

Gaurav Gogoi attacks Assam CM Himanta Biswa Sarma, says CM’s credibility has “fallen to zero”

Guwahati, Nov 03: In a sharp escalation of Assam’s political battle, Assam Congress President and Lok Sabha MP Gaurav Gogoi launched a strong attack on Chief Minister Himanta Biswa Sarma on Sunday, alleging that the state government has lost public trust due to corruption, fear-driven politics, and administrative failure. Addressing the media in Guwahati, Gogoi declared that the Chief Minister’s credibility “has dropped to zero” in the eyes of the people. Gogoi accused the Chief Minister of running a government that focuses more on publicity and personal promotion than on real governance. “Nobody listens to the Chief Minister anymore, and nobody trusts what he says,” Gogoi said. “Every day he speaks out of insecurity. He tries to create fear among people but fails to earn respect.” According to the Congress leader, the people of Assam are becoming more politically aware and are no longer

willing to be intimidated by power. He said that the current administration is driven by headline management rather than ground-level solutions. Gogoi claimed that unemployment, inflation, unresolved border disputes, and rising corruption have created widespread dissatisfaction. Turning to national politics, Gogoi said that the BJP’s promise of “double-engine development” has turned into a slogan without results. He criticised the government’s handling of inter-state boundary issues, saying that Assam’s borders with Nagaland and Meghalaya remain sensitive and unsettled despite repeated promises of peace and resolution. He also accused the government of allowing politically powerful individuals to acquire land and transfer it to private firms. Gogoi also took a personal swipe at the Chief Minister, saying that Sarma’s attacks on the Congress and on him were “diversion tactics” aimed at hiding governance failures. Re-

ferring to defamation allegations and criticism from the Chief Minister, he said, “If I am truly what he calls me, why has no action been taken till now? These accusations expose his insecurity. Instead of addressing issues, the CM tries to silence critics.” The Congress MP further raised questions regarding the ongoing investigation related to the late artiste Zubeen Garg. He asked why family members were kept waiting during questioning and why certain individuals were being linked without clarity. Gogoi said people deserve transparency and fair inquiry, and not selective leaks or pressure tactics. He also responded to political speculation about the 2026 Assam Assembly elections, stating that the Congress is confident of returning to power. “The power the Chief Minister enjoys today is temporary,” he said. “Once the Congress forms the government, he will no longer be Chief



Minister. He may even try to go abroad with his close associates.” Gogoi stressed that the Congress aims to bring clean governance, transparency, and accountability if

elected. He said that the party wants to restore trust between the government and citizens, and ensure that development reaches the grassroots. “Our fight is not against one person,

but against a system of fear and mismanagement. The people of Assam want change, and they want a government that listens to them,” he added.

In Brief

₹5.4-crore banned cough syrup seized

Agartala: The Tripura Pradesh Youth Congress has called for urgent action from the state government following the seizure of a large consignment of banned cough syrup, valued at approximately ₹5.4 crore, at Jirania railway station. The consignment, containing 1.07 lakh bottles, raises concerns about Tripura being used as a transit point for illegal pharmaceutical trafficking. While one suspect has been arrested, the Youth Congress criticized the slow progress of the investigation, suspecting political influence in shielding drug networks. They demanded immediate arrests and a transparent probe, highlighting the threat this poses to society. The organization also urged enhanced surveillance and intelligence at state borders and rail routes to combat trafficking and protect the youth from addiction.

Four arrested with 11 smuggled cattle, vehicles seized

Palasbari: The illegal cattle smuggling industry remains active in South Kamrup, despite strong governmental regulations against animal trafficking. Reports indicate smugglers transport cattle to Meghalaya via Rani, Sukurberia, and Jaipur. Recently, Rani police apprehended a group of smugglers offloading livestock, seizing 11 smuggled cattle and three vehicles. The arrested individuals were identified as Mustafa Ali, Anowar Hussain, Mofidul Islam, and Yularaj Yogi, who are now in custody along with the confiscated cattle and vehicles.

BJP Yuva Morcha dubs Gaurav Gogoi as ‘anti-tribal’

Guwahati: On November 2, thousands of BJYM activists protested in Donkamukam against Gaurav Gogoi, accusing him of being anti-tribal and hindering development in Karbi Anglong. Protesters chanted slogans demanding Gogoi’s departure, labeled him as “an agent of Pakistan,” and claimed his wife is paid by the Pakistani government. They called for his imprisonment, asserting that Gogoi has historically opposed tribal welfare, leading to unrest during Congress’s 15-year rule. The protest concluded with a procession, where participants pledged to continue their campaign against Gogoi.

Meghalaya pulls up road agency for dumping debris into Umngot River

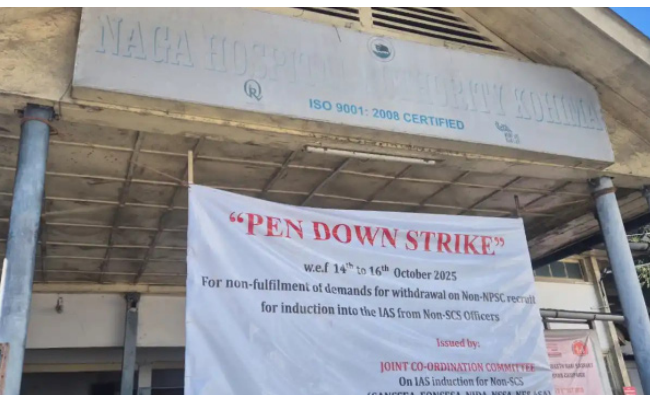
Shillong, Nov 03: The Meghalaya State Pollution Control Board (MSPCB) has pulled up a road project agency engaged in constructing a Japan International Cooperation Agency (JICA)-funded highway from Shillong to Dawki for allegedly dumping construction debris into the Umngot River, one of India’s most pristine water bodies. Officials said the action followed complaints and viral videos showing the river’s crystal-clear waters turning murky due to dumping of waste from earthwork and excavation activities. Local residents, many dependent on tourism for their livelihood, had raised concerns about the pollution affecting the river’s ecology and its global reputation. The Meghalaya MLA Ricky Syngkon raised concerns with Union Ministers regarding environmental violations during the Shillong–Dawki road project, which impacts the pristine Umngot River. The Meghalaya State Pollution Control Board (MSPCB) ordered the project management unit, Myllem, to cease debris dumping and adhere to environmental regulations after discovering significant soil and debris mismanagement, leading to potential landslides and river pollution. The agency responsible, NHIDCL, has been instructed to complete a topography analysis and develop a corrective action plan within 15 days, with legal repercussions threatened for non-compliance. This road project has faced ongoing scrutiny since its commencement in December 2021.



Protests grow in Nagaland over IAS Induction Dispute

Kohima, Nov 03: Nagaland’s major government service associations have stepped up their protest against what they describe as an attempt to bypass merit-based norms in the induction of a candidate into the Indian Administrative Service (IAS). The Joint Coordination Committee (JCC) — representing CANSSEA, NSSA, NF&ASA, NIDA, and FONSESA — has urged the public to stand for transparency and fairness in government recruitment as demonstrations enter a second month. The JCC has been staging symbolic protests since late September, beginning with a black badge campaign on September 24, followed by a Pen Down Strike from October 14. According to the committee, repeated letters and representations to the state government did not receive any response, forcing the groups to continue their agitation. In a public statement, the JCC stressed that the protest is not directed at any individual or the state leadership. Instead, it said the agitation aims to safeguard the principles of meritocracy and to prevent what it alleges is an effort

to induct an ineligible candidate into the IAS “through non-transparent and irregular means.” The controversy, the JCC said, began in 2018 when the Nagaland Civil Service Association recommended that only officers recruited through the Nagaland Public Service Commission (NPSC) should be considered for IAS induction. This rule was formally reflected in a government circular issued on July 6, 2020, with the Chief Minister’s approval. The provision was implemented to induct one non-State Civil Service officer into the IAS without objection from the Cabinet, DoPT, or UPSC. However, the situation changed this year. The JCC alleges that a March 10, 2025 notification reiterating the NPSC eligibility rule was abruptly withdrawn on April 24 and replaced with a revised circular that broadened eligibility to include non-NPSC recruits. According to the JCC, this change was intended to benefit a particular candidate. Under the original notification, 11 applications were received, 10 were found eligible, and five candidates — all with strong



service records — were short-listed. But the JCC claims that through procedural alterations and internal manipulation, the process was pushed to accommodate a non-NPSC officer, citing documents obtained through the Right to Information Act. “When even the lowest government posts in Nagaland require NPSC or NSSB recruitment, there cannot be exceptions for the highest civil service induction,” the JCC declared. It argued that withdrawing the March circular and issuing a new one constituted favoritism and violated administrative norms. The JCC has submitted two key demands: cancellation of

the panel list prepared under the April 24 circular, and reinstatement of the March 10 notification in full. The organisations asserted that restoring the original guideline is crucial to protecting the integrity of the recruitment system and maintaining public trust. “The JCC’s movement is a call of conscience,” the statement said. “We are fighting to protect the sanctity of governance so that the highest administrative positions are filled only through merit and due process.” The committee has appealed to citizens to support the cause in the interest of accountability, fairness, and future generations.

Amid rain, over 300 runners join the first-ever Kaziranga Rhino Run

Guwahati, Nov 03: A rainy morning over Kaziranga did not stop the excitement, energy and passion of more than 300 runners who came together for the first-ever Kaziranga Rhino Run 2025. Even with wet shoes and muddy tracks, the participants showed great spirit as they ran through the beautiful and calm surroundings of Kaziranga National Park. The event was organised to celebrate fitness, nature and the commitment to protect the famous one-horned rhino of Assam. The spotlight of the day belonged to athletes from Uttar Pradesh, who performed strongly and took home most of the top honours. In the women’s 10 km race, Annu Pal from Uttar Pradesh finished first with a timing of 38.29 minutes. She was followed by Assam’s Sangmir Terongpi, who completed the race in 39.37 minutes. The third and fourth places



were secured by Uttar Pradesh runners Mina Rashi and Neeta Patel, while Nisha from Assam took the fifth spot. In the men’s 10 km event, Uttar Pradesh again dominated the field. Ajay Patel secured the top position with an impressive timing of 31.09 minutes. Kamal Kumar finished close behind at 31.10 minutes, and Kuldeep Mauriya took the third spot with 32.32 minutes. Assam’s participants—Brojen Tai and Tikeswar Kurmi—secured the fourth and fifth places respectively. The run saw participants not only from Assam and Uttar Pradesh but also from Andhra Pradesh,

Manipur and Meghalaya. The event featured a total prize pool of ₹1,00,000, shared equally between male and female categories. Winners received ₹20,000, ₹12,000, ₹9,000, ₹5,000, and ₹4,000 for first to fifth places respectively. Along with cash awards, participants received trophies, medals, event T-shirts, and certificates. Kaziranga National Park Director Dr. Sonali Ghosh said the run was not just about sports but about people coming together for nature. She said that the event shows Assam’s pride in protecting the one-horned rhino and inspires young

people to take action for the environment. Abhijit Gogoi, Founder and Programme Head of WTRP (Walk-Trek-Run-Pedal), which organised the event, said that the purpose of the run is to bring people closer to Kaziranga without harming its ecosystem. He thanked Kaziranga authorities for their support, calling it a land of rich wildlife, culture, and beauty. This year’s run held special emotional significance as it was postponed from September 21, World Rhino Day, to honour the late singer Zubeen Garg, whose legacy continues to inspire the people of Assam.

African Swine Fever Strikes Dhitai Pukhuri Area, 200 Pigs Destroyed



Nazira, Nov 03: Local pig farmers are deeply concerned about the reported African Swine Fever (ASF) outbreak in Kakajan, Dhitai Pukhuri. Pig farmer Janamani Buragohain has suffered a serious setback to his livelihood after losing almost 200 pigs to the sickness. Buragohain had made significant investments in his pig farm, raising more than 100 piglets for sev-

en years while taking up a bank loan of almost Rs 42 lakh. But when swine fever signs started to show, the Sivasagar District Animal Husbandry Department took blood samples from three pigs, and the results showed that they had African swine fever. To control the epidemic, the government removed about 200 pigs from the farm on Sunday. Buragohain has been devastated by the oc-

currence, and local pig farmers are concerned about the disease’s spread, which has already impacted 30 districts in the state. It is thought that diseased pigs brought into the state from other states are the source of ASF. The disease is still spreading despite government statements that imports are prohibited, and many people believe that a syndicate is involved in the illegal trade.

IUML disassociates itself from the leader's comments regarding CM

Thiruvananthapuram, Nov 03: The Indian Union Muslim League (IUML) in Kerala has distanced itself from derogatory comments made by state general secretary PMA Salam regarding Chief Minister Pinarayi Vijayan during a political rally in Vazhakkad. Salam criticized Vijayan for signing the MoU for the PM-Shri scheme, claiming that the CM lacked the courage shown by Tamil Nadu's MK Stalin and West Bengal's Mamata Banerjee, who have not adopted the scheme in their states. His remarks included offensive language that questioned Vijayan's gender identity.

This provoked strong backlash from leaders of the CPM-led Left Democratic Front (LDF), who demanded a clarification from IUML on whether they condoned Salam's views. IUML's state president, Syed Sadikali Shihab Thangal, emphasized the need for political criticism to refrain from personal attacks, stating that "criticism at a political level must never descend into personal insult."

Additionally, IUML's national general secretary, PK Kunhaliikutty, echoed Thangal's sentiments, suggesting that while a leader might occasionally misspeak, such remarks would be addressed within the party. The general education minister and CPI(M) leader V. Sivankutty criticized Salam directly, asserting that his comments reflected poorly on his character.

Despite the disapproval from his party and the public criticism, Salam has not retracted or apologized for his statements and has not been available for further comment.

Hyderabad man has committed a tragic act by killing his wife

Hyderabad, Nov 03: A 40-year-old man in Telangana's Vikarabad district allegedly murdered his wife, 10-year-old daughter, and sister-in-law with a sickle before committing suicide in the early hours of Sunday. The police were alerted through the 'Dial 100' service about the incident that took place between 2:30 AM and 3 AM. The man attacked his family while they were asleep; only his elder daughter survived, escaping with injuries and receiving hospital treatment. Preliminary investigations indicated disputes between the couple. The elder daughter recounted that her parents had quarrelled the previous day and that after her mother returned home, the killings occurred when the family was resting. During the attack, the father allegedly declared, "What will you do after they die, and who will look after you?" before turning on his daughters. The case is currently under investigation.

