and the



Chief Minister emphasized that strict regulations are necessary

to support authentic youths from these backgrounds while pro-

moting transparency and integrity in the reservation system.

NATIONAL

A Noida woman PG owner hits a law student for leaving the apartment

Noida, Nov 21: A woman PG owner in Sector 62, Uttar Pradesh, was recorded slapping a 22-year-old law student during an argument over vacating the premises, leading to a viral video.

The incident, which occurred five days ago, shows the PG owner aggressively confronting the student.



The student, accompanied by a male friend, attempted to retrieve her security deposit of ₹5,500 when the

altercation escalated.

Following the video's circulation, the Gautam Budh Nagar Police registered an FIR and served a legal notice to the PG owner. The police indicated that previous disputes regarding the student's accommodation had prompted warnings to vacate the room.

A Gujarati instructor participating in the SIR was discovered dead

Gandhinagar, Nov 21: A school teacher involved in the Special Intensive Revision (SIR) of the electoral roll was found dead in Gujarat's Gir Somnath district. A note attributed to him indicated he felt exhausted and depressed due to the workload and apologized to his family. His responsibilities included both teaching and SIR duties, leading to sleepless nights and pressure. Gir Somnath police are investigating the incident, while local Congress representatives highlight the strain on teachers, noting that many are forced to take on additional roles as Booth Level Officers (BLOs), which adversely affects both education and electoral processes. Additionally, another teacher recently died from a heart attack, with family attributing the cause to excessive SIR workload.

The KDA chief's remarks against Yakshagana have angered the BJP

Bengaluru, Nov 21: State BJP chief B Y Vijayendra demanded the immediate dismissal of Kannada Development Authority chairman Purushottam Bilimale, accusing him of insulting Yakshagana and the Hindu community following remarks about homosexuality among performers in the past. Vijayendra condemned the comments as unacceptable and urged Chief Minister Siddaramaiah to act promptly, threatening public protests if no response was made. Bilimale, a former Yakshagana artist, explained his remarks at a book launch, attributing past behaviors to the conditions faced by performers. He suggested that pressures within troupes led to some experiences of harassment and defended his statements by noting the significant changes in performers' lifestyles today. The controversy escalated when Bilimale insinuated that many Yakshagana performers are homosexuals. Vijayendra criticized the Congress government for allegedly disrespecting Yakshagana by retaining Bilimale in his position.

Unsettling findings on adolescent suicide in Delhi

New Delhi, Nov 21: A 16-year-old Class 10 student from a prominent school in central Delhi allegedly died by suicide on Tuesday, leaving a note accusing school staff, including teachers and the headmistress, of harassment. The incident occurred when the boy jumped from an elevated metro station, and his handwritten note detailed the mistreatment he faced.

In response, a case has been opened against the staff under sections 107 and 3(5) of the Bharatiya Nyaya Sanhita, leading to the immediate suspension of three staff members and the headmistress. The Delhi Directorate of Education has initiated a five-member committee, led by joint director Harshit Jain, to investigate the matter, with a report expected within three days.

Friends and family reported that the student had experienced targeted harassment prior to the incident, noting that the school administration ignored various warning signs. Investigators are currently reviewing CCTV footage from both the school and



the metro station. Reports also indicate that the student had expressed suicidal thoughts to the school counselor, who allegedly dismissed these concerns.

Testimonies from classmates support the claims of bullying, stating that they were planning to file a formal complaint against the headmistress. The boy's father had been informed a day before the incident that his son was troubled, and plans to change schools after board exams were discussed. Other students reported that minor issues could lead to parental involvement at the school, with claims of teachers using abusive language.

Footage from the metro station revealed that, moments before his jump, the boy appeared calm, assisting a woman on the platform before the tragic event occurred when a guard briefly looked away.

Portfolios to be recognized

Three women and one Muslim name in the new Bihar government led by Nitish Kumar

Patna, Nov 21: After Nitish Kumar's 10th swearing-in as Bihar's Chief Minister, focus shifts to the allocation of portfolios for the new cabinet, which will be announced soon. The ceremony at Patna's Gandhi Maidan featured 26 other ministers taking the oath, forming part of the National Democratic Alliance (NDA)-led cabinet.

Key figures included BJP's Samrat Choudhury and Vijay Kumar Sinha, expected to serve again as deputy chief ministers. The event saw attendance from prominent dignitaries, such as

Prime Minister Narendra Modi and BJP president JP Nadda.

The newly formed cabinet consists of a diverse group: 8 members from the Janata Dal (United) (JD(U)), 14 from the BJP, 2 from the Lok Janshakti Party (Ram Vilas), and one each from the Hindustani Awam Morcha (Secular) and Rashtriya Lok Morcha. Notably, there are three women ministers, including JD(U)'s former minister Leshi Singh, alongside Shreyashi Singh and Rama Nishad from the BJP.

The cabinet also reflects a range of caste representa-



During the swearing-in ceremony, JD(U) leader Mohammad Zama Khan and BJP leaders Sanjay Singh Tiger, Arun Shankar Prasad, Surendra Mehta, and Rama Nishad took their oaths.

tions, with Zama Khan from JD(U) as the only Muslim face retained from the previous team. The council of ministers includes a sub-

stantial number of members from the upper castes (8 members), particularly represented by Rajputs and Bhumihars. Meanwhile, the

Other Backward Classes (OBC) community is represented by three Kushwahas and two members each from Kurmi, Vaishya, and Yadav groups, while the Extremely Backward Classes (EBC) have gained three positions, including two Nishads.

Lastly, there are five Dalit representatives, making up a significant aspect of the 27-member cabinet, which encompasses a total of 13 ministers from OBC and EBC communities. Nine cabinet positions remain to be filled, which will bring the total to 36 as per constitutional mandates.

Andhra HC cancels bail to retd IAS officer in liquor case

Amaravati, Nov 21: The Andhra Pradesh High Court issued a ruling on Wednesday that canceled the default bail granted to three individuals linked to the ₹3,500 crore liquor scam from the previous YSR Congress party regime. The accused include retired IAS officer K. Dhanunjay Reddy, former officer-on-special duty P. Krishna Mohan Reddy, and Balaji Govindappa, director of Bharathi Cements. This cancellation stems from a challenge posed by the Special Investigation Team (SIT), which filed an appeal on September 9 after a special anti-corruption bureau (ACB) court in Vijayawada had granted the bail on September 6, citing the SIT's failure to file a complete chargesheet in a timely manner. Following a hearing on the matter, Justice Venkata Jyothirmayi led a bench that reserved its decision on September 26 and ultimately decided to set aside the ACB court's bail order on Wednesday. The court has mandated that the accused must surrender to the ACB court by November 26. Originally, the judge indicated a deadline of November 24, but this was extended by two days at the request of senior defense counsel. While the high court granted the SIT's request to revoke the bail, it also emphasized that the accused retain the right to submit regular bail applications to the ACB court, which are to be assessed based on their merits, ensuring proper legal review and hearing.

In MP's Rewa, a girl commits suicide

Bhopal, Nov 21: On November 16, a 17-year-old girl from Rewa district in Madhya Pradesh allegedly committed suicide, leaving a note blaming a male teacher for physical and emotional abuse at school.

The girl reportedly described incidents in which the teacher held her hand while hitting her and applied pressure with a pen as punishment. Her family insisted she seemed normal at home and requested an investigation into her treatment at school. This incident follows a similar tragic case in Delhi, where a 16-year-old

boy also died by suicide, citing mistreatment by teachers and pressure to improve his academic performance. His father reported ongoing harassment from staff for over a year, while formal complaints lodged with the school yielded no action.

Both cases underscore serious concerns regarding student welfare and the impact of educational environments on mental health. Following the allegations, the implicated teacher received suspension pending the outcome of an investigation regarding an FIR filed against him.

Telangana Governor approves KTR's prosecution in the formula-e case

Hyderabad, Nov 21: On Thursday, Telangana Governor Jishnu Dev Varma authorized the state government to proceed with the prosecution and custodial questioning of Bharat Rashtia Samithi's working president, K T Rama Rao (KTR), regarding alleged misappropriation of ₹54.88 crore during the Formula E race in Hyderabad in 2022. The Anti-Corruption Bureau (ACB) is expected to file charges after interrogation, having previously questioned KTR in January and June. The state government sought prosecution permission on September 9 due to evidence linking KTR to financial decisions for the event, but the governor delayed action for over two months.

Chief Minister A Revanth Reddy noted the necessity of the governor's permission under the Prevention of Corruption Act, which



was required before the investigation and filing of the chargesheet. This approval facilitates the ACB's actions against KTR. In response, KTR's cousin, T Harish Rao, dismissed the allegations as political vendetta, asserting that the administration aims to suppress opposition ahead of upcoming elections. Conversely, Union Minister Bandi

Sanjay lauded the governor's decision, questioning Revanth Reddy's previous claims of BJP protection of KTR.

The ACB's FIR cites KTR as the primary accused in a scheme involving financial irregularities related to a tripartite agreement with Formula-E Operations Ltd (FEO) and Ace Nxt Gen Private Limited

■Telangana's governor has authorized the prosecution of K.T. Rama Rao (KTR) over allegations of misappropriation involving ₹54.88 crore related to the 2023 Formula E race. This decision has been accompanied by accusations of political vendetta against KTR.

for conducting races in Hyderabad. Issues arose concerning overdue payments, the BRS government's lack of adherence to approval protocols for expenditures exceeding ₹10 crore, and the timing of agreements relative to the election model code of conduct. The FIR indicates that payments were made without necessary approvals, leading to potential regulatory violations. Overall, the situation has sparked significant political speculation and reactions amidst ongoing investigations.

Shashi Tharoor's message to the UN is that it must be more responsive

Thiruvananthapuram, Nov 21: Shashi Tharoor, a Congress MP and former UN under secretary general, asserted that the United Nations (UN) remains "indispensable" despite criticisms regarding its responses to crises in Gaza and Ukraine.

Speaking at the 15th Desmond Tutu International Peace Lecture in Cape Town, South Africa, he emphasized the necessity for the UN to become more representative and responsive in today's global landscape.

Tharoor, who has three decades of experience with the UN, acknowledged the organization's imperfections but highlighted its vital role in global coop-



eration and humanitarian efforts. He called for a "moral reimagining" of the UN, suggesting that abandoning it would mean discarding the concept of common humanity.

Tharoor argued that the UN's continued relevance hinges on its ability to adapt and renew itself rather than rely on past successes. He stressed the importance of collaboration in an interconnected world,

asserting that no nation can be truly sovereign without mutual cooperation.

Despite the challenges posed by bureaucracy and politics, he reaffirmed the UN's commitment to humanitarian missions, including providing aid and advocating for the voiceless, underscoring its significance for those in need, including peacekeepers and diplomats involved in fragile negotiations.

Gujarat's social programs assist people with impairments in becoming independent

Gandhinagar, Nov 21: After the death of his father, Kiranbhai Jadav from Anand, Gujarat, faced the daunting challenge of shoulder family responsibilities despite an 80% physical disability.

His life took a positive turn when he met Collector Praveen Singh Chaudhary, who offered him a position at the District Support Centre. Jadav successfully secured this job on his first attempt, stating that his life has since become "much smoother and more stable." With the government's support, he has attained financial independence and self-reliance.

Officials noted that the government provides a range of support for persons with disabilities through both na-



tional programs and state initiatives, including financial aid, educational assistance, and rehabilitation support. Specific benefits are tailored to the individual based on factors such as disability percentage, age, and income, encompassing monthly pensions, scholarships, and aid for self-employment as well as assistive equipment.

Jadav's role at the District Support Centre involves

assisting citizens with procedural guidance and documentation, earning him appreciation from the community.

Anand resident Marina Parmar highlighted the effective support she received, expressing that she now understands the necessary forms and processes better.

Collector Chaudhary emphasized the importance of changing societal attitudes

towards disabilities, reinforcing the legal principle that the Constitution guarantees equal work opportunities for individuals regardless of their physical limitations. Jadav also benefits from the Divyang Pension Scheme, providing a monthly pension of ₹1,000 for individuals with over 80% disability up to the age of 79, and has participated in programs like the 'Divyang Lagna Sahay' and a bus pass scheme offering free travel on state-operated buses.

This holistic approach underscores the government's commitment to integrating persons with disabilities into society and the workforce, promoting not just assistance but also empowerment.

