

Vibrant Village Programme-II

Discussions held in Tamulpur's Indo-Bhutan Border Areas

Goreswar, Nov 14: The Indo-Bhutan border tribal villages of No. 1 Paharpur, Patkijuli, and Bogajuli in the Tamulpur district hosted three significant meetings on Thursday as part of the Vibrant Village Program-II. The first meeting took place at No. 1 Paharpur; Patkijuli and Bogajuli came next.

District Commissioner Pankaj Chakravarty of the Tamulpur district presided over the meetings, which included in-depth conversations about the several problems the villages were facing and potential solutions. The locals brought attention to a number of enduring challenges, including human-elephant conflict, deforestation, problems with education, agriculture, drinking water, electricity,



health, forest management, veterinary care, and sub-health centers. They called on the administration to take the appropriate actions to deal with these issues. The

people were notified by District Commissioner Pankaj Chakravarty, ACS, that 106 villages in the Tamulpur district have been included in the "Aadi Karmayogi Abhi-

yan" by the Indian government. He went on to say that their towns were included in this project as well and that the program would soon take action to address their issues.

He added that the Bodoland Territorial Council's (BTC) and the Assamese government's plans need to be successfully carried out in the region. Additionally, the District Commissioner urged the villagers to take part in the "Aadi Karmayogi Abhiyan"-related "Janjatiya Gaurav Diwas," which is scheduled for November 15 in Nagrijuli. The District Commissioner and RK Tej Kumar Singh, Second-in-Command of the 64th Battalion of SSB, focused on the socioeconomic development of the area and encouraged the residents to seize local chances. They said that the force would prefer to buy food goods directly from local farmers rather than importing them from outside if the food items needed by

● *The Indo-Bhutan border tribal villages of No. 1 Paharpur, Patkijuli, and Bogajuli in Tamulpur district held three meetings under the Vibrant Village Program-II, led by District Commissioner Pankaj Chakravarty.*
● *The discussions focused on persistent challenges such as human-elephant conflict, deforestation, education, agriculture, drinking water, electricity, health, and forest management.*

the SSB could be produced locally. "We must adopt scientific measures to prevent elephants from damaging crops," the District Commissioner stated in response to the problem of elephants in agricultural fields.

Gogoi slams Assam government



Guwahati, Nov 14: In a recent public address, Assam Pradesh Congress Committee president Gaurav Gogoi criticized Chief Minister Himanta Biswa Sarma for fostering an environment conducive to a corruption-based payment system known as the "Mami Tax." Gogoi argued that this unofficial tax is harming traders and stifling business activity by instilling fear within the business community. He claimed that to conduct various trades, including the tea sector and mining, individuals are compelled to pay this tax, which has resulted in a slowdown of Assam's economy and discouraged investment. Gogoi asserted that if Congress returns to power, they will eliminate this system and support honest trading practices to restore investor confidence.

Manipur workshop highlights risks of rising social media dependence for news

● *A media workshop in Imphal on November 13 addressed concerns regarding the public's increasing reliance on social media for news.*

Imphal, Nov 14: A recent media workshop in Imphal on November 13 underscored growing concerns over the public's increasing dependence on social media as a primary source of news. Experts and state officials emphasized the importance of media literacy and responsible consumption to counter misinformation and ensure citizens remain well-informed. The one-day "Vartalap" workshop, organised by the Press Information Bureau's Regional Office, featured Ngangom Uttam, Director

of Information and Public Relations, as the chief guest. Uttam pointed out that mainstream media operates under strict editorial standards, accountability, and transparency, unlike unregulated social media platforms where content can spread without verification. He cautioned that the tendency to rely solely on social media for updates can distort public understanding, as unverified posts often circulate prioritizing views over accuracy. "Fully depending on social media to stay informed is risky and can undermine public understanding," Uttam stressed, calling for greater awareness about the rigorous processes followed by registered news organisations.



Technical sessions at the workshop covered a wide range of topics, including art and culture, youth affairs and sports, and cyber security. Uttam highlighted that emotional integrity, strengthened through culture, youth engagement, and

sports, complements the state's geographical integrity and plays a key role in building a cohesive society. PIB Director Engam Pame urged journalists to remain informed and reminded participants of the media's influential role as a storyteller

capable of driving social change. Leaders from the All Manipur Working Journalists' Union and the Editors' Guild Manipur also attended, reinforcing the collective responsibility of media stakeholders to promote accurate and reliable news.

Arunachal review flags urgent gaps in rural service delivery

Itanagar, Nov 14: A recent administrative review has highlighted critical gaps in rural service delivery across Arunachal Pradesh, underscoring the urgent need for improved coordination, infrastructure, and monitoring to ensure citizens receive essential government services efficiently. The Administrative Reform Commission (ARC), led by Chair Pramod Jain and Member Hento Karga, conducted a detailed assessment in East Siang district on November

service delivery systems, especially in remote areas where citizens still rely heavily on physical visits to government offices," said Jain. He added that future reform proposals will focus on stronger convergence among departments and sharper monitoring mechanisms to ensure efficiency and accountability. The panel also evaluated the district's progress in digital governance. While e-services are expanding, many rural residents remain outside the digital



13. During their visit, the panel met Deputy Commissioner Sonalika Jiwani, Superintendent of Police Pankaj Lamba, and senior officials to examine the functioning of front-line administration. The discussions revealed persistent challenges at subdivisional and circle levels, including manpower shortages, inadequate infrastructure, and weak inter-departmental coordination, all of which are affecting access to basic services for rural communities. "Feedback from the field highlights an urgent need for more reliable

network, limiting their access to on-line facilities. Community participation in development initiatives and the state of local infrastructure were additional focal points of the review. Deputy Commissioner Jiwani briefed the ARC on existing administrative structures, the challenges posed by limited manpower, and ongoing efforts to scale up digital platforms to reduce delays for citizens. The meeting included DD (RD) Tatling Pertin, ADC Mebo Nancy Yirang, DPO Tatak Mibang, and heads of various departments.

Flood safety, solar fencing boosted in Naharkatia



Guwahati, Nov 14: To strengthen flood control and wildlife safety in the region, Water Resources Minister Pijush Hazarika today inaugurated major flood-control works on the Burhidihing River. The project is funded by NABARD with support from Oil India Limited, marking a significant step toward protecting local communities and farmland from seasonal floods. During the event, Minister Hazarika also laid the foundation for solar-powered fencing at the Tarajan Tea Garden. The initiative aims to prevent human-elephant conflict, which has been a recurring challenge in the area. The project reflects the government's commitment to balancing human safety with wildlife conservation. Minister Hazarika expressed gratitude to the people of Naharkatia for their active support and participation in these development projects. He said that under the guidance of Chief Minister Dr. Himanta Biswa Sarma and MLA Taranga Gogoi, Naharkatia has witnessed substantial progress in both infrastructure and community welfare. Speaking about the historical significance of the region, the Minister highlighted Tipam, part of the Naharkatia Legislative Assembly constituency, as the place from which Chaolung Sukapha began the journey of building Bor Asom. Ensuring the all-round development of this historically important region continues to be a top priority for the government.

20 arrested in Assam for supporting Delhi terror attack

Guwahati, Nov 14: Assam Chief Minister Himanta Biswa Sarma announced that the state police have initiated a crackdown on individuals supporting the terrorists involved in recent Delhi attacks, resulting in twenty arrests from various districts. These arrests were made following social me-

dia monitoring that revealed such support. Authorities are continuing to track additional suspects, emphasizing that this behavior threatens national security. Several digital devices were confiscated, and investigations are ongoing to explore connections with organized networks.

Assam Cabinet approves implementation of Asom Mala 3.0, with an investment of Rs 3,217 crore

Guwahati, Nov 14: With a combined outlay exceeding Rs 4,000 crore, the initiatives mark one of the state's most comprehensive development pushes in recent years. In a significant infrastructure advancement, the Cabinet cleared Asom Mala 3.0, an extensive road development programme worth Rs 3,217 crore. The project covers 883 km of roads and 36 bridges across 34 districts, promising faster travel, improved inter-district connectivity, and enhanced economic activity throughout Assam.

The upgraded high-speed transport corridor is expected to significantly elevate logistics efficiency and regional mobility. In an ambitious bid to elevate Assam's sports ecosystem, the Cabinet sanctioned Rs 765 crore for the redevelopment of the RG Baruah Sports Complex.

The upgraded facility will boast a 25,000-capacity FIFA Category 2 stadium and multiple world-class amenities, enabling the state to host national and international events while nurturing young sporting talent. With flood and erosion continuing to pose critical challenges, the government approved a Community-Led



Riverbank Protection Policy.

The initiative emphasizes embankment construction through voluntary land relinquishment, ensuring quicker execution and stronger community ownership to protect vulnerable riverine regions. The Cabinet also gave the green signal for the publication of the Tribhuvan Prasad Tewary Commission Report on the Assam Disturbances of 1983. Both hard and digital copies will be made accessible during the upcoming Assam Legislative Assembly session, underscoring the government's commitment to

In Brief

Assam Rifles seize meth tablets in Mizoram

Ngopa: In a major anti-narcotics operation, the Assam Rifles, in collaboration with Mizoram Police, seized 15 kilograms of methamphetamine tablets, valued at roughly Rs 45 crore, in Ngopa, Saitual district. The operation underscores ongoing efforts by security forces to combat drug proliferation in the region. Acting on specific intelligence regarding suspicious narcotics movements along the Ngopa-Saitual Road, the Assam Rifles and Mizoram Police executed a joint operation during the night of November 12 to 13. They established a vehicle check post in Ngopa, where they intercepted and inspected a suspected vehicle. The search led to the recovery of 15 kilograms of methamphetamine. Two individuals, Rabizul Haq and Naasiruddin, both from Barpetta, Assam, were apprehended with the narcotics, marking one of the largest drug recoveries in Mizoram in recent times.

Sribhumi Police Seize Cannabis

Sribhumi: On November 13, the Sribhumi Police conducted a significant operation against illegal narcotics trafficking, seizing cannabis valued at approximately Rs 2.5 crore during a routine check in Patharkandi. The incident occurred at the Kathaltoli Police Outpost, under the Bazarichara Police Station's jurisdiction, where officers stopped a Bolero vehicle with registration number TR/05/J/1807. Five quintals of cannabis were found hidden in a vehicle traveling from Tripura to Patharkandi, with the driver escaping, leading to a manhunt. This seizure is one of the largest in recent months and highlights ongoing issues with narcotics smuggling on interstate routes. The police are investigating to identify the source and recipient of the drugs and to dismantle the trafficking network.

Vibrant Village Programme-II

Goreswar: The Vibrant Village Program-II held three meetings in the Indo-Bhutan border villages of No. 1 Paharpur, Patkijuli, and Bogajuli, presided over by District Commissioner Pankaj Chakravarty. The discussions addressed several persistent issues including human-elephant conflict, deforestation, education, agriculture, drinking water, electricity, health, and forest management. Chakravarty informed the villagers that 106 villages in Tamulpur are part of the "Aadi Karmayogi Abhiyan," which aims to tackle these challenges. He emphasized the need for collaboration with the Bodoland Territorial Council and encouraged participation in the upcoming "Janjatiya Gaurav Diwas." Additionally, he highlighted the importance of developing local agricultural production to meet the needs of the 64th Battalion of SSB and proposed scientific measures to mitigate elephant-related crop damage.

Seize cannabis

Orang: In a late-night operation, Orang police seized 29 kg 330 grams of cannabis in Begenabari village, arresting one trafficker. The operation, led by Officer-in-Charge Hirkajyoti Das, estimated the cannabis's inter-state market value at over Rs 1 lakh. A case has been filed under NDPS Act Section 20(b)(ii)(c), with ongoing investigations to uncover the broader supply network.

Revanth Reddy proposes naming city roads after global corporations

Hyderabad, Nov 14: Telangana Chief Minister Revanth Reddy proposed renaming key roads in Hyderabad after major global corporations such as Google, Meta, and Infosys during the US-India Strategic Partnership Forum (USISPF) conclave in Delhi. Reddy emphasized attracting foreign investments into Telangana's urban development, aiming to elevate the state's economy to \$1 trillion by 2034 and \$3 trillion by 2047. This initiative received positive feedback from industry leaders, who deemed it ambitious and forward-looking.

The conclave preceded the Telangana Rising Global Summit scheduled for December 8-9 in Hyderabad, which aims to showcase the state's growth plans. Reddy highlighted the advantages of Telangana's investor-friendly ecosystem, which includes Hyderabad's strategic location, safety, infrastructure, and favorable climate. He also stressed women's empowerment, education, and urban development, aspiring to elevate Hyderabad to a world-class city. Furthermore, he invited prestigious global universities such as Harvard, Stanford, and Oxford to establish offshore campuses in the city. Among the proposed flagship projects is Bharat Future City, which will span 30,000 acres and be termed India's most advanced urban ecosystem. Additionally, the River Musi rejuvenation project aims to enhance Hyderabad's riverfront.