22-year-old kills man in Greater Noida

Noida, Nov 03: A 22-year-old man, identified as Deepak Goswami, was arrested in Badalpur for the alleged murder of 45-year-old Mahipal, a farmer and land commission agent from Bambawar village, Greater Noida. The incident occurred after Mahipal reportedly refused to allow his daughter to marry Goswami, whom she had met through social media two years prior. Following the proposal's rejection, police initiated an investigation involving six teams to gather evidence surrounding the murder.

DSS and RSS request permission to march in Karnataka on November 4

Bengaluru, Nov 03: A confrontation has arisen between the Rashtriya Swayamsevak Sangh (RSS) and the Dalit Sangharsh Samiti (DSS) in Karnataka's Yadgir district over their requests to hold separate marches on November 4, amidst ongoing legal proceedings regarding a similar RSS march in Chittapur, Kalaburagi.

A mediation meeting to resolve the scheduling conflict resulted in no consensus. The DSS has raised concerns over the RSS members' use of a danda (stick) during their procession, arguing it could cause fear among marginalized communities. In contrast, the RSS maintains that the danda is a necessary part of its traditional

Tensions are escalating in Karnataka's Yadgir as the RSS and DSS organize separate marches, with disputes regarding uniform regulations and safety concerns prompting court involvement.

uniform, which includes various elements that are emblematic of their identity. Priyank Kharge, the Rural Development and Panchayat Raj Minister, criticized the RSS for treating the route march as a matter of pride and emphasized that any actions must align with court directives. He expressed concerns about the participation of school students in the RSS marches and urged the government to restrict the use of public property

Rahul is hoped to win over Dalits by the opposition Bihar's EBC voters

Patna, Nov 03: Congress leader Rahul Gandhi announced at a Bihar rally that a potential government formed by the Opposition grand alliance, known as Mahagathabandhan, would prioritize the needs of the most backward classes, minorities, and the economically disadvantaged from general castes.

This statement aims to convey that the government will not be dominated by the Yadav caste and emphasizes Congress's commitment to social justice. As electoral competition intensifies for backward and Dalit votes, leaders within the alliance believe that Gandhi's approach will resonate with Dalit and Extremely Backward Class (EBC) voters.

Avinash Pande, Congress general secretary, highlighted Gandhi's track record advocating for Dalits and pushing for a caste census, asserting his reliability among EBC



and Dalit communities. The National Confederation of Dalit and Adivasi Organisations' chairman, Ashok Bharti, noted Bihar's allocation of 38 reserved seats for Scheduled Castes (SCs) and two for Scheduled Tribes (STs), reflecting a competitive electoral landscape where both ruling NDA and the Grand Alliance have historically divided these reserved seats.

Gandhi's campaign introduces a Nyay Patra focused on EBCs, proposing special legal protections against atrocities, increased reservations in government

contracts, and a rise in EBC reservations from 20% to 30%. While Gandhi aims to appeal specifically to Dalits and backward castes, the challenge lies in overcoming the strong influence of NDA figures like Nitish Kumar, who has established credibility among Dalit voters, alongside other significant leaders who enhance the NDA's caste-focused outreach. Thus, capturing EBC and Dalit votes remains a complicated endeavor for Gandhi and the Grand Alliance amidst robust competition from the NDA.

No calculator use during JEE Main examination

New Delhi, Nov 03: Two days after announcing the availability of an onscreen virtual calculator for the JEE Main 2026, the National Testing Agency (NTA) clarified that no calculator will be permitted during the exam, citing a "typographic error" in the information bulletin.

The NTA stated that while the calculator feature is part of its generic test platform, it does not apply to JEE Main.

The agency has updated its revised bulletin and apologized for the error. JEE Main is scheduled to occur in January 2026 and is taken twice annually, with a high turnout of candidates in previous years.



India will host the December Unesco panel meeting

New Delhi, Nov 03: India will host the 20th session of Unesco's Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage at Delhi's Red Fort from December 8 to 13, marking the first occasion for India. The session, chaired by India's Permanent Representative to Unesco, Vishal V Sharma, will spotlight the country's cultural nominations of Deepawali and Chhath Mahaparva. This event coincides with the 20th anniversary of India's ratification of the 2003 Convention, which aims to safeguard intangible cultural heritage. The meeting will see over 1,000 delegates gather to discuss the ongoing nomination of Deepawali, with recommendations on its inscription expected around November 10. Discussions will also focus on the forthcoming nomination of Chhath Puja for submission in 2027. Sharma highlighted that intangible cultural heritage, which encompasses festivals, rituals, and oral traditions, is dynamic and resonates deeply with communities. He noted that Diwali represents not just a festival of lights but also themes of renewal and good governance under the leadership of Prime Minister Modi. The nomination dossier emphasizes Diwali's significance as a celebration that bolsters livelihoods through artisan production and community-based activities, linking it to UN Sustainable Development Goals, particularly in gender equality and economic growth. Meanwhile, the session itself aims to showcase diverse cultural heritages through exhibitions. With the Red Fort as the historical setting, the session underscores India's commitment to cultural diplomacy and the strategic alignment of tangible and intangible heritage. India's participation in Unesco has broadened, now involving multiple ministries and emphasizing education, science, and heritage. The forthcoming gathering promises to facilitate global dialogue on safeguarding living traditions, with anticipation for Diwali's inclusion in the Representative List while moving forward with Chhath Puja's nomination.

In Seemanchal, Prashant Kishor's party generates buzz, but will it translate into votes

Patna, Nov 03: In Bihar's Seemanchal region, which is primarily populated by Muslim voters, Prashant Kishor's Jan Suraa Party (JSP) is targeting minority votes ahead of the assembly polls. Historically aligned with the RJD-Congress coalition, the region had previously supported Asaduddin Owaisi's AIMIM in the 2020 elections. Kishor's campaign emphasizes governance over identity, with a focus on development, education, and representation for Muslims, who make up nearly 70% of Kishanganj's population.

Although Kishor's message has drawn significant interest from young voters and urban residents, deeply rooted political loyalties mediated



by local leaders pose a substantial challenge. Many in rural areas feel hesitant to support the JSP, fearing it may inadvertently benefit the BJP by

splitting votes against the NDA.

Observations indicate that if JSP garners even a portion of the Muslim vote, it could disrupt the traditional voting patterns and potentially shift the electoral balance, favoring the NDA amid closely contested seats. The JSP aims to connect with educated, aspirational Muslims feeling sidelined by existing parties.

Political analysts suggest that fragmented votes may ultimately favor the NDA rather than benefiting Kishor's party directly. Seemanchal remains cautiously yet intrigued about the JSP's emergence, and its ability to convert public curiosity into actual votes could significantly impact the election's outcome.

A BJP MLA claims to have harassed a woman, calling her "like my daughter"

Himachal, Nov 03: A woman from Chamba, Himachal Pradesh, has accused BJP MLA Hansraj of harassment and threats against her family, which Hansraj dismisses as an effort to instigate "communal tension." A video of the woman's accusations has circulated on social media, in which she discusses her history of complaints against the MLA, claiming he sent her obscene messages and solicited nude photographs. After filing a First Information Report (FIR) last year, she asserts that she was pressured to retract her allegations.

In her video statement, she vehemently denies accusations that she accepted money to falsely accuse Hansraj and alleges that she faces intimidation from the MLA's wife,



who purportedly threatened retaliation once Hansraj ascends to a ministerial role. The woman expressed despair over her situation, asserting that Hansraj has "ruined my life" and stated her determination to protect her family. She voiced her distrust in law enforcement and other authorities, claiming they have failed to take any actions against the MLA and instead pressured her towards a settlement. Additionally, she accused a doctor and a junior engineer of inappropriate behavior towards

her father.

In response, Hansraj, a three-time MLA representing Churah, released a video statement refuting the claims. He characterized the woman as "like my daughter" and referenced similar allegations from the previous year, emphasizing that police investigations concluded with a closure report.

Hansraj expressed confusion over the woman's motives and suggested her actions were a calculated effort to incite communal unrest. He also indicated his intention to file a defamation lawsuit, stressing the seriousness of the situation and claiming the allegations were an attempt to derail development in Churah and damage his reputation as a rising leader in Chamba.

Telangana road accident that killed 24

Hyderabad, Nov 03: At least 24 individuals were killed and numerous others injured in a severe road accident in Ranga Reddy district, Telangana, when a speeding truck collided with a Telangana State Road Transport Corporation (TSRTC) bus. The collision occurred near Khanapur Gate, where the truck, carrying gravel, was reportedly driving on the wrong side of the road. The bus, which had 70 passengers on board and was en route to Hyderabad, was struck by the truck, leading to many passengers dying instantly. The drivers of both vehicles were among the deceased, which included a ten-month-old infant

and their mother. Eyewitness accounts depicted the scene as tragic, with passengers calling for help as locals attempted to assist. The injured were rushed to a government hospital in Chevella, while those in critical condition were transferred to hospitals in Hyderabad. Investigations are ongoing, with initial findings suggesting that overspeeding and the truck driver's loss of control may be the causes. Telangana's Chief Minister Revanth Reddy expressed his condolences and has directed immediate rescue and relief measures, emphasizing the need for transportation of injured individuals to enhance their medical care.

15 killed as mini bus rams Jodhpur

Jaipur, Nov 03: At least 15 people died and two were injured in a collision between a mini bus and a parked trailer on the Bharatmala highway in Phalodi, Rajasthan, on Sunday. The bus, carrying 18 to 20 passengers returning from Bikaner, lost control while attempting to overtake a truck, resulting in a severe crash that obliterated the bus's front. Among the deceased are four minors, the bus driver, and ten women. Rescue efforts were initiated by local residents. President Droupadi Murmu and Prime Minister Narendra Modi expressed condolences, with the latter announcing financial aid for the victims' families: ₹2 lakh for each deceased and ₹50,000 for the injured.

Former MLA to be Congress mayoral candidate in Thiruvananthapuram

• Congress leader KS Sabarinathan will head the party's campaign for the Thiruvananthapuram Municipal Corporation elections, which include 48 announced candidates.

Thiruvananthapuram, Nov 03: Congress leader KS Sabarinathan has been named the Congress party's mayoral candidate for the upcoming Thiruvananthapuram Municipal Corporation polls, as announced by senior leader K Muraliedharan. Alongside Sabarinathan, the party has revealed a total of 48 candidates for the elections, which are anticipated to occur in November or December; although the State Election Commission has yet to officially announce the dates. This marks Sabarinathan's first run for the municipal corporation, following his tenure as an MLA for Aruvikkara



from 2015 to 2021.

At 42 years old and the son of the late Speaker G Karthikeyan, Sabarinathan's nomination is positioned as a pivotal strategy for the Congress party, aiming to gain influence within the 101-member council, where the Congress currently ranks third, with only 10 councilors, trailing behind the Left Democratic Front (LDF) with 52 members and the BJP with 35. Muraliedharan highlighted the importance of the upcoming elections, expressing that the United Democratic Front (UDF) intends to present a robust challenge

for power in the municipal council. Potential discussions for additional candidates are ongoing with allies, and while Sabarinathan has confirmed his candidacy for the Kowdiar ward, he will need to relocate from his home in Sasthamangalam due to the ward being reserved for women candidates. Muraliedharan confirmed that ward-level rallies will commence shortly, indicating an active campaign strategy is being put into place. Other notable candidates include Johnson Joseph for Ulloor ward, Subhash for Kinavoor ward, and D Anil Kumar for Pettah ward.

Leaders of the BJP run a signature campaign

Silent opposition to the proposed Bengaluru tunnel road

Bengaluru, Nov 03: The ongoing political debate surrounding Bengaluru's controversial Tunnel Road project intensified as the Karnataka BJP, led by R. Ashoka, launched a state-wide campaign against it, labeling it as wasteful, elitist, and detrimental to the environment. At a significant gathering in Lalbagh, Ashoka emphasized the party's belief in development but criticized the tunnel project as unscientific and unnecessary, suggesting it primarily benefits a privileged few. He accused the Congress government of exploiting the project as a financial venture to support elections in other states while neglecting practical traffic solutions, advocating instead for an expansion of the city's



Metro network, which he argued could significantly reduce traffic. The demonstration featured one of the largest crowds organized by the BJP recently, outpacing a previous rally led by Deputy Chief Minister D.K. Shivakumar. In addition, Ashoka initiated a signature campaign aimed at urging the government to cancel the tunnel project, which he described as fiscally irresponsible given Bengaluru's annual tax revenue. He criticized the proposed investment of

₹16,000 crore, highlighting the state's financial stress and alleging governmental mismanagement. He pointed out that the project would impose high toll costs on commuters and serve mainly car owners, neglecting the majority of the city's middle-class population. Ashoka further lambasted the Bengaluru city administration for its failing infrastructure, referencing the profound number of potholes and prolonged project completions, raising concerns about the tunnel's

realization timeline. By dismissing the project as a form of elitist vanity, he drew parallels to the opposition's past protests against similar developmental plans. Tejasvi Surya, supporting Ashoka, termed the project 'scientifically unsound', pointing to the anticipated traffic choke points and the absence of public and environmental consultations. In response, Deputy Chief Minister Shivakumar defended the project, accusing the BJP of politicizing development and inviting Ashoka to collaborate on evaluating the planned infrastructure changes. This clash highlights the rising tensions in Karnataka politics regarding urban development and resource allocation.

Dirang gets boost as Khandu focuses on Border Uplift

Itanagar, Nov 03: Arunachal Pradesh Chief Minister Pema Khandu on Sunday inaugurated a series of key infrastructure and welfare projects in Dirang, reaffirming the state government's commitment to improving living standards in remote border regions. The programme, organised at the SSB Dirang campus under the supervision of the Commandant of the 30 Battalion SSB, formed part of the Government of India's Vibrant Villages initiative.

The event drew a large crowd, with nearly 7,000 people attending, including senior officials from the Indian Army, Indo-Tibetan Border Police (ITBP), Arunachal Pradesh Police, and the district administration. The strong inter-agency presence underscored the collaborative approach toward strengthening border settlements.

As part of the developmental outreach, benefits were extended to villages such as Lubrang, Sange, and Sangti, along with Jyotinagar Government School and Government Higher Secondary School (GHSS) Dirang. Local communities and institutions received essential materials including solar street lights, water purifiers, and sports equipment, aimed at improving public amenities and community engagement.