"Emotionally draining": relatives of Al Falah University students uncertain on what to do in light of the terror investigation

Lucknow, Nov 21: Uncertainty and anxiety prevail at Al Falah Medical College following the crackdown on a white-collar terror module that placed the institution under scrutiny. Classes for first-year MBBS students resumed amidst investigations linked to the Red Fort blast, where key individuals associated with the college emerged as suspects. Dr. Umar ul Nabi, an assistant professor at the college, was identified as the alleged driver of the car that exploded outside Delhi's Red Fort, while Dr. Muzamil Shakil, another faculty member, was found to have

connections with a significant cache of explosives discovered in Haryana. As students returned to campus, many felt the palpable tension exacerbated by a heavy police presence, raising concerns among parents. One parent expressed the dilemma of potentially withdrawing their daughter from the college amid fears for her safety and education. Another parent echoed similar sentiments, noting the need for the college administration to restore trust and ensure transparency, calling for open communication regarding the ongoing events. Students reported feeling

emotionally strained, receiving constant calls from concerned family members. They were advised by the administration to avoid interactions with outsiders and refrain from sharing unverified information. Simultaneously, investigations continued to intensify as authorities in Madhya Pradesh issued a demolition notice for the ancestral home of the college's founder, Jawad Ahmed Siddiqui, who was arrested by the Enforcement Directorate for allegedly amassing a substantial amount of illicit funds through fraudulent activities associated with the

■Jawad's brother, Hamood Ahmed Siddiqui, was also arrested in relation to ongoing fraud and rioting cases. ■Classes for first-year MBBS students resumed amid investigations related to the Red Fort blast.

university. His brother, Hamood Ahmed Siddiqui, was also arrested in connection with multiple fraud cases. The ED's allegations state that Al-Falah University profited at the expense of students' trust and future, accumulating ₹415.1 crore from non-donation income identified as "proceeds of crime."

The new council is an insult to the people of Bihar

Prashant Kishor's jibe at Nitish Kumar

Patna, Nov 21: Prashant Kishor, the founder of the Jan Suraj Party, criticized Bihar Chief Minister Nitish Kumar in light of the new cabinet allocation, labeling it as composed of "corrupt, criminal politicians." His comments came following the swearing-in of 26 ministers, alongside Kumar, at Patna's Gandhi Maidan. Kishor described the cabinet as a "slap in the face of the people of Bihar," highlighting that many corrupt leaders were included, which he viewed as exacerbating the state's existing problems. He announced that his party would initiate the 'Bihar Navnirman Sankalp Yatra' on January 15, during which members would reach out to households across Bihar. The newly formed cabinet features a coalition of members from various parties, including eight from the Janata Dal



(United), 14 from the Bharatiya Janata Party (BJP), two from the Lok Janshakti Party (Ram Vilas), and one each from the Hindustani Awam Morcha (Secular) and the Rashtriya Lok Morcha.

Among those taking oath were three women ministers: former JD(U) minister Leshi Singh and new BJP entrants Shreyashi Singh and Rama Nishad. Zama Khan from JD(U) remains the only

Muslim representative from the previous NDA government.

During this time, as Nitish Kumar took his tenth oath as chief minister, Kishor engaged in silent reflection at the Bhittharwa Gandhi Ashram after his party suffered a significant defeat in the recent Bihar Assembly elections, where the NDA secured 202 out of 243 seats. In an interview, Kishor expressed regret over his decision not to contest in the elections, stating that he viewed his previous choices as mistakes.

He remarked that if he had anticipated his party's lackluster performance, which resulted in only 4% of the votes, he would have utilized his resources differently, such as pursuing a candidacy for MP or MLA instead of risking it all on his party's performance.

Tripura cabinet approves two new state universities, clears 385 government posts

Agartala, Nov 21: In a significant push to expand higher education and strengthen public services, the Tripura Cabinet has approved the establishment of two new state universities and sanctioned 385 government posts across multiple departments. The decisions were announced by Cabinet spokesperson and Tourism Minister Sushanta Chowdhury after a meeting chaired by Chief Minister Dr. Manik Saha at the civil secretariat on Tuesday. The move marks a major milestone for Tripura's education sector. With the latest approvals, the number of state-run universities in Tripura will rise from one to three. Currently, Maharaja Bir Bikram University is the only state university operating in the state. Chowdhury said the Council of Ministers has agreed to upgrade the Tripura Institute of Technology (TIT) into the state's first technical university. Once formalities are completed, all polytechnic institutes in Tripura will gradually be brought under this new university, creating a centralised technical education system aimed at improving academic standards and expanding opportunities for students pursuing engineering, applied sciences and vocational training. In another landmark decision, the government approved the upgradation of Women's College, Agartala, into Tripura's first dedicated Women's University. Describ-

ing the initiative as a step toward empowering women through education, Chowdhury said the institution will offer wider academic choices and create a safe and supportive environment for women pursuing higher studies. Alongside educational reforms, the Cabinet cleared the creation and filling up of 385 government posts across various departments to improve administrative efficiency and strengthen service delivery in the state. Under the Co-operative Department, the Cabinet approved 97 posts, including Auditor, Investigator and Statistical Investigator positions, which will be filled through the Joint Recruitment Board of Tripura (JRBT). The government also sanctioned the recruitment of 28 Supervisor posts under the ICDS projects through the Tripura Public Service Commission (TPSC). Additionally, 14 new technical posts in Civil, Electrical, Mechanical and Public Health Engineering were approved for the Urban Development Department—an effort aimed at improving infrastructure planning and execution in urban areas. The Cabinet also gave the green signal for engaging eight faculty members and supporting staff for the Tripura Film & Television Institute, reflecting the government's intention to promote creative industries and media education in the state.

Two Myanmar nationals arrested with meth tablets

Aizawl, Nov 21: In a combined operation, the Mizoram Excise and Narcotics Department and the Border Security Force (BSF) found highly addictive methamphetamine pills valued at over Rs 26 crore and detained two drug dealers who were both citizens of Myanmar, officials said on Thursday. According to a BSF official, the soldiers of the Mizoram and Cachar border guarding force responded to precise and useful intelligence about suspected drug trafficking between Seling and Aizawl. After then, officials from the Excise and Narcotics Department joined forces to conduct a joint operation. In the Aizawl district, on National Highway-6 (NH-6) between Seling and Tuirial, the combined team apprehended two suspects riding two scooters. Both suspects acknowledged hiding a shipment in adjacent roadside bushes during questioning. Two plastic bags were found after a methodical search of the designated area was conducted in front of two impartial witnesses. Inspection revealed that one bag included 15 packages of Dragon Brand methamphetamine pills measuring 14.905 kilograms, while the other bag held 49 soap packs of heroin weighing 707 grams. The Excise and Narcotics Department personnel detained the confiscated drugs in accordance with the proper legal procedure after both suspects, who were identified as citizens of Myanmar, were immediately caught. This effective drug seizure and capture of drug smugglers, according to a BSF release, demonstrates the outstanding collaboration, coordination, and operational synergy between BSF and sister agencies in Mizoram.

RSS Chief seeks unity and calm to bring peace in Manipur



Imphal, Nov 21: Rashtriya Swayamsevak Sangh (RSS) chief Mohan Bhagwat has called for patience, resilience and collective responsibility as Manipur continues its struggle to return to normalcy after prolonged unrest. Speaking in Imphal on the first day of his three-day visit to the state, Bhagwat said that rebuilding trust and harmony would require time, sustained effort and active participation from all sections of society. Highlighting the delicate nature of peace-building, Bhagwat remarked that "destruction takes minutes, but construction requires years, especially when done inclusively." He said that while both community groups and social organisations were working towards restoring stability, people should not expect immediate solutions or depend solely on government interventions. According to him, durable peace in Manipur will be possible only when citizens recognise their role in strengthening social bonds. "Awareness of the general public is the main factor. Everything should not be expected from the government; the responsibility of the society is very much required," the

RSS chief said. He stressed that building strong social capital is central to the organisation's vision of a self-reliant and confident India. Bhagwat also responded to what he described as decades-long misinformation campaigns about the RSS. He said that misunderstanding of the organisation—both within India and abroad—has persisted since the early 1930s, often driven by narratives lacking familiarity with India's civilisational ethos. He urged people to understand the RSS through its grass-roots shakha system instead of relying on perception-driven opinions. "There is no organisation comparable to the RSS, just as the sea, the sky, and the ocean have no comparison," he said. Clarifying the organisation's ideological foundation, Bhagwat said the term "Hindu" within the RSS framework is not meant as a religious label but as a cultural and civilisational identity. He described the term as "not a noun but an adjective," indicating inclusiveness rather than exclusivity. The purpose of the RSS, he said, is to organise Hindu society—including those who oppose the organisation—and not to establish any power bloc.

USTM Welcomes Its First Generation of Nurses with the Iconic Nightingale Lamp Lighting

Guwahati, Nov 21: The Regional Institute of Nursing Education (RINE) under the University of Science and Technology Meghalaya (USTM) hosted its inaugural Florence Nightingale Lamp Lighting and Oath-Taking Ceremony for the first batch of GNM and B.Sc. Nursing students - an occasion steeped in symbolism, tradition, and reverence for the nursing profession. Held at Prof. N.K. Chaudhury Auditorium (Block C, USTM), the ceremony marked a defining moment for young nursing aspirants as they stepped into a vocation rooted in compassion and service. The event commenced with a solemn minute of silence in memory of Assam's cultural icon, Dr. Zubeen Garg, followed by a divinely serene Vandana rendered by Hricheta Saikia of BCA (1st Semester). In a poignant tribute to the founder of modern nursing, the traditional lamp-lighting took place before the portrait of Florence Nightingale. Dr. Kalpana Hazarika, Principal of RINE, then administered the revered Nightingale Pledge, reaffirming the students'



commitment to the highest standards of ethics and care. The ceremony was graced by distinguished dignitaries, including Prof. Amutha V.K., Principal, Army Institute of Nursing - Chief Guest; Prof. G.D. Sharma, Vice Chancellor, USTM; Dr. Jogesh Sarma, Director Medical Education, PIMC; Prof. R.K. Sharma, Advisor, USTM; faculty members; staff of USTM, and students of RINE, all in attendance to

witness this historic moment. Chief Guest Prof. Amutha V.K. reflected on the profound nature of the profession, remarking, "Nursing is not merely a career- it is a calling." She reminded students that while doctors visit patients periodically, nurses remain by their side around the clock, forming the backbone of the healthcare system. This event highlights USTM's commitment to enhancing

healthcare education by developing compassionate and skilled nursing professionals dedicated to societal service. USTM is recognized as one of India's top 200 universities according to NIRF 2024 and is the only private university from Northeast India to achieve an 'A' Grade from NAAC on its first evaluation, growing its student body from six to over six thousand in just fourteen years.

Gaurav Gogoi vows to guard Assam inspired by late singer Zubeen Garg

Guwahati, Nov 21: Assam Congress President and Jorhat Lok Sabha MP, Gaurav Gogoi, today took a pledge to work for the welfare of Assam and its people, drawing inspiration from the late Zubeen Garg, a beloved artist and a true son of Assam. Taking to social media platform X, Gogoi said that he was motivated by the values, philosophy, and vision of Zubeen Garg and announced his commitment to serve the state in every possible way. "From today onwards, we will become the guardians of Assam's soil," Gogoi said. He emphasized that the foundation of his efforts would be love, peace, and harmony for a "great" Assam. Gogoi outlined a comprehensive vision for the state. He stressed the importance of respecting all castes, religions, and communities while opposing any forces that spread fear, hatred, or dis-



crimination. He pledged to fearlessly raise his voice against any authority for the welfare of Assam and its people. Environmental conservation formed a key part of his message. Gogoi promised to protect Assam's trees, hills, rivers, ponds, and all living creatures.

He also committed to helping the poor, the suffering, and those in need. Highlighting the significance of cultural identity, Gogoi said that Assam must preserve its Assamese identity while promoting the spirit of 'Unity in Diversity' to the world.

Austria, Malta named partners for Hornbill Festival 2025

Kohima, Nov 21: Nagaland is preparing for a more globally connected edition of the Hornbill Festival in 2025, with Austria and Malta officially joining as Country Partners. The announcement was made in New Delhi following separate meetings between Chief Minister Dr. Neiphiu Rio and senior officials from the two nations, marking a significant diplomatic and cultural milestone for the state. According to a report from the Directorate of Information and Public Relations (DIPR), Malta's High Commissioner to India, Reuben Gauci, expressed deep appreciation to the Government of Nagaland for extending the partnership. Gauci said Malta was eager to participate in the iconic festival and viewed the event as a valuable platform for strengthening relationships, promoting cultural understanding and fostering future collaborations between Malta and Nagaland. He emphasised that people-to-people connections formed through cul-

tural events often lead to long-term cooperation beyond the festival. Austria also confirmed its participation, with Dr. Gisela Kristoferitsch, Deputy Head of Mission at the Austrian Embassy, stating that the country would be represented by trade delegations. She noted that Austria aims to explore new avenues of cooperation during the festival, particularly in areas related to art, culture, sustainable industries and creative enterprises. Dr. Gisela said the Hornbill Festival offers opportunities for building fresh partnerships while engaging with local communities and businesses. Chief Minister Dr. Neiphiu Rio expressed pride in welcoming Malta and Austria as Country Partners at the Hornbill Festival, highlighting their rich histories and vibrant traditions. He noted that their presence would enhance the festival's global stature and emphasized the importance of cultural exchange to Nagaland's identity.