In the Pune highway fire, a car was smashed between two container trucks

Seven dead

Pune, Nov 14: On Thursday evening, a tragic accident occurred on Navale Bridge along the Mumbai-Bengaluru Highway in Pune city, resulting in the deaths of seven individuals and injuring over a dozen others. The incident involved a car being crushed between two large container trucks that were engulfed in flames. This area is notorious for its accident-prone reputation, which further underscores the severity of the situation. The incident involved a heavy container truck en route to Mumbai, which lost control due to suspected brake failure while on a bridge. The truck struck several vehicles, including a mini-bus, before colliding with another large container truck. A car became trapped between the two trucks and sustained severe damage, as reported by Deputy Commissioner of

Police Sambhaji Kadam. The collision resulted in a significant fire that consumed three vehicles. The majority of the injured individuals were passengers in a minibus. Pune's police commissioner, Amitesh Kumar, who assessed the scene, stated that the fire was ignited by the collision's impact. DNA testing will be necessary due to the extensive charring of some victim's bodies, according to an official source. Meanwhile, traffic on the Bengaluru-Mumbai section of the highway has been halted as efforts to clear the burnt vehicles are currently in progress.

Eight fire tenders were dispatched to the scene of a tragic accident involving a car trapped between two container trucks, where a major fire erupted. The fire was extinguished, but seven charred bodies were recovered: two from a truck and five



from the car, including two males, two females, and a girl. Officials suspect an explosion of the CNG kit in the car caused the fire. The Pune Municipal Corporation coordinated rescue efforts, deploying ambulances, cranes, and JCBs to transport the injured to hospitals. Maharashtra's Chief Minister, Devendra Fadnis, described the incident as "tragic and painful," announcing financial support of ₹5 lakh to the next of kin of the deceased.

The previous arrest of director Javed Ahmed Siddiqui

New Delhi, Nov 14: The Al Falah University has gained significant attention following the dismantling of a "white collar" terror module linked to a deadly car blast at Delhi's Red Fort, which resulted in at least 10 fatalities and numerous injuries.

Investigating agencies are scrutinizing the university, especially as the prime suspect, Dr. Umar Nabi, is associated with it. The university's director, Javed Ahmed Siddiqui, who has connections to multiple institutions, has a controversial history, including a 2000 arrest for fraud involving ₹7.5 crore through fake investment schemes.

Siddiqui's past involvement with shell companies under the Al-Falah name raises

● The investigation into the blast has expanded to encompass Al Falah University, concentrating particularly on director Javed Ahmed Siddiqui.

concerns regarding financial practices and potential links to terrorism funding. NIA and Delhi Police have conducted raids at the university's offices, examining documents to determine if any accounts were utilized for illicit activities. Officials from the university assert they were unaware of any wrongdoing by their associates and are cooperating with the investigation, emphasizing that their campus has never been involved in any terrorist-related funding or experiments.

Following the NDA's successful Bihar performance, PM Modi will speak to BJP employees at Party headquarters

New Delhi, Nov 14: As the National Democratic Alliance (NDA) nears a historic victory in the Bihar assembly elections, Prime Minister Narendra Modi is set to address BJP workers.

Reports indicate the NDA, led by Nitish Kumar and Modi, is likely to surpass its 2010 record of 206 seats, currently standing at a combined total of 197 seats (BJP 90, JDU 80, LJP 20, HAM 3, RLM 4) against the opposition parties like RJD (28 seats) and Congress (4 seats).

This election serves as a crucial test for Nitish Kumar, who has governed Bihar for nearly two decades, facing challenges of voter fatigue and political shifts.

However, the resurgence in his support suggests a renewed trust in his governance model, supported by a strong BJP alliance that focuses on welfare, infra-



structure, and administrative stability.

The electoral landscape has transformed significantly, with the ongoing elections reflecting a stark contrast to previous cycles marred by violence. Notably, the 2025 elections recorded no repelling or violence, emphasizing the NDA's claims of improved law and order. With past electoral patterns favoring

the BJP and Modi, the NDA attributes its success to the state's robust rural support base and a "vote for dignity and self-respect."

Amidst criticisms from the opposition—particularly regarding comments on cultural practices like Chhath Puja—the NDA has actively promoted Bihar's cultural identity. Nitish Kumar's political resolve has allowed him to sustain a

■ Chief Minister Nitish Kumar's leadership, characterized by stability and development, has regained public trust despite previous voter weariness.

■ Historical comparisons reveal a significant reduction in election-related violence, indicating improvements in law and order under the NDA.

reliable vote bank through a focus on measurable development and inclusive growth across Bihar's socio-economic strata.

His long political journey, steeped in the ideals of adaptability, socio-economic advancement, and inclusive governance, resonates with voters, solidifying his place in Bihar's political landscape and reinforcing his alliance with Modi as pivotal in the current electoral context.

At a private hospital in Bengaluru, environmentalist Saalumarada Thimmakka passes away

Bengaluru, Nov 14: Saalumarada Thimmakka, the renowned environmentalist who dedicated more than 80 years to planting 385 banyan trees and approximately 8,000 other trees, passed away at the age of 114 on Friday at a private hospital in Bengaluru, Karnataka. Her family reported that she had been unwell for some time and was under medical care.

Born on June 30, 1911, in Gubbi taluk in Tumakuru district, Thimmakka had no formal education and was unable to bear children, which led her to plant saplings as a means to fulfill an emotional void. She nurtured her trees with the same love and care as one would for their children. Following the death of her husband in 1991, she intensified her commitment to environmental conservation.

Thimmakka became widely recognized for her immense contribution to the environment, particularly for planting 385 banyan trees along a 4.5-kilometre stretch between Hulikal and Kudur in Bengaluru South district, which earned her the nickname Saalumarada, meaning "row of trees." Her efforts significantly transformed a portion of rural Karnataka and garnered her national accolades throughout her life. These included the prestigious Padma Shri award in 2019, the Nadoja



Saalumarada Thimmakka

Award from Hampi University in 2010, the National Citizen Award in 1995, and the Indira Priyadarshini Vrikshamitra Award in 1997. Furthermore, she was awarded an honorary doctorate by the Central University of Karnataka in 2020 and was appointed as Karnataka's environment ambassador with a cabinet rank in 2022 under the Basavaraj Bommai-led government.

Tributes honoring her legacy flooded in following her passing. Karnataka Chief Minister Siddaramaiah expressed deep sorrow over the loss of "Salumara Thimmakka," praising her lifetime dedication to planting and protecting thousands of trees. He remarked that her profound connection to nature had rendered her "immortal," and that the state had suffered a significant loss with her departure.

Kerala man arrested for alleged organ trafficking

Thiruvananthapuram, Nov 14: The National Investigation Agency (NIA) has apprehended Madhu Jayakumar, the prime suspect in an illegal organ trafficking case involving the transport of individuals to Iran for organ donation. Arrested upon his return from Iran on November 8, he was subsequently presented in a Kochi court on November 12, which ordered his custody until November 19. Madhu is currently under interrogation at the NIA office in Kochi. The investigation traces back to May 18, 2024, when a youth was intercepted at Kochi airport on suspicions of connection to an organ trafficking network. Initially led by Ernakulam Rural Police, the case was later transferred to the NIA, which uncovered that the accused were targeting financially troubled individuals, deceiving them into traveling to Iran under the guise of legitimate organ donation. The investigation established that they coordinated with Iranian hospitals to falsely present the organ donation process as lawful. Last year, the NIA filed charges against Madhu and three others, with an Interpol Red Corner Notice issued for Madhu in February 2025 as he was residing in Iran.

Rajesh Kumar of the Congress is behind Lalan Ram of HAM in the Kutumba vote race

Patna, Nov 14: As of the 16th round of counting in the 2025 Bihar assembly elections, Rajesh Kumar Ram, the president of the Congress party's Bihar unit and a candidate in the Kutumba assembly constituency, is trailing behind Lalan Ram of the Hindustani Awam Morcha (HAM) by 9,260 votes.

This outcome is negatively impacting the Mahagathbandhan alliance, which is led by Tejashwi Yadav of the RJD, as they now fall behind the NDA. Other candidates contesting in the Kutumba assembly include Ram Janam Ram of the Aazad Samaj Party, Shyambali Ram of the Jan Suraj Party, Prakash Kumar from the Bahujan Samaj

Party, Angad Kumar of the Gana Suraksha Party, and Rima Kumari from the Rashtrawadi Janlok Party.

The Kutumba Assembly, which is part of the Aurangabad district, is reserved for Scheduled Castes. The Bihar assembly elections were organized in two phases, with polling occurring on November 6 and November 11, and the counting slated for November 14.

Rajesh Ram is a notable political figure, previously winning the Kutumba seat in the 2015 and 2020 elections, where he increased his vote share significantly. This election marks his attempt for a

third consecutive term. A prominent Dalit leader in Bihar, Ram has a close association with Rahul Gandhi and is the son of another influential Dalit leader, Dilkeswar Ram. His recent appointment as the Congress unit chief, succeeding Akhilesh Prasad Singh, reflects a strategic move to solidify Dalit support in the region.

The first phase of the elections recorded a robust turnout, exceeding 60%, which is notably higher than the voting percentages in the last three assembly elections. This election involves a total of 121 constituencies, with the success of the Mahagathbandhan and Congress hinging on both the im-



mediate results and the ongoing counting process.

Mukesh Sahani, a VIP, takes a hit as Mahagathbandhan falls behind

Patna, Nov 14: As vote counting continues in Bihar, the National Democratic Alliance (NDA) leads by 133 votes, with the Bharatiya Janata Party (BJP) leading in 84 seats and Janata Dal (United) in 71, while the Mahagathbandhan coalition trails, with the Rashtriya Janata Dal leading in 37 seats, Congress in 7, and CPI(M)-L in 6 as of 12:48 PM. Mukesh Sahani, founder of the Vikassheel Insaan Party (VIP), which is contesting 18 of the 243 assembly seats, faces distress as

his projected deputy chief minister position seems uncertain due to his party's performance. In his constituency Gaura Bauram, BJP's Sujit Kumar is leading by 4,418 votes amidst the fifth round of counting.

Born on March 31, 1981, in Darbhanga, Sahani overcame significant financial hardships, moving to Mumbai at 18 to pursue better opportunities. Initially a successful set designer in Bollywood, he entered politics in 2013 by supporting the BJP and became prominent

during the 2015 Bihar assembly elections. In 2018, he established the VIP, aiming to represent the fishermen community, where he identifies as a "Son of Mallah."

This demographic, belonging to the Extremely Backward Castes (EBCs), constitutes about 29% of Bihar's population, with the Mallahs or Nishads making up roughly 4%. Sahani's growing influence positions him as a significant player in the 2025 Bihar assembly elections.

Lucknow journalist threatened

Lucknow, Nov 14: Lucknow Police has filed a case against several unidentified individuals for allegedly attacking journalist Mukesh Dwivedi. Dwivedi reported that he and Himanshu Rawat were threatened and abused while driving their SUV, the assailants fired shots when confronted. Police have denied the occurrence of gunfire, attributing the incident to potential personal enmity.

In the Darbhanga assembly seat, Jan Suraj's RK Mishra is trailing five-term BJP MLA Sanjay Saraogi

Patna, Nov 14: In the recent election trends for the Darbhanga constituency in Bihar, Rakesh Kumar Mishra from the Jan Suraj Party has secured 7,675 votes, placing him significantly behind Sanjay Saraogi of the Bharatiya Janata Party (BJP), who leads with 64,608 votes, and Umesh Sahani of the Vikassheel Insaan Party, who has garnered 39,607 votes. Saraogi holds a commanding lead of 25,001 votes over Sahani, while Mishra trails far behind in third place.

Sanjay Saraogi, the incumbent Member of the Legislative Assembly (MLA), has proven to be a resilient political figure, having won five consecutive terms. His previous victory margins include a win in 2020 by 10,639 votes. Rakesh Kumar Mishra, a notable figure in his own right, is a former Indian Police Service (IPS) officer who has held influential positions in police administration, including serving as the Director General of Police (DGP) for Home Guards in Bihar.

He is particularly remembered for his leadership during the turbulent 1989 Bhagalpur riots, adeptly managing the restoration of order during a critical period marked by violence and mass killings. His efforts in controlling the riots earned him recognition for courage and effective ad-



ministration. Beyond his law enforcement career, Mishra is also actively involved with the Jan Suraj Party, which he has supported since its formation.

In terms of political history, the Darbhanga constituency has transitioned from being a Congress stronghold to a BJP-dominated area, particularly after 1995. Since its establishment as an assembly constituency in 1951, Darbhanga has undergone 17 elections with relatively stable political dynamics. Initially, the Congress party won the first four elections and a total of six, but the BJP subsequently emerged as a dominant force, claiming seven victories, including one by the Bharatiya Jana Sangh in 1972. The BJP's control has significantly strengthened after 1995, only facing a narrow defeat to the RJD by 795 votes in 2000. In addition to assembly elections, the BJP has also been successful in the Darbhanga Lok Sabha seat, having won five of the last six elections, with four con-

Mishra is trailing behind BJP's Sanjay Saraogi and Vikassheel Insaan Party's Umesh Sahani in the 2025 Bihar Assembly elections from Darbhanga by 7,675 votes.

secutive victories since 2009. The constituency has a diverse electorate, comprising 12.34% Scheduled Castes and 23.3% Muslims, with a notable urban majority consisting of 76.76% of voters compared to 23.24% from rural areas. The electorate has grown from 305,788 in 2020 to 314,719 in 2024, highlighting an increase in voter engagement, evidenced by a 55.79% voter turnout in the 2020 elections. Additionally, Darbhanga is recognized as a significant medical and educational hub in North Bihar, home to important institutions such as the Darbhanga Medical College and Hospital and the forthcoming All India Institute of Medical Sciences (AIIMS), alongside its thriving trade in local produce like fish, mangoes, and makhana.