Speaking at the function, Chief Minister Khandu praised the ef-



forts of security forces stationed in the region, particularly the SSB, for balancing border security duties with sustained developmental support.

"The Seema Suraksha Bal has been instrumental not only in safeguarding our borders but also in empowering communities through their civic initiatives. Their contribution in these difficult terrains is truly commendable," Khandu said.

He noted that the Vibrant Villages Programme has become a crucial

driver of growth in frontier districts by focusing on connectivity, infrastructure upgrades, and livelihood support. According to the Chief Minister, these initiatives reflect the state's larger effort to ensure that people living in border belts feel secure, supported, and connected to the national mainstream. Khandu also pointed out that empowerment of border communities strengthens national security and enhances the resilience of the region. He said the government

is working on long-term strategies to boost tourism, agriculture, and youth development in areas like Dirang, which hold strategic as well as cultural significance. The day's programme highlighted the state's continued emphasis on holistic and inclusive development in one of India's most sensitive border zones. It also showcased growing cooperation between civil administration and security forces in delivering welfare schemes to remote populations.

New rail link from Umrangso to Lanka approved as Assam plans big railway expansion

Guwahati, Nov 03: Assam Chief Minister Himanta Biswa Sarma has announced a major boost to railway connectivity in the state after what he described as a very productive meeting with Union Railway Minister Ashwini Vaishnaw in New Delhi. The meeting, held on November 2, focused on expanding the railway network across Assam to support travel, trade, and long-term development. One of the key decisions announced was the approval of a new railway line connecting Umrangso to Lanka in Hojai district. This project is expected to improve connectivity to the hill areas and make travel easier for local residents, tourists, and traders. Umrangso is known for its scenic beauty and rich natural resources, and better rail connectivity is likely to help in promoting local tourism and economic activities. The Chief Minister also said that three new Amrit Bharat trains will be introduced to and from Assam. These trains will provide



more comfortable and modern travel options for passengers and will help meet the growing demand for long-distance travel from the region.

Alongside this, the government has decided to increase stoppages of major trains passing through Assam so that more passengers in different parts of the state can benefit. Another important update from the meeting was the decision to speed up construction of the Kokrajhar-Gelephu railway link. This railway line will connect Assam with Bhutan's upcoming Gelephu Mindfulness City. The Chief Minister said that once completed, this link will open new doors for international connectivity, tourism, and trade between Northeast India and Bhutan.

Chief Minister Sarma thanked Railway Minister Ashwini Vaishnaw for extending full cooperation and supporting Assam's railway development plans. He said the decisions taken reflect the joint commitment of the state and central governments to make Assam a major transport and logistics hub in the eastern region of the country. According to him, these projects are part of the broader vision of "Viksit Bharat, Viksit Assam," which aims to bring faster development, better connectivity, and more economic opportunities to the people. He added that improved railway infrastructure will boost business, support farmers and industries, and help connect remote areas with the national network.

Border crackdown

Assam sends back 16 Bangladeshis in fresh border crackdown

Guwahati, Nov 03: Assam police have sent back 16 Bangladeshi nationals after catching them near the Assam-Bangladesh border in Sribhumi district on Friday night. The action is part of the state government's continuing drive against illegal border crossings. According to police officials, the group was found during a routine night patrol in a remote village area. Most of them were young men. They did not have valid documents. Police said the group had recently entered India through an unfenced border stretch near Barak Valley. Officers also said the men may have planned to work in tea gardens or at small construction sites. They were carrying bags with basic items and some fake identity papers. No weapons were found. The group was handed over to Border Security Force personnel and taken back to Bangladesh early the next morning. Chief Minister Himanta Biswa Sarma praised the police for the operation. He posted a picture of the detained group on social media and



warned that anyone entering Assam illegally will be caught and sent back. In his post, he said that illegal entry into the state will not be tolerated under any circumstances. The issue of illegal immigration in Assam is not new. The problem dates back decades, including large-scale movement of people from Bangladesh in the early 1970s. This period eventu-

ally led to the Assam Movement and the Assam Accord of 1985, which set March 24, 1971 as the cut-off date for legal citizenship. Since then, various governments have carried out operations and checks to stop illegal crossings. Courts have also been involved over the years, ruling on different cases related to citizenship and deportation.

BJP Yuva Morcha dubs Gaurav Gogoi as 'anti-tribal'

Guwahati, Nov 03: Thousands of Bharatiya Janata Yuva Morcha (BJYM) activists took to the streets of Donkamukam town on November 2 in a massive demonstration against Indian National Congress – Assam president and Leader of Opposition in Lok Sabha, Gaurav Gogoi. The protesters accused Gogoi of holding an anti-tribal stance and obstructing regional development in Karbi Anglong. Shouting slogans such as "Gaurav Gogoi Go Back" and "Congress Down, Down," the agitators charged that the Congress leader was "an agent of Pakistan" and even alleged that his wife draws a salary from the Pakistani government. "Gaurav Gogoi must go to jail," several demonstrators chanted as the rally intensified. BJYM members claimed that Gogoi has consistently opposed tribal welfare and hindered the district's progress. "During 15 years of Congress rule, Karbi Anglong witnessed only unrest and no development," said a local BJP youth leader addressing the crowd. The protest concluded with a massive procession through Donkamukam town, where participants pledged to continue their campaign against the Congress MP in the coming days.

Activists seek justice after transgender women attacked in Manipur

Imphal, Nov 03: A video from Manipur showing a group of transgender women being assaulted by men during Diwali celebrations has sparked nationwide outrage. The clip, which went viral on social media, displays the victims being beaten with sticks while forced to hold their hands up. This incident has been widely condemned as an attack on dignity, identity, and basic human rights.

Reports indicate that the victims were filming short videos to Hindi music when they were confronted by a group of men who objected to their filming. Despite requests to stop, the transgender group continued, leading to the violent attack documented in the video. This event raises alarming concerns about growing intolerance and targeted violence against the transgender community in Manipur.

Among those assaulted was Konjengbam Malemnganba, a notable cultural figure in Manipur known for his roles in traditional Shumang Leela theatre and his work as a makeup artist and designer. Malemnganba's previous humanitarian efforts further underscore the disturbing nature of this attack.

Transgender rights advocates, including activist Thangjam Santa, have demanded justice and immediate police action, while others, like actor Bishesh Huirem, have called for accountability and better protections for the transgender community. Online users have shown solidarity, expressing that the attack reflects deep-seated prejudice, contrasting sharply with the values of light and compassion associated with Diwali.

Currently, the attackers' identities remain unknown, and the Manipur Police have not yet issued an official statement.

Community organizations and rights groups are urging swift action to address such incidents in a society that seeks to uphold equality and justice for all.

Imposter Vigilance officer arrested in Barpeta for Extortion

Barpeta, Nov 03: Anup Kumar Das, an accused who lives in Dibrugarh, has been taken into custody by Barpeta Police in a noteworthy discovery. Anup allegedly asked Mohammad Akram for Rs 1 lakh. Chenga in the Barpeta district is where Akram resides. The arrest was made under the guise of collecting the money for the Chief Minister's Vigilance. Police sources claim that Das made the extortion demand while he was at his in-laws' Mirza home. In order to determine whether further people were involved in the dishonest behavior and whether similar events happened elsewhere, the police have launched a thorough inquiry into the situation. Meanwhile, on September 6, two people who were reportedly involved in a multi-crore computer fraud scheme were taken into custody by the Crime Branch. An extensive surveillance operation resulted in the arrest of the suspects, Dipankar Das of Nagarbera and Ranjit Kashyap, also known as Ranjit Tayung, in the Garchuk area. In order to launder the stolen riches, the two allegedly opened many bank accounts under false identities after promising gullible victims easy loans. They allegedly once cheated a victim out of Rs 78 lakh.



opened elsewhere, the police have launched a thorough inquiry into the situation. Meanwhile, on September 6, two people who were reportedly involved in a multi-crore computer fraud scheme were taken into custody by the Crime Branch. An extensive surveillance operation resulted in the arrest of the suspects, Dipankar Das of Nagarbera and Ranjit Kashyap, also known as Ranjit Tayung, in the Garchuk area. In order to launder the stolen riches, the two allegedly opened many bank accounts under false identities after promising gullible victims easy loans. They allegedly once cheated a victim out of Rs 78 lakh.

Youth Congress in Tripura seeks swift arrests after ₹5.4-crore banned cough syrup seizure at Jirania

Agartala, Nov 03: The Tripura Pradesh Youth Congress has demanded urgent and decisive action from the state government after security forces seized a massive consignment of banned cough syrup at Jirania railway station in West Tripura. The consignment, estimated to be worth around ₹5.4 crore, has triggered serious concerns about the increasing use of Tripura as a transit point for illegal pharmaceutical trafficking in the Northeast. Security personnel intercepted the shipment — reportedly containing 1.07 lakh bottles of prohibited cough syrup — that was being transported on a goods train. Officials believe the haul forms part of a larger smuggling network driving the distribution of synthetic drugs and controlled medicines across the region.

Although one suspect has been arrested so far, the Youth Congress expressed frustration over what it described as slow progress in the investigation. Youth Congress president Neel Kamal Saha alleged that the delayed crackdown raises suspicion of political sheltering and influence. He accused elements within the ruling establishment of shielding drug networks, saying this has emboldened traffickers and endangered the youth of the state. "This seizure is alarming and must be treated as a serious threat to society," Saha said, adding that immediate arrests of all those involved would serve as a deterrent. "The young people of Tripura are watching. We demand a transparent, time-bound probe free from political pressure." The organisation also called for



heightened surveillance along state borders, railway routes, and major roads to prevent the state from becoming a major trafficking corridor. With Tripura sharing a long international border with Bangladesh, concerns over cross-border smuggling routes have intensified in recent years.

The Youth Congress urged the administration to reinforce intelligence-gathering mechanisms, increase police coordination, and launch targeted awareness campaigns to safeguard vulnerable communities from addiction and illegal drug supply chains.

Darjeeling MP Raju Bista hails Richa Ghosh after India's historic Women's World Cup win

Guwahati, Nov 03: Darjeeling MP Raju Bista has congratulated the Indian women's cricket team for their historic win in the ICC Women's Cricket World Cup 2025 and praised Siliguri cricketer Richa Ghosh for her outstanding performance in the final.

The victory has created a wave of celebration across the country, and Bista said the achievement holds a special meaning for people of the Northeast and especially those from Siliguri and Darjeeling region. In his message, Bista said the win

was not only a proud moment for India but a moment of great joy for the people of Siliguri, the Darjeeling hills, Terai, and Dooars. He described Richa Ghosh as "Siliguri's daughter" and highlighted her contribution in the final match. Richa scored a crucial 34 runs off 24 balls, helping India secure the title. Bista also pointed out that she had the fastest strike rate of 133.52 in the tournament, which shows her strong form and confidence throughout the competition. "Her achievements have made every Indian proud," Bista said, adding



that young players like Richa Ghosh have become an inspiration for many girls who want to take up sports as a career. He expressed hope that she will continue to shine in the future



and bring more glory to the region and the country. He also thanked the entire team for their hard work, saying the win is a result of dedication, discipline and teamwork.

Four arrested with 11 smuggled cattle, vehicles seized

Palasbari, Nov 03: The illegal cattle smuggling industry is still very much alive and well in South Kamrup, despite the state government's severe rules to safeguard animals and its ban on the killing of cows. According to reports, the smugglers move cattle from various parts of the district to Meghalaya via Rani, Sukurberia, and Jaipur. Police sources claim that this smuggling network has been run for a long time by a well-organized group that has purportedly managed to elude law enforcement by controlling multiple quarters. They were unsuccessful, though, as a party of smugglers were caught offloading livestock on Sunday by Rani police who

had received a tip. 11 smuggled cattle and three vehicles with the registration numbers AS01LV6616, AS25CC4520, and AS22C9157 were captured by police during the operation from Jaipur, which is close to the Assam-Meghalaya border and is under the jurisdiction of the Rani police station. Immediately, the four defendants were taken into custody. Mustafa Ali of Sarpara, Anowar Hussain of Islampur, Mofidul Islam of Sarpara, and Yuwaraj Yogi of Kumarikata, Tamulpur, have been identified as the individuals who were arrested. The accused is presently being held at the Rani police outpost along with the confiscated animals and vehicles.

Shadowfax Technologies files updated DRHP with SEBI for Rs 2,000 crore IPO

Mumbai: Shadowfax Technologies Limited, a new-age, technology-driven third-party logistics (3PL) firm, has filed its draft red herring prospectus (UDRHP-I) with the Securities and Exchange Board of India (SEBI) to launch an initial public offering (IPO) worth up to Rs 2,000 crore.

The proposed IPO comprises a fresh issue of equity shares aggregating up to Rs 1,000 crore and an offer for sale (OFS) by existing shareholders of up to Rs 1,000 crore. The equity shares carry a face value of Rs 10 each. The Bengaluru-based logistics player plans to utilise the net proceeds from the fresh issue towards capital expenditure on expanding its network infrastructure and financing lease payments for new first-mile, last-mile, and sorting centres. A por-

tion of the funds will also go towards branding and marketing, potential inorganic acquisitions, and general corporate purposes. Positioning itself as one of India's fastest-growing, tech-led logistics companies, Shadowfax had a presence across 14,758 pin codes as of September 30, 2025. It serves a wide mix of enterprise clients spanning e-commerce, quick commerce, food delivery, and on-demand mobility. Its offerings include express parcel deliveries, reverse logistics, hyperlocal services, and critical logistics solutions. The company's growth trajectory has been robust. Shadowfax processed 436.36 million orders in FY25, reflecting a CAGR of 29.77% from FY23. The growth momentum accelerated in the first half of FY26, with 294.45 million orders processed — trans-



lating to a 50.11% CAGR over the corresponding period a year ago. On the financial front, Shadowfax reported revenue from operations of Rs 24,851.31 million in FY25, with an adjusted EBITDA margin of 1.96%. For the six months ended

September 30, 2025, revenue stood at Rs 18,056.44 million, while the adjusted EBITDA margin improved to 2.86%. ICICI Securities, Morgan Stanley India Company, and JM Financial are the book running lead managers to the issue.