Leaders from across Northeast unite in Delhi, seek quick action on sixth schedule reforms and Bodo Accord

Guwahati, Nov 21: Leaders from different tribal regions of the Northeast came together in New Delhi today and made a strong and common request to the Union Government to speed up the pending reforms under the Sixth Schedule and to complete the remaining work of the Bodo Accord of 2020. The national seminar was organised by the All Bodo Students Union (ABSU) at the Constitution Club of India. The meeting took place ahead of the winter session of Parliament, where key constitutional amendments are expected to be discussed. The programme began with tributes to Bodofa Upendranath Brahma. Chairperson Prof. Ramesh Bhardwaj welcomed the gathering and explained the purpose of the seminar. A large number of leaders from different autonomous councils, movement groups, legal fields and political circles attended the event. Among them were former BTR Chief Executive Member and Bodo Accord signatory Pramod Boro, Tripura Minister for Tribal Welfare and Minorities Sukla Charan Noatia, former KHADC CEM Pyniaid Sing Syiem, senior Supreme Court advocate Vijay Hansaria, senior

Gauhati High Court advocate Sabda Ram Rabha, All Assam Tribal Sangha Secretary General Aditya Khakhlari and several other well-known names from BTR, BKWAC, Tripura, Meghalaya and other tribal areas. In his keynote address, ABSU President Dipen Boro said the seminar was meant to bring together all tribal councils and movement leaders who have been seeking constitutional safeguards for many years. He said the issues linked to Article 280 and the Sixth Schedule directly affect how the councils in the region receive funds, take decisions and carry out development work. He explained that the Bodo Accord promised a stronger and more efficient council, but many clauses still remain unfulfilled. He pointed out that matters related to village councils, land rights, financial powers and use of the Special Development Package are still pending. He added that although several review meetings had taken place with senior officials, the next important step must come through Parliament. He urged the government to pass the pending amendments in the coming winter session. Tripura Minister Sukla Charan Noatia

said that the seminar gave strength to tribal regions across the Northeast. He said that Tripura had already submitted a proposal to the Centre in 2019 for an upgraded Sixth Schedule arrangement but it is still awaiting action. He spoke about Tripura's history and noted that the state once had a tribal majority. He said the present population of tribal communities is around 33 percent, which increases the need for stronger protections. He urged the Union Government to take serious note of the concerns of all ten autonomous councils in the region and to move towards practical solutions. Former KHADC MDC and opposition leader Titosstarwell Chyne said that the Meghalaya councils have been waiting for progress on promises made earlier. He said that a year had passed since a meeting with the Union Home Minister, where the formation of a special committee was discussed and an assurance of further talks was given. He said there had been no follow-up, which created concern among the councils. He added that the seminar in Delhi showed that tribal councils



remain united and want meaningful reforms. He said that many tribal regions often feel distant from national-level decision-making and that a common platform would help present their concerns more effectively. Senior Supreme Court advocate Vijay Hansaria said the Bodo Accord should not remain only as a document. He said people expected action on administrative, financial and land-related matters and on village-level structures. He pointed out that most tribal councils in the Northeast suffer from financial shortages and cannot carry out their duties without proper support. He added that the Union Government must take the next step with clarity and commitment.

Former BTR Chief Executive Member and Bodo Accord signatory Pramod Boro recalled nearly 40 years of struggle by Bodo people and other tribal communities. He said that many lives were lost during the long movement and that the Accord carries the hopes and sacrifices of thousands of families. He urged that an accord should not be treated like a campaign promise. He said the 2020 Accord was signed with trust and that the work must be completed. He said the people of Bodoland still believe that the 125th Constitutional Amendment Bill will be taken up in the coming Parliament session so that the constitutional side of the Accord can move forward.

Hajo Police rescue 28 Stolen Cattle

Hajo, Nov 21: Police in Hajo, Assam, recovered 28 stolen cattle and arrested six individuals during a significant crackdown on cattle smuggling on November 20. Acting on specific intelligence, the police intercepted three vehicles suspected of transporting illegally procured cattle. The detained individuals could not provide valid ownership or transport documents. Legal proceedings have commenced as officers investigate potential connections to a broader smuggling network. Authorities believe that cattle theft and smuggling issues extend beyond local boundaries, with organized cross-border networks utilizing illegal routes to Bangladesh. Hajo Police are inspecting potential cross-district and cross-border links, and planning increased patrolling of known smuggling routes. This operation is viewed as a critical step in countering organized cattle-smuggling activities in the region, showcasing law enforcement's commitment to addressing ongoing security challenges.



BUSINESS

Maruti Suzuki buys 7.84% interest in Ravity Software to improve connected mobility

New Delhi: Maruti Suzuki India has acquired around 8 per cent stake in technology-led startup Ravity Software Solutions, which specialises in providing connected mobility insights. The company has invested around Rs 2 crore in the startup for a 7.84 per cent stake through the Maruti Suzuki Innovation Fund. This is the third investment under the fund, with it having invested nearly Rs 2 crore

each in Amlgo Labs in March 2024 and Sociograph Solutions in June 2022. “Startups are ideal partners as they bring agility, fresh thinking, and cutting-edge solutions to support our goal of ensuring customer delight. Ravity Software Solutions analytics and mobility, it is committed to upholding the trust the automaker has placed in it. The auto major invests in startups through the



Maruti Suzuki Innovation Fund, an initiative that undertakes strategic investments in startups exhibiting high levels of innovation and potential to devise solutions relevant to the company’s operations.

Nvidia boosts quarterly outlook as AI chip demand stays strong despite concerns

New Delhi: Nvidia Corp delivered a surprisingly strong revenue forecast and pushed back on the idea that the AI industry is in a bubble, easing concerns that had spread across the tech sector. The world’s most valuable company expects sales of about \$65 billion in the January quarter — roughly \$3 billion more than analysts predicted. It said that in its most recent quarter, its profit was \$31.9 billion, up 65 per cent from a year earlier and 245 per cent from the year before that. Nvidia also said that a half-trillion-dollar revenue bonanza due in the coming quarters may be even bigger than anticipated. The outlook signals that demand remains robust for Nvidia’s artificial intelligence accelerators, the pricey and powerful chips used to develop AI models. Nvidia had faced growing fears in recent weeks that the runaway spending on such equipment wasn’t sustainable. “There’s been a lot of talk about an AI



bubble,” CEO Jensen Huang said on a call with analysts. “From our vantage point, we see something very different.” The upbeat commentary sent shares up about 5.4 per cent in early trading on Thursday before markets opened in New York. They had gained 39 per cent this year through the close, leaving the company’s market value at \$4.5 trillion. Nvidia’s results have become a barometer for the health of the AI industry, and the news lifted a variety of

related stocks. “Markets are reacting very positively to the news that there is no slack in AI momentum,” Brian Mulberry, senior client portfolio manager at Zacks Investment Management, said in a note. Huang had said last month that Nvidia has more than \$500 billion of revenue coming over the next few quarters, as owners of large data centres will continue to spend on new gear because investments in AI have begun to pay off.

Home loans are turning into silent debt can help you save Rs 13 lakh

Mumbai: Buying a home is a major financial milestone for most Indians, but it also becomes one of the longest and most expensive commitments they ever make. And while buyers spend time comparing interest rates and EMIs, many critical details slip through the cracks — often buried in the fine print or conveniently left out by bank relationship managers. A growing number of financial planners are warning that Indian homebuyers may be walking into a long-term debt trap without realising it. A recent thread by CA Nitin Kaushik, shared widely on social media platform X, breaks down how a typical home loan, often seen as a safe, predictable commitment, can quietly drain lakhs in interest payments unless borrowers act strategically. For most borrowers, the excitement of owning their first home overshadows the fine print. A ₹50 lakh loan taken for 20 years at 8% interest feels manageable on paper. But the reality is stark: the borrower ends up paying ₹48 lakh just in interest over the full tenure—almost the cost of another house. The reason lies in how EMIs are



structured. In the first several years, banks allocate a bulk of the EMI toward interest, not the principal. This means the borrower barely builds any ownership in the home during the early phase, while the bank collects the lion’s share of profits. “Your first few years are almost all interest. Not your home, not your equity—just pure bank profit,” Kaushik wrote on X. But the same system can work in the borrower’s favour if they understand one simple rule: interest is calculated only on the remaining principal. Reduce the principal early, and future interest drops automatically. To illustrate, Kaushik compared two hypothetical borrowers with the same ₹50 lakh loan and Rs 41,800 EMI. One pays regularly. The other

adds a few “smart moves” — an extra EMI each year, modest prepayments, and small contributions from bonuses. By year four, he makes a Rs 2.5 lakh prepayment. Between years five and ten, he adds 2–3 extra EMIs annually and occasional Rs 1 lakh prepayments. The borrower saves Rs 13 lakh and clears his loan 7.5 years early — all without penalties, since RBI prohibits prepayment charges on floating-rate home loans. Kaushik stresses one crucial instruction borrowers must always give the bank: “Apply prepayment to reduce the tenure, not the EMI.” Reducing the EMI slows down the long-term savings, while trimming tenure directly cuts interest costs.

RPower, RInfra, RCom shares slip as ED attaches Rs 1,452 cr assets in probe linked to Reliance

Mumbai: Shares of Reliance Power (RPower), Reliance Infrastructure (RInfra) and Reliance Communications (RCom) declined on Friday after the Enforcement Directorate (ED) said it had provisionally attached assets worth Rs 1,452.51 crore in connection with its ongoing money-laundering investigation into alleged bank fraud involving firms formerly associated with Anil Ambani’s Reliance Group. RPower fell 1.45 per cent to Rs 38.75. RInfra dropped 3.79 per cent to Rs 162.50, while RCom slipped 3.15 per cent to Rs 1.23. Both RInfra and RCom remain under the Insolvency Resolution Process (IRP), where trading restrictions apply. Under IRP, investors may face limitations such as the inability to execute trades and rules that allow holdings to be

liquidated only on defined days. The ED said the attached properties are linked to RCom and certain group entities. These include buildings located at Dhirubhai Ambani Knowledge City (DAKC) and Millennium Business Park in crore in investigations involving RCom, Reliance Commercial Finance and Reliance Home Finance. With the latest action, the total value of attached properties in these cases has reached around Rs 8,997 crore. According to the ED, RCom and its group companies borrowed from domestic and international lenders from 2010 to 2012 and now owe Rs 40,185 crore. The agency added that nine banks have classified these loan accounts as fraudulent. Following the development, the Reliance Group issued a statement, saying that the prop-



erties highlighted by the ED have no connection to its present-day operations. “Reliance Group would like to clarify that as per ED’s own media release, the attached assets belong to Reliance Commu-

cations (RCom), which has not been a part of the Reliance Group since 2019 — i.e. for the last six years,” the clarification said. It added that RCom has remained under insolvency proceedings throughout this period.

Kotak Mahindra Bank board approves stock split; face value cut from Rs 5 to Rs 1 per share

Mumbai: Kotak Mahindra Bank’s Board of Directors has approved a split of the equity shares. In an exchange filing, the bank said approved a split of one equity share of face value of Rs 5 into five equity shares of face value of Rs 1 each. After the share split arrangement, the bank has

divided 280,00,00,000 shares of face value of Rs 5 into 1400,00,00,000 shares of face value of Rs 1. The action does not affect the total value of the shares held by the shareholders. The bank stated that the proposed stock split requires further approval from the Reserve Bank of India and

regulatory authorities before implementation. The bank added that the scheme will be implemented within two months from receipt of all regulatory/statutory approvals, as well as the members’ approval. A share split is a corporate procedure where the company issue new shares to increase

the number of shares held by the shareholders. The share split increases the trading liquidity of the stocks, making more shares available and affordable to trade. Earlier in 2010, Kotak Mahindra Bank carried out a share split, reducing the face value of equity shares from Rs 10 to Rs 5.