Nitish Kumar is in complete control: The implications of the NDA's 2025 Bihar election victory as the JD(U) yells "tiger zinda hai"

Patna, Nov 14: The recent Bihar election results for 2025 indicate that Nitish Kumar, the state's longest-serving chief minister, is poised to secure his ninth term, building on an earlier swearing-in for an eighth term in August 2022. His performance suggests a strategic advantage within the National Democratic Alliance (NDA), enhancing his position vis-à-vis the senior partner, BJP, and effectively marginalizing his main rival, the Rashtriya Janata Dal (RJD). Political analyst NK Chowdhary noted that Kumar's achievement was unexpected, highlighting that his tenure has rewarded him with significant public support that compels the BJP to acknowledge his leadership. Nitish Kumar, often changing alliances, is recognized for his strong governance, earning the title of "sushasan babu," or "master of good governance." An analysis



of socio-economic indicators shows marked improvement in Bihar's status since he took office in 2005, with the state catching up to national averages in metrics like household electrification, where 96% of households reported electricity as their primary light source. As the JD(U) maintains its twelve Members of Parliament supporting Prime Minister Narendra

Modi's NDA government, Kumar's influence is expected to increase. Scholars like Rahul Verma from the Centre for Policy Research affirm that Kumar's strengthened position in Bihar strengthens his leverage at the national level as he joins the ranks of influential former chief ministers like Jyoti Basu and Naveen Patnaik, positioning him well to leave a lasting

NIA conducts raids in Meghalaya over Al-Qaida Gujarat terror case

Shillong, Nov 14: The National Investigation Agency (NIA) conducted coordinated searches at ten locations across five states on Thursday in connection with the Al-Qaida Gujarat terror conspiracy case involving illegal Bangladeshi immigrants. The operations targeted premises linked to suspects and their associates in West Bengal, Tripura, Meghalaya, Haryana, and Gujarat, with digital devices and incriminating documents seized for forensic analysis. Registered in June 2023 as RC-19/2023/NIA/ DLI, the case is being investigated under multiple provisions of the Unlawful Activities (Prevention) Act, the Indian Penal Code, and the Foreigners Act. Investigations revealed that four Bangladeshi nationals -Mohd. Sojibmiyan, Mun-

na Khalid Ansari, Azarul Islam, and Abdul Latif-entered India illegally using forged documents and maintained links with the proscribed Al-Qaida organisation. They were involved infundraising for Al-Qaida operatives in Bangladesh and in radicalising Muslim youth.The NIA had previously filed a chargesheet against five accused in November 2023 before the Ahmedabad Special Court. The recent searches aim to strengthen the investigation, uncover financial and operational networks, and examine the suspects' cross-border activities.Forensic analysis of the seized material is expected to provide further evidence on terror financing, recruitment, and communications, as authorities continue efforts to dismantle extremist networks in India.

Gauhati High Court orders govt to submit SIT report by Dec 19

Guwahati, Nov 14: Social activists Abhijeet Sharma and Palash Ranjan Baruah presented their Public Interest Litigation (PIL/46/2025) at the Gauhati High Court, targeting various ministries and officials, including the Government of Assam. Senior Advocate K. N. Choudhary represented the petitioners. The court ordered the government to submit a progress report by December 17, 2025, on the Special Investigation Team's investigation, indicating significant scrutiny over potential negligence in the probe. The low participation before the Justice Saikia Inquiry Commission was noted as a challenge to justice delivery. All related PILs will be heard collectively in future sessions, with Choudhary leading the arguments.

Lunglei DC warns against unregistered doctors practising in Mizoram

Lunglei, Nov 14: The Deputy Commissioner of Lunglei District, Navneet Mann, has issued a stern public notice cautioning citizens against consulting unregistered doctors, following reports of illegal medical practice in the state. The move aims to safeguard public health and reinforce accountability within Mizoram's healthcare system. The notice, issued on November 12, addresses concerns that several medical practitioners not registered with the Mizoram State Medical Council (MSMC) have been treating patients, violating established laws. According to an official MSMC notification (No. MSMC/Regn-2/2/2017/21 dated October 8, 2025), such practices breach the Mizoram Medical Council Act, 2010, and Section 34 of the National Medical Commission Act, 2019, both of which require



all practicing doctors to be registered with the respective state medical council. The DC's directives are clear: doctors not registered with MSMC are prohibited from practicing anywhere in Mizoram. Hospitals, nursing homes, NGOs, charitable organizations, and other

healthcare establishments are barred from employing unregistered practitioners. Furthermore, medical camps or outreach programs can only be conducted with prior approval from MSMC; any unauthorized activity may lead to legal action. Citizens have been urged to

verify the registration status of their doctors through MSMC before seeking medical consultation. The notice emphasizes that these measures are crucial to maintaining professional standards, ensuring accountability, and protecting the health and safety of the public.

RGU witnesses an extraordinary solo attempt to set a national record

Guwahati, Nov 14: In a remarkable display of skill and determination, the Assam Royal Global University (RGU) has witnessed an extraordinary solo attempt to set a national record—the baking of 2,041 assorted millet-based cookies on a single day by one individual. The feat was accomplished yesterday by Dr. Piyush Gupta, Assistant Professor and Coordinator, Royal School of Hotel Management (RSHM). Three gazetted officers were present throughout the event to monitor and verify the process, maintaining the official logbook, counting the cookies, and confirming the final display. The process began at 10:24 AM and continued till 1:48 Pm, for three



hours and twenty-four minutes. Speaking about his effort, Dr. Gupta said, “This attempt to create a National Record is not merely about numbers—

it celebrates teamwork, precision, and passion for the culinary arts. It exemplifies how our students can transform something as simple as a cookie into a symbol of creativity, excellence, and unity.” He added that such initiatives inspire students to go beyond theory and apply science, creativity, and sustainability in real-world cooking. “My inspiration comes from a strong desire to highlight the immense creativity and skill of our students from the North East,” he stated. Dr. Gupta's cookie marathon stands as a shining example of how small, passionate initiatives can ignite big dreams and position the North East as a vibrant hub for creative excellence.

Bhupen da Uncut Documentary ‘Bhupen da Uncut’ to honor musical legend at 56th IFFI in Goa

Guwahati, Nov 14: In a proud moment for Assam and admirers of India's musical icon, the documentary Bhupen da Uncut, directed by acclaimed filmmaker Bobbeeta Sharma, has been officially invited to be screened at the 56th International Film Festival of India (IFFI) in Goa. The film will be showcased under the Special Packages section of the Indian Panorama on November 23 at 6 pm at Samrat Cinema, Panjim, celebrating the legacy of Bharat Ratna Dr Bhupen Hazarika. The documentary offers rare and intimate glimpses of Dr Hazarika, featuring vintage footage from his 1999 visit to the United Kingdom. Viewers are treated to candid conversations where the legendary singer-composer reflects on his childhood, creative inspirations—including interactions with iconic Assamese poet and filmmaker Jyoti Prasad Agarwala—his academic journey in New York, and personal life, including his bond with his wife, Priyamvada Patel. Adding a deeply personal touch, the film showcases recitations of several unpublished poems by Dr Hazarika, revealing the philosophy and inner thoughts of one of India's most beloved cultural figures. These rare insights into his creative process and worldview provide audiences with a fuller appreciation of his contributions to music and society. Produced by Chinmoy Sharma and Bobbeeta Sharma under the banner of Sangita Advertising, with Ravindra Badgaiyan serving as Editor and Creative Direc-



tor, the documentary is being presented as a tribute to Dr Hazarika in his centenary year. The filmmakers expressed heartfelt gratitude to the Ministry of Information and Broadcasting and IFFI for this recognition. Bhupen da Uncut premiered in Guwahati on September 7, with Dr Hazarika's son, Tej Hazarika, and family members in attendance. The film has since traveled internationally, receiving acclaim in Warsaw (October 14), Luxembourg (October 25), and London (October 28), in screenings organized by the Assamese diaspora and the High Commission of India in the UK as part of the centenary celebrations.

Nagaland constitutes panel to review reservation policy for tribes

■ *The Nagaland government has established a Reservation Review Commission to evaluate the representation of various tribes in public employment and higher education.*
■ *Chaired by retired IAS officer R Ramakrishnan, the commission includes senior officials from multiple departments, with the Home Department providing logistical support.*

Kohima, Nov 14: The Nagaland government has constituted a Reservation Review Commission to reassess how various tribes in the state are represented in public employment and higher education. The initiative marks one of the most comprehensive efforts in recent years to revisit the long-standing rules on quotas and criteria for determining backwardness. According to the official notification issued on November 12, the commission will be chaired by retired IAS officer R Ramakrishnan. Senior officials from the Home, Law and Justice, Higher and Technical Education, and Personnel and Administrative Reforms departments will serve as members. Logistical support will be provided by the Home Department, while the Finance Department will handle the budgetary requirements for the panel. The commission has been granted extensive powers, including access to all relevant government records and the authority to summon officials or departments for briefings



as necessary to fulfill its mandate. Its responsibilities include reviewing constitutional and legal provisions on reservations across India, scrutinising economic and educational indicators used for eligibility, and assessing the impact of Nagaland's current policies on employment and admissions to professional and technical courses. A crucial part of the panel's work involves consulting with tribal bodies, student organisations, employees' associations, and other stakeholders to ensure broad-based input on equitable representation. The commission is expected to recommend criteria for identifying tribes eligible for reservation, propose the overall percentage of

quotas and their internal distribution, and consider the duration for which benefits should apply. Additionally, the commission will examine implementation gaps and suggest technology-driven solutions to make the system more robust, error-free, and transparent. The panel has been tasked to submit its report within six months, with remuneration for the chairperson to be notified separately. The order, issued with Cabinet approval on October 21, 2025, supersedes an earlier notification from September 22, 2025, signaling the state government's renewed commitment to strengthening equitable access to opportunities for all communities in Nagaland.

Man found dead by hanging self in Assam, investigation underway

Shillong, Nov 14: The body of a 49-year-old man from Assam was recovered from a forested area in Nohwet village under Pynursla Police Station on Wednesday, prompting police to launch an investigation into the circumstances surrounding his death. The deceased, identified as Tapan Dey, a resident of Bishnupath, Pani Tanky, Ganeshnagar, Basistha in Kamrup Metro district, was found by a group of local women who had gone to collect firewood. According to police, the body was discovered hanging from a tree on a sloped patch of jungle, approximately 100 metres from the metal road.A Tata Intra pickup truck, driven by Dey, was found parked nearby with all his personal belongings still in-

side.Upon receiving the information, police reached the spot along with a mobile forensic team, which conducted an on-site examination. The body was subsequently shifted to Civil Hospital, Shillong, for post-mortem.Preliminary examination revealed no external injuries on the body. Investigations so far indicate that Dey had travelled to Nohwet on November 8 to deliver a generator to a company involved in the construction of a mobile tower. He was last seen on November 9 at around 10 am.While the inquest suggests a possible case of suicide, police have clarified that the exact cause of death—whether suicide or homicide—will be confirmed only after the post-mortem report is received.

Sribhumi Police seize Cannabis

Sribhumi, Nov 14: On November 13, the Sribhumi Police conducted a significant operation against illegal narcotics trafficking, seizing cannabis valued at approximately Rs 2.5 crore during a routine check in Patharkandi. The incident occurred at the Kathaltoli Police Outpost, under the Bazarichara Police Station's jurisdiction, where officers stopped a Bolero vehicle with registration number TR/05/J/1807. Five quintals of cannabis were found hidden in a vehicle traveling from Tripura to Patharkandi, with the driver escaping, leading to a manhunt. This seizure is one of the largest in recent months and highlights ongoing issues with narcotics smuggling on interstate routes. The police are investigating to identify the source and recipient of the drugs and to dismantle the trafficking network.

Cyber Scam Cracked Nagaon Police Crack Down on Fake Tea Estate Operation

● *Police have achieved a major victory against cyber-enabled crime by uncovering a fraudulent racket that deceived a man from Madhya Pradesh into believing he was purchasing a tea estate in Assam.*

Nagaon, Nov 14: The Nagaon Police have discovered a fraudulent scheme that ensnared a guy from Madhya Pradesh with the false promise of selling a tea plantation in Assam, marking a major victory against cyber-enabled crime. In addition to giving the victim fake money, the team behind the plan made him appear in a manufactured film, which they then used to blackmail him and steal ₹5 lakh in cash. Jayanta Baruah, Additional Superintendent of Police (Crime), reported that a group posing as a tea garden vendor had called the victim to the isolated Katimari area in Nagaon. The victim was forced to appear in a video recording and given counterfeit money once he arrived at the location. Before fleeing, the gang intimidated him and demanded money using the video. The offender was located at Bangalmara in the Lakhimpur district by the police using technical monitoring and information obtained from cell phone conversations. Nabi Hussain and Riyazul Islam, two sus-



pects, were taken into custody. Both acknowledged operating the scam with the assistance of a Nagaon local contact during questioning. More Bangalmara residents may be connected to the operation, according to police, and they are working to find and capture them.On the same day, Naga-

on Police also detained Imdad Parvez, a cybercriminal from Sonabera, under the Juria Police Station. He was found in possession of a sizable sum of money that had been obtained unlawfully. To ascertain the degree of his involvement in more fraudulent acts, he is being questioned. The con-

secutive arrests, the prompt action of Nagaon Police, and their increasing proficiency in handling schemes that blend conventional deceit with online intimidation. The public has been advised by authorities to be wary of such fraudulent promises and to report any suspicious activity right away.