CBI links Anil Ambani, Rana Kapoor Rs 2,796-crore Yes Bank loss case

New Delhi: In a major development in the Yes Bank corruption case, the Central Bureau of Investigation (CBI) has accused industrialist Anil Ambani of approving favours extended to the family of the bank's founder Rana Kapoor, allegedly in violation of established credit policy. The agency, in its detailed chargesheet filed before a special CBI court in Mumbai, claims that Yes Bank suffered losses of Rs 2,796.77 crore due to risky investments in Non-Convertible Debentures (NCDs) and Commercial Papers (CPs) of Ambani's companies. According to investigators, Kapoor was aware that these investments carried no viable secondary market and would damage the bank's long-term interests, but went ahead with them after Ambani's approval. TWIN FIRs AND A Rs 5,000-CRORE INVESTMENT GONE BAD

Two FIRs were registered following complaints from the Chief Vigilance Officer (CVO) of Yes Bank in November 2020. They accused Kapoor, Ambani, and several senior

The CBI has accused industrialist Anil Ambani of approving favours to Yes Bank founder Rana Kapoor's family, causing huge financial losses to the bank. This development highlights alleged corruption and risky investments linked to Ambani's companies.

executives of criminal conspiracy, cheating, and corruption. investments, leaving the bank with unpaid dues of over Rs 3,300 crore. The CBI alleges a quid pro quo arrangement between the two sides. Around the same period, each was sanctioned to RAB Enterprises (India) Pvt Ltd and Bliss House Pvt Ltd, both owned by Bindu Kapoor. Rs 225 crore each went to RAB Enterprises and Imagine Estate Pvt Ltd, also controlled by her. The CBI has accused industrialist Anil Ambani of approving favours to Yes Bank founder Rana Kapoor's family, causing huge financial losses to the bank. This development highlights alleged corruption and risky investments linked to Ambani's companies.

Sensex, Nifty decline amid profit-taking, FII outflows

Mumbai: Think your property investment from 2005 made you rich? The numbers tell a surprising story—and they may just flip everything you believe about wealth creation in India. Over the past 20 years, equities have quietly outpaced real estate, delivering significantly higher returns with fewer strings attached. While real estate has long been considered the gold standard of Indian wealth, fresh data shows that stock market investments—particularly in the Nifty 50—have pulled ahead, and by a wide margin. A ₹1 lakh investment in the Nifty 50 index in 2005 would be worth around ₹15 lakh by 2025, translating to a 15x return and a compound annual growth rate (CAGR) of ~14.9%. By contrast, residential real estate returned just 5.2x on average (~8.4% CAGR), while commercial property did slightly better at 6.1x (~9.3% CAGR). Even REITs, launched only in 2019, delivered a respectable 11–13% annual return. The analysis, conducted by The Fynprint, combines historical index data, RBI and NHB RESIDEX price trends, and listed REIT performance to draw a 20-year comparison of India's top investment avenues. Beyond returns, equities win on liquidity, low transaction costs, and zero maintenance. Real estate, meanwhile, comes with hidden expenses—stamp duty, brokerage, property tax, maintenance, and vacancy periods—that eat



into returns. For a ₹1 crore property, these can quietly add up to ₹7–12 lakh over time. Rental yields, often seen as a steady income stream, have averaged just 2.5–4.5% in major cities, and even lower after costs. With regulatory headwinds and cooling price appreciation post-2016, real estate's luster has dimmed. As India's retail investors embrace mutual funds, ETFs, and REITs, the data shows that the old real estate vs. equities debate may already have a winner.

Rs 18,000-crore capex to lift Adani Energy Solution

Mumbai: Shares of Adani Energy Solutions (AESL) are in news today as the Adani Group firm has confirmed plans to invest up to Rs 18,000 crore as capital expenditure in the fiscal year 2025-26, with Rs 6,000 crore already utilised across various ongoing projects. Adani Energy Solutions shares ended 2.17% higher at Rs 986.05 on Friday. Market cap of the firm stood at Rs 1.18 lakh crore. Total 1.39 lakh shares changed hands amounting to a turnover of Rs 13.67 crore.

The strategy was detailed by CEO Kandarp Patel during the company's recent earnings call, emphasising a focus on transmission, distribution, and smart metering. According to Patel, "For the full year, we will do about Rs 11,400 crore in transmission, Rs 1,600 crore in distribution and Rs 4,000 crore in smart metering. So, in smart metering, we'll add about Rs 2,000 crore. In distribution, we'll add about Rs 1,100 crore in the second quarter. And in transmission, we'll add about Rs 8,000 crore in the second Rs 10,000 crore



of capex. The company aims to commission at least three projects, with a fourth potentially following soon. As stated, "So at least we will commission three projects. We are trying to get the fourth project also commissioned in the next quarter, but we'll at least commission three projects which will add revenue of about Rs 1,700–1,800 crore," Patel noted during the call. The overall capitalised expenditure of Rs 17,000–18,000 crore could contribute an estimated Rs 2,800 crore to EBITDA on an annualised run-rate basis.

Citi ups target what CLSA, Investec say on Q2 result

Mumbai: Vedanta has received thumbs up from metals & mining analysts post its September quarter results. Foreign brokerage CLSA maintained its 'Outperform' on Vedanta with a target price of Rs 580. Citi upped its target price to Rs 585 from Rs 580 earlier, while Investec reiterated its Sequential Ebitda increase is largely attributed to better commodity prices, volumes and forex; offset in part by higher costs. Citi said Vedanta's parent VRL's leverage is at comfortable levels. It cited a potential medium term aluminium LME upside, volume growth and likely lower costs, in addition to likely completion of the demerger process by FY26.

Urban Company shares tumble 6% as Q2 loss widens on Insta Help investments

Mumbai: Shares of Urban Company Ltd fell 6.38 per cent in Monday's trade to hit a low of Rs 147.50 after the home services platform reported a sharp widening of its consolidated net loss for the second quarter (Q2) of FY26. The company posted a net loss of Rs 59 crore, compared with Rs 2 crore in the same quarter last year. The Gurugram-based firm attributed the setback to heavy upfront investments in Insta Help, its newly launched daily housekeeping vertical, which offset the strong performance of its core services and products businesses. Urban Company's revenue from operations rose 37 per cent year-on-year (YoY) to Rs 380 crore in Q2 FY26, up from Rs 277 crore in Q2 FY25. The company's results were announced on Saturday. Total expenses increased to Rs 462 crore during the quarter, compared with Rs 384 crore in the preceding three months, as the company ramped up spending on partner training, onboarding and customer acquisition to expand Insta Help. Consequently, adjusted EBITDA turned negative at Rs 35 crore, against a profit of Rs 21 crore in the previous quarter. Excluding In-



sta Help, Urban Company reported an adjusted EBITDA profit of Rs 10 crore, or 0.9 per cent of net transaction value (NTV), underscoring the profitability of its core operations. Insta Help alone incurred an EBITDA loss of Rs 44 crore during the period. "Our new business, Insta Help, is scaling rapidly and it has reached around 4.7 lakh orders in October but did incur a loss in Q2," said Abhiraj Singh Bhal, co-founder and CEO of Urban Company.

"We recognise that these short-term investments impact profitability, but the opportunity in Insta Help is significant and immediate." The company noted that early indicators for Insta Help were encouraging, citing strong consumer adoption and repeat usage. It added that the initiative represents a long-term growth opportunity, with ongoing investments deemed crucial to sustaining market leadership in the expanding home services segment.

Apple sets new sales milestone in India during September quarter, driven

Mumbai: iPhone-maker Apple hit an all-time revenue record in India during September quarter, extending its strong growth streak in the world's second largest smartphone market where the tech titan has been deepening retail footprint and local manufacturing. Overall, the company posted a quarterly revenue of USD 102.5 billion, up eight per cent year-over-year.

"Today, Apple is very proud to report a September quarter revenue record of USD 102.5 billion, including a September quarter revenue record for iPhone and an all-time re Kevan Parekh, CFO of Apple, said overall iPhone revenue was USD 49 billion, up 6 per cent year-over-year,

driven by the iPhone 16 family.

"iPhone grew in the vast majority of the markets we track, with September quarter records in many emerging markets, including Latin America, the Middle East, and South Asia, and an all-time record in India. The iPhone active installed base grew to an all-time high, and we set a September quarter record for upgraders," Parekh noted. Venue record for services," according to Cook. Apple's top boss added: "In September, we were thrilled to launch our best iPhone lineup ever, including iPhone 17, iPhone 17 Pro and Pro Max, and iPhone Air. In addition, we launched the fantastic AirPods Pro 3 and



the all-new Apple Watch lineup." Combined with the recently announced MacBook Pro and iPad Pro with the powerhouse M5 to be the best ever for the company and the best ever for iPhone, CEO Tim Cook said during the Q4 fiscal year 2025 earnings call. The company grew in the vast majority of markets it tracks and had September quarter revenue records in dozens of markets, including the US, Canada, Latin America, Western Europe, the Middle East, Japan, Korea, and South Asia. iP-

hone-maker Apple hit an all-time revenue record in India during September quarter, extending its strong growth streak in the world's second largest smartphone market where the tech titan has been deepening retail footprint and local manufacturing. Overall, the Cupertino-headquartered Apple posted quarterly revenue of USD 102.5 billion (eight per cent higher year-on-year), said the new iPhone 17 line up is resonating across the world, and gave a strong forecast for December quarter. Apple expects the December quarter revenue to be the best ever for the company and the best ever for iPhone, CEO Tim Cook said during the Q4 fiscal year 2025 earnings call.

Indian Oil purchases Russian crude from non-sanctioned firms warning

New Delhi: Indian Oil Corp, the country's top refiner, has bought five cargoes of Russian oil for December arrival from non-sanctioned entities, traders said, resuming purchases despite pressure from Washington on India to stop buying Russian oil. Washington last week imposed sanctions on Rosneft and Lukoil, Russia's two largest oil companies, stepping up efforts to pressure President Vladimir Putin to end the war in Ukraine. Since then, many Indian refiners including state-run Mangalore Refinery and Petrochemicals Ltd, HPCL-Mittal Energy Ltd and Reliance Industries, operator of the world's biggest refining complex, have paused buying Russian oil. IOC's head of finance, Anuj Jain, however, has said his company will continue to buy Russian oil if the barrels are in compliance with sanctions. The European Union, the UK and the U.S. have imposed a raft of sanctions against Russia for the Ukraine war, including on shipping. The sanctions have forced Russia to sell its oil at heavy discounts, and over the past three years India has become the biggest buyer of Russian seaborne crude. IOC has bought about 3.5 million barrels of ESPO at about parity to Dubai quotes for delivery at an eastern Indian port in December, one of the trade sources said. The sources did not say who the sellers were. IOC did not immediately respond to a request for comment outside working hours. Most Russian ESPO crude exports from the Pacific port of Kozmino typically go to China. However, demand from China has dropped after state refiners suspended purchases following U.S. sanctions, while Chinese independent refineries have exhausted their import quotas. As a result, the price of ESPO crude has declined, making it attractive for Indian buyers.



Indian Oil Corporation (IOC), the country's largest refiner, has resumed purchases of Russian crude oil, sourcing five cargoes for December delivery from non-sanctioned entities, Reuters reported, citing sources. The move comes even as Washington increases pressure on New Delhi to curb imports of Russian oil. The United States recently imposed sanctions on Rosneft and Lukoil, Russia's two biggest oil firms, to tighten restrictions aimed at ending Moscow's war in Ukraine. Following these sanctions, several Indian refiners, including Mangalore Refinery and Petrochemicals Ltd, HPCL-Mittal Energy and Reliance Industries, paused Russian oil purchases. IOC, however, maintained it would continue to buy Russian crude if transactions remained compliant with international sanctions.

Now, small and low-risk businesses to get GST registration within 3 days

Mumbai: Small and low-risk businesses will get GST registration within three working days as the GST department rolls out a simplified GST registration scheme for small and medium businesses from today (November 1). Small and low-risk businesses applicants whom the Goods and Services Tax (GST) system identifies based on data analysis, or those applicants who self-assess that their output tax liability will not exceed Rs 2.5 lakh per month (inclusive of CGST, SGST/UTGST and IGST) will be able to opt for the scheme.

The GST Council, comprising Centre and state finance ministers, had in its September 3 meeting approved the simplified registration scheme. The scheme will provide for voluntary opting into and withdrawal from the scheme. Speaking at the CGST building inauguration at Ghaziabad, Finance Minister Nirmala



Sitharaman had said that the simplified GST registration scheme from November 1 is expected to benefit 96 per cent of new applicants

Task of the field formation is to operationalise it and ensure that there are no

friction in the process," Sitharaman had said. The minister had also asked CBIC to set up a dedicated help desk at GST Seva Kendras for GST registration to facilitate taxpayers in the application process.

Dharmendra Health Update: Hema Malini Confirms, ‘He’s Doing Well’



Mumbai: Just two days after concerns around Dharmendra’s health sent fans into a panic, a reassuring update has arrived straight from his family. The legendary actor was reportedly rushed to Mumbai’s Breach Candy Hospital after experiencing breathlessness, sparking widespread worry among his fans.

On Monday morning, Dharmendra’s second wife and veteran actress Hema Malini was spotted at the Mumbai airport, looking elegant as ever in a floral pink-and-white salwar

suit. She greeted the paparazzi with her signature warm smile. When asked about Dharmendra’s health, Hema Malini reacted with a simple “okay” gesture — subtly confirming that the 88-year-old actor is recovering well and doing fine. Fans can finally breathe easy knowing their beloved Dharamji is on the mend. Check out the video here:It has been reported that Dharmendra is doing fine and that there is nothing to worry about. “Dharmendra came in complaining of breathlessness. He is in the ICU and he is

sleeping now,” a person from the hospital, cited by the journalist, said, adding, “He came in complaining of breathlessness. He is in the ICU.” The unnamed staff member from the hospital also clarified that Dharmendra is “stable” and said, “No, right now nothing to worry. He is stable. His parameters are okay—the heart rate is 70, the blood pressure is 140 by 80. His urine output is also good,” confirmed journalist Vickey Lalwani.

Reports of Dharmendra’s hospitalisation made headlines on Friday evening after a source cited by India Today claimed, “Someone may have spotted him and created a news piece. He is absolutely fine and there’s nothing to be worried about. He is in great spirits and just went for his scheduled tests.” However, just a little later, another report by NDTV claimed that the actor has been in the hospital for the last five days.