Adani Group sells remaining 7% stake to exit AWL Agri Business; stock down 4%

Mumbai: In a decisive move to consolidate its portfolio, the diversified Adani Group has executed a block deal to divest its remaining holdings in AWL Agri Business (formerly Adani Wilmar). The transaction marks a complete exit for the conglomerate from the edible oil major. Adani Commodities LLP—a subsidiary of Adani Enterprises—executed the clean-up trade to sell off the remaining 7 per cent stake on Friday. The floor price for the trade was fixed at Rs 275.50 per share, with investment banking major Jefferies managing the block trade. This final divestment serves as the concluding step in a broader strategic realignment for the group. The development follows a substantial transaction executed earlier this week, where the Adani Group pared down a major chunk of its holding. In that off-market transaction, the conglomerate offloaded a 13 per cent stake to a subsidiary of Wilmar International Ltd for Rs 4,646 crore. With these consecutive moves, the Adani group has successfully pivoted away from the FMCG sector to channel resources and capital back into its core infrastructure businesses. Market sentiment reacted to the developments during Friday’s trading session. On the BSE,



shares of AWL Agri Business witnessed selling pressure, slipping as much as 3.7 per cent to hit an intraday low of Rs 266.45, against a previous close of Rs 276.75. On the financial front, AWL Agri Business this month disclosed its earnings for the quarter ended September. The company reported a consolidated net profit of Rs 244.85

crore, reflecting a 21 per cent decline compared to Rs 311.02 crore in the corresponding period last year. However, the company’s top line showed growth, with total income rising to Rs 17,525.61 crore for the July–September period, up from Rs 14,552.04 crore in the year-ago period.

Groww Q2 net profit up 12% at Rs 471 crore stock jumps 8%

Mumbai: Newly listed Billionbrains Garage Ventures Ltd, the parent company of online investment platform Groww, on Friday recorded a 12.18 per cent year-on-year (YoY) rise in its consolidated net profit for the July–September quarter (Q2 FY26). During the quarter under review, profit came at Rs 471.34 crore as against Rs 420.16 crore in the year-ago period. The company reported its first quarterly results post-listing. Revenue from operations, however, slipped 9.47 per cent to Rs 1,018.74 crore in Q2 FY26 from Rs 1,125.39 crore in the corresponding period last year. On the stock-specific front, Groww jumped 7.55 per cent to hit a day high of Rs 168.45. At this level, the stock is up 68.45 per cent from its initial public offering (IPO) price of Rs 100. The Rs 6,632.30 crore IPO of Billionbrains Garage was open for subscription from November 4 to November 7. The issue included a fresh share sale worth Rs 1,060 crore and an offer for sale (OFS) of up to 55,72,30,051 equity shares. Commenting on the market action, Kranthi Bathini, Director of Equity Strategy at WealthMills Securities, said Groww’s current valuations appear elevated. “From a short- to medium-term perspective, Groww’s



valuations look stretched. As a digital investing platform, it has made a notable impact in the financial services space. Investors should track the company’s earnings over the next few quarters before making major commitments. IPO investors may consider booking some profits at current levels,” he noted. Ravi Singh, Chief Research Officer at Mastertrust, said the stock could slip towards Rs 120 level in the near term and suggested that investors should consider exiting at current levels.

Superman Movie Review: Superman is enjoyable, even epic but never intense

Story: Clark Kent (David Corenswet) has been leading the dual life of a journalist and Superman for the past three years. To save the world, he is forced to confront Lex Luthor (Nicholas Hoult), a tech genius and xenophobe, whose sole intention is to destroy Superman because the world must bow down to intellect over physical prowess.

Review: Over the years, the superhero universe has become increasingly grim, and you can almost sense James Gunn's annoyance with this trajectory. He gets Superman's classic red trunks back for a reason - a reset. His hero radiates optimism, which explains why the caped saviour never gives up, even though he spends most of the movie getting beaten to a pulp. Gunn's Superman is younger—aware of his power but still discovering his purpose. He turns a new page by stripping the character of its modern trappings and reuniting it with its roots -- the comics. Though an alien from Krypton, Superman is a righteous superhero, an ultimate saviour, who must bear the weight of humanity's survival.

When Gunn, also the head of DC Studios, said he didn't want his Superman to wear a suit that looks like a 'wet T-shirt with a bunch of fake muscles', (referring to Zack Snyder's Superman featuring Henry Cavill), it wasn't just to ignite a debate. His aversion to its dark and edgy adaptation was evident. He was clear about taking the character back to its original form. Does this transition work? The outcome is refreshingly positive and enjoyable but also one-dimensional. It meanders on the edge of something greater but falls short of its peak. At 2 hours, 10 minutes, a relatively short duration for a film that brings Superman's legacy to a newer audience, Gunn keeps things light and easy, mostly humur-



ous. Since this is not an origin story (a risky move), he gives the film a day in the life of Superman treatment over pitching it as an epic clash of opposing moral sensibilities. Krypto the Superdog is a welcome inclusion. The Justice Gang led by Green Cantern (Nathan Fillion) lends the film some of its funniest moments. The director taking a dig at paid social media trolls that diss Superman and call him, 'Supershit', is clever, too. You wish there were more scenes between David Corenswet and Rachel Brosnahan (Superman's love interest and journalist Lois Lane) because their push and pull dynamic and chemistry is off the charts. There is also an anti-war narrative which is deeply relevant. In a world that's already ravaged by unrest, Gunn wants his film to radiate hope. However, his persistent need to keep things playful and lighthearted, makes the tonality oscillate between childish and compassionate. The abrupt editing leads to the story being rushed, not allowing you to emotionally invest in the characters or their actions enough. The tone

of the film feels ambiguous as well. The entertainment and clean humour take precedence over conflict be it emotional or political. You wish the confrontation between Louis Lane and Clark Kent or Superman and Lex Luthor wasn't cut short to focus on action scenes. While witnessing the action in Imax is spectacular, and turns out to be the film's key asset, the emotional turmoil needed steady exposure. The fleeting glimpses of tension keep you engaged but barely scratch the surface. Superman trusts everyone and believes no one is capable of being evil. Luthor sees him as a patronizing prick, and you don't blame him. David Corenswet portrays this idealism that borders on naive perfectly. He plays a grounded, beatable hero who's still figuring out his goal in life. Comparison with Cavill is uncalled for because hypothetically speaking, if Zack Snyder's Man of steel was 40, James Gunn's Superman is in his mid-20's and Corenswet exudes the raw nobility and cocky exuberance of youth well. He shuttles well between a flirtatious and passionate Kent, and a sincere

Superman. The character risks being vanilla but his modest presence and striking good looks keep your apprehensions away. Nicholas Hoult, who has time and again proved his acting might (The Menu, Mad Max: Fury Road, X-Men), makes for a terrific Lex Luthor. His simmering rage and story deserved more time. Rachel Brosnahan is gorgeous and spirited as a newspaper journalist, who never shies away from asking the tough questions, even to her boyfriend.

Action scenes are outstanding, especially the immersive flying visuals that keep you on the edge. The slowmo scene where Superman glides to shield a girl from an attack is a masterpiece and one of the best in the genre. The detailing in special effects and sound is brilliant. Superman is entertaining, enjoyable, even epic but never intense. James Gunn's non-origin story soars high visually but stays limited emotionally. The director's unyielding need to go traditional comes at a cost. It is still a tremendous cinematic experience that deserves to be watched in IMAX.

Kaalidhar Laapata Movie Review

Story: When a man begins to suffer from episodes of memory loss and hallucinations, his family decides to abandon him. Only to realise that they need to find him again, to serve their own purpose. But by now he has moved on with plans of his own and has no intentions of returning.

Review: When the doctors can offer no further solution to Kaalidhar's (Abhishek Bachchan) increasing episodes of memory loss and hallucinations, other than expensive medication, his family begins to think of ways to get rid of him. The oldest among four siblings, Kaalidhar, is taken to the Kumbh Mela by two of his younger brothers. Their plan is to 'lose' him there. The two even lodge a complaint at the 'lost and found' office to keep themselves above suspicion. But provide no other help, to ensure he remains missing. Finding himself alone and unable to recall his own name or address, Kaalidhar begins to search for his brothers and somehow manages to find his way back to their tent. Only to overhear his family expressing relief over having 'lost' him, as they can ill-afford his medical treatment. A heartbroken Kaalidhar, boards the next bus he can find, to get as far away from them as possible and finds shelter for the night at a temple, near a village. It is here that he meets an 8-year-old orphan, Ballu (Daivik Bhagela) and eventually the two strike up an unlikely friendship. A street-smart and worldly-wise Ballu takes Kaalidhar under his wing and Kaalidhar, too, starts to watch out for Ballu. As they begin to spend more time together, they forge a deep bond, almost like father and son. They even draw up Kaalidhar's wish-list of things he has always wanted to do and start ticking off the list, one by one. Meanwhile, Kaalidhar's brothers, drowning in debt, realise they need to find him to sort out their messy financial situation. And go back to the lost and found officer, Subodh (Mohammed Zeeshan Ayyub) to convince him to resume his search. 'Kaalidhar Laapata' is the Hindi adaptation of the popular 2019 Tamil, comedy-drama film, K.D.; both helmed by the same director, Madhumita. The story line is mostly similar, barring some changes. While in the Tamil version, Ramaswamy is an old man, whose children plan to kill him through euthanasia to usurp his property, in the Hindi version Kaalidhar is a middle-aged man suffering from memory-loss. For most part, 'Kaalidhar Laapata' hits the right notes but there are some bumps along the way. For one, the 'wishlist' that Kaalidhar prepares along with Ballu doesn't have the same emotional ring to it as an 80-year-old K.D. making his bucket list, in the original. Also, as the story progresses, Kaalidhar's memory loss track is a bit inconsistent. And his reason to let go of his lady love, Meera (Nimrat Kaur in a special appearance), in his younger days, doesn't seem convincing. That said, the film weaves in a beautiful and wholesome friendship between Ballu and Kaalidhar, which is a joy to watch. Daivik Bhagela as Ballu is a combination of confident, perky and warm, which is perfect for his role. Mohammed Zeeshan Ayyub is sincere as the detective who takes it upon himself to find Kaalidhar. Ultimately, it is Abhishek Bachchan's moving performance that shoulder's the film's appeal. He subtly brings out Kaalidhar's vulnerable yet mature side which is central to the film's plot. Overall, 'Kaalidhar Laapata' is a touching, slice-of-life drama that ends on an uplifting note and makes for a decent watch.



Ranbir Kapoor



Son of Rishi Kapoor and Neetu Singh; nephew of actors Randhir Kapoor, Rajiv Kapoor, Kunal Kapoor. Grand-nephew of actors Shashi Kapoor, Jennifer Kendal, Shammi Kapoor, Geeta Bali; cousin of actresses Kareena Kapoor, Karisma Kapoor.

Belongs to the fourth generation of highly prestigious and considered to be the first family of Bollywood (Hindi film industry): Kapoor Family.

He and his Saawariya (2007) co-star Sonam Kapoor assisted Sanjay Leela Bhansali on highly acclaimed movie Black (2005).

- IMDb mini biography by: Akki His favorite movies are It's a Wonderful Life (1946), Shree 420 (1955), Dilwale Dulhania Le Jayenge (1995), Life Is Beautiful (1997), Mr. India (1987), The Lord of the Rings: The Fellowship of the Ring (2001), The Lord of the Rings: The Two Towers (2002), The Lord of the Rings: The Return of the King (2003), Singin' in the Rain (1952), Masoom (1983), Dil Chahta Hai (2001), Eternal Sunshine of the Spotless Mind (2004), Kabhi Kabhie (1976), Silsila (1981), Chandni (1989), Lage Raho Munna Bhai (2006), 3 Idiots (2009), Rang De Basanti (2006), Hum Aapke Hain Koun..! (1994), Home Alone (1990), The Prestige (2006), Lost in Translation (2003), Catch Me If You Can (2002), Amar Akbar Anthony (1977) and The Runaways (1975). His father Rishi Kapoor's brother is Randhir Kapoor, whose wife is Babita Kapoor. Babita's cousin is classic actress Sadhana Shivdasani, whom Ranbir escorted on the ramp of a fashion show for charity in 2014. A cheerful Sadhana wore a beautiful pink sari, while being on the arm of the handsome dapper Ranbir, in what turned out to be her last public appearance. A year-and-a-half



later, she died from a high fever. Rishi went to her house to pay his last respects and was touched to see that she had kept a framed picture of her and Ranbir from the fashion show on her nightstand.

Discovered actor Jatin Sial for Aa Ab Laut Chale. Ranbir saw him in a play and recommended him to his father Rishi Kapoor. I'm not being really intelligent in my film choices; I'm just landing the opportunity when it comes. on his heartthrob status] It's all because of my parents that I am gifted with such good looks and people get attracted to me. I have built an image in the industry, and because of that, I have so many female fans. I want to build my male fan following, too. I like conflict - someone who challenges me, someone who I can look up to, someone who can keep me in check. Love has to be extraordinary; otherwise, there's no point in it. I just haven't met anyone who's made me feel that way. Happiness exists only if you have a lot of people to share it with. I read autobiographies because there is too much fiction in my life.