BUSINESS

Adani’s next IPO wave may begin in 2027 with airports and metals in focus

New Delhi: Adani Enterprises is reportedly preparing to launch a new wave of public listings starting 2027, with plans to spin off its airports, roads, metals, and data centre businesses as they near operational maturity. If executed, this second listing cycle could mirror the group’s earlier value creation blueprint, potentially unlocking substantial shareholder wealth over the coming decade. According to a report by The Economic Times, the conglomerate expects several of its incubated verticals to be IPO-ready between 2027 and 2031. This follows the company’s earlier strategy from 2016 to 2020, which saw the successful listing of Adani Total Gas, Adani Green Energy, and Adani Wilmar. By FY28, the EBITDA of Adani’s airport business is expected to triple, sources told the publication. Meanwhile, its copper and other materials arms are projected to be fully operational within the same timeframe. Adani Airport Holdings currently



operates eight major airports, including Mumbai, Lucknow, and Ahmedabad, and reported ₹1,062 crore in five airports, focusing on the non-aero segment as a key revenue stream. Adani Roads Transport, another wholly owned subsidiary, posted ₹930 crore in EBITDA in the first half of FY26. Seven of its road projects are operational, and another seven are under construction, strength-

ening its IPO prospects. The group is also targeting a dominant position in India’s metals space, aiming to build the country’s second-largest portfolio after Vedanta. Adani Airport Holdings currently operates eight major airports, including Mumbai, Lucknow, and Ahmedabad, and reported ₹1,062 crore in EBITDA for the September quarter — a 43 percent year-on-year jump.

British Airways marks 20 years of Bengaluru flights all-Indian crew

New Delhi: British Airways on Friday announced that it is celebrating 20 years of operating flights between Bengaluru and London, marking two decades of connecting India’s technology hub with the UK. To commemorate the milestone, the airline ran a special anniversary service from London Heathrow to Bengaluru, staffed entirely by Indian cabin crew. The flight landed early Friday morning, symbolising the carrier’s long-standing relationship with India and its commitment to offering personalised service to the diverse communities it caters to, British Airways said in a statement. The airline added that the crew included several Bengaluru-based employees who have also completed 20 years with the company. British Airways on Friday announced that it is celebrating 20 years of operating flights between Bengaluru and London, marking two decades of connecting India’s technology hub with the UK. To commemorate the milestone, the airline ran a special anniversary service from London Heathrow to Bengaluru, staffed entirely by Indian cabin crew.



from our dedicated colleagues to the communities we serve. As we look to the future, we’re excited to welcome more customers on board and continue strengthening the cultural and economic ties between India and the UK,” Neil Chernoff, British Airways’ Chief Planning and Strategy Officer, said. In addition to the special flight, British Airways launched a flash sale on Friday for bookings between Bengaluru and London Heathrow, offering up to 20 per cent discounts on World Traveller and World Traveller Plus fares, with savings of up to Rs 26,000, the statement said. Since beginning services to Bengaluru in 2005, the airline has operated daily flights from Kempegowda International Airport to Heathrow, giving passengers access to its hub and connections to more than 190 destinations in 65 countries. Currently, British Airways flies 56 direct services each week across five major Indian cities — Delhi, Mumbai, Bengaluru, Hyderabad and Chennai. India remains the airline’s second-largest international market after the United States, reflecting a presence in the country that spans over a century, it said.

Sugs Lloyd Limited 91% Growth in EBITDA

New Delhi: Sugs Lloyd Limited (BSE - SME: 544501), a leading power infrastructure and EPC solutions company, has announced its unaudited financial results for the half year ended 30th September, 2025. * Robust Order Book: ₹409.59 crore, providing 24-30 months of strong execution visibility through FY27. Commenting on the company’s performance, Mr. Santosh Shah, Chairman and Promoter of Sugs Lloyd Limited, said: “We are delighted to deliver another period of solid performance, achieving 94% growth in revenue and a near doubling of profit on a half-yearly basis. The results reflect our strong execution capabilities and operational discipline across electrical and solar EPC verticals. Our robust order book of over ₹400 crore and expanding presence across multiple states provide long-term visibility and confidence in our growth trajectory.” With our 50%+ market share in Fault Passage Indicator (FPI) technology and enhanced fi-



nancial flexibility post-IPO, Sugs Lloyd is well-positioned to capitalize on India’s growing power infrastructure investments. We remain focused on strengthening our execution capacity, improving margins, and creating sustainable value for all stakeholders.” Sugs Lloyd Limited is a leading EPC company engaged in electrical, solar, and smart grid solutions across India. Established in 2009, the company has evolved into a trusted partner for power infrastructure projects under schemes such as RDSS, IPDS, and PM-KUSUM. With a robust order book of ₹409 crore and strong execution capabilities, Sugs Lloyd serves blue-chip clients including NTPC, Tata Power, and several state

DISCOMs. The company holds over 50% market share in Fault Passage Indicator (FPI) technology and continues to expand in the solar EPC and O&M segments. For FY25, the company reported revenue from operations of ₹176 crore, EBITDA of ₹26 crore, and Net Profit of ₹17 crore. This document contains forward-looking statements, which are not historical facts and are subject to risks and uncertainties such as government actions, local developments, and technological risks. The Company is not responsible for any actions taken based on these statements and does not commit to publicly updating them to reflect future events or circumstances.

India to drive global oil demand growth till 2050 as IEA revises forecast upward

New Delhi: The International Energy Agency (IEA) has predicted that global oil consumption could rise till 2050, with India taking the lead in growth in demand over the next decade. The Paris-based energy watchdog’s observation is a departure from 2024, when it had forecasted that oil demand may plateau or fall by the end of this decade. The agency in its ‘current policies scenario’ said consumption may rise by 13 per cent till the middle of the century.

According to IEA, energy demand in India is expected grow the fastest, increasing by 3 per cent each year on an average to 2035. China was responsible for more than half of the global increase in total energy demand over the past 25 years, but as its economy changes shape, demand will grow 1.1 per cent each year on an average to 2035, much lower than the 3.6 per cent annual increase seen between 2015 and 2024, it noted. The agency projected that oil demand, excluding biofuels, will rise by more than 5 million barrels per day (mb/d) to reach 105 mb/d in 2035 in the CPS, mainly because of the increased use



of oil in road transport in emerging markets and developing economies for aviation and shipping and as petrochemical feedstock. Forecasts from IEA — established following the 1973 oil shock — are used globally as a benchmark by governments and energy companies to plan policy and investments. “Oil remains the dominant fuel to 2050 in the CPS (current policies scenario). China accounted for more than 75 per cent of oil demand growth over the past 10 years, but this picture is changing,

and India becomes the new epicentre of growth in oil demand,” IEA said. According to the agency, India will lead global oil demand growth over the next 10 years, with almost half of the additional barrels produced globally to 2035 heading in its direction, it added. Its oil use increases from 5.5 million barrels per day (mbpd) in 2024 to 8 mbpd in 2035 as a result of rapid growth in car ownership, increasing demand for plastics, chemicals and aviation and a rise in the use of LPG for cooking.

“Oil demand in India increases by 2 mbpd to 2035 — the largest increase in any country — and continues to rise through to 2050. The next largest increases to 2035 are in Africa (1.2 mbpd) and Southeast Asia (1 mbpd),” it said. With limited domestic production, India’s dependence on imports to meet this rising demand will only increase. IEA projected that import dependency in India rises from 87 per cent in 2024 to 92 per cent in 2035, despite government efforts to promote domestic production.

Marico Q2 earnings Margins fall despite 31% revenue

New Delhi: Marico Ltd.’s shares ended over 2% higher at on Friday following the company’s latest quarterly earnings announcement. The consumer goods maker posted a 7% volume growth for the July-September period, aligning with expectations. However, the company’s operating margins softened to 16.1%, a decrease from 19.6% in the same period last year. The company reported a revenue of Rs 93,482 crore, marking a 31% year-on-year rise. EBITDA climbed 7.3% year-on-year to Rs 9560 crore. Despite these top-line gains, Marico’s

net profit reached Rs 9420 crore, in line with the Rs 9415 crore consensus but marginally below the Rs 9423 crore posted a year ago. The softening of margins, despite robust revenue growth, reflects ongoing cost pressures in the sector. The company has delivered results largely in line with market expectations on core metrics, yet investors are watching closely for signs of margin recovery in subsequent quarters. Marico’s performance in this quarter underscores the challenges faced by consumer goods companies in balancing growth and

profitability amid fluctuating input costs and competitive pressures. While the revenue surge signals strong demand for its products, especially in its core segments, the narrowing margins highlight the impact of higher raw material prices and increased expenses. Management commentary suggested a continued focus on cost optimization and strategic investments to drive future growth. Marico stock ended 2.41% higher at Rs 739.35 today against the previous close of Rs 721.95. Market cap of the firm stood at Rs 95,962 crore.

Tata Steel posts 319 per cent jump in Q2 profit as India output and margins lift performance

New Delhi: Tata Steel reported a 319 per cent jump in profit after tax at ₹3,183 crore on a consolidated basis in the September quarter, compared with ₹759 crore in the same period of last fiscal, on the back of improved performance of its Indian operations and support from the Netherlands business. Tata Steel reported a 319 per cent jump in profit after tax at ₹3,183 crore on a consolidated basis in the September quarter, compared with ₹759 crore in the same period of last fiscal, on the back of improved performance of its Indian operations and support from the Netherlands business. The company’s consolidated revenue for the second quarter stood at ₹58,689 crore compared with ₹53,905 crore, up 8.8 per cent from the same period of FY25. Deliveries grew 10.5 per cent in India to 5.55 million tonnes as new capacity from Kalinganagar came on stream. On a quarter-on-quarter basis, deliveries were up 17 per cent. Commenting on the performance,

T.V. Narendran, managing director and CEO of the company, said, Tata Steel delivered “resilient performance” with EBITDA margin improving for the second consecutive quarter, even as the global operating environment remained challenging with persistent overhang of tariffs, geopolitical tensions and elevated steel exports. The company earned ₹11,343 per tonne EBITDA on a consolidated basis in Q2 compared with ₹10,503 a tonne in Q1 and ₹7345 a tonne in Q2FY25. In the Netherlands, revenues were Tata Steel reported a 319 per cent jump in profit after tax at ₹3,183 crore on a consolidated basis in the September quarter, compared with ₹759 crore in the same period of last fiscal, on the back of improved performance of its Indian operations and support from the Netherlands business. The company spent ₹3,250 crore towards capital expenditure in the second quarter and ₹7,079 crore during the half-year.

Abhee Ventures Marks a Transformative Milestone with Its New Corporate Office

Mumbai: Abhee Ventures’ New Office in Sector 4, HSR Layout, Bengaluru New Delhi [India], November 14: A bigger space, a bolder vision. Every milestone tells a story. For Abhee Ventures, one of Bengaluru’s emerging real estate brands, the move to its new corporate office at Sector 4, HSR Layout, marks the beginning of a new chapter in its growth journey. The new space brings together Abhee’s growing teams under one roof, mirroring the company’s larger journey of evolution within Bengaluru’s fast-changing real estate landscape.

Abhee Ventures has always been driven by the belief that good homes shape better lives. Over the years, that belief has translated into thoughtfully planned projects across the city, each designed to blend comfort, leisure, connectivity, and long-term value. “This move represents the next phase of our growth,” says R. Nagaraj Reddy, Managing Director, Abhee Ventures. “We are building an organisation capable of leading change, not just keeping pace with it.” Among Abhee’s

flagship RERA-approved developments, Abhee Aaria near Gunjur Lake spans 12 acres with 85% open space, a 2-acre central forest, and a 60,000 sq ft clubhouse. Abhee Celestial City, located just off Sarjapur Road, rises 27 floors high, offering 2 & 3 BHK homes with sweeping views and refined amenities. Abhee Serenity Springs, near the Bommasandra Metro Station, features 2 & 3 BHK Vastu-compliant homes across 4.5 acres. Abhee’s plotted developments,

Abhee Tranquila (off Sarjapur Road) and Abhee Napura (Whitefield Extension), give buyers the flexibility to invest in land for excellent capital appreciation. Looking Ahead With over 10 million square feet of new development on the horizon, Abhee Ventures is ready for its next leap as new launches emerge across North & East Bengaluru. The new corporate office serves as a reflection of that momentum, a symbol of a brand moving forward with clarity, growing steadily, and carrying a vision to transform the country’s real estate landscape.

Toyota Kishor India Pvt Ltd. (TLKI) Rolls Out

New Delhi: Toyota Logistics (TLKI) Introduces Low-Emission Trucks to Reduce Carbon Footprint in CBU (car) transportation sector. In a significant step towards sustainable logistics, Toyota Logistics As part of Toyota’s ongoing and ambitious efforts to minimize its carbon footprint, Toyota Logistics has started deploying Electric Vehicles (EV trucks), Compressed Natural Gas (CNG) trucks, and BS-VI compliant trucks for its transportation operations.