Choreographer Begged Amitabh to Do ‘Jumma Chumma’ Step He Found Vulgar—Until Jaya Bachchan Approved



Mumbai: Fans know Jumma Chumma De De as one of Amitabh Bachchan’s boldest and most-loved songs ever. But before the whistles and chart-buster craze, the team behind it feared that the iconic hook step could go horribly wrong. Choreographer Chinni Prakash has now shared how the megastar himself was unsure if the steps might look too over the top on screen.

During a chat on the YouTube channel Friday Talkies, Chinni revisited how the track first landed in his hands. He said the superstar called him to his vanity van (back when only two existed in the industry) to play the song for him. “This song was played to me by Amitabh Bachchan in his vanity van. In

those days, there used to be only two vanity vans — one belonged to Amitabh Bachchan and the other to Manmohan Desai. He had one disk and a speaker, and he made me hear the song. Even during those times, 1989-90, he kept high-tech speakers with him.” The choreographer opened up about the panic that followed while locking the now-famous move. Director Mukul Anand wasn’t confident about it, and even Chinni’s own assistants backed out of showing the step to the star. “I got a call from my assistant at 12 in the night... both of my assistants refused to show the hook step to Amitabh Bachchan and told me to do it. ‘We can’t show him. We are scared,’ they told

me.” So Chinni himself demonstrated the entire choreography for Bachchan. The reaction surprised him. “I danced on the whole song in front of him with my dancers. Amit Ji saw me and told the director that he needs three months to rehearse and asked them to postpone the shoot,” he said. The star also expressed concern about how the step would look on his tall frame. “While doing the hook step, he told me, ‘You are a 5 feet man and it looks good on you, but I am 6 feet plus, and it won’t look good on me.’ But I begged him to do the hook step.” Later, a special screening took place with Jaya Bachchan and a young Abhishek Bachchan also present. For a full six minutes, the theatre stayed silent as the song played. Chinni remembered what happened as soon as the music ended — an explosive cheer. “Everyone was there, and during the six-minute song, there was pin-drop silence, but after the song got over, there was a big shout in the theatre. Never in the history of Amitabh Bachchan has there been a song shot like this. Jaya ji told me, ‘It is looking superb.’” More than three decades later, those steps are still etched in pop culture.

Rajamouli’s Next Big Move: Launching ‘Baahubali: The Epic’

Hyderabad: The much-hyped re-release Baahubali: The Epic—a combined version of Baahubali: The Beginning and Baahubali 2: The Conclusion—has opened to strong collections among re-releases, amassing around Rs 24 crore in just three days and still counting.

“Expecting it to make hundreds of crores is unfair since the film has already been overexposed to audiences over the past decade. It’s primarily meant for die-hard fans of Prabhas and S S Rajamouli. This was more of an experiment by Rajamouli, and whatever it earns now is just a bonus. Expecting new box-office records would be unrealistic,” says producer Lagadapati Sridhar. He appreciates Rajamouli for attempting something different by editing the two parts into a sin-



gle, compact film of 3 hours and 45 minutes. “It might have given a déjà vu feeling to some viewers since there’s nothing new added to the story. Most audiences have already watched both parts multiple times—in

theatres, on TV, and on OTT platforms—which has diluted the impact for regular viewers,” he adds.

Sridhar also lauds Rajamouli for proving himself as a master storyteller in crafting star-studded, war-centric spectacles. Rajamouli not only launched Prabhas as a global star but also brought immense glory to Telugu cinema. Together, the two parts grossed over Rs 1,400 crore worldwide, drawing millions of footfalls—including over 110 million viewers for Baahubali 2. “The franchise redefined Indian cinema’s creative boundaries, budgets, and the very concept of pan-Indian filmmaking,” he observes. He further adds that the Baahubali series remains a visual and emotional landmark in Indian cinema. “The visual grandeur and the blend of action and emotion Rajamouli achieved are

unmatched. The franchise will always remain a matter of pride for Telugu cinema. While this re-edited version may not have a long theatrical run, the Baahubali saga will continue to live in the hearts of audiences across the world,” Sridhar notes.

Touching upon whether this new trend of merging sequels could catch on in Tollywood—especially with discussions around Pushpa 1 & 2 and Kantara 1 & 2—he remains skeptical. “I don’t think other filmmakers will follow suit. Rajamouli did this purely for fun and as a tribute to Prabhas, releasing it around his birthday. It’s a novel idea, but not particularly lucrative. Others will likely be more cautious before taking such decisions. Telugu filmmakers shouldn’t jump the gun,” he concludes.

Shahid Kapoor’s Moving Salute to India’s Cricket Queens

Mumbai: The Indian women’s cricket team made history by winning their first ever ICC Women’s ODI World Cup after defeating South Africa by 52 runs. Chasing a target of 299, South Africa were in control for a while, but Deepti Sharma and Shafali Verma turned the match around with their brilliant performances.

Soon after the match, social media was flooded with messages for the woman in Blue. Fans, players, and celebrities honoured the incredible achievement and among them was Shahid Kapoor, who shared a cheerful post featuring captain Harmanpreet Kaur and vice captain Smriti Mandhana’s emotional reaction after the win. Taking to his Instagram story, the Kabir Singh actor shared an emotional photo of Harmanpreet and Smriti hugging each other after the intense match. The emotional moment perfectly captured the relief and pride



of India’s big win. Shahid didn’t write much as he let the image speak for itself and simply pointed out that the picture showed exactly how everyone was feeling after the historic victory. Harmanpreet Kaur’s team took control of the match right from the start at the DY Patil Stadium on Sunday. Batting first, India put up a strong total of 298 for 7. Shafali Verma became the highlight with 87 runs. Deepti Sharma added to the score with a quick 58, while Richa Ghosh boosted the finish by smashing 34 in just 24 balls.

In reply, South Africa captain Laura Wolvaardt fought hard and scored a brilliant 101, all while trying to keep her side in the game. But regular wickets at the other end hurt South Africa’s chances. Deepti Sharma dismissed Wolvaardt and the other team members were bowled out for 246 in the 46th over. India’s all round effort sealed a historic 52 run victory and their first ever ICC Women’s ODI World Cup title. After coming close in 2005 and 2017, the win finally ended India’s long wait for victory on the world stage.

Shah Rukh Khan Teases King Character: ‘He Is Very Dark, Ruthless’

Mumbai: Shah Rukh Khan’s upcoming film ‘King’ was officially announced by the makers on his 60th birthday (2nd November). The title reveal teaser showed SRK in an all-new-avatar- with silver hair and ear accessories, and it left fans intrigued about his character. Hours after the title reveal, King Khan attended a fan meet in Mumbai, during which he shared major details about his character in King. Shah Rukh Khan revealed that his character in the film is ‘very dark,’ and has been thoughtfully written by Siddharth Anand and Sujoy Ghosh.

In a video from the fan meet, Shah Rukh Khan is seen talking about his King character. “This distinction has been created by people—hero, villain. In my early



career, I did ‘Darr’. Which, by today’s standards, might be considered villainous or like a stalker. And I was in ‘Don’, I was in ‘Anjaam’, I was in ‘Baazigar’- I played the ‘bad’ guy. I just feel that if we don’t do something interesting in a film, then the hero just comes in, sings two songs, fights, and leaves,” he said. “The character of King is very interesting. Siddharth and Sujoy Ghosh have written

it with a lot of love. And it has a lot of evil in it. He’s a killer. He kills people,” said Shah Rukh Khan. He further added that he believes it is important for him to play diverse roles. “But for storytelling, it’s very important that heroes like me play different roles: some inspiring, some comic, some romantic. So that’s what I’m trying to do now. I do a big, good film in 1–2 years. Because I also know

that making films has become very difficult now. So films should be made carefully so that I don’t let people down,” he said.

Further sharing details about his character in King, SRK said, “So it’s not to say whether it’s a villain or not. Yes, he is a very dark character, a grey character. And I think it will be very interesting. He is very ruthless. All the lines in it (title reveal video), more or less, reflect that character. So I hope you love it. That doesn’t mean what he is doing is something you should do too.” Produced by Red Chillies Entertainment and Marflix Pictures, ‘KING’ is set to release in 2026 and promises to be a new SRK experience, with Shah Rukh Khan presented like never before — it is sure to thrill fans across the globe.

Arhaan Shares Priceless Salman, Salim Khan Throwback Gold Snap

Mumbai: Arhaan Khan, son of Malaika Arora and Arbaaz Khan, shared some snippets from his life on Instagram. Through the pictures, he showed how his life has been lately, with his friends and time spent in nature, and included a bonus photo of his uncle, Salman Khan, from his younger days. He shared the pictures without a caption, just running man and dashing away emojis. The carousel, which he posted on Sunday, November 2, opened with a picture of Arhaan taking a stroll at a beach on a bright sunny day. He walked through the shallow water waves with a small snack shop seen beside him. In the next picture, he was seen posing with his friends. Following this, he captured an adorable golden retriever on a scooter. Another photo showed him at the beach. He included a picture of an old Mercedes model zooming through the streets of Mumbai. One slide in Arhaan’s carousel featured a framed throwback photo of his superstar uncle, Salman, and his grandfather, screenwriter Salim Khan. He concluded his post by adding more snaps with his friends and random images, like a boat sailing on the sea, and an address on a map. Before his occasional photo dump, Arhaan shared rare glimpses from his mother, Malaika Arora’s, 50th birthday party, which she celebrated



alongside her closest friends and family in Goa. His carousel opened with a picture of his mother, who was dressed in a chic strapless pink dress. He then hilariously compared his mother’s outfit to that of the character Gru from the Despicable Me film series, dressed as a fairy princess. Other photos from the night featured a sweet moment with his maternal grandmother and some with his friends. He also took a mirror selfie with Nirvan Khan, son of actor-director Sohail Khan and Seema Sajhed. He posted the pictures, writing, “golden jubilee” in the caption. Arbaaz and Malaika’s son released a six-part limited podcast series alongside his friends earlier this year. The guests on the podcast were the three Khan brothers: Salman, Arbaaz, and Sohail, social media sensation Orhan Awatramani, aka Orry, and popular paparazzi, among others. Besides this, he also runs his mother’s restaurant business, Scarlett House.

Aniston, Curtis go Instagram official



Agency: Jennifer Aniston is pouring all the love on Instagram! The FRIENDS star recently took to social media to wish her boyfriend Jim Curtis on his birthday. While fans were speculating about their romance, Jennifer made it Instagram official with a heartwarming click with Jim. She captioned the click as, “Happy birthday my love... Cherished.”

The monochrome click features Jennifer and Jim, wrapped in each other’s arms. The two are all smiles as they seem to be clicked candidly. Soon after the post went live, Jim dropped a ‘kiss’ emoticon in the comments as his stamp of approval. Fans took to the comments to wish Jim on his birthday and congratulate couple on the relationship. “This version of you is my fav! Healthy, happy, successful and in love! You really deserve this Jen! Happy birthday to your love!” one fan wrote. Another said, “Couldn’t be happier for you two. My heart is exploding.” Interestingly, Jennifer and Jim were first linked together in July 2025. They were spotted vacationing together in Mallorca, Spain. The duo was accompanied by Jen’s close friend Jason Bateman and his wife Amanda Anka. They kept the relationship a hushed-hushed affair until Jennifer posted the adorable photo to celebrate his birthday. Many reports state that their relationship has developed privately yet steadily.

Madhuri visits Chef Khanna’s bungalow

Agency: It was an evening that brought together food and fun for Dr Shriram Nene and Bollywood diva Madhuri Dixit. The couple visited chef Vikas Khanna’s restaurant, Bungalow, in Manhattan. In an Instagram post, Dr Nene shared details of their visit, reflecting the family’s long-standing association with Khanna. Bungalow holds a Michelin star and a three-star rating from The New York Times.

Sharing a video, Dr Nene said, “It was our pleasure to visit with Bungalow in Manhattan. It has grown so much since we visited with a Michelin star and NYTimes 3 star rating.” He added, “Grateful to get a table as the waitlist is 4-8 mos. The food was divine. And chef takes such pains to insure every guest is well served personally.” Highlighting his friendship with Vikas Khanna, Dr Nene indeed, “Vikas is more than a friend and as a family member and brother, we have shared many meals together. But what resonates is the love he pours into his creations and his humility with which he delivers it. Bravo chef and thank you for a delightful evening.” The food, described by Dr. Nene as “divine,” was only part of the memorable experience. Replying to the video, Vikas Khanna said it was an honour to serve the family. “Absolutely our honor,” it read.

Ayushmann & Rashmika’s ‘Thamma’ Crosses ₹120 Crore Net at Box Office on Day 13

Mumbai: Thamma, the Ayushmann Khurrana and Rashmika Mandanna starrer horror comedy earned audience praise for its unique story, which blended a vampire theme with an emotional love angle and Indian mythology. Helmed by Aditya Sarpotdar, the latest instalment of the Maddock Films Horror Comedy Universe was released on October 21 and has been doing well at the box office.

The film has successfully crossed the Rs 120 crore mark in India and continues to maintain its strong hold. As per sacnilk.com, Thamma earned Rs 4.25 crore at the domestic box office on its second Sunday, taking the film’s total 13-day collection to Rs 120.05 crore. With no new releases in the previous week, the film witnessed good footfall, adding sufficient numbers to its collection. In its second week, Thamma earned Rs 3 crore, Rs 4.4 crore and Rs 4.25 crore on Friday, Saturday and Sunday, respectively.



With just Emraan Hashmi and Yami Gautam’s courtroom drama, Haq, coming in the theatres next week, Thamma still has a chance to end its theatrical run with Rs 130-140 crores.

The film faced a big Bollywood clash with Harshvardhan Rane and Sonam Bajwa’s romantic drama, Ek Deewane Ki Deewaniyat. Despite the face-off, both films managed to earn well at the box office. This is the fifth installment in

the Maddock Horror Comedy Universe. The film also stars Nawazuddin Siddiqui and Paresw Rawal. The plot revolves around Ayushmann’s character, who transforms into a vampire and falls in love with Rashmika’s character, resulting in a ‘bloody love story’ filled with twists. He plays a humble journalist who transforms into a vampire-like character. Thamma also featured cameos of Varun Dhawan as Bhediya and Abhishek

Bannerjee as Jana from Stree 2. Speaking about the film’s success, Ayushmann recently told ANI, “I’m feeling good. The most important praise comes from the public. For me, this is the biggest opening of my career, and hopefully, the biggest film as well.” Maddock Films Horror Comedy Universe’s next chapter will be Shakti Shalini, featuring Aneet Padda in the lead. It is scheduled to hit the screens in December 2026.