Mithun Chakraborty

Gouranga Chakraborty (born 16 June 1950), known professionally as Mithun Chakraborty, is an Indian actor, film producer, singer, screenwriter, entrepreneur and politician who predominantly works in Bengali and Hindi cinema. In a career spanning over five decades, he has done 350 films, mostly in Bengali and Hindi languages, and a few in Odia, Telugu, Kannada, Punjabi and Tamil. Referred to as “Mahaguru” (Bengali for “The Great Teacher”), he is a former Rajya Sabha Member of Parliament. He is the recipient of three National Film Awards and four Filmfare Awards. In January 2024, Chakraborty was awarded Padma Bhushan, the third-highest civilian honour by the Government of India. He was also awarded India's highest accolade in the field of cinema, the Dadasaheb Phalke Award for the year 2022, whose announcement came from the Union Ministry of Information and Broadcasting in September 2024.

Chakraborty made his acting debut with art house drama Mrigayaa (1976), directed by Mrinal Sen, for which he won his first National Film Award for Best Actor. His major breakthrough role came with Bengali film Nadi Theke Sagare (1978). Chakraborty gained greater fame with the 1982 film Disco Dancer, which was a major box office success in India and the Soviet Union. Besides Disco Dancer, Chakraborty also gained recognition for many other performances as both a lead and character artist. Chakraborty's performance in Agneepath won him the Filmfare

Unees-Bees (1980), Hum Paanch (1980) and Hum Se Badkar Kaun (1981) and the Bengali film Kalankini Kankabati (1981).

In 1982, Chakraborty had a string of successes with Shaukeen, Ashanti, Taqdeer Ka Badshah and Swami Dada. He shot to superstardom in the same year with B. Subhash's dance film Disco Dancer. Disco Dancer proved to be a superhit domestically and an All Time Blockbuster in overseas markets. It also became the first Indian film to do a business of ₹1 billion (US\$12 million).[43] Its soundtrack composed by Bappi Lahiri was a huge chartbuster and played a big role in the box office success of the film, especially in countries like Soviet Union and China. The same year, he established himself in Bengali cinema as well with Gautam Mukherjee's musical blockbuster Troyee. In 1983, he played lead roles in T. Rama Rao and Deepak Bahry's ventures - Mujhe Insaaf Chahiye and Hum Se Hai Zamana, respectively and Basu Chatterjee's critically acclaimed light-hearted romance Pasand Apni Apni. The following year, he appeared alongside Shashi Kapoor, Moushmi Chatterjee and Ranjeeta in the family drama film Ghar Ek Mandir.[50] At release, it was thrashed by critics, but went on to become a superhit at the box office.[51] The huge box office success of Ghar Ek Mandir was followed by two more successes in Baazi and Kasam Paida Karne Wale Ki to go with the major grosser.

Chakraborty gained more recognition in 1985 with Vijay Sadanah's romantic drama



Award for Best Supporting Actor in 1990.

Chakraborty owns the Monarch Group, which has interests in the hospitality and educational sectors. He also started the production house Paparatzy Productions. In 1992, he, along with Dilip Kumar and Sunil Dutt, set up a trust to help actors in need of assistance called Cine & T.V Artistes Association (CINTAA). He was also the Chairperson of Film Studios Setting & Allied Mazdoor Union, which protects the welfare of cinema workers and resolves their demands and problems. The television show Dance India Dance, where Chakraborty was the Grand Master, also entered in the Limca Book of Records and the Guinness World Records. Chakraborty played a crucial mediating role between Pranab Mukherjee of the Indian National Congress and Mamata Banerjee, winning Mukherjee the support of Banerjee's party, the All India Trinamool Congress, in the 2012 Indian presidential election. He joined the Bharatiya Janata Party (BJP) on 7 March 2021, ahead of the 2021 West Bengal Legislative Assembly election.

Mithun Chakraborty was born on 16 June 1950 into a Bengali Hindu family in Calcutta (now Kolkata), West Bengal, India to Basanta Kumar Chakraborty and Shanti Rani Chakraborty. He studied at Oriental Seminary and then earned his B.Sc. degree in Chemistry from Scottish Church College in Kolkata. After that, he attended and graduated from the Film and Television Institute of India, Pune. He was a Naxalite before entering films, but tragedy struck his family when his only brother was electrocuted and killed in a freak accident. He returned to his family and left the Naxalite fold, even though this posed a grave risk to his own life. During his days as a Naxalite, he became friends with Ravi Ranjan, a popular Naxal figure, known to his friends as “Bhaa” (the ultimate saviour). Bhaa was known for his manipulative skills and oratory abilities.

Chakraborty made his Hindi film debut in 1976 with Mrinal Sen's art-house film Mrigayaa, for which he won the National Film Award for Best Actor. That same year, he played a brief role in Dulal Guha's hit thriller Do Anjaane which had Amitabh Bachchan, Rekha and Prem Chopra in the lead. In 1978, Chakraborty made his debut in Bengali cinema with Arabinda Mukhopadhyay's romantic blockbuster Nadi Theke Sagare. He also co-starred alongside Rameshwari in Mera Rakshak. A remake of R. Thyagarajan's own directional venture Aattukara Alamelu (1977), it performed well commercially. In 1979, Chakraborty delivered another hit with Ravikant Nagaich's spy thriller Surakksha. This was followed by a string of successful films, such as Taraana (1979), Patita (1980),

Pyar Jhukta Nahin, acting opposite Padmini Kolhapure.[12] The film opened to excellent audience response and went on to become a blockbuster.[52] Its soundtrack composed by Laxmikant–Pyarelal dominated the musical charts and was the tenth best-selling Hindi film album of the 1980s. He followed it with a superhit in J. P. Dutta's action drama Ghulam-i co-starring Dharmendra, Naseeruddin Shah, Reena Roy, Smita Patil and Anita Raj. His other major commercial success that year was another of B. Subhash's directional venture Aandhi-Toofan. Chakraborty's dream run continued in 1986 with the success of K. Bapayya's blockbuster family drama film Swarag Se Sunder, which also had Jeetendra, Jaya Prada and Kolhapure in the lead. That same year, he found huge success in Umesh Mehra's actioner Jaal, followed by two more super successful films, Dilwala and Muddat. Apart from commercial success, he received acclaim for his performance in Basu Chatterjee's Sheesha, which was the first Hindi film centred around sexual harassment at workplace. The following year, he starred in hits, including Dance Dance, Parivaar and Watan Ke Rakhwale alongside moderately profitable films, Hawalaat and Hiraasat.[59] In 1988, Chakraborty reunited with K. Bapayya for Pyar Ka Mandir, co-starring Madhavi, Nirupa Roy, Sachin Pilgaonkar, Raj Kiran and Shoma Anand. The film performed very well at the box office and was declared a superhit by trade pundits. He then appeared alongside Sridevi and Moushmi Chatterjee in the action drama film Waqt Ki Awaz, which too went on to become a hit, followed by moderate successes in Chamon Ki Saugandh and Jeete Hain Shaan Se. 1989 also proved to be a big one for Chakraborty with four of his films emerging commercial successes, which were - Daata, Prem Pratigyaa, Mujrim and Aakhri Ghulam.



From Digestion To Skin Health: 5 Benefits Of Drinking Papaya Juice On An Empty Stomach

For many of us, papaya is a favourite fruit that’s perfect for any time of day - whether it’s a breakfast boost, a mid-day snack or a sweet treat after lunch. And let’s not forget its juice, which is not only refreshing but also packed with nutrients. Plus, you can easily make it at home and even order it via an online food delivery app. While papaya juice is already a healthy choice, did you know that drinking it on an empty stomach can unlock even more benefits? With its impressive nutritional profile, papaya juice is a great addition to a healthy routine. So, what happens when you drink papaya juice on an empty stomach? Can it really supercharge your wellbeing? Let’s dive into the top 5 benefits of sipping papaya juice first thing in the morning and discover why it’s worth making part of your daily ritual.

Why Morning Is The Best Time To Drink Papaya Juice

Drinking papaya juice in the morning is considered the best time for several reasons. On an empty stomach, the nutrients and enzymes in papaya juice, such as papain, can be absorbed more effectively by the body. According to a study published in the Journal of Medicinal Food, papain has been shown to improve digestive function and reduce symptoms of bloating and constipation. This allows for optimal digestion, immune system support and antioxidant activity.

Here Are 5 Powerful Benefits Of Drinking Papaya Juice On An Empty Stomach:

1. Boosts Digestion Drinking papaya juice on an empty stomach in the morning can be a total game-changer for your digestive health. The papain in papaya helps break down proteins and gets your digestion moving

smoothly, which can help reduce bloating, constipation and gas. And the best part? Doing it in the morning means the papain can work its magic without any food getting in the way, so your digestive system gets a head start on the day. It’s like giving your gut a little wake-up call!

2. Enhances Immunity And Antioxidant Activity Did you know that drinking papaya juice on an empty stomach in the morning can also supercharge your immune system? The high vitamin C content gets absorbed quickly, supporting the production



of white blood cells and helping to shield your body against diseases. Plus, the antioxidants in papaya, like vitamin C and beta-carotene, kick in to protect your cells from damage caused by free radicals, giving your immune system a strong boost to tackle the day.

3. Supports Weight Management If you’re looking to shed a few pounds, papaya juice can be a valuable addition to your weight loss plan. Its low calorie and high fibre content make it a nutritious and filling drink that helps curb hunger pangs and reduce cravings for unhealthy foods. Drinking it in the

morning is especially effective, as it promotes satiety and prevents overeating at breakfast or later in the day.

4. Promotes Healthy Skin And Hair Papaya juice is like a superfood for your skin and hair - it’s packed with vitamins A and C, potassium and antioxidants. Drinking it on an empty stomach in the morning is a great way to get the most out of it, as your body absorbs the nutrients more efficiently. Research shows that the vitamin C in papaya juice can improve skin elasticity and reduce signs of ageing, giving you smoother, glow-

ing skin and healthier hair.

5. Supports Heart Health Papaya juice is a heart-healthy beverage that can help reduce your risk of cardiovascular disease. Rich in potassium, antioxidants and fibre, it helps regulate blood pressure and supports healthy cholesterol levels. According to a study in the Journal of Agricultural and Food Chemistry, papaya’s antioxidants can even help reduce LDL cholesterol and triglycerides. Drinking it on an empty stomach in the morning can help prevent blood clots, making it a great way to boost your heart health.

Are There Any Potential Side Ef-

fects Of Drinking Papaya Juice Daily?

While papaya juice can be a nutritious addition to your diet, daily consumption may have some potential side effects to consider:

Digestive issues: Papaya’s papain enzyme can cause stomach upset, diarrhoea or abdominal cramps.

Allergic reactions: Some people may be allergic to papaya, experiencing symptoms like hives, itching or swelling.

Medication interactions: Papaya juice may interact with blood thinners, diabetes medications or thyroid medications.

High sugar content: Papaya juice’s natural sugars may be a concern for those with diabetes.

Who Should Avoid Papaya Juice?

Pregnant women, especially in the first trimester, due to potential uterine contractions.

Individuals with allergies to papaya or latex.

People taking certain medications (consult a healthcare professional).

What Drinks Should You Avoid Drinking On An Empty Stomach?

Coffee and caffeinated beverages, which can cause jitters, anxiety and stomach upset

Citrus juices like orange or grapefruit, which can irritate the stomach lining

Carbonated drinks like soda, which can lead to bloating and discomfort

Energy drinks, which can cause a rapid spike in caffeine and sugar levels

Overall, papaya juice can be a healthy choice when consumed in moderation as part of a balanced diet. Whether you make it at home or order it via an online food delivery platform, it’s a great addition to your diet.