SIFs: What are they Everything you should know about this innovative investment

New Delhi: A new buzz is sweeping through the investment landscape — Specialised Investment Funds or SIFs. Positioned as the bridge between mutual funds and alternative investment strategies, SIFs are emerging as the latest innovation in India’s capital market ecosystem. Designed to offer investors access to both long and short opportunities within a regulated framework, SIFs promise flexibility without compromising transparency. While mutual funds have been around for decades with their simple structure and strict regulations, SIFs introduce a hybrid element by combining that structure with the flexibility typically found in Alternative Investment Funds (AIFs). While speaking to Business Today, Niranjan Avasthi, Senior Vice Pres-

While mutual funds have been around for decades with their simple structure and strict regulations, SIFs introduce a hybrid element by combining that structure with the flexibility typically found in Alternative Investment Funds (AIFs).

ident at Edelweiss Mutual Fund, explained, SIFs offer the best of both worlds: the transparency of mutual funds and the flexibility of AIFs. Unlike traditional mutual funds that can invest only in cash markets such as equity and debt, SIFs are permitted to trade in derivatives—enabling them to take both long and short positions. However, SIFs are not designed for every investor. The minimum investment threshold stands at Rs 10 lakh, placing them in a higher-ticker bracket compared



to retail-friendly mutual funds. Co-Founder of allowing investors to balance risk and return across time horizons. For instance, a hybrid long-short SIF could be suitable for investors looking for moderate returns with limited risk. “If I choose

an equity hybrid long-short product, “Derivatives can be used to enhance or reduce risk. What we have done is reduce risk closer to fixed income products while maintaining returns comparable to hybrid funds,” he said.

Amitabh Bachchan Proud of Comedian Bassi



Mumbai: The upcoming episode of Kaun Banega Crorepati Season 17 is going to be a fun ride. The laughter-packed episode will feature Anubhav Singh Bassi, Ravi Gupta, Abhishek Upmanyu, and Harsh Gujral joining Amitabh Bachchan. In this special episode, viewers will witness a unique and entertaining conversation between the legendary host and the stand-up artists.

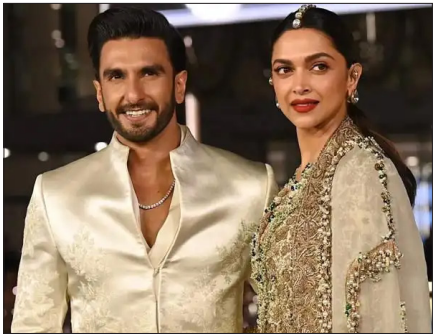
Amitabh Bachchan is proud of Anubhav Singh Bassi. Bassi reveals that he finds several striking similarities between himself and the megastar, saying, “Both our initials are AB, I’ve acted in a film, so I can count myself as an actor like you, and I even studied at your college, Kirori Mal College in Delhi.” Amitabh Bachchan warmly replies, being proud of him. Bassi went on to share a funny story from his hostel days. “The boys used to prank me,” he said. “They’d ask me to stand outside any room and shout your famous catchword ‘Hyein’ to open the door. I did it multiple times.”

Anubhav Singh Bassi has taken to his Instagram to share a picture with Amitabh Bachchan from the sets of KBC. Taking to his social media, the actor attached the pictures with a sweet caption that reads, “When AB met AB @amitabhbachchan.” He further continued and wrote, “Dekh lena episode guys, UPSC ki tayyari thodi si to kaam aagyi.”

Ranveer Singh on Deepika: Working with Her Keeps Me Grounded

Mumbai: Ranveer Singh and Deepika Padukone created magic on screen with their films such as Goliyon Ki Raasleela Ram-Leela and Bajirao Mastani among others. The couple once again reunited on screen recently for a new tourism campaign, sending their fans into a frenzy. The couple were last seen in the film Singham Again. Now, in a recent interview, Ranveer spoke about working with Deepika and their on-screen chemistry, which he described as ‘natural’. The ‘83 actor told Hindustan Times, “I love working with Deepika. Our on-screen chemistry is so natural. There’s an authenticity there that’s priceless. That really resonates with the audience.”

He continued, “Indian travellers are emotionally driven. They want stories and experiences that make them feel something at a soul level. When they see us exploring the place together, they’re seeing the possibility of how two people can live to the fullest, experience beautiful moments and create memories.” Talking about whether he can pick a special moment from working with Deepika, he said, “There have been many special moments. The best part is we have only scratched the surface. There’s still so



much more to do.” The actor also shared that Deepika brings a grounding presence with her and complements his energy. “Together, we reflect two different traveller types and find interesting things to do in the city - as a couple,” concluded Ranveer.

Ranveer Singh and Deepika Padukone shared the screen in films such as ‘83, Padmaavat, Ram-Leela and Bajirao Mastani. They tied the knot in November 2018 and welcomed their daughter Dua in September 2023. Ranveer Singh will be seen in the film Dhurandhar, which will be released theatrically on December 5. Deepika, on the other hand, will be seen in Atlee and Allu Arjun’s next film and also Shah Rukh Khan’s King.

Rajkummar Rao’s Nikam Biopic Wraps; Crew’s Emotional Letter Goes Viral

Mumbai: Rajkummar Rao has officially wrapped up shooting for his upcoming film Ujjwal Deora Nikam. And the moment turned memorable as a heartfelt handwritten letter from the direction team went viral on social media. The actor also shared glimpses from the film’s final day, expressing gratitude for the team.

After the film’s wrap up, Rajkumar Rao shared a handwritten note from the film’s direction team. The note read as, ‘Raj sir ... it’s honestly so hard to say wrap today. We have spent so many days living this world with you, watching you breathe life into Ujjwal Nikam with such calm, honesty and grace. It’s hard to imagine this set without you now. Watching you build Ujjwal Nikam has been such a privilege. More than the actor, it’s you we all will miss. You make people want to do better. You make it all feel simple again. This wrap doesn’t feel like an ending. It feels like that moment after a long conversation when you don’t really want to leave. We will miss the coat, the courtroom, and that unwavering stillness you brought into every frame’

Initially, there was buzz around Aamir Khan taking on the role. However, due to his work



commitments, he opted out of the film. Sources close to the development told that Rao came on board after Aamir Khan’s exit. While the film is inspired by real events and features a real-life figure at its centre, Maddock Films has clarified that it won’t follow the traditional biopic format. Rather than covering Nikam’s entire life or legal career, the film will focus on a specific chapter — the intense courtroom drama and legal fight for justice after the 2008 attacks. Instead, the upcoming project will spotlight his pivotal role in the high-profile trial following the 26/11 Mumbai terror attacks, rather than chronicling his entire life or career. Rajkummar Rao was last seen in Maalik. Directed by Pulkit, the film is currently in post-production. It is produced by Kumar Taurani under the Tips Films banner and Jay Shewakramani’s Northern Lights Films.

Ananya, Navya Dance at Wedding

Mumbai: Ananya Panday took a break from her busy schedule to celebrate the grand wedding festivities of her close friend, Deeya Shroff, in the picturesque city of Udaipur. The actress appeared to be in her happiest form, as multiple inside photos and videos showcased her dancing wholeheartedly, enjoying every moment and spending quality time with her closest friends.

A video circulating online captured a lively moment where Ananya Panday and Navya Naveli Nanda danced enthusiastically to the live performance of singer Rahul Vaidya. The duo was seen enjoying popular tracks such as Yeh Tune Kya Kiya, Dama Dam Mast Qalandar and Afreen Afreen.

‘Bhaijaan’ Salman Khan Quietly Funds Life-Saving Heart Surgery for Little Girl

Mumbai: There is a reason why Salman Khan is fondly called the ‘Bhajaan of Bollywood.’ The actor, who will turn 60 next month, has been a fan favourite. And, there is no two-way to say it. Now, a user on Reddit shared an anecdote under the title “My first-hand experience that completely changed my view of Salman Khan.”

The person, a medical student, opened up about the time when Salman Khan helped a little girl with a congenital heart defect (a hole in the heart). “I have seen a lot of gossip and blind items about Bollywood celebs, but this is something I witnessed personally during my final year in my med school in the pediatric ward, and it genuinely changed the way I look at Salman Khan,” the med student said. “I was taking the clinical history of a little girl with a congenital heart defect (a hole in the heart). She needed surgery, and from the family’s



condition, it was clear they couldn’t really afford such an expensive procedure,” the person added.

During the conversation, the father revealed that the girl’s elder brother had suffered from the same illness years prior, but that he had received effective treatment at one of Mumbai’s top hospitals thanks to Salman Khan. The medical student enquired about how the family had previously paid for such a costly procedure. The father then revealed that he had gone to Salman Khan’s office and shown proof of necessity and medical records. “He told me something that honestly

shocked me: He said he had taken all his documents to Salman Khan somewhere at his office. They checked everything, and Salman’s team financed the entire surgery, every single penny.” The persona added, “He also told me that Salman helps many such patients quietly, without publicity or cameras. And he genuinely believed Salman would help his daughter as well. Hearing this directly from the patient’s family, not from an article or PR piece, really increased my respect for him. It’s rare in this industry to hear about genuine charity that isn’t done for image.”

Kriti Sanon and Dhanush’s Sweet Selfies Go Viral Ahead of Tere Ishk Mein Trailer Drop

Mumbai: Kriti Sanon and Dhanush are coming together for a romantic thriller, Tere Ishk Mein. The film is all set to release on November 28. Well, the actress shared a series of adorable selfies with her co-star ahead of the much-anticipated Tere Ishk Mein trailer release. The duo instantly sparked excitement among fans, building major momentum for the upcoming romantic drama.

Taking to her Instagram handle, Kriti Sanon shared a series of photos with Dhanush and wrote, “Usey kehna..Do pal ke liye mile..Phir alag alag raaste chal diye.. Kal phir milenge.. #TereIshkMein Trailer Out Tomorrow!!” Fans also reacted. One of the fans wrote, “Both looking so great together even off-screen”. Another wrote, “Mukti & Shankar”. Dhanush was recently seen



attending audio song launch event of Tere Ishk Mein. AR Rahman, Kriti Sanon and Aanand L Rai were also present. The actor surprised all his fans with live performance of unreleased Tamil version of upcoming song. The film is all set to release on November 28. Taking to his Instagram handle, Dhanush shared the video in which he is seen singing the unreleased Tamil version of the song from the film. In no time, it went viral.

The director posted the photo on his Instagram Stories, giving fans a glimpse of the film’s shoot days in Delhi’s chilly winter. In the picture, Dhanush can be seen wrapped in a cozy shawl, wearing earmuffs to beat the cold. Flashing his signature bright smile while posing for the camera, he radiates warmth and positivity. The candid moment perfectly captures the actor’s dedication to his art. Along with the picture, Aanand L Rai wrote,

“Dilli ki sardi mein, hum tere ishk mein.” Aanand L Rai’s upcoming romantic drama Tere Ishk Mein stars Kriti Sanon and Dhanush in the lead roles. Set to hit the big screen on November 28 this year, the film’s teaser was released last month and has fans buzzing with excitement, especially for the intense portrayal of Shankar and Mukti by the lead pair. A source close to the development earlier told Pinkvilla, “Tere Ishk Mein follows a long theatrical campaign starting with a teaser, leading to songs, and finally the trailer. The makers will also look to make optimum use of the festive period – Dussehra and Diwali – to push their marketing assets.” Kriti Sanon is currently busy with the shoot of Cocktail 2. The film also features Shahid Kapoor and Rashmika Mandanna.

Iconic Actress Kamini Kaushal, Whose Career Spanned Seven Decades, Passes Away at 98

Mumbai: Veteran actress Kamini Kaushal, widely considered India’s oldest living film actress, has passed away at the age of 98. According to reports, she had been battling age-related health complications. A family friend shared that Kamini’s loved ones prefer to keep a low profile and have requested privacy during this difficult time. The source was quoted saying, “Kamini Kaushal’s family is extremely low profile and needs privacy.”

For the unversed, Kamini Kaushal was born in Lahore, the youngest among five siblings. Kamini was a towering presence in Indian cinema, with a career that spanned decades and featured over 90 films. She began her film journey with “Neecha Nagar,” the landmark project that won the Palme d’Or at the 1946 Cannes Film Festival. Over the years, she delivered memorable performances in celebrated films such as “Shaheed,” “Nadiya Ke Paar,” “Shabnam, Arzoo,” and “Biraj Bahu”. Her body of work also included ac-



claimed titles like “Do Bhai,” “Ziddi,” “Paras,” “Namoonaa,” “Jhanjar,” “Aabroo,” “Bade Sarkar,” “Jailor,” “Night Club,” and “Godaan.”

Beyond films, she made her mark on television as well, most notably with the Doordarshan show “Chand Sitare.” The senior actress collaborated with some of Indian cinema’s greatest stars, including Dilip Kumar, Raj Kapoor, Dev Anand and Ashok Kumar.

Her pairing with Dilip Kumar in films such as “Nadiya Ke Paar,” “Shaheed,” “Shabnam,” and “Arzoo” earned widespread admiration.