TRAVEL & HEALTH

This Japanese city is for people seeking love

The romance of air travel still exists. At least that’s the impression when you land at Japan’s auspiciously named Izumo Enmusubi Airport. Translating roughly to “the tying (musubi) of bonds (en)”, or, more popularly, “matchmaking”, the word enmusubi encompasses many of the relationships that are part of life, such as those with family, friends and work, but most often references romantic entanglements. This connotation is in the air as you step off the plane and walk past a statue of a jovial god named Okuninushi, known as the “great matchmaking power”, and a rack of ema (wooden prayer plaques) inscribed with travellers’ romantic wishes. It may seem like travellers here have love on the mind, and that’s because if you pray for love in Izumo, there’s a good chance you’ll be heard. Lying along the Sea of Japan in Shimane, the second-least populated of Japan’s prefectures and, in 2023, the least-visited, Izumo is far off the Shinkansen bullet train track, making it one of the few cities in Japan that is easier to fly into. The city is home to Izumo Taisha, thought to be the country’s oldest shrine and dedicated to Okuninushi, who is worshipped as the creator of Japan and the god of enmusubi in Japan’s indigenous Shinto religion. “He is the god who governs things that cannot be seen by humans”, such as fate, explained local guide Minoru Maeda, “You could say he is the god of matchmaking. He brings people together; he has tremendous power.” That’s why Izumo Taisha has become popularly known as one of Japan’s “power spots”, a term that emerged in the 1990s to describe places, usually surrounded by nature, that are said to possess special powers to generate good luck, better health or, in this case, love. While the philosophy of power spots is a fuzzy grab bag of Shintoism, new age spirituality, feng shui and marketing, its popularity over the last few decades has increased tourism to places like Izumo. More than seven million people visited the shrine in 2023, according to Izumo City, including around 350 couples who got married there. Certainly not everyone who visits Izumo does so in pursuit of love, but the number of matchmaking-related activities here suggest a fair number do. With this in mind, tourism boards have compiled sightseeing itineraries focused on romantic spots in Izumo and the wider San’in region, from Yaegaki Shrine where a pond forecasts the outcome of relationships, to a pleasure boat whose bronze



“matchmaking bell” summons the gods and even a train station painted pink and adorned with hearts. Less widely promoted is Izumo’s Umi Shrine, which people visit to pray for en-riki, the severing of ties, the other side of the enmusubi coin. Set on an often tempestuous sea and a place of sunsets so stunning that they are certified by Japan Heritage as an important cultural property, Izumo is romantic by nature. But nowhere exerts such a mighty pull as Izumo Taisha. Singles visit to ask Okuninushi to find them a partner, while couples ask him to bless their relationship. Many write their wishes on an ema in the faith that they will reach Okuninushi directly. Some, perhaps seeking a larger audience, time their trip to the 10th month of Japan’s old lunar calendar (usually November), because that’s when Japan’s eight million kami (gods and spirits) travel from all around the country to gather in the city. Throughout Japan, this month is known as Kan-na-dzuki (the month without gods), but in Izumo it’s called Kami-ari-dzuki (the month with gods). The reason for this seaside gathering is that the gods have a job to do: they are there to decide the fate of humans’ relationships in the coming year. The seven-day gathering of the gods (11-17 November 2025) is a spectacle in its own right. It begins on the beach at Inasa-no-Hama with a ceremony welcoming the kami to Izumo. Just after sunset, bonfires are lit and shrine priests escort the kami to Izumo Taisha, shielding them from the gathered public’s view with white sheets. It’s not all work and no play, said Maeda. The kami also enjoy feasts and lots of sake offered up by local brewers. A handful of

those eight million kami enjoy the local sake a



little too enthusiastically and hang around well beyond their official departure date. “There’s a goddess who is known for her persuasiveness,” Maeda said. “She eventually has to perform a ceremony telling them that they have to go home.” I visited Izumo a few days after (most of) the kamis’ departure in late November last year. I hadn’t arrived looking for love, rather to sip sake in the place said to be its spiritual birthplace and explore the rugged coastline’s cliffs and caves. But, still, I felt compelled to visit Izumo Taisha. Approaching the altar under a huge shimenawa (rope), I dropped a five-yen coin into the offering box – five yen (“go-en”) is thought to be good luck because in Japanese, go en is a homophone with go-en, the respectful way to refer to “en” (bonds).

Then I clapped four times, twice for myself and twice for my partner, the custom distinct from other Shinto shrines where worshippers clap just twice. After silently making my own wish, I browsed the amulets on sale. Maeda said the red-and-white amulet is particularly well known, “for bringing people together in love”. Then I peeked at some of the handwritten wishes inscribed on the ema hanging along the shrine’s pathways. “It’s said that writing your wishes on an ema will ensure that [they] reach the gods directly,” said Maeda. Some of those written wishes asked to simply find love, others were more specific, requesting to “get married within three years”. The eagerness of visitors’ desire to get married felt like a counterpoint to Japan’s much-publicised plummeting marriage rates. In the same month that I visited Izumo, the Tokyo government, in an effort to nudge residents towards marriage and stem the city’s falling birthrate, launched a matchmaking app,

read of travel trends suggesting that people are tired of looking for love online. Could they ignore the apps and look to the heavens instead, I wondered, and, if so, is a degree of belief in higher powers required? “Whether they believe or not is beside the point,” said Tokyo-based author Hiroko Yoda, whose book about Japanese spirituality, Eight Million Ways to Happiness: Wisdom for Inspiration and Healing from the Heart of Japan, will be published in December 2025. “Unlike the West, ‘belief’ or ‘disbelief’ doesn’t really factor into Japanese spirituality,” she explained. “People go to Izumo Taisha because it is famous or because they feel a personal need, or simply because they want to check it out. There’s no recruiting or evangelising or claims of power.” As for choosing between praying for love and downloading a matchmaking app, you can do both, Yoda added: “Japanese spirituality embraces rather than rejects.” Yoda considers Izumo Taisha’s image as a sacred matchmaking spot to be largely the product of tourism marketing; when I hear the word ‘power spot’, I always roll my eyes,” she says. But she also believes that there’s a “spiritually playful aspect” to its promotion, which the flexibility and inclusivity of Japanese spirituality allows for. “In Japan, religions are not based in dogma. They co-exist with modern society,” she said. Go to Izumo to pray for a partner but do so with the awareness that “Izumo Taisha’s offering of connection goes far beyond that of finding your romantic match”, Yoda says, reinforcing the widely inclusive meaning of enmusubi. “It’s about the invisible web of metaphorical threads that bring us together for all sorts of things, in all spheres of life, in ways unpredictable and unexpected, wondrous and wonderful.”

aply named Tokyo Enmusubi. But I’d just



Can drinking ketones really improve heart health?

Type 2 diabetes, which is affecting increasing numbers of people worldwide, occurs when the body stops responding to insulin, the hormone that controls blood glucose. When the insulin does not work correctly, glucose remains in the blood instead of being taken into cells to be used as energy. If blood glucose is not controlled, this can lead to complications, which may include cardiovascular disease. Treatments for type 2 diabetes aim to reduce blood glucose levels. One type — sodium-glucose cotransporter-2 inhibitors (SGLT2i) — also appears to protect the heart, possibly by inducing ketosis, a state where the body uses fats instead of carbohydrates as an energy source. The liver converts fats into ketones, which cells metabolize to release energy. A previous study found that ketone supplements reduced postprandial blood glucose concentrations in people with type 2 diabetes and called for research into other possible benefits of the treatment. To test whether ketosis is responsible for the heart benefits of SGLT2is, a team from Portsmouth University in the United Kingdom gave ketone monoesters (exogenous ketones) to a group of people with type 2 diabetes and then measured their heart function. Cheng-Han Chen, MD, board certified interventional cardiologist and medical director of the Structural Heart Program at MemorialCare Saddleback Medical Center in Laguna Hills, CA, told Medical News Today that this study forms a basis for further research: “This was a very small study (with 13 patients) that reported significant differences in heart function and muscle oxygenation after a ketone monoester drink. [...] It should be noted that their test method for determining cardiac function is not commonly used



in the clinical setting for this purpose.” Researchers enrolled 13 people (six men and seven women) with a mean age of 66 years in the trial. The participants had a mean body mass index of 31.3, with only 4 having a BMI in the healthy range (less than 25). All had type 2 diabetes but no other significant health conditions related to it. All participants attended a screening session for blood tests, resting electrocardiogram and familiarisation with the study process. At each of two experimental visits, researchers gave them either a ketone monoester (0.3ml/kg), or an identical placebo drink. Each participant had the ketone drink once and placebo once, but neither the researchers nor the participants knew who received which drink at each visit. The participants then rested for 30 min-

utes before undertaking a step-incremental cycling test. The researchers measured heart function using thoracic impedance cardiography. Trusted Source, a noninvasive method of assessing cardiac output and stroke volume. They also measured blood flow in the smaller vessels and muscle oxygenation. In all the participants, heart function was better after the ketone drink than after placebo, both when resting and when undertaking moderate exercise. The researchers found that following ketone treatment, not only did circulating β -hydroxybutyrate (which carries energy from the liver to cells) increase but there was also an increase in both cardiac output and stroke volume. Dr. Menka Gupta, Functional Medicine Doctor in Singapore, and founder of Nutranourish, explained why the treatment might have this effect, telling MNT: “Exogenous ketones offer a highly efficient fuel source for the heart. They produce more ATP per molecule of oxygen than glucose metabolism and may reduce the production of reactive oxygen species, thereby lowering oxidative stress and inflammation. By reducing oxidative stress and inflammation, they could help protect cardiac tissue, which is particularly important for individuals with metabolic challenges.” The effects were seen even with the low dose of ketones given to the participants. Perissiou explained why they used this low dose: “While generally considered safe when taken in appropriate doses, ketone monoesters can pose risks including potential stomach upset, electrolyte imbalances, particularly for people with kidney issues, and may cause negative effects (like ketonaemia) in people with type 2 diabetes mellitus if consumed in large quantities due to their ability to significantly raise blood ketone levels.”

Can too much ‘good’ cholesterol increase glaucoma risk?

Researchers estimate that about 80 million people globally live with glaucoma — an eye condition affecting the optic nerve. Trusted Source, resulting in vision loss and possibly blindness, for which there is currently no cure. Glaucoma is known as “the silent thief of sight” because many times there are no symptoms in the earliest stage of the disease, making it hard to detect. There are a number of risk factors for glaucoma, including genetics. Trusted Source, age. Trusted Source, and ethnicity, as well as health conditions such as diabetes, migraine. Trusted Source, sleep apnea, high blood pressure, and cardiovascular disease. Trusted Source. Now, a new study published in the British Journal of Ophthalmology says older adults with too much “good” HDL cholesterol may be at a higher risk of developing glaucoma. Conversely, researchers found that people with higher levels of “bad” LDL cholesterol tended to have a lower risk of developing the eye condition. For this study,

researchers analyzed medical data from more than 400,000 participants between the ages of 40 to 69 in the U.K. Biobank Study. Participants had the amount of fats in their blood measured, and their health was tracked for an average of 14 years. Upon analysis, researchers found that study participants with higher amounts of HDL cholesterol in their blood had an increased risk of developing glaucoma. Scientists reported that participants with the highest levels of HDL cholesterol were 10% more likely to develop glaucoma than those at the lowest levels. On the other side, researchers discovered study participants with increased amounts of LDL cholesterol, total cholesterol, and triglycerides — a type of fat in the blood — were at a reduced risk for glaucoma. Scientists found that participants with the highest levels of LDL cholesterol were 8% less likely to develop glaucoma than those with lower levels. That percentage rose to 14% less likely for those with the leading amounts of triglycerides. The researchers did state that these ob-

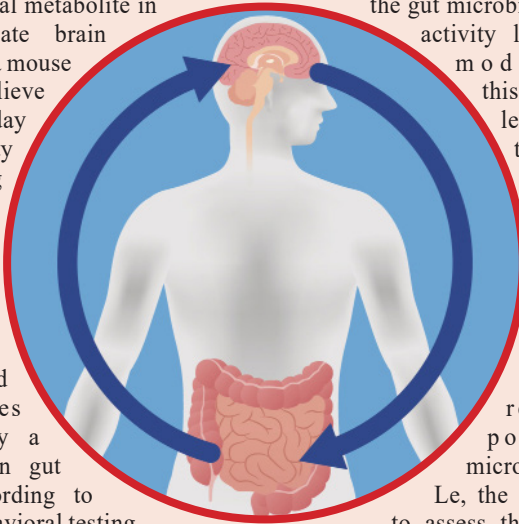


servations continued among participants older than 55, and no significant association was noticed in those aged 40 to 55. Medical News Today had the chance to speak with Alexander Solomon, MD, a neuro-ophthalmologist and strabismus surgeon of Pacific Neuroscience Institute at Providence Saint John’s Health Center in Santa Monica, CA, about this study and the importance of finding health concerns that may increase a person’s glaucoma risk. “Glaucoma is the second most

common cause of blindness, and unlike cataracts, which are the most common, it is irreversible,” Solomon explained. “Because all forms of glaucoma typically impact a patient’s peripheral vision first, a patient may have glaucoma for years before they are symptomatic.” “Treatments for glaucoma are directed at slowing disease progression, so catching it and stopping it in its early stages before it becomes symptomatic is key,” Solomon continued.

Could probiotics help reduce anxiety?