The Reasons Ragi Snacks Are Steadily Gaining Popularity Among Parents as the Preferred Choice for Their Children

Parents in contemporary society encounter a challenging endeavor – locating snacks that their children will genuinely appreciate while also meeting nutritional requirements. As childhood obesity and lifestyle-related issues continue to escalate, there is an increasing need for more intelligent, healthier alternatives. Introducing ragi, commonly referred to as finger millet, a modest ancient grain that is now experiencing a significant resurgence in modern kitchens and grocery store shelves. Why Ragi Stands Out “Ragi is transforming from a traditional staple into a modern nutritional powerhouse. It’s one grain that bridges the gap between taste and health for children,” says Dt. Sagarika Garg, Nutritionist at Tata Soufull. Calcium Champion Strong bones start young, and ragi delivers. “Ragi contains an astounding 344 mg of calcium per 100 g, nearly three times more than wheat. At a time when many families are cutting down on dairy due to lactose intolerance or plant-based preferences, ragi becomes an excellent alternative to meet daily calcium needs,” explains Garg. Iron Powerhouse for Growing Minds Nutrition isn’t just about the body. It’s about the brain, too. “Ragi provides 3.9 mg of iron per 100 g, significantly higher than rice or wheat. Iron plays a critical role in haemoglobin production and oxygen transport, directly influencing cognitive performance in children,” notes Garg. Fibre That Fills and Feeds Any parent knows the struggle of endless snack requests. Ragi’s fibre content helps. “With 11.5 g of fibre per 100 g, ragi promotes satiety while supporting gut health and bowel regularity,” Garg explains. This means fewer hunger pangs and a healthier digestive system. Gluten-Free by Nature Food sensitivities



can make snacking complicated, but ragi cuts through the clutter. “With celiac disease and gluten sensitivity on the rise, ragi offers an inclusive option that works for everyone in the family,” Garg highlights. From Tradition to Trend Ragi is no longer limited to traditional porridges. “Today, we see ragi in cereals, cookies, crackers, and even on-the-go snacks like wafers and choco sticks,” says Garg. Thanks to texture innovations and flavour optimisation, these products taste indulgent while packing in nutrients. Beyond Nutrition: A Sustainable Choice There’s also an eco-friendly angle. “Ragi is a drought-resistant crop requiring minimal water and inputs compared to wheat, making it a sustainable option,” Garg points out. It’s a choice that nurtures not only kids but also the planet. As awareness grows, ragi is set to move from niche shelves to mainstream baskets. Parents can look forward to snack times that no longer demand a compromise between taste and nutrition. With ragi, it’s possible to have both: crunchy joy and essential nourishment in every bite.

The Wild Flower Vegetarian Dish from Bundelkhand: A Source of Inner Strength

In the rural heartlands of Bundelkhand, spanning parts of Madhya Pradesh and Uttar Pradesh, an age-old breakfast dish continues to hold pride of place - Mahua Dobri. Known as a powerhouse of strength, this traditional recipe made from the humble Mahua flower is still prepared in villages and eaten with milk. Many believe it strengthens the body from within, and Ayurveda also recognises its restorative properties. In Bundelkhand, Mahua Dobri is considered one of the most nourishing foods. Villagers regard it as a storehouse of energy, with elders of-

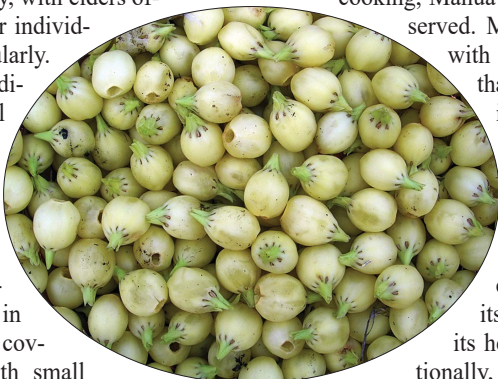
ten advising weaker individuals to have it regularly. Despite modern dietary changes, rural households in districts such as Chhatarpur, Madhya Pradesh, continue to cherish this dish. Mahua flowers begin to bloom in March and April, covering the trees with small yellow blossoms. Villagers collect them early in the morning and dry them at home for later use. By the rainy season, preparations of Mahua Dubhari begin, and ripe flowers are also turned into other delicious dishes. Remarkably, Mahua Dobri can be stored and eaten throughout the year. Shafreen, a resident of Chhatarpur, explains that the recipe is simple yet wholesome. Essential ingredients include gram, flour, chironji, grapes and coconut kernel powder. Dry fruits such as makhana may also

be added for extra flavour. However, even plain Dobri made only with Mahua is widely loved. The dish requires no added sugar or jaggery, as dried Mahua itself carries natural sweetness. The preparation process begins with washing Mahua first in hot water and then again in cold water. The cleaned flowers are boiled for one to two hours, with gram mixed in during the process. Small balls of kneaded flour, along with chironji, makhana and coconut kernel powder, are then added, enriching both taste and nutrition. After slow

cooking, Mahua Dobri is ready to be served. Many prefer to eat it

with milk, a combination that makes it both filling and energising. In several areas of Uttar Pradesh and Madhya Pradesh, it remains the most famous local delicacy, celebrated for its flavour as well as its health benefits. Traditionally, villagers ate Mahua

Dobri in the morning before heading to the fields, and again after returning home in the afternoon. It was also enjoyed at night, usually paired with milk. This regular consumption made it an essential part of rural diets, providing sustained energy for long hours of physical labour. Even today, the legacy of Mahua Dobri continues in Bundelkhand’s villages. For locals, it is more than just food, it is a cultural tradition, a source of strength, and a reminder of the wisdom passed down through generations.



This Chocolate Billionaires will definately blow your mind

Crunchy, chewy and covered in chocolate—this chocolate billionaires candy is the ultimate sweet treat. It combines caramel, pecans and crispy rice cereal, so it is perfect for gifting or indulging! Looking for a sweet treat that’s both indulgent and easy to make at home? This billionaire’s chocolate candy combines smooth melted caramels, crunchy pecans and crispy Rice Krispies all coated in a layer of rich milk chocolate. With a satisfying mix of textures and a melt-in-your-mouth finish, these candies are the perfect homemade gift—or a little something special for yourself!

Ingredients for Chocolate Billionaires

Caramels: The soft, chewy base of the candy melts down to a rich and gooeey consistency that ties everything together. You can use any store-bought brand.

Water: A small amount of water helps melt the caramels smoothly and prevents them from sticking to the pan

Chopped pecans: Pecans add a nutty crunch that complements the sweetness of the caramel and chocolate. You can substitute with walnuts or almonds if you prefer.

Rice Krispies: These provide a crispy texture that balances out the soft caramel. Any puffed rice cereal will work in a pinch.

Milk chocolate chips: Melted milk chocolate adds a creamy and sweet coating to the candies. If you want a less-sweet option, try semi-sweet or dark chocolate.

Shortening: A little shortening helps the choc-



olate melt smoothly and coats the candies evenly. Coconut oil works as a substitute.

Directions

Step 1: Prepare your pans

Line two baking sheets with waxed paper and grease them lightly. Set them aside. This will prevent the candies from sticking as they cool and harden.

Step 2: Melt the caramel

In a large and heavy saucepan, combine the caramels and water over low heat. Stir continuously until the caramel is completely melted and smooth. This can take a few minutes, so be patient. Once melted, stir in the chopped pecans and Rice Krispies. Make sure everything is well-coated.

Step 3: Form the candy clusters

Drop teaspoonfuls of the caramel mixture onto the prepared baking sheets, spacing them out slightly. Pop the trays into the fridge for about 10

minutes to firm up.

Step 4: Dip in chocolate

While the candies are chilling, melt the milk chocolate chips and shortening in the microwave, stirring every 30 seconds until smooth. Once your clusters are firm, dip each one into the chocolate and make sure to coat all sides. Let the excess chocolate drip off before placing them back on the waxed paper.

Step 5: Set and store

Refrigerate the candies until the chocolate is fully set. This usually takes 15 to 20 minutes. Once set, transfer them to an airtight container for storage.

Chocolate Billionaire Variations

Try white chocolate:

Instead of milk chocolate, melt white chocolate for a creamy and sweet twist on this classic.

Shape them into hearts: Use a silicone heart-shaped mold to create cute themed chocolates for Valentine’s Day or anniversaries.

Add sea salt: Sprinkle a pinch of flaky sea salt on top of each candy just after dipping for a sweet-salty combo that’s irresistible.

How to Store Chocolate Billionaires

Store these candies in an airtight container at room temperature for up to two weeks. If your kitchen is warm, keep them in the fridge to prevent the chocolate from melting.

Can you freeze billionaire’s chocolate candy?

Yes! These candies also freeze well—just wrap them individually in storage wrap and store them in a freezer-safe container for up to three months.

Rise and shine with this healthy pancake recipe



These fluffy pancakes make for the best comfort food. Each bite of this healthy pancake with figs, grapes, and raisins melts into your mouth with sweetness oozing. This recipe takes just under 15 minutes to make. Ingredients One whole egg One tablespoon oats flour or rolled oats One tablespoon multigrain flour One and half tablespoon low fat Milk Vanilla essence Baking soda (just a pinch) One chopped fig. A few grapes (five or six only) Few raisins (again, five or six) Cinnamon powder (not more than a pinch) One tablespoon coconut oil Honey to drizzle Preparation

1.Blend all the above ingredients in a jug blender (except baking soda) for a few minutes and pour it into a milk pot, add baking soda and mix it well with a hand beater.

2.Take a non-stick frying pan, layer it with coconut oil or spray it gently.

3.Switch on the flame to make the frying pan hot.

4.Once the pan becomes hot, lower the flame and slowly start spreading the batter in a circular form, you can rotate the pan sideways by holding the handle.[You can use small circle shape cutters that can be placed in a pan ,pour the batter in it ,remove the cutters after few seconds and flip the pancakes]

5.Cover the lid of a pan for a minute. 6.Take a fork and scoot it underneath the edge of the pancake. Lift it up. If the underside is golden brown, it’s time to flip it and turn off the flame.

7.Let it remain in the pan for a minute or more.

8.Start rolling the pancake with the help of a spatula in a pan itself by turning it downwards

9.Slowly put it in a serving long dish and enjoy it with a hot cup of tea .

10.For those who do not like tea, the pancake can be had alone too.

Quick Rajma Chawal Delhi Style recipe

This is a Punjabi household favourite. Growing up in my parents home, this dish was often on the menu for our much anticipated Saturday lunch. When Rajma Chawal was prepared at our school cafeteria the news would spread like wildfire and we would rush to the lunch hall with excitement. This is one of those dishes where you can easily say “Everybody loves Rajma Chawal”. Think of this as North India’s ‘Chili sin Carne’ but one where you won’t miss the meat at all. Always served with jeera rice and optionally with some yoghurt and fresh onion slices. Method

STEP 1: Rajma Soak the beans overnight (or for at least 8 hours) in plenty of water. In a pressure cooker or heavy bottom pot add 4 cups of water, salt, bay leaves and a black cardamom pod. Add the soaked drained beans. Cook the beans till they are completely soft. This took 25 mins in the pressure

cooker, will probably take around 3 hours of simmering in a regular pot (here’s another reason to consider investing in a pressure cooker).

STEP 2: Masala While the rajma is cooking, prepare the masala.

Pound the ginger, garlic and green chillies into a rough paste in a mortar and pestle or blender. Alternately, you can also finely chop them. Chop the onions as finely as you possibly can and purée the tomatoes in a blender. Alternately, you can also use 200g of store-bought tomato purée. Add ghee to a pan or kadhai on high heat*.* Once the ghee is hot add in the cumin seeds and let them sizzle. Add the asafoetida and the chopped onions shortly after. Once the garlic and ginger start to brown add the spice powders (turmeric, coriander, chilli powder and garam masala). Roast them for a few seconds to release their aroma but be careful not to burn the spices.

cooker, will probably take around 3 hours of simmering in a regular pot (here’s another reason to consider investing in a pressure cooker).

Deglace the pan with the puréed tomatoes and add in 1 tsp of salt. Cook this masala into a thick reduction without a lid till all the water from the tomatoes has evaporated. You should be able to see the oil releasing from the sides. That’s when you know it’s ready. Once your masala has reduced to a thick paste, add it in the beans along with the cooking liquid (remove the bay leaves and cardamom). Let the beans simmer on low heat together with the masala for a few minutes and absorb all it’s flavours. Mash some of the beans with the back of your spoon to get a thicker consistency. Taste for seasoning and add more salt if necessary.

STEP 3: Jeera Rice While the beans simmer with the masala, prepare the cumin flavoured jeera rice which is the perfect accompaniment for this rajma chawal.

Rinse the basmati rice under running water till the water turns clear.



Heat the ghee in a heavy bottom pot and once it’s hot, add the bay leaves and then the cumin seeds. Wait for them to pop and sizzle. This is what will help flavour the oil. Add 2 cups water and the salt and bring it to a boil. For every one part rice, you need to add 2 parts of water for this recipe. Especially since in this case, we haven’t soaked the rice in advance. Once the water is boiling add the basmati rice and reduce the heat to medium-low and cook the rice

till it absorbs all the liquid. Then turn off the stove and let it steam for 5 minutes. Do not open the lid at this point. Gently mix and fluff up the rice with a fork or a rice spoon before serving.

STEP 4: Enjoy

Garnish the rajma with coriander leaves and serve with jeera rice. Some common side dishes for serving include freshly pickled onions, yoghurt and Indian style salad which could include slices of cucumber, onion and fresh green chillies with a drizzle of lime juice.