Kamini continued her association with cinema in her later years as well. She made an appearance in Aamir Khan and Kareena Kapoor’s film “Laal Singh Chaddha,” which was released in 2022. The movie marked her final appearance.

‘De De Pyaar De 2’ Review: Strong Performance from R. Madhavan Outshines the Central Romance

Mumbai: Six years after Ajay Devgn’s Aashish and Rakul Preet Singh’s Ayesha first fell in love, the couple now returns to screens on November 14 with a new challenge. This time, they need to convince Ayesha’s parents that they are right for one another despite their glaring age gap. However, the only thing I am convinced of is that the sequel falls short of the original film.

The film begins with a comedic flashback narrated by Jaaved Jaaferi, who, in all his scenes, has outshone every other actor in the film. The story then takes us from London to Chandigarh, where Rakul’s Ayesha returns home for her sister-in-law’s delivery, as it’s a perfect opportunity for her to tell her parents about her 51-year-old boyfriend and soften the blow amid the celebration. We are then introduced to R Madhavan



and Gautami Kapoor, who are Ayesha’s “educated, progressive and modern” parents. R Madhavan plays a father who wants to be friends with his children. He is a doting father-in-law, a loving husband and inarguably a much better performer than our leading hero.

Much like Jaaved Jaaferi, R Madhavan steals every frame and aces all emotions of his character. Whether it’s an outright comedy scene or an emotional meltdown, Madhavan reminds us of his stellar acting chops. Gautami Kapoor comple-

ments him flawlessly, and their pairing works well on screen, perhaps even better than Ajay Devgn and Rakul Preet Singh. Madhavan and Kapoor’s modernity is challenged when they learn that their daughter wants to marry a man who is barely two years their junior. They are faced with the age-old dilemma: log kya kahenge? What follows is a comedic battle of wits between father and daughter. While the ‘perfect dad’ now tries to manipulate his daughter into marrying a young Meezan Jaaferi, the ‘outspoken girl’

ploys a charade to convince her father otherwise. Meezan Jaaferi doesn’t do much in the film, except aid Jaaved Jaaferi in cracking meta jokes about his son. However, he did come across as someone with potential to give a better performance in a better film. Rakul Preet Singh brings a certain charm to the more light-hearted scenes. However, her emotional breakdowns, especially the one with Madhavan in the middle of a dance sequence, seemed laughable. Ajay Devgn is well, Ajay Devgn. He gave a tolerable performance in film, except for some of his comedy scenes with Jaaved Jaaferi. While I do believe in watching certain films just for the sake of the experience, without looking for logic and without expecting stellar performances, these factors cannot be overlooked if I had a frown during most of the film.

Neha Dhupia and Shefali Shah Have a Delightful Bump-In at Mumbai Airport

Mumbai: Bollywood fans were not prepared for the sweetest celebrity moment of the day, all thanks to an unexpected union at Mumbai airport. Neha Dhupia, who arrived in no-halt, straight-to-terminal mode, suddenly bumped into powerhouse actress Shefali Shah. What followed was a warm, genuine hug that instantly lit up social media.Neha was seemingly in a hurry, but despite the rush, she greeted the paparazzi with a bright smile before walking ahead. As she walked ahead, she stopped because of the chance encounter. The two actresses shared a heartwarming moment, hugging each other before heading together toward the security check. But it wasn’t just the meeting that caught everyone’s attention. Neha Dhupia’s effortless airport style also became a talking point. She kept things chic yet comfortable in a black fitted top paired with a collared, half-sleeved jacket layered over it. Blue denim jeans added a casual touch while sleek black sunglasses com-



pleted the look.A few steps later, Shefali Shah joined in and she chose an oversized shirt paired with relaxed-fit jeans, striking the perfect balance between comfort and cool. Her

minimal look proved once again why she is admired for her grounded sense of style. The duo walking together through the terminal felt like a candid scene straight out of a feel-good

film. Should be say, wholesome? On the film front, Neha Dhupia has been reportedly roped in for filmmaker Shashank Khaitan’s Single Papa which also marks his OTT debut. Alongside Neha will be seen in Kunal Kemmu and fans are already buzzing with excitement.A source told Mid-Day, “The show is in its final phase of shooting. Neha Dhupia has joined [the cast] to play one of the key leading parts in the show. The makers are [trying to] build a strong ensemble, bringing in actors with sharp comic timing. Neha brings both warmth and sharp wit to the table — qualities that perfectly complement Kunal’s energy.”

As for Shefali Shah, the actress is currently seen in Delhi Crime Season 3. Her performance in the show is winning the hearts of the viewers. Starring Huma Qureshi, Rasika Dugal, Rajesh Tailang and others, of course alongside Shefali, the series premiered on November 13 and is available for streaming on Netflix.

Paris Jackson's Petition Against MJ Estate Partially Struck Down

Agency: Paris Jackson has faced a major roadblock in her ongoing fight with the executors of her father Michael Jackson’s large estate. A retired judge, Mitchell L. Beckloff, in the Los Angeles court recently reviewed her latest petition and decided that parts of it could not move forward. According to reports, he agreed with estate executors John Branca and John McClain, who asked the court to remove certain sections from Paris’ filing. They argued that those parts were based on the estate’s own legal documents and used California’s anti-SLAPP law, which is designed to stop lawsuits.



The court agreed with the executors’ request, which gives them a small advantage in the ongoing fight. Paris’ team said this decision is only about technical points and does not change the issues she has raised. They still question Branca and McClain’s way of handling the estate. Her team also shared that she will soon file another petition as she continues to seek fair treatment for her family.

HEALTH & TRAVEL

Pastries vs. sodas

Not all added sugars pose the same heart disease risk

As noted by the Centers for Disease Control and Prevention (CDC), added sugar Trusted Source is the sugar put in foods and beverages during processing or preparation. Researchers are still examining the specific dangers associated with consuming too much added sugar. A study published in *Frontiers in Public Health* examined the risk for cardiovascular diseases associated with consuming certain sources of added sugar. The research revealed that consuming no sugar may be worse for cardiovascular health than consuming small to moderate amounts. The results also suggest that the sources of sugar affect risk. Researchers wanted to delve deeper into the association between different cardiovascular diseases and sources of added sugar. The researchers included data from the Swedish Mammography Cohort and the Cohort of Swedish Men, ultimately including data from 69,705 participants. They excluded participants with cancer, diabetes, or prevalent cardiovascular disease at baseline. They also excluded participants who had extreme intakes because these reports could be inaccurate. The researchers collected dietary data from 1997 and again from 2009. They estimated how much added sugar participants were consuming and how much this contributed to overall energy intake. They looked at three broad groups of added sugar sources: The 2009 dietary questionnaire distinguished between beverages sweetened by sugar and those containing artificial sweeteners. The researchers looked at several cardiovascular health outcomes among participants: stroke, heart attack, heart failure, aortic stenosis, atrial fibrillation, and abdominal aortic aneurysm. They followed participants through the diagnosis of cardiovascular disease, death, or to the end of 2019. Throughout follow-up, 25,739 participants received at least one



cardiovascular disease diagnosis. The researchers used several different models that adjusted for various covariates in their analysis. Covariates included components like age, sex, smoking status, exercise levels, and body mass index. The researchers did identify that increasing added sugar intake was associated with an increased risk for ischemic stroke and abdominal aortic aneurysm. However, with most cardiovascular disease outcomes, the lowest risk was for participants who had a low to moderate intake of added sugar, whereas the lowest intake group actually had the highest risk. For example, they found that compared to the lowest intake group, the group with an over 5 to 7.5% energy intake from added sugar group had a lower risk for ischemic stroke, heart attack, heart failure, aortic stenosis, and atrial fibrillation. When looking at different types of added sugars, sweetened beverages appeared to pose the greatest risk to participants. They found that increased intake of sweetened beverages was associated with an increased risk for ischemic stroke, heart failure, atrial fibrillation, and abdominal aortic aneurysm. Sensitivity analyses found that artificially sweetened beverages were associated with an increased risk for ischemic stroke and heart failure, while

sugar-sweetened beverages did not have an identified association with cardiovascular disease. Interestingly enough, increased sweet treat intake decreased the risk for cardiovascular diseases. Participants who consumed the lowest level of treats per week actually had the highest risk. For toppings, the results varied. The groups outside the lowest intake group had lower risks for heart failure and aortic stenosis. However, there was a positive linear association for abdominal aortic aneurysm. Compared to the lowest intake group, the highest intake group for toppings had a 34% increased risk for abdominal aortic aneurysm. Study author Suzzane Janzi, a research student in nutrition epidemiology at Lund University, noted the following highlights of the findings to *Medical News Today*: “The research revealed that different sources of added sugar have varying impacts on cardiovascular diseases. For instance, sweetened beverages were associated with a higher risk of cardiovascular disease, while treats like pastries and sweets were linked to a lower risk. Additionally, the study found non-linear associations between added sugar intake and several cardiovascular diseases, indicating that moderate intake might be less harmful than very low or very high intakes.”

Pandemic impact on mental health

All data and statistics are based on publicly available data at the time of publication. Some information may be out of date. Visit our coronavirus hub for the most recent information on COVID-19. In May 2020, the United Nations reported that stress and anxiety levels had risen substantially during the COVID-19 pandemic. Since then, several waves of COVID-19 have left their mark around the globe. The World Health Organization (WHO) defines Trusted Source mental health as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” Mental health issues occur when people cannot cope well with the stresses of life. A pandemic is a stressor that few might have envisaged having to cope with. The fear of contracting SARS-CoV-2, the virus that causes COVID-19, together with concern about economic effects, has caused anxiety and stress. Multiple lockdowns, physical distancing, and fear of infection have increased isolation, loneliness, and anxiety, all factors that, according to Lee Chambers, psychologist and founder of Essentialise Workplace Wellbeing, are “massive catalysts” for mental health issues. “Social isolation, loneliness, stress and anxiety, domestic abuse, bereavement, financial difficulties, unemployment and severe COVID-19 infection are all factors that might have caused people’s mental health to deteriorate.” In 2019, a study in *The Lancet* Trusted Source reported that some 12.5% of the global population would have an issue with their mental health at some time in their life. In March 2022, the WHO reported that worldwide, anxiety and depression increased by 25% Trusted Source in the first year of the pandemic. Lee Chambers has seen evidence of this: “If I’m honest, from my perspective, the incidence of everything [mental health-related] has increased. [...] It has been amplified for people who are already suffering with certain conditions. They’ve found less access to services and challenges in managing their everyday existence.” He added: “One thing that continually got flagged was new incidences. People who had never previously identified as having any mental health condition had actually disclosed [...] or, in surveys, said they were struggling significantly. That is interesting, as it shows the impact is reaching beyond those who were already impacted pre-[COVID-19].” The beginning of the pandemic appears to have had the greatest impact on mental health. A report from the European Parlia-



ment Research Service highlighted increases in mental health concerns in many European countries at this time. Eight out of 10 people in Italy reported a need for psychological care; in the Netherlands, over a third of the population reported anxiety. Similar patterns became evident in the United States. In a study of people aged 18-35, 80% of survey respondents reported significant depressive symptoms, while 61% reported moderate or severe anxiety. In April 2021, the National Institute of Mental Health reported Trusted Source that rates for anxiety, depression, stress-related symptoms, substance misuse Trusted Source, and suicidal thoughts were almost double those expected before the pandemic. However, concerns that suicide rates might rise appear to have been unfounded as, according to the Centers for Disease Control and Prevention (CDC) Trusted Source, these have fallen slightly. “The pandemic has had a major impact on already stretched specialist mental health services, which received a record 4.3 million referrals during 2021. It’s also resulted in the largest mental health backlog in NHS history with at least 1.4 million people waiting for treatment.” An analysis Trusted Source of more than 200,000 people in northern Europe found that younger respondents and those with previously diagnosed mental illness reported poorer mental health during the first months of the pandemic. However, mental health issues are not confined to these groups. Sharon Greene, L.C.S.W., who specializes in treating anxiety and depression in children and adolescents of Providence Saint John’s Child & Family Development Center in Santa Monica, CA, told MNT of the pandemic’s widespread impact: Young people may be less at risk to contract a SARS-CoV-2 infection, but they have not escaped the pandemic’s effects. Disruption to education, work, and social interactions have all taken their toll.