Researchers estimate that about 4% of people. Trusted Source around the globe live with an anxiety disorder. This type of mental health condition is typically treated with a combination of talking therapy, lifestyle changes, and medications. However, not all people with anxiety respond well to the treatments currently available. Past studies have shown that only 60% to 85% of people treated for anxiety will respond to current treatments. “It’s important that researchers continue to find new ways to treat anxiety because current treatments, such as benzodiazepines and SSRIs (selective serotonin reuptake inhibitors), often come with significant challenges,” H. Shawn Le, PhD, associate professor in the Signature Research Programme in Neuroscience and Behavioural Disorders at Duke-NUS Medical School in Singapore told Medical News Today. “These drugs can take a long time to show results, and their long-term use is associated with various side effects,” he explained. Le is the co-lead author of a new study recently published in the journal EMBO Molecular Medicine that has identified a specific microbial metabolite in the gut microbiome that helps regulate brain activity linked to anxiety, via a mouse model. Researchers believe this finding may one day lead to new anxiety therapies targeting the gut-brain axis. For this study, Le and his team used a model of germ-free mice to assess the link between gut microbiomes — to study a potential link between gut microbes and anxiety. According to Le, the mice underwent behavioral testing to assess their emotional responses, such as anxiety. He said they were surprised to find the germ-free mice exhibited increased anxiety. Through the study, the scientists found the extra anxiety was linked to more activity in a specific area of the brain called the basolateral amygdala. “The basolateral amygdala is a part of the brain that helps control how we feel emotions, especially fear and anxiety,” Le explained. “It is a subregion in the amygdala. Trusted Source that acts like the brain’s alarm system.” Later in the study, Le and his team tried treating the germ-free mouse model with microbial metabolites called indoles. Trusted Source. “Indoles are natural compounds found in plants, animals, and the human body, often derived from the amino acid tryptophan,” Le detailed. “They are also produced by tryptophan-metabolizing bacteria in the gut.” “In our study, dietary indole supplementation was shown to reduce anxiety-related behavior in a mouse model lacking gut microbiota,” he continued. “This finding is significant because it suggests that indoles may help calm the brain’s anxiety response, offering a potential new treatment for anxiety.” “If these findings can be replicated in other animals, companion animals, and eventually in human clinical trials with anxiety disorders, they could pave the way for novel therapies targeting the gut-brain axis,” Le added. MNT spoke to Gary Small, MD, chair of psychiatry at Hackensack University Medical Center in New Jersey, about this study, in which he was not involved. “In light of recent research confirming the gut-brain connection, these findings are not surprising but also quite exciting,” Small commented. “The results provide a potential mechanism for the link between gut microbes and anxiety symptoms.” “Moreover, the amygdala is a well-documented brain region that controls anxious feelings, which makes the gut-brain pathway consistent with previous brain research in humans,” he explained. “Understanding this mechanism offers opportunities for developing novel, safe, and effective treatments for anxiety.”



Karan Johar rocks sleek new look in Gaurav Gupta outfit at Oscar 2025 afterparty as internet calls him ‘Ozempic face’

After the 2025 Oscars at the Dolby Theatre, celebrities flocked to the Wal-lis Annenberg Center for the Perform-ing Arts to attend the glamorous Van-ity Fair Oscar Party. Among them was Karan Johar, who made a grand fashion statement in a stunning ensemble by Gaurav Gupta. Known for his fearless and experimental style, Karan Johar brought his A-game to the event. Let’s dive into the details of his look and take some major fashion inspiration.C Pop-ular fashion commentator Diet Sabya took to Instagram to share an exclusive clip of Karan Johar, captioning it, “Diet exclusive: Kris Johar at the Vanity Fair party dressed in GG (Gaurav Gupta) couture.” For his dapper red carpet mo-ment, Karan donned a sleek black satin shirt paired with a statement overcoat featuring intricate golden embellish-ments. The coat, adorned with chain detailing and a striking brooch, added just the right amount of drama to his look. He completed the ensemble with a matching set of tailored trousers, ex-uding elegance with a bold edge. As-sisted by celebrity fashion stylist Eka Lakhani, Karan accessorised his look with a pair of gold-rimmed, stylish black sunglasses, a quirky statement ring adorning his finger, and a pair of shiny black shoes. With gelled hair and a clean-shaven look, he finished off his dapper appearance. Karan’s look quickly grabbed the attention of social media users, racking up tons of likes



and comments. While some praised his bold fashion choice, others had mixed reactions. One Instagram user wrote, “He will always be the most good-looking, best-dressed man at ev-ery Bollywood event ever.” Another commented, “Ozempic face.” A third chimed in, “Ozempic is ozempicking.” Meanwhile, someone else added, “He

will always be the female version of Poo... the sass and style!” Karan Johar previously dismissed claims of using Ozempic for weight loss, clarifying on Instagram that his transformation was due to a healthy lifestyle. He even tagged Maheep Kapoor, playfully re-acting to her comments on the drug’s misuse.

Guneet Monga brings high-fashion drama to Oscars 2025 in stunning corset-draped saree by Manish Malhotra

Guneet Monga brought a modern twist to Indian elegance with her sartorial choice at the Oscars 2025. The 2023 Academy Award-winning producer, whose short film Anuja has been nominated for Best Short Film (Live Action) at this year’s ceremony, made a stunning red-carpet appearance in a custom Manish Malhotra ensemble. Let’s break down her look and take some serious fashion notes. Guneet Monga’s custom Manish Malhotra ensemble was a stunning fusion of tradition and modernity. The outfit featured a structured cor-set-style top paired with a gown that elegantly draped like a saree, while a dramatic overcoat-style cape added an extra layer of sophistication. The rich brown hue beautifully complemented her warm undertones, while the metallic sheen brought a luxurious red carpet appeal. Crafted from a blend of silk or organ-za, the fabric’s subtle sheen added depth and dimension to her striking look. What makes this outfit truly stand out is its seam-less blend of structure and flu-idity. The corset top cinches the waist, creating a defined silhouette, while the draped gown adds graceful move-ment. The statement cape not only balances the femininity of the ensemble but also enhances Guneet’s b r o a d



shoulders, adding a touch of drama. It’s a masterclass in power dressing: strong, sophisticated, and chic, without leaning too masculine. Guneet elevated her look with a custom-made box clutch by Man-isha Melwani and bespoke footwear. Her Manish Malhotra High Jewellery pieces featured uncut polki earrings, perfectly complementing the matching buttons on her trench-style cape. For make-up, she opted for smokey eyeshadow, mas-cara-coated lashes, well-defined brows, flushed cheeks, a luminous highlighter, and a subtle nude lipstick, adding the perfect finishing touch to her red carpet moment.

Doctor dissects common causes behind birth defects

Birth defects can lead to func-tional abnormalities or deformi-ties in the appearance of a baby. Birth defects are caused by many complications. In an interview with HT lifestyle, Dr Sonia Golani, consultant gynaecologist and obstetrician, Bhailal Amin General Hospital said, “When there is some er-ror in baby’s DNA, genetic abnormalities occur. These types of defects can be inherited from par-ents or arise spontaneously due to mutations in the genes. Conditions like down syndrome and turner syndrome result from issues with chromo-somes.” She added, “Defects like cystic fibrosis and sickle cell anaemia may occur due to mutation in a single gene. Parents who carry defective genes may pass them on to their children, increasing the risk of birth defects.” Dr Sonia Golani further analysed the most common causes that can lead to birth defects in babies Harmful agents such as chemicals, drugs and radiation can interfere with fetal development. Consuming alcohol during pregnancy may lead to intellectual disabilities,



heart diseases and facial abnormalities. Addi-tionally, pregnant women exposed to industrial chemicals or pesticides have a higher risk of giving birth to babies with defects. Poorly man-

aged diabetes during pregnancy can result into heart diseases and other defects. Women who are obese before pregnancy have a chance of giving birth to baby with spina bifida and other compli-cations. Some infections such as rubella, CMV, toxoplasmosis can lead to serious birth defects. Lack of folic acid is a leading cause of neural tube defects. Insufficient iodine can cause in-tellectual disabilities and development issues. Little intake of Vitamin A may cause eye and immune system problems but excessive intake may also lead to birth defects affecting heart face and nervous system. Thalidomide, a drug once used to treat morning sickness was found to cause limb deformities. Isotretinoin can cause brain, heart and facial defects. Some anti-seizure medications, such as valproic acid increases the risk of neural tube defects and other compli-cations. Women who conceive at an older age have a higher risk of chromosomal abnormalities. Pregnancies involving twins or triplets increase the likelihood of birth defects due to factors like limited space in the womb, premature birth and placenta sharing.

Fibroids can strike women even in their 20s and affect fertility

We live in a world where new health issues frequently emerge, competing for at-tention and one common condition often discussed today is fibroids, which affects many women. Previously, fibroids were most commonly diagnosed in women in their 30s-50s but now they can occur at any age. Often, fibroids don’t show sym-pptoms, leading many women to believe their uterus is healthy. In an interview with HT Lifestyle, Dr Shanthala Thuppanna, HOD and Senior Consultant - Gynaecol-ogy at Sakra World Hospital in Bengaluru, shared, “The precise cause of uterine fibroids remains unknown. These non-cancerous tumors, or uterine leiomyomas, develop in or on the uterus and typically grow within the uterine wall, almost al-ways benign. While nearly 50% of women develop fibroids, only a few experience symptoms, making it challenging to pinpoint a specific cause. Fibroids also vary greatly in size.” Dr Shanthala Thuppanna revealed, “Age significantly influences fibroid development, commonly occurring in women during their 30s and 40s, and often diminishing after menopause. A family history of fibroids triples the risk, while obesity increases it by two to three times compared to women of average weight. Furthermore, dietary habits can impact the risk of developing fibroids. Ethnicity significantly impacts fibroid prevalence, being highest among African populations, as compared to whites, with Indians in between an average range of around 50 to 60% incidences of fibroids.” She added, “Fibroids usually develop within the uterine wall and are classified into three types based on location: sub-mucosal fibroids extend into the uterine cavity, intramural fibroids form within the uterine wall, and subserosal fibroids grow on the outer surface. Some fibroids grow on stalks protruding from the uterine surface or cavity, known as pedunculated fibroids.” Dr Shanthala Thuppanna answered, “Fibroids often go unnoticed until routine check-ups or pregnancy scans. Some individuals may experience abnormal bleeding, heavy periods, and painful menstruation. As fibroids enlarge, they may cause abdominal bulging resembling pregnancy, leading to urinary frequency or incontinence. Pressure on nearby organs can cause back pain and constipation de-pending on the size of the fibroids.” When fibroids develop within the inner layer of the uterus, they can hinder fertility by obstructing implantation or causing re-current miscarriages. Dr Shanthala Thuppanna warned, “During pregnancy, fibroids can lead to complications such as preterm delivery and pain due to fibroid degeneration. Although most women with fibroids experience normal pregnancies, they may face increased risks during childbirth, including a higher likelihood of cesarean section, breech presentation of the baby, stalled labor, placental abruption, and preterm de-livery.” According to Dr Shanthala Thuppanna, the impact of fibroids on women’s health is multifaceted, affecting physical, emotional and social well-being. She elab-orated -Chronic pain and heavy bleeding can cause fatigue and anemia, often re-quiring medical interventions such as medication or surgeries like myomectomy or hysterectomy. Chronic symptoms and potential fertility issues can cause significant emotional stress, leading to anxiety, depression, and a reduced quality of life. Fre-quent medical appointments, pain, and fatigue can interfere with work and social activities, leading to missed opportunities and decreased productivity.Dr Shanthala Thuppanna highlighted, “Managing fibroids can involve medications, including hormonal therapies, to regulate menstrual cycles and alleviate symptoms. Severe cases may require surgical interventions like myomectomy or hysterectomy, while minimally invasive options like uterine artery embolization are also available. Ad-ditionally, maintaining a healthy weight, balanced diet, and regular exercise are recommended for managing symptoms and overall well-being.”

Weight loss coach who shed 23 kg during fat loss journey shares 9 high-protein foods that helped her lose weight

If you are on a fat loss journey, you must have heard how protein intake is essential during weight loss. Increasing the amount of protein you eat helps regulate certain hormones, helps you feel fuller longer, boosts metabolism, and affects several weight-regulating hormones. However, keeping track of all the nutrients can be daunting if you have a hectic schedule. Gen Co-hen, a weight loss coach and fitness influencer who lost almost 50 lbs/23 kg, shared her ‘busy girl edition’ top 9 high-protein food recommendations that helped her lose weight. Let’s check out the things she recommended. Gen suggested eating Greek yoghurt that has no sugar, artificial sweeteners or fat and is protein-rich. The one she ate had almost 17 gm of protein. She added that you can use it to make par-faits, smoothies, and making high-pro-tein sweet treats. A flapjack is a baked bar made from rolled oats, fat, brown sugar and usually golden syrup. Gen had the version with 14 gm of protein. She suggested having it as an easy, high-protein breakfast option that can be paired with precooked frozen break-fast sausage and eggs. The influencer consumed milkshakes that had about 26 gm of protein, which she mixed into her coffee and smoothies or drank on her own to satisfy hunger cravings. You can make some at home and add protein



powder to increase the protein content. The weight loss coach suggested that hard-boiled eggs are a ‘great breakfast option that you can also include in re-cipes such as tuna salad, or add it to a snack plate.’ They will add 12 gm of protein to your diet. The fitness influ-encer consumed oats and honey grano-la that had almost 13 gm of protein per serving for her daily sweet treat. You can also replace it with desserts that do more harm than good. She topped the granola on top of oatmeal, parfaits, and fruit bowls. Cottage cheese has 14 gm of protein per serving and can be

consumed with eggs, to make dips and more. Chicken breast has 21 gm of pro-tein per serving and can be used in your diet as a salad topper, in stir-fries, and in other chicken recipes for easy pro-tein options. “Great for a quick lunch or dinner option! Pair it with rice and some steamed veggies for a balanced meal,” the influencer wrote. The dish has almost 31 gm of protein. The fit-ness influencer had protein bars with 20 gm of protein per serving for easy snacking. She kept them on hand for snacking during the gym, in the car or when on the go.

Kanye West’s ex attends Oscar afterparty in see-through dress inspired by Bianca Censori?

Bianca Censori made headlines by wearing a completely see-through dress to the 2025 Grammys red carpet with husband-rap-per Kanye West. She made a dramatic appearance by dropping her black fur coat to reveal a completely see-through mini dress, and her outfit sparked widespread attention and online debates about its appropriateness. Now, another sheer dress is grabbing attention, which might have a Kanye-Bianca connection. Re-member actor-model Julia Fox? Her relationship with Kanye cat-apulted her into the spotlight a few years ago, and for the recent 2025 Oscars afterparty, Julia seems to have channelled Bianca

Censori’s naked look from February’s Grammys 2025. Much like Bianca’s Grammys look, Julia’s latest outfit was straight-up wild, and helped her make a lasting impression as soon as she stepped onto the red carpet to pose for photographers At the Vanity Fair Oscar party, Julia made a statement wearing a sheer nude dress by Dilara Findikoglu, pushing fashion boundaries and making an unforgettable statement. Her skin-toned outfit was a bold choice and featured a leg slit. But what made her dress a total showstop-per was the use of black hair extensions that mimicked Julia’s curly hairstyle for the night.