Summer Blind Spot

The Deadly Skin Cancers People Overlook

Amy Jardon couldn't stand it any longer – the incessant itching between her toes. She saw her primary care doctor, who said the itching and small black spot in the same area were “nothing” but ordered a biopsy just to be safe. Two weeks later, Jardon got a call. It wasn't nothing – it was melanoma. The then-40-year-old runner from Iowa had skin cancer between her toes. As sunscreen sales surge and more people focus on shielding their skin from those harsh summer UV rays, experts warn that some of the most dangerous skin cancers are not caused by sun overexposure. Every year, thousands of Americans are diagnosed with rare forms of melanoma and other skin cancers that develop in areas that rarely see the sun—like the eyes, mouth, throat, anus, and genitals. Jardon's diagnosis was acral melanoma, a subtype that affects between 2,000 and 3,000 Americans annually. It appears in places like the soles of your feet, the palms of your hands, and the nail beds of fingers and toes. While scientists are still uncovering the causes of these seemingly non-sun-related skin cancers, emerging data on acral melanomas shows they have a unique genetic structure – a finding that could be key to not just prevention but also better treatment. In the meantime, patients like Jardon are banding together to raise awareness: Anyone can get these mysterious skin cancers, even you. Here's what to know.

What the Research Shows
Melanomas are a group of cancers that develop in melanocytes, the cells that produce melanin and give skin its color. Melanoma is highly treatable if caught early, but in later stages, it's one of the deadliest can-



cers due to its ability to metastasize (spread) to vital organs like the lungs and brain. Like acral melanoma, mucosal melanoma shows up in parts of the body not typically exposed to the sun, like inside the nose, throat, mouth, and genitals. Uveal melanoma, the most common eye cancer in adults, starts in the uvea (the pigmented layer of the eye) and has no known link to sun exposure. Even basal cell carcinoma cases – typically a sun-related skin cancer – can develop in areas generally protected from the sun, with some estimates suggesting this happens in up to 20% of cases. All of these often go unnoticed and are diagnosed late, making them more dangerous. “If people have a black stripe on their fingernail or a lesion on their foot, cancer is not the first thing [they think]

about,” said Keiran Smalley, PhD, director of the Donald A. Adam Melanoma and Skin Cancer Center of Excellence at Moffitt Cancer Center. Worse: Acral melanoma is “a lot less responsive” to available treatments, said Smalley. While more research is needed to understand exactly why, experts point to the cancer's unique mutations. With cutaneous melanomas – the kind clearly caused by the sun's UV (ultraviolet) rays – there are tons of mutations, said Carla , a melanoma expert at the . “But with acral melanoma, the genome is completely different,” she said. Instead of lots of small mutations, there are big changes in the structure of DNA. A single gene can be copied over and over – perhaps 50 times. These mutations suggest sun exposure is not the cause. Another theory: Acral mela-

noma may be caused by mechanical stress or injury. A few studies have shown that it's more common on pressure-bearing parts of the foot – the heel and ball. This may lead to inflammation, producing DNA-damaging molecules called reactive oxygen species, Robles-Espinoza said.

The Role of Ethnicity and Skin Tone

Acral melanoma can be especially sneaky for people of color. “I always thought of melanoma as a White person's disease,” said Trena Brown, 76, a Black woman from Baltimore who has had three acral melanomas since 2013. First, a blister-like lesion was removed from her big toe. When the lesion returned, she had her big toe amputated. Then in 2016, a chest X-ray showed the cancer had metastasized to all four corners of her lungs.

“When they tell you you have cancer in your lung from the melanoma on your toe – I can't even describe what that's like,” Brown said. She finished an intense round of immunotherapy in 2018 and now gets regular MRIs of her brain, since that's where melanoma often spreads next. Although acral melanoma accounts for only 2% to 3% of melanoma diagnoses in the U.S., it's responsible for more than half of cases in non-White people. It's the most common type of melanoma in people of African, Asian, and Hispanic descent, Robles-Espinoza said.

Improve your heart health by include nondairy milks in diet



Regular milk, rich in calcium, protein, and vitamin D, may cause digestive discomfort and cholesterol levels in lactose intolerance individuals. Non-dairy milks like almond, oat, or flax milk are low in saturated fat and fortified with heart-friendly nutrients. Almond milk is heart-friendly due to its low calories, low saturated fat, cholesterol, and vitamin E content. Flax milk, made from flax seeds, is rich in omega-3 fatty acids, supporting heart health by reducing inflammation and lowering blood pressure. A great source of beta-glucan for reducing LDL cholesterol is oat milk. It is a fantastic dairy substitute due to its mild flavor and creamy texture. Important vitamins like B12 and D are also present in fortified oat milk, which promotes heart health in general. Studies have demonstrated that soy milk, which is high in plant-based protein and flavonoids, can help reduce LDL cholesterol and enhance vascular health. It's a



fantastic dairy-free choice for people who are concerned about their heart health because it's also high in potassium, which helps control blood pressure. Macadamia milk, cashew milk, and coconut milk are all essential for heart health. Macadamia milk is rich in monounsaturated fats, which can help lower LDL cholesterol and increase HDL cholesterol. Cashew milk is low in cholesterol and saturated fat, while coconut milk contains MCTs, which may not have the same cholesterol-raising effects.

The Salvadoran beach town that became a Bitcoin testbed

The road to El Zonte is easy to miss – just a small turn off a bend, down a narrow paved street framed by thick shrubs and trees. A single sign points towards la playa a kilometre away, where the beach is near-empty under the late afternoon sun, save for a local dog cooling off at the water's edge and a couple of surfers relaxing on loungers. Of all the places for a financial revolution to take root, El Zonte seems an unlikely candidate. But this isolated fishing town on El Salvador's Pacific coast, known for its year-round warm waters and pounding waves, is now globally recognised as Bitcoin Beach: a rare, real-world testbed for cryptocurrency adoption. I arrived curious but sceptical. I'd heard stories of a “sustainable Bitcoin economy” where you could buy just about anything with the cryptocurrency. But how far could it really go, I wondered. Would it get me a hotel room or a meal for two? What about something as mundane as a bottle of water or a freshly cooked corn pupusa from a street vendor? How about a cold beer on the beach? I soon found out at a weather-beaten beach bar, where the bartender didn't flinch when I held up my phone to pay for two lagers using Bitcoin. Without blinking, he reached for a separate payment machine. A few taps, a QR code popped up, and easy as that, the receipt flashed up with proof the experiment was real – an experiment I was now part of. For travellers, this is part of El Zonte's allure. Beyond the guidebook information about its beaches and excellent surfing conditions, it offers a chance to step into a social test case and witness firsthand how locals are navigating it. From a more practical standpoint, for those who already hold Bitcoin, using it can help avoid currency conversion losses. El Zonte's Bitcoin experiment began in 2019, led by local economist Mike Peterson and community leader Roman Martínez. At the time, Peterson was working with an NGO to support young people and steer them away from the country's notorious gang violence. An anonymous donation of Bitcoin sparked the idea to create a local circular economy. Young locals were paid in Bitcoin to clean beaches and rivers. When the pandemic hit and jobs disappeared, the project expanded to support the entire community. The conditions were ripe. “El Salvador had a unique aspect in that it didn't have its own currency after adopting the US dollar back in 2001,” said Peterson. This provided a more open framework for Bitcoin because it wasn't competing with the country's own currency. At the same time, a large portion of the population remained unbanked, without access to traditional financial services. So, “to be able to bring in a payment network that let people have access to electronic payments for the first time made a lot of sense”. One of the locals who embraced the initiative is 23-year-old Brian Flores, whom I met at Bitcoin Beach House, the team's headquarters in El Zonte. After joining as a teen, he now teaches the community – especially young people – how to use Bitcoin, and credits the project with opening up new opportunities. “Bitcoin

Beach changed my life,” he told me. “All the friends I had in school are either dead or in jail. I come from a really poor family. We just used to work the farms but when Bitcoin came to El Zonte I started working with them to see what was happening. He's since travelled to Argentina, Spain and the Czech Republic as an educator, and is planning to visit Las Vegas next. For tourists, he ex-



plained, using the currency is a simple: download a wallet app (any can be used) and top it up with Bitcoin. “Then that this is not something just for rich you're good to go.” As the initiative grew, people, it's for everybody,” Bukele told Pe-

it caught the eye of newly elected President Nayib Bukele, who cited Bitcoin Beach as inspiration for his decision to make the currency legal tender in 2021 – the first country in the world to do so. Suddenly, Bitcoin wasn't just accepted in El Zonte but across El Salvador, and could be used to pay for everything from utility bills and groceries to taxes. For travellers, this meant tours, restaurants and hotel rooms

could all be paid for in Bitcoin too. “You guys [at Bitcoin Beach] demonstrated that this is not something just for rich people, it's for everybody,” Bukele told Peterson in 2021: “You're pioneers. You demonstrated a community can actually benefit from Bitcoin and now we're going to demonstrate it on a country-wide scale.” Yet by early 2025, the government had reversed its legal tender policy following pressure from the International Monetary Fund. While the change was controversial, it has done little to alter life in El Zonte, where Bitcoin remains widely accepted. Peterson says the Bitcoin Beach initiative is spreading to other parts of the country and has inspired up to 100 similar Bitcoin projects worldwide. Walk through El Zonte today and Bitcoin branding is hard to miss. Large signs in signature Bitcoin orange are everywhere, while “Bitcoin accepted here” stickers appear in the windows of shops, hotels and restaurants. “We get quite a few people asking to pay with it,” said a waitress at Nan Tal, a fusion restaurant on the beachfront. “Particularly during peak season.” Many are tourists like me, she added as I flashed my Bitcoin app to pay for my plate of quickly devoured crispy calamari and jalapeno aioli. Others are none the wiser, like one surfer I spoke to from Germany. “I came for the waves,” he said when I asked him if Bitcoin attracted him to El Zonte. He added that he had yet to use the currency. The hotel we were both staying at, however – Beach on the Rocks – is ramping up its support of Bitcoin. The owner, Omar, told me that while they are still setting up Bitcoin payments for their rooms, they hold Bitcoin conventions at the hotel. I asked Peterson what role Bitcoin has played in attracting tourists to the town.

It's had a huge impact. The name is easy, it's something that's easy for people to remember. But it's attracted people in a few different ways,” he said. He mentioned “core Bitcoiners” keen to connect with the community but also those people who would never have discovered El Zonte without the project. “Even the articles that were negative would put pictures of the beautiful beaches and talk about the lovely people. So, we had this huge influx of people into El Salvador and El Zonte.” This interest has gone hand-in-hand with a broader boom in tourism to El Salvador, with the country seeing a 90% increase in international tourist arrivals between early 2019 and early 2024, according to UN Tourism statistics. Bukele's controversial crackdown on gang crime – which began with a state of emergency in 2022 and the subsequent arrest of more than 84,000 people accused of having gang affiliations – has been credited with restoring safety. The US State Department's now ranks El Salvador among its safest travel destinations. But human rights groups, including Amnesty International, have criticised the mass arrests, citing concerns over unlawful detention. Back in El Zonte, however, Bitcoin offers a glimpse into how El Salvador is trying to redefine itself – not only for its citizens but for the outside world. Before leaving, I pulled out my phone for a final Bitcoin purchase: one last beer on the beach at dusk. I listened to the sound of the waves gently lapping the sand as the bartender scanned my QR code – yet another seamless transaction complete.



SPORTS

UEFA Women’s Champions League
Arsenal beat Real Madrid

London: Defending champion Arsenal made a comeback, beating Real Madrid 2-1 at home with striker Alessia Russo scoring twice in the UEFA Women’s Champions League on Wednesday.Madrid’s Caroline Weir volleyed into the bottom corner in the 43rd after Arsenal’s defence failed to clear a free kick from the right.Russo’s looping header from a right-wing cross early into the second half drew Arsenal level at Meadow Park, and she scored with another header, this time from Beth Mead’s left-wing corner, in the 67th.Elsewhere, Dutch duo Ella Peddemors and Lineth Beerensteyn scored two each as two-time champion Wolfsburg beat Manchester United

5-2 at home.

Sweden winger Fridolina Rolfo put United ahead in the 14th minute against her former team, but Wolfsburg equalised three minutes later through Peddemors.Peddemors scored again in the 37th, and Beerensteyn’s fine shot into the top corner made it 3-1 in the 45th, only for French forward Melvine Malard to net in first-half stoppage time.Beerensteyn pounced again midway through the second half, and Vivien Endemann added the fifth deep into stoppage time. Record eight-time champion OL Lyonnes rallied from three goals down at half-time to salvage a 3-3 draw at Juventus.