A world class champion freestyle skier’s guide to La Plagne, France

The ski resort of La Plagne in Savoie, France, might be primarily known as a family-friendly Alpine destination, but it has serious Olympic cache: in 1992, it was a bobsledding venue for the Albertville Olympics, a feat it hopes to repeat in 2030 when the French Alps is in line to host the Winter Olympics. It’s also the home of French ski prodigy Tess Ledeux, an Olympic medallist with a record 16 freestyle World Cup victories under her belt. Ledeux took a break from her heavy training and competition schedule to chat with the BBC about the best spots to eat, drink and ski in La Plagne. “I grew up in La Plagne so for me it will always be unique,” says Ledeux, fresh off a big air win at the FIS Freeski World Cup in Beijing and one of France’s biggest hopes for the Milano-Cortina 2026 Olympics. “I would get home from school and build little jumps for my skis or sledge in front on our apartment. The ski resort is really big, but it is the slopes that make it so important. They have everything: runs for beginners and professional skiers, a glacier, a forest...” “La Plagne, the concrete vision of French Brutalist architect Michel Bezançon, was designed very specifically for alpine skiing in 1961, hence the prevalence of functional ski-in-ski-out apartment blocks at snow-sure altitudes and an aggressively modern lift system. The resort might not be a place of obvious natural beauty, but families love it for its bounty of afford-

able, predominantly self-catering accommodation and flush of brilliant outdoor activities – for all ages and abilities, on and off the slopes. Bezançon ensured that his resort in the then-untouched Tarantaise Valley scaled great heights; 11 interconnected villages in La Plagne spider spectacularly up the mountainside from the town of Aime on the valley floor to the resort-village of Aime 2000 at 2,100m, climaxing with a monumental zigzag of urban residences. Resembling ocean liners, the 50m-high, 250m-long, pyramid-shaped apartment blocks were spawned by the Pompidou government’s controversial Plan Neige (1964-77) that championed the construction of new, fully serviced mountain “towns” on virgin high-altitude sites. Ledeux’s favourite viewpoint across this utopian creation? “Grande Rochette – the 360-degree view from the summit is just amazing” she says. “You can see Courchevel, Méribel and most of the Les Trois Vallées, the Grande Motte [3,453m] peak, the glacier in Tignes and all the slopes in La Plagne.” Ledeux recommends taking the Grande Rochette cable car from Plagne Centre any time of day. “It’s always beautiful”. Early birds hungry for fresh corduroy can also join the ski patrol at sunrise for first track skiing from the 2,500m-high summit and panoramic views sans le ski crowd. With 225km of downhill slopes in La Plagne, and another 200km in the neighbouring resorts of Les Arcs and Peisey-Vallandry to

form the world’s second-largest interconnected ski area known as Paradiski, Ledeux is hard-pushed to single out just one slope. “I really love Colorado,” she says. “It’s just so fun for everyone, beginner to advanced skier. It is fast and offers such a lot of options.” From the top of the Colorado chairlift, a continuous 1.5km descent down to Plagne Centre reveals rousing views of Mont Blanc, Europe’s mightiest 4,805m peak and children squealing with delight on the sledge run through the Colorado Canyon. “Under the lift, next to the trees, there are lots of secret small spots with great views to discover,” says Ledeux. “Mostly off-piste, but completely accessible and only known by local skiers.” For advanced riders, Ledeux recommends the largely ungroomed red and black pistes on the partly mogul-pocked Bellecôte glacier. The legendary off-piste terrain on its north face must only be tackled with a guide. More off-piste opportunities and steep gnarly black runs preside in the Biolloy ski sector above Aime 2000, where, explains Ledeux, high avalanche risk means slopes like Le Morbleu are only open on sunny, bluebird days. “Le Morbleu is a risk slope,” she says. “It is normally just too scary for me, but when the weather and snow conditions are good, it is perfect.” In keeping with the resort’s retro spirit, many dining options are tucked away alongside sports shops, bars and other services in covered galleries or malls –

2.4km snake around Bezançon’s landmark 1971 residences up at Aime 2000. As the daughter of restaurateurs from the south of France, Ledeux is accustomed to dining well and Chez Marie is a longstanding favourite. Inside the main galerie in Plagne Centre, rustic wooden tables, a toasty wood burner and the occasional vintage ice axe or sheepskin as wall decoration transport hungry skiers into a cosy Alpine “chalet”. Alongside pots of fondue Savoyard (mixing equal parts of Beaufort, Gruyère and Comté) tangy raclette melted on burners at the table and other traditional cheese dishes from the region, Marie’s kitchen cooks up sweet crepes and savoury galettes (savoury crepes) made with Breton buckwheat flour. The sensational speeds that freestyle skiers hit while executing their feather-light tricks is incomparable to the extreme g-force experienced on La Plagne’s adrenalin-charged bobsled track, Piste de Bobsleigh de La Plagne. “It’s completely different – the feeling is incredible!” says Ledeux. “It’s definitely the activity to do in La Plagne. It is like being in a very fast car.” A thrilling legacy of the 1992 Albertville Winter Olympics, the 1.5km-long descent in La Roche remains the only bobsled track in France. In the early 19th Century, off-duty miners from the local silver-lead mine – operational from 1810 until 1973 – raced down the mountain on sleds and later created a bobsled club in the hamlet, leading to the site being se-

lected as an Olympic venue. Outside of high-level competition periods, visitors can rollercoaster down the ice tunnel with 124.5m vertical drop, either alone in a custom-made self-braking bob or in a four-seater bob with a professional driver. The ride lasts little more than one minute. Speed peaks at 120km/h on bend No 10, one of 19 numbered curves crafted to gravity-defying precision by a small team of specialists who water, plane and care for the extraordinary 6,800 sq m of ice. Ledeux whisks friends visiting La Plagne for the first time straight to Riders Nation, the resort’s superlative snow park accessed by the Arpette chairlift from Plagne Bellecôte then the blue Replat piste. Jumps, rails, kickers and walls of varying difficulty beneath the Bellecôte peak are marked XS to XL, while a “spectator route” allows those watching to move safely between the 36 modules and freestylers flipping in the air. “I don’t train in the snow park because it’s too small for me,” explains Ledeux, who was the first female athlete to ever execute her now-signature “double cork 1620” aerial trick and actually spends 60-70% of her intensive training time off the snow, in gyms, on airbags, dry slopes, bikes and hiking trails. “But just for fun? Yeah! It’s a really new thing in La Plagne and it has everything. There is a fun slope and a chill zone with sun loungers and big poofs.” the chill zone,” says Ledeux.



How To Start Saving Today For The Cruise Holiday You've Been Dreaming About For Years

We all have that one big fantasy. No, not the one where your boss quits and opens a chai tapri in Himachal. We're talking about the cruise holiday. That magical dream where you're floating through the Greek Isles, dressed in linen, sipping mocktails on the deck, while a crew member named Ricardo politely refills your glass and says, "Ma'am, your spa is ready."

But the real scene? You're in your worn-out pyjamas, ordering paneer lababdar (again) on Swiggy, watching cruise reels on Instagram, and whispering to yourself, "One day..." Well, what if I told you that "one day" could come a lot sooner than you think? And no, it doesn't involve selling your kidney or your ancestral land in Kanpur.

All it takes is a little mindful saving, and a bit of Indian-style jugaad. Below are 7 desi-but-deadly-effective ways to start saving smart — and get one step closer to that luxury cruise, with a tan and travel vlogs to boot.

1. Delete Swiggy and Zomato. Yes, Even If It Hurts.

Look, we get it. Nothing beats ordering butter chicken at 11.30 PM and having it arrive hotter than your love life. But here's the thing — one Swiggy order costs you Rs 400-Rs 600 on average. Do that 3 times a week? That's around Rs 1,500 per week. Which is Rs 6,000 a month. Which is Rs 72,000 a year. That's enough to get you on a 7-day Singapore-Malaysia-Thailand cruise, WITH balcony view.

Start cooking at home. Even if it's maggi with peas and a fancy sprinkle of oregano stolen from your last Domino's order. You'll save money and finally figure out where all your katoris are hiding.



2. Uninstall Grocery Apps Post 9PM – You Shop Like A Psycho After That

There's something about night-time grocery shopping that turns us into irrational snack monsters. Suddenly, you need quinoa, protein cookies, imported pickles, and "clean" peanut butter for a health routine you'll start someday.

Stick to a list, go to a local market, and trust the sabziwala. He may not know what almond flour is, but he'll throw in free dhaniya without you asking. And no, BigBasket deals are NOT saving you money when you end up buying 3 litres of kombucha.

3. Go Cash-Only On Weekends (And Don't Take

Your UPI Brain With You)

Try this: withdraw Rs 2,000 on Friday. That's your budget till Sunday night. No GPay. No scanning random QR codes for popcorn. You'll find yourself checking prices like a true economist. Suddenly, Rs 250 for "charcoal cappuccino" feels like robbery. Rs 80 momo plates become a luxury. And you'll rediscover the joy of chai at Rs 10 and vada pav at Rs 25, which honestly, is still the best deal in India.

4. Turn Retail Therapy Into Cruise Fund Therapy

The next time you're tempted to buy that Rs 999 motivational wall frame that says "Wanderlust" in cursive font, ask yourself:

Women who drink coffee at night may become more impulsive: study

A recent study conducted by researchers at the University of Texas at El Paso (UTEP) has revealed that consuming coffee at night may significantly increase impulsive behavior, particularly among women. The findings, published in the journal iScience, raise concerns for individuals in professions requiring high levels of alertness and decision-making, such as healthcare workers, military personnel, and night-shift employees.

- The research utilized fruit flies (*Drosophila melanogaster*)—a widely accepted model for studying neurological and behavioral processes due to their genetic and neural similarities to humans. Caffeine was introduced into the flies' diets under various conditions: different doses, daytime vs. nighttime consumption, and in combination with sleep deprivation. Impulsivity was measured by observing the flies' response to strong airflow, a naturally aversive stimulus that typically causes them to stop moving. Flies that consumed caffeine at night were less able to suppress movement, displaying impulsive behaviors such as reckless flying despite the unpleasant stimulus.

- Daytime caffeine intake did not produce the same behavioral changes.

- Gender-Based Differences:

- Female flies exhibited significantly greater impulsivity than males, despite having similar caffeine levels in their systems.

- Researchers noted that since fruit flies



lack human hormones like estrogen, other genetic or physiological factors may be responsible for the heightened sensitivity in females.

Expert Insights

"Under normal circumstances, flies stop moving when exposed to strong airflow," explained Erick Saldes, a science research specialist at the University of Illinois College of Medicine Peoria. "We found that flies consuming caffeine at night were less able to suppress movement, displaying impulsive behaviours such as reckless flying despite these aversive conditions."

"Uncovering these mechanisms will help us better understand how nighttime physiology and sex-specific factors modulate caffeine's effects," added Professor Kyung-An Han from UTEP's Department of Biological Sci-

ences.

The study underscores the potential behavioral risks associated with nighttime caffeine consumption, especially for women. While further research in humans is needed, the findings suggest that late-night coffee might not only disrupt sleep but also impair judgment and increase risk-taking tendencies.

Conclusion

As caffeine remains one of the most widely consumed psychoactive substances globally, this research adds a crucial layer to understanding its impact beyond wakefulness. Timing and gender may play a more significant role in caffeine's behavioral effects than previously recognized. For more details, you can read the full report on The Financial Express.

Why People Cheat

We all grow up chasing our happily-ever-afters but life has a way of shaking us out of those fairytale dreams. One day, everything feels perfect and the next, you may be left questioning everything. But why do affairs happen? Why does infidelity strike even in seemingly happy relationships? And does an affair always mean the end of a marriage?

We all grow up believing in the idea of a perfect love, the kind that lasts forever and conquers all odds. But real life is rarely that simple. Partners cheat. Trust breaks. The illusion of 'happily ever after' shatters, revealing just how fragile relationships can be. Take Pooja (name changed) for example. Her husband fought with his family to marry her, they built a life together, raised two sons and fifteen years later, he cheated. Or Sriram (name changed), who married his childhood sweetheart only to discover on their honeymoon that she was also seeing someone else. To their close friends, these stories were shocking. How could two people so deeply in love betray one another? Because love or what we think of as love isn't always enough. And human relationships are far more layered than we admit.



10 Books That Are Way More Addictive Than Your Instagram Feed

Struggling to stop scrolling? These books will pull you in faster than a 3am reel spiral. With gripping plots, binge-worthy pacing, and mind-blowing ideas, this list proves that dopamine hits don't only come from your phone. These stories are thrilling, emotional, and impossible to put down, perfect for when your attention span is fried but your brain still craves something juicier than a 15-second clip.

Tell Me I'm Worthless by Alison Rumfitt

A haunted house horror that's also a scathing political allegory, this novel dissects fascism, trauma, and gender identity with brutal, unapologetic force. It's disturbing, visceral, and unafraid to confront the ugliest parts of modern society. If you thought horror couldn't be political and poetic at the same time, Tell Me I'm Worthless will shatter that illusion, and probably leave you shattered too.

Who They Was by Gabriel Krauze

Written in unapologetic street slang, this semi-autobiographical novel doesn't ask for your approval, it demands you sit with its brutal honesty. Krauze blurs the line between morality and survival in a life of drugs, gang violence, and university lectures. It's gritty, disorienting, and painfully real. There's no redemption arc, just a raw account of a life that refuses to be simplified.

Acts of Desperation by Megan Nolan

This isn't your typical "messy woman" novel. It's a raw, compulsive portrait of obsession, self-loathing, and the performative nature of love. Nolan's narrator spirals into a relationship so consuming, it eats away at her entire sense of self. Brutally honest and uncomfortably relatable, this novel drags you through emotional mud, and you'll thank it for the bruises.

The Red Parts by Maggie Nelson

Part memoir, part true crime investigation, this is a genre-bending excavation of violence, justice, and grief. Nelson's voice is precise and devastating as she navigates the

re-opening of her aunt's murder case. It's not just about crime, it's about the ripples of trauma across generations and the emotional cost of seeking closure in a world that rarely offers it.

Butter Honey Pig Bread by Francesca Ekwuyasi

A lush, lyrical story of food, trauma, and familial healing, this novel follows a Nigerian mother and her twin daughters as they confront a painful past. It blends realism with Yoruba spirituality, creating a world rich in taste, texture, and feeling. Each sentence feels like a meal, layered with meaning, memory, and longing. Prepare to cry, crave, and feel deeply nourished.