Shraddha Kapoor’s fitness secrets for toned body on her 38th birthday

S hraddha Kapoor cele-brated her 38th birth-day on March 3. In a 2024 interview with Pinkvilla, the then 37-year-old had opened up about how her life had changed for the better since making the switch to veganism. Reasons for celebs to go vegan vary – for some, it’s a sensitivity to meat and dairy products, while others cite animal cruelty. As for Shraddha Kapoor, she credits her plant-based diet for improving her health. She had said, “So I’ve been vegan, preferred vegetarian, since almost two months now and I feel like that’s been a very interest-ing change and I’m feeling really good about it. I have been eating a lot of vegan food; so I eat sub-zis, I eat dal, I have rice, chapati sometimes; not a big chapati fan actually. And depending on what I feel like having, some days I will have continental or Asian food. I keep changing it up, but also, sometimes, I try to make sure that I do at least some cardio as well because I’m not being super strict with my diet.” According to WebMD, a vegan diet includes only plant foods — fruits, vege-tables, beans, grains, nuts, and seeds. People who follow a vegan diet don’t eat any animal prod-ucts. These include meat, poultry, seafood, dairy, eggs, and honey. Shraddha said that it’s possible to maintain a healthy diet while still enjoying your favorite foods in moderation. The actor added that she tries to eat her dinner as early as she can, anytime between 6:30 and 7:30 pm. Shraddha also said that her favourite cuisine is ‘In-dian food, home food’. She was also asked about her workout and foods she avoids to stay in shape. To which, she responded with, “According to me, the best time of the day to work out is before 6 pm and just when you have enough energy... And I stay away from... I’ll have aerated drinks once in a blue moon, processed chips also once in a blue moon, and deep-fried things too... my favourite healthy munchie will be a mix of dry fruits. I’m experimenting with being vegan right now, and so far, it is working really well. I don’t know if I’ll be able to continue staying vegan or not; only time will tell.”



SPORTS

Sinner Beats Auger-Aliassime in Paris, Reclaims World No. 1

Paris: Jannik Sinner reclaimed the No. 1 ranking in men’s tennis after beating Felix Auger-Aliassime 6-4, 7-6 (4) in the Paris Masters final on Sunday. The four-time Grand Slam champion from Italy replaced six-time major winner Carlos Alcaraz at the top as he extended his indoor winning streak to 26 matches, following up victory in Vienna last Sunday with his first Paris title.

The ninth-seeded Auger-Aliassime needed to win the tournament at La Défense Arena to clinch the eighth and final spot for the season-ending ATP Finals in Turin, Italy. But Sinner did not concede a break point chance in the match and won the tournament without dropping a set. “It’s huge, honestly. It was such an intense final here and we both knew what’s on the line,” Sinner said. “For him it’s a very tough and difficult spot but from my side I’m extremely happy.” Sinner beat Auger-Aliassime for the third straight time — including



in the semifinals at this year’s U.S. Open — and now leads the Canadian 3-2 in head-to-heads. “He was serving extremely well,” Sinner said. “You have to use your small chances well.” Auger-Aliassime is one of the most consistent players indoors but overall he was unable to trouble Sinner in a one-sided contest which saw Sinner at his clinical best as he won

his fifth title of the year and 23rd of his career.

Sinner won on his first match point with a crisp two-handed backhand down the line, tilted his head back and raised his arms. He then patted his heart as he waved his racket to the crowd. “The past couple of months have been amazing. We tried to work on things, trying to improve as a player and seeing this kind of result makes me extremely happy,” Sinner said. “It has been an amazing year no matter what comes in Turin.” Although Auger-Aliassime had more aces — eight compared to six — Sinner won 91% of first-serve points compared to 81 for his opponent. “Everything was on the quality of his serve,” Auger-Aliassime said. “Hats off to him.” Auger-Aliassime, who has won titles this year in Adelaide, Montpellier and Brussels, received a time violation warning from chair umpire Nacho Forcadell when serving at 30-30 in the ninth game of the second set.

India Win ICC Women’s World Cup 2025

Mumbai: India won the Women’s Cricket World Cup for the first time with a 52-run victory over South Africa on Sunday. Opener Shafali Verma scored a career-best 87 off 78 balls as the tournament co-host reached 298-7 in 50 overs after losing the toss and batting first at the DY Patil Stadium. South Africa was out for 246 in 45.3 overs in reply with its chase effectively over after skipper Laura Wolvaardt was out for 101 runs in 98 balls. India’s Deepti Sharma took the final wicket of the match and finished with bowling figures of 5-39 from 9.3 overs. It was India’s third final after 2005 and 2017. Both sides were unchanged from the semifinals when India beat defending champions and seven-time winners Australia by five wickets and South Africa beat four-time



champions England by 125 runs. The Proteas were first-time finalists. Sharma and Verma put in superb all-round performances. Verma — who was drafted in last week for the injured

Pratika Rawal — also took 2-36 with the ball. Before claiming a five-for, Sharma (58) scored her third half-century of the tournament as India reached the second highest total in a

World Cup final after Australia’s 356-5 against England in 2022.

Wolvaardt scored a fine century on the back of her semifinal heroics against England.

Head Out of India T20Is; Shifts Focus to Ashes



Hobart: Opening batter Travis Head was on Monday released from Australia’s T20 International squad for the remaining two matches against India to play in the Sheffield Shield ahead as part of preparations for the Ashes. The 31-year-old left-hander will play alongside Alex Carey for South Australia against Tasmania here from November 10 as he switches to red-ball cricket ahead of the first Ashes Test starting November 21 in Perth.

Messi to Kerala: Argentina Team Sends Official Visit Proposal for March 2026

Malappuram: Kerala Sports Minister V Abdurahaman announced on Monday that the Argentina football team, led by star player Lionel Messi, will play a match in the state in March next year. He made this statement at the Kerala government’s Sports Vision 2031 event.

“Two days ago, we received a mail from the Argentina team confirming their visit in March. An official announcement will follow soon,” he said. Preparations for the team’s visit have been completed, he added. Abdurahaman mentioned that the government had initially planned to host the South American team at the Jawaharlal Nehru International Stadium in Kochi this month. “Despite our efforts to complete the stadium facilities in Kochi, due to some issues, the work was not finished on time. Without stadium approval, we

West Indies in July. He has had a relatively lean run in white-ball cricket over the last month with a top score of 31 in eight innings across T20Is and ODIs after making 142 against South Africa in August. The pair will now turn out for New South Wales in a star-studded clash with Victoria at the SCG.

The selectors left the decision on whether to play in the Shield or the final two T20Is against India to Head himself, but he opted to feature in the domestic competition, according to a report in cricket.com.au. The report also said that every member of Australia’s likely squad for the first Ashes Test squad will feature in the next round of Sheffield Shield. Head played one early round of Sheffield Shield leading into last summer’s Border-Gavaskar Trophy series and finished as its leading run scorer. Head played one early round of Sheffield Shield leading into last summer’s Border-Gavaskar Trophy series and finished as its leading run scorer. Head played one early round of Sheffield Shield leading into last summer’s Border-Gavaskar Trophy series and finished as its leading run scorer.

ries and finished as its leading run scorer. Head played one early round of Sheffield Shield leading into last summer’s Border-Gavaskar Trophy series and finished as its leading run scorer. The last two matches will be played at Carrara (November 6) and Brisbane (November 8). Head’s absence will open up an opportunity at the top of the order for the final two matches, with players like Matt Short or Josh Philippe potentially stepping up to open alongside captain Mitchell Marsh. In addition to Head, leg-spinner Tanveer Sangha was also released from the T20I squad to play a One-Day Cup match for New South Wales, although he is expected to re-join the squad before the fourth T20I.

Verma Seizes Crucial Opportunity, Delivers World Cup Lifeline Performance
Good scores led to 70 vs. New Zealand

Mumbai: The 21-year-old probably would have been watching her team-mates in action in a potentially era-defining World Cup final at her home in Haryana, let alone playing it after being left out of the squad due to the inconsistent returns in the 50-over format. However, having been handed an opportunity as an injury replacement to open the batting with Smriti Mandhana, Shafali justified the faith the selectors and the team management had reposed in her, with a brisk 87 off 78 deliveries, lacing it with seven fours and two sixes against South Africa at the DY Patil Stadium in Navi Mumbai on Sunday, not allowing the pressure to get to her after being dismissed cheaply against Australia in the semifinal for just 10.

She further proved her credentials



as an all-rounder as the right-arm off-break bowler delivered a 2-36 spell while taking the big wickets of Marizanne Kapp and Sune Luus. Both wickets came at a time when South Africa were rebuilding their chase. After receiving a late call-up to the touring party after Pratika Rawal was ruled out, having suffered a hairline fracture on her ankle in India’s final league game against Bangladesh, Shafali was summoned to Mumbai from Surat while in the middle of a National Women’s T20 event where she was captaining Haryana. “What hap-

pened with Pratika, as a sports person, it wasn’t a good thing. No one wants any sportsperson to sustain such an injury. But God has sent me here to do something good,” Shafali said after joining the squad ahead of the semifinal.

Shafali came into the tournament on the back of a string of good scores against Australia A and then had followed it up with a 70 against New Zealand at the Centre of Excellence in Bengaluru in a warm-up game. In her last appearance for Haryana, she scored 55 in just 24 balls. While the ODI numbers do not have a pretty viewing -- 644 runs in 29 games, averaging 23 -- the 21-year-old made sure she grabbed her World Cup lifeline with both hands to help India eventually to their maiden World Cup title.

27 Medals: India Dominates Indonesia Para-Badminton Meet

Indonesia: India’s para-badminton players stamped their authority at the Indonesia Para-Badminton International, delivering a string of stellar performances that saw the contingent bag six gold medals to cap a dominant week on the circuit. India finished their campaign with a stunning haul of 27 medals — 6 gold, 8 silver, and 13 bronze.

Leading the charge were Tokyo Paralympic champion Pramod Bhagat and Sukant Kadam, who struck gold in the men’s doubles SL3-SL4 category. The Indian duo outclassed Indonesia’s Dwiyoiko and Setiawan 21-16, 21-12 in straight games, blending precision and power to silence the home crowd. “It’s an incredible feeling to win gold with Sukant after such a demanding tournament,” Bhagat said after the victory. “Every medal reflects our hard work and the pride of representing India.” Kadam echoed his partner’s sentiments: “Our connection on court was strong all week. Beating the local pair for gold shows the level we’re now playing at. This win gives us great momentum for the season ahead.” India’s gold rush didn’t stop there. Nitesh Kumar and Sivakumar clinched the men’s singles SL3 and SL4 titles, respectively, both showcasing tactical brilliance and unwaver-



ing focus through the rounds. In the women’s events, Manisha Ramdass produced a flawless display to capture gold in SU5 singles, while Sumathy Sivan added another in SH6, rounding off India’s title tally with poise and dominance. Bhagat also returned with a bronze in mixed doubles, while Tokyo Paralympic champion Krishna Nagar collected two medals — a bronze in men’s singles SH6 and a silver in mixed doubles SH6 alongside Sumathy Sivan. The duo fought hard in the final before falling to Indonesia’s Subhan and Marlina, 13-21, 9-21.

Kenya sweeps NYC Marathon podiums



New York: Kenya swept the men’s and women’s podiums at the New York City Marathon on Sunday, as Benson Kipruto survived a thrilling sprint finish in two hours eight minutes and nine seconds and Hellen Obiri won the women’s race in a course-record 2:19:51. Kipruto ran flat out through the final 50 metres to hold off a late fight from Alexander Mutiso, breaking the tape by less than two-tenths of a second in a photo finish, with 2021 winner Albert Korir finishing third (2:08:57).

“It was amazing. The last part was so hard,” Kipruto said in a televised interview. “I was pushing so hard to make sure I win.” It was the fourth major title for Kipruto, who was in a two-man race with Mutiso at the 25-mile mark and appeared to be completely in control with 200 metres left. He was forced to accelerate through the final straight, however, as Mutiso launched a gutsy late attack to wild cheers in Central Park. Paris bronze medalist Obiri, who won in 2023, was running shoulder-to-shoulder with runner-up Sharon Lokedi (2:20:07) and enjoyed a comfortable finish after pulling away ahead of the final turn to claim her fourth major title.

₹51 Cr for Women’s champions



New Delhi: The BCCI will reward the Indian women’s cricket team with Rs 51 crore for winning the ODI World Cup, secretary Devajit Saikia announced on Monday. The Indian women’s team under Harmanpreet Kaur’s leadership beat South Africa by 52 runs in the final on Sunday to win its first ever global trophy.

“As a token of appreciation, the BCCI will reward the Indian women’s cricket team with a cash award of Rs 51 crore for winning the World Cup. It includes all the players, support staff and the national selection committee,” Saikia told on Monday.

Maiden Victory: Tjen Secures First WTA Title in Thrilling Finale

Chennai: JANICE Tjen rounded off an incredible season by capturing her first WTA 250 tour level title, beating Kimberley Birrell 6-4 6-3 in the singles final in the Chennai Open at the SDAT Stadium here on Sunday. Before this tournament, Tjen attained her career-best rank of 80 (from 580 last year). Currently, she is ranked 82 and is likely to go up after this win. She also becomes the first Indonesian to win a singles title in 23 years, since Angelique Widjaja won the PTT Thailand Open in 2002. For Australian Birrell, her hunt for a WTA title continues. She lost her second 250 level final, her first loss coming at Osaka (Japan) last year.

After mounting a incredible comeback to beat Joanna Garland in Saturday’s semifinal, Birrell found it difficult to get going in the summit clash. One game in the first set that the crowd at



the centre court enjoyed was the fourth game. After leading 3-1, only by converting advantage points to match wins, the fourth game got the crowd off their seats. Eleven deuces and six breakpoints, but Birrell failed to convert her opportunities. That was the story throughout the match, as she managed to convert only two of her six break points into wins. Tjen, meanwhile, ensured she converted hers with her strong forehand returns and back-

hand slices.

After winning the first set 6-4, Tjen took a 4-1 lead. It seemed like Birrell was slowly losing her grip on the match. It needs to be noted that in her 3 hour 24 minute long semifinal against Joanna Garland, she had come back from 5-0 down in the third set to win the match. She was presented a similar situation, which she initially seized it by bring it to 4-3. However, Tjen, ensured that “I stayed true to my game.”