Ceremonial Bell and Toss Coin
Guwahati’s First Test Match

Mumbai: Exchange of toss coins between the captains, ringing of the ceremonial bell to start the game- Guwahati is set to witness multiple events to mark the opening day of the second Test between India and South Africa. It is a historic moment for the city, as Guwahati will host a Test match for the first time.The second Test between India and South Africa will be played at the ACA Stadium from November 22, and the occasion will be celebrated with a series of special events. Briefing the media, BCCI secretary Devajit Saikia said, “It’s indeed a memorable moment for Guwahati. For a long time, the Assam Cricket Association had been trying to host a Test match, and it is finally happening.”The opening day’s events will begin at 8:30 AM. The captains will exchange the toss coin, followed by the signing of an official portrait of the As-



sam Cricket Association Stadium. This will be accompanied by the ringing of a bell to officially start the Test.For the first time, the Assam Cricket Association will install a ceremonial bell at the ACA Stadium. Made of traditional bell metal, the 35-kg bell has been specially crafted in Sarthebari, Barpeta district, and will be installed near the pavilion area.Saikia kept the suspense alive when asked who would ring the bell. “It’s kept it a surprise until the

morning of the opening day,” he said. Notably, Anil Kumble had rung the bell during the first Test in Kolkata. ACA president Taranga Gogoi and secretary Sanatan Das were also present at the briefing. Gogoi informed that ticket sales for the first two days of the match have received an excellent response. “Nearly 19,000 tickets for each of the first two days have already been sold,” Gogoi said.

Shubman Gill ruled out of 2nd Test Mumbai

Mumbai: India captain Shubman Gill has been ruled out of the second Test against South Africa in Guwahati, with the BCCI releasing him from the squad on Friday. Gill, who has been dealing with a neck spasm, flew to Mumbai in the morning to consult a specialist for further assessment and injury management.The star batter did not train with the team on Thursday and had been scheduled to undergo a late bid to prove his fitness. However, the medical team advised against taking any risks, prompting his withdrawal from the match. Vice-captain Rishabh Pant will lead the Indian side in Guwahati, starting on November 22 Gill was admitted to the hospital after the second day of the Kolkata Test, having retired hurt after facing only three deliveries in India’s first innings. On the morning of the third day.

IGPL Mumbai: Pranavi Urs creates history by defeating men and winning the championship

Mumbai: Pranavi Urs got the better of overnight leader Karandeep Kochhar, producing a brilliant performance when it mattered most, and made history by winning the IGPL Mumbai Invitation, becoming the first Indian woman golfer to win a professional golf tournament while playing alongside men on the Indian Golf Premier League (IGPL) Tour.Pranavi carded a stunning 8-under 60, which was the week’s best card, at the par-68 Bombay Presidency Golf Club on the final day of the IGPL Invitational Mumbai.Making her IGPL debut, Pranavi, who was trailing her boyfriend Kochhar by two shots overnight, played efficient and solid golf with eight birdies, the last of which appropriately came on the 18th to finish 14-under for the week as against Kochhar’s 64, which ended with his second eagle of the day. Kochhar totalled 12-under.Kochhar was generous in his praise of Pranavi, “I had this feeling that she would win as she was playing so well. She outplayed us all, and even early in the round I realised I would have to play out of my skin to get the better of her.”Sachin Baisoya, still seeking his maiden IGPL title, was third yet again. This was the fourth time he had finished third in seven IGPL starts.Baisoya, after a rather frustrating front nine during which he had just one birdie, had three more pars before finding some



putting form. He birdied three times between the 13th and the 16th. On his back nine, he had five birdies in the last six holes, including four in the last four holes, for 6-under 62 to finish at 11-under.Winner of the last IGPL event in Jamshedpur, Pukhraj Singh Gill (67) was one under for the day, and an early double bogey did him in. Despite a closing eagle, he totalled 8-under and was fourth. Amateur Ranveer Mitroo, who recently represented India at the Asia Pacific Amateurs in Dubai, conjured up one of his best rounds in professional company with a 7-under 61 and finished a very creditable fifth.Prana-

vi, playing in the lead group for the second straight day, opened her birdie count with a gain on the second hole, which brought her one closer to Kochhar. Pranavi then made her move with back-to-back birdies on the fourth and the fifth. She went to four-under for the front nine with yet another birdie on the seventh. On the second nine, she did not take her foot off the pedal and birdied the 10th and the 12th.After opening a three-shot lead early on the back nine, Pranavi neither relented nor erred, and her birdie on the Par-5 16th virtually sealed her win as she maintained her three-shot advantage.

Her pursuers, Kochhar and Baisoya, also birdied the 16th and all three parred the Par-3 17th.Pranavi, who was bogey-free all day, made no mistakes on the Par-5 18th, which she birdied for a fine finish to grab the Trophy and the winner’s cheque of Rs. 22.50,000. Kochhar won Rs. 15 lakhs as the runner-up.Kochhar, who was tied 4th at Jaypee Greens, in his only IGPL appearance before this week, finished second at 12-under.Kochhar, looking for a fast start, seemed to have got it with an eagle on the Par-5 fourth, but he dropped a shot on the sixth. There were no more birdies till the 12th, by which time Pranavi had made big gains and moved ahead. Kochhar’s birdie on the 12th was negated by a dropped shot on the 14th. By then, Pranavi had moved three shots clear.Kochhar finished the week with yet another eagle before Pranavi sealed the final birdie and won by two shots to hoist her hands up, signalling a landmark win.Indian-American Manav Shah (68) had a tough day, and the Asian Tour player, whose family originally hails from Gujarat, finished sole sixth at 5-under total. (65) and Olympian Udayan Mane (69).IGPL Order of Merit leader, Aman Raj (70), legendary SSP Chawrasia (68), Sunhit Bishnoi (66), Shaurya Binu (69), and Tushar Pannu (69) were tied for tenth place at 2-under total.

Boxing: Jaismine, Nikhat win as India script history with 9 gold

New Delhi: Jaismine Lamboria stunned Olympic Medalist Wu Shih Yi while Nikhat Zareen, Parveen, Minakshi, Preeti, Arundhati & Nupur won gold medals as India delivered its greatest-ever performance on the global stage, clinching nine gold medals on a landmark final day of the World Boxing Cup Finals 2025 at the Shaheed Vijay Singh Pathik Sports Complex here on Thursday.In front of a roaring home crowd, India produced a statement of dominance across key Olympic-class divisions, with the women leading the charge with a historic sweep.Two gold-medal wins in the men’s section added to a defining campaign for the host nation as India finished their campaign with nine gold, six silver, and five bronze medals, with each of the 20 participating pugilists securing a podium finish.The day belonged to India’s women pugilists, who produced a golden rush with Minakshi (48kg), Preeti (54kg), Arundhati Choudhary (70kg), and Nupur (80+kg) securing the yellow metal each in the afternoon session. Jaismine Lamboria (57kg) was the star of the evening session with a stunning victory, while World Champion Nikhat Zareen (51kg) and Parveen (60kg) also climbed to the top of the podium. With the Los Angeles Olympics set to introduce gender parity across weight categories, Indian women’s dominance on the final day further highlighted the nation’s rising stature in world boxing. The evening’s highlight was reigning World Champion Jaismine,



who stunned Paris Olympic medalist Wu Shih Yi 4:1 in a blockbuster final. Fighting with swagger and composure, she imposed her rhythm early with flowing combinations and absorbed late pressure with poise to claim one of India’s biggest wins of the event. Nikhat Zareen dismantled Chinese Taipei’s Guo Yi Xuan 5:0 with vintage precision and ring control, while Parveen delivered a gritty 3:2 triumph over Japan’s Ayaka Taguchi with sharp counters and superior movement.

East Bengal beaten by defending champions Wuhan Jiangda
AFC Women’s Champions League

Mumbai: Indian club East Bengal FC suffered a 0-2 defeat at the hands of defending champions Wuhan Jiangda FC of China after a first-half brace byWang Shuang in their AFC Women’s Champions League Group B match here on Thursday.East Bengal, who had defeated Iran’s Bam Khatoon FC 3-1 in their first game, can still progress to the quarter-finals if they avoid defeat with a margin of more than two goals against Uzbekistan’s PFC Nasaf on November 23.The top two finishers in each of the three groups and the two best third-placed sides will make it to the knock-outs. Wuhan Jiangda’s early pres-

sure nearly paid off in the seventh minute when Deng Mengye burst through off Wang Shuang’s through ball but drove her shot from the right into East Bengal goalkeeper Elangbam Panthoi Chanu.But the Moshal Girls conceded a minute later (8th) when Wang Shuang met Song Fei’s cross from the left, tucking home the ball past a sprawling Panthoi.The pressure got to East Bengal when they conceded a penalty, following a VAR review, after Panthoi brought down Wang Shuang inside the box, with the 2018 AFC Women’s Footballer of the Year making no mistake from the spot in the 17th minute.East Bengal had a



chance to reduce the deficit, but Soumya Guguloth flashed her attempt over the bar in the 23rd minute, whilePanthoi did enough to foil Mavis Owusu from advancing after Wang Shuang had slipped a well-timed

through ball.Panthoi continued to frustrate Wuhan Jiangda in the second half with a point-blank stop in the 56th minute to deny Owusu before oiling Kim Hye-ri in the 61st minute following Deng Mengye’s layoff.

Deaflympics 2025 Mahit Sandhu wins silver in 50m rifle prone, her third medal at event
A qualification World record

New Delhi: Indian rifle shooter Mahit Sandhu set a world record in qualification before winning silver in the 50m prone event at the 25th Summer Deaflympics in Tokyo on Thursday, her third medal of the Games. Mahit shot 246.1 in the finals to finish behind Eliska Svobodova of Czechia, who claimed gold with 247.2. Hungary’s Mira Zsuzsanna Biatovszki took bronze with 225.0. The other Indian in the final, Natasha Joshi, exited after a shoot-off and placed eighth.



Mahit was fourth after 14 shots in the final and moved into bronze contention with the next two. She stayed there through 20 shots,

then climbed to silver as her 9.8 and 10.2 outscored the Hungarian’s 9.4 and 9.8. Mahit closed with 10.0 and 10.7, but Svobodova held firm with two 10s to secure the title.Earlier, Mahit topped qualification with a world record score of 619.7 across six series. Natasha also advanced, placing seventh with 611.6. India’s shooting tally at Tokyo has now risen to 12 medals, with Mahit contributing three after her gold in the 10m mixed team event and silver in the 10m individual.

Australia vs England 1st Test Australia Strike Right After Lunch, Pin 5-Down England

New Delhi: Australia vs England LIVE Updates, 1st Test Day 1, Ashes 2025: Australia pacer Mitchell Starc has completed his 100 wickets in the Ashes on Day 1 of the first Test against England. Batter Joe Root became his latest prey and departed for duck. Before removing Root, Starc also dismissed Ben Duckett and Zak Crawley for 21 and a duck respectively. Apart from Starc, all-rounder Cameron Green also provided Australia with the wicket of Ollie Pope for 46. Currently, Harry Brook and Ben Stokes are standing unbeaten and looking for a stable partnership for four-down England. Earlier, England captain Ben Stokes won the toss and opted to bat in the Ashes 2025-26 series opener in Perth. Australia’s stand-in captain Steve Smith has identified Stokes as the “man to keep quiet” as his side gears up for the enthralling contest, starting Friday. OUT! BOWLED! Too loose from Stokes. What a lovely setup from Starc to get

rid of the English captain. After three consecutive deliveries outside off, Mitchell Starc aims the sticks this time around. Slams the deck hard on a good length, and the ball cuts back into the batter. Ben Stokes is flummoxed as he pushes half forward and tries to work it straight down the ground. But he is cramped up for room and is nowhere near the pitch of the ball and that creates a huge gap between the bat and pad. Enough for the ball to sneak through the gates and crash into the stumps behind, making an absolute mess of the off pole. A four-fer for Starc as Ben Stokes falls for 6 (12). England are 115/5. Australia vs England LIVE Updates, 1st Test Day 1, Ashes 2025: Australia pacer Mitchell Starc has completed his 100 wickets in the Ashes on Day 1 of the first Test against England. Text updates and latest score from Perth’s Optus Stadium as Australia and England clash in first Test of the 2025/26 Ashes series; tourists have won



just six of their last 46 Tests in Australia, with the last three series Down Under finishing a combined 13-0 in the hosts’ favour.

Davis Cup semifinals Spain beats Republic



After the teams split the two singles, Marcel Granollers and Pedro Martinez clinched the quarterfinal by winning the doubles upper-Tennis Arena.

Mumbai: Marcel Granollers and Pedro Martinez defeated Tomas Machac and Jakub Mensik in tiebreakers to help Spain Alcaraz — rally past the Czech Republic and reach the semifinals of the Davis Cup on which meet in the last quarterfinal on Thursday. Pablo Carreño Busta 7-5, 6-4, then Jaume Munar won his first Davis Cup singles for Spain by defeating No. 17 Jiri Lehecka 6-3, 6-4.