Fourth Wing by Rebecca Yarros

Think The Hunger Games meets Game of Thrones, with dragons, enemies-to-lovers, and brutal training sessions. Fourth Wing throws you into a deadly military academy where survival is not guaranteed, and neither is love. It's fast-paced, smartly plotted, and unapologetically swoon-worthy. Pure serotonin for fantasy lovers who want romance, high stakes, and enough twists to keep you up till 3 a.m.

Project Hail Mary by Andy Weir

From the author of The Martian comes another thrilling space adventure, only this time, the stakes are galactic. A lone astronaut wakes up on a ship with no memory, no crew, and one impossible mission: save humanity. Packed with science, humor, and heart, this novel is a masterclass in pacing and geeky joy. You'll root for the characters, and maybe even cry over an alien.

The Employees by Olga Ravn

This experimental novel reads like a series of workplace memos and alien diary entries from employees aboard a spaceship. What begins as a commentary on labor and automation slowly morphs into a meditation on existence, memory, and what it means to feel. It's sci-fi at its strangest and most poetic. Short but dizzyingly deep, it leaves a lasting residue in your brain.

Techie Shares Smart Ways to Steer Clear of Office Politics



Nobody loves office politics. It's draining, mindless and something that we all are better off without. However, a lot of us get dragged into it much to our chagrin. In the endless maze of office politics, anyone can be the target. Even the most innocuous person can become the victim of office politics. This also explains why when remote work became an alternative option, everyone lapped it up. A lot of people felt a sigh of relief for not having to make small talks, engage in office politics and become a part of the vicious cycle. If one is far removed from office politics, one actually sees a boost in productivity. It also helps keep one more active and rejuvenated.

A techie recently shared some practical strategies to avoid office politics. They are effective and once a person imbibes them, it can make their life a lot easier on a day to day basis. Listed below are some of the tips that he has shared and they are quite practical in nature. The Pune-based techie Rohit Yadav who is a product manager shared that he has found a middle path wherein he doesn't play the game, but he is not blind to it either.

Listens more, speaks less

Be it in meetings or otherwise, Rohit shares

he focusses on listening more and speaking less. He has learnt to survive and thrive in office, thanks to this strategy. He believes one should choose silence over noise and calm over chaos.

Stay calm and focused

There will be many occasions when too much is happening and too many voices are overwhelming you. However, the key to avoid letting things get messier is when a person is able to keep their calm and stay focused. This will help a person from getting emotionally tangled into the office drama that unfolds.

Watch your tongue

There are a lot of people who may not enjoy authority in office, but they are the ones who hold a sway over people who are powerful. This is why one must quietly observe who influences what decisions. Also, one must avoid making unnecessary remarks in front of people, as one never knows how different people may use a piece of information.

Document everything

Important conversations, notes of meeting, follow up over important matters - all of these things should be documented. This will help a person hold in good stead in the long run.

'My Astrologer Said No!' How Star Signs Are Shaping Modern Marriages

In India, love might be blind but not before it checks in with the stars. Getting your patris matched before marriage is as routine as picking the wedding caterer. While it's most common in arranged marriages, even couples going for love marriages now run their kundlis through an astrological audit - just to rule out the 'risks.' But what happens after the vows are said and the stars get the "compatible" stamp? Turns out, patris aren't just useful in bringing couples together, sometimes they play the ultimate role in keeping them together too, even when one foot is already out the door.

Meet Mayank (name changed), a successful businessman with a secret - he's in love with someone else but the plot twist is he's not leaving his wife because his family's trusted pandit told him that as long as his wife remains in his life, his business



will flourish. He's afraid that if he leaves her, the prosperity might crumble. He does not even want to work on the marriage - his focus now is to not disrupt things and keep the affair under wraps. Why stir the pot when the stars are working in your favour? So his marriage is technically intact and so are his profit margins. Prapti (name changed) felt trapped in her 17-year-old loveless marriage. On

the verge of breaking down, she reached out to her tarot reader, who was also a close friend. The advice surprised her. "She told me my partner is deeply in love with me and would be devastated if I leave, he's just terrified at expressing it." That conversation shifted something. "I began noticing the little things, how he quietly looked out for me, how he tried to keep me safe. That one chat when I was at my

lowest, honestly changed my marriage." Then there's Tanaya (name changed), living in one of the poshest societies in Gurgaon, where the air smells of Chanel, there are LVs and Audi, Mercedes, Porsche as far as eyes can see and amidst all this is the quiet desperation. She's not particularly happy in her marriage. Her guruji told her that her marriage is important and leaving him would also mean walk-

ing away from the wealth, the driver, the spa weekends, the well choreographed life. "I may not be madly in love but it's easy to find people you have fun with. I am very practical. I don't want to live a meager life. I am sure of that." Astrologer and tarot reader Jyoti Arora isn't surprised. In fact, she bursts out laughing when she hears stories like these. "This happens often. Sometimes, the client is deeply involved in an affair, and through tarot or their charts, the expert can clearly see that the new person will only bring more chaos. But since the client isn't opening up about it, the expert chooses to stay silent. So they simply tell them their current partner is better for them." She is aware of many astrologers secretly guiding their clients in the right path through simple manipulations but they don't see it as only that.

Ashes 2025 Mark Wood’s hamstring concern warm-up clash prompt precautionary scans

New Delhi: Mark Wood is set to undergo precautionary scans after experiencing hamstring stiffness during England’s warm-up fixture against the England Lions, raising mild concern just days before the Ashes begin. According to an update from the England and Wales Cricket Board (ECB), Wood is expected to resume bowling in two days, although he will not take further part in the ongoing practice match. With the Ashes opener now less than a week away, England will be hoping their express pacer returns to full fitness quickly. Wood’s raw pace, especially in Australian conditions, is considered vital to England’s plans as they chase their first Test series win Down Under since the 2010-11 triumph. The team’s strategy hinges on unleashing both Jofra Archer and Wood — a pairing capable of consistently breaching the 150 km/h mark — to challenge Australia’s batting lineup.

Wood last featured in the ICC Men’s Champions Trophy 2025,



where he suffered medial ligament damage to his left knee. That injury ruled him out of the remainder of the year, and the current hamstring discomfort has

prompted England to monitor him closely to avoid any recurrence. Australia, meanwhile, face their own injury setbacks. Captain Pat Cummins and all-rounder Sean

Abbott are set to miss the opening Test, while Josh Hazlewood generated a brief scare after picking up a niggle during the Sheffield Shield. He has since been cleared fit, but the home team remains cautious about workload and fitness ahead of the marquee series. Contextually, Wood’s fitness has been a recurring concern for England. Earlier this year, the ECB confirmed that the fast bowler would miss the upcoming Test series against India after undergoing knee surgery. The injury resurfaced during England’s Champions Trophy match against Afghanistan in Lahore on 26 February, forcing him off the field after eight overs. He later missed England’s final group game against South Africa on 1 March, before doctors recommended a four-month recovery period. With Wood once again under watch, England will be hoping this latest setback proves minor, allowing their pace spearhead to feature prominently in the high-stakes Ashes battle.

Rishabh Pant on recovery from toe fracture Never easy to come back after injury

Bengaluru: India wicketkeeper batter Rishabh Pant has opened up on his struggles while recovering from a recent toe fracture, saying that it’s never easy to make a comeback after injury. Pant will don the India whites once again on Friday when the first Test against South Africa begins, marking his return to international cricket after a four-month injury lay-off. The wicketkeeper-batter, who fractured his toe during the fourth Test against England in Manchester in July, expressed his joy at being back on the field. Pant missed the two-match home Test series against West Indies in October as Dhruv Jurel filled in his place. “Every time I take the field, I try to be grateful. I always thank God, my parents, my family, and everyone who supported me during my recovery,” said Pant, who returned to competitive cricket in 2024 after surviving a life-threatening car accident. Reflecting on his rehabilitation phase, the 28-year-old said he focused on maintaining a positive mindset rather than worrying about external opinions.

“I try to focus on the controllables. Luck is something you can’t control, so I don’t think about it. If you keep your mind in a good space and focus on what matters, you’ll find happiness, especially when you’re injured,” he explained. “Tough times teach you a lot. Stay disciplined, keep learning, and enjoy what you do. Whatever you’re doing, give your 100 percent and find joy in the moment,” he added. Meanwhile, Pant was seen at his explosive back on his comeback against South Africa A, scoring 90 (113). He further got hit on his hand during the second unofficial Test and returned to score 65. The southpaw will be eager to return to international cricket with a bang as India take on South Africa in the first Test on November 14 in Kolkata. “After an injury, it is never easy to come back. But God has been kind and I’m very happy to be back,” Pant said in a video shared by the BCCI. Pant, who featured in two unofficial Tests for India A against South Africa A in Bengaluru ahead of his comeback, said he approaches every match with gratitude.

India’s golden push in is led by Jyothi Asian Archery C’ships

Bengaluru: Seasoned campaigner Jyothi Surekha Vennam led from the front as Indian compound archers enjoyed a stellar outing, clinching three golds and two silvers on a productive day at the Asian Championships here on Thursday.

Jyothi secured the women’s individual and team titles to cap a perfect day for the 29-year-old. She first teamed up with Deepshikha, and Prithika Pradeep to registered a thrilling 236–234 victory over Korea in the compound women’s team final. The trio delivered near-flawless shooting, producing ends of 59 (10, 10, 10, 10, 9, 10) and 58 (10, 10, 10, 9, 10, 9) to out-class the Korean combination of Park Yerin, Oh Yoohyun, and Jungyeon Park. The Asian Games champion then claimed the compound women’s individual crown with a hard-fought 147–145 win over 17-year-old Prithika in an all-India final. Jyothi had dropped just one point in her semifinal, comfortably defeating Chinese Taipei’s Si-Yu Chen 149–143. While Prithika, one of the season’s brightest prospects, has edged out home favourite Most Kulsum Akhter Mone by a single point (146–145) in a tense semifinal. In the compound mixed



team final, Abhishek Verma and Deepshikha combined superbly to defeat Bangladesh 153–151, to secure another gold for India. The pair displayed consistency under pressure, shooting identical 38-point ends (10, 9, 10, 9 and 9, 10, 9, 10) to seal the title. However, in the compound men’s team final, India fell agonisingly short against Kazakhstan, going down 229–230 to settle for the silver medal. The Indian trio of Abhishek Verma, Sahil Rajesh Jadhav, and Prathamesh Bhalchandra Fuge was edged out by the Kazakh side of Dilmukhamet Mussa, Bunyod Mirzametov, and Andrey Tyutyun, who held their nerve in the closing arrows.

India’s Anupama beats Yee pocket World snooker title

New Delhi: India’s Anupama Ramachandran held her nerve under pressure to beat Hong Kong’s Ng On Yee to clinch the World snooker title here on Thursday. The 23-year-old Chennai girl edged out On Yee 3-2 to become the first Indian woman to annex the IBSF World Snooker (15-red) crown. Anupama, who won the Asian snooker title last year, got lucky towards the end when On Yee, a three-time champion, missed the final black with the score 60-61 in the decider. Anupama sank the tough black to the bottom left-hand pocket to lay her hands on the title. The Indian ace, who ousted compatriot Keerthana Pan-

dian 3-1 in the semifinals late on Wednesday night, staged a spirited rally twice in the best-of-five frame final. She drew parity after losing the first frame. Down 1-2 in the fourth, Anupama came up with a gritty 29-break under pressure to level frame scores. In the decider, the Indian ace potted a long red to the top right-hand pocket and snookered herself thrice. But On Yee failed to capitalise on the offering. Up 61-42 with just 25 points on the table, the Indian played a poor safety on the green which was stuck to the pink near the green cushion to give her rival a chance to close out the match. Fortunately for Anupama, On Yee, who took the



green, brown, blue and pink, missed a sitter black. Anupama soon potted the black to emerge the champion. Results: Women: Final: Anupama Ramachandran (Ind) bt Ng On Yee (HKC) 3-2 (51-74, 65-41, 10-71, 78-20, 68-60). Semis: Anupama bt Keerthana Pandian (Ind) 3-1 (65-46, 78 (36) -30, 16-70, 57-9); On Yee bt So Man Yan (HKC) 3-0 (63-22, 50-32, 66-13).

Indian women tennis stars set for historic outing at Billie Jean King Cup Play-Offs in Bengaluru

Bengaluru: As India gets set to host the Billie Jean King Cup Play-Offs for the first time at the S.M. Krishna Tennis Stadium, Bengaluru from November 14 to 16, captain of the Indian team, Vishal Uppal remains upbeat, as per a press release. This is the first time India is hosting an international women’s tennis event of such stature. There is also deep satisfaction among Indian athletes that the country has begun to regularly host major and reputed international competitions such as the World Para Athletics Championships, the Women’s Cricket World Cup, and now the Billie Jean King Cup Play-Offs. Events of this stature not only bring world-class sport to Indian soil but also give homegrown athletes the invaluable opportunity to compete in familiar conditions against the highest level of international opposition. The Sports Authority of India (SAI) has approved financial assistance of Rs 80 Lakh to the All India Tennis Association (AITA) under the Assistance to National Sports Federations (ANSF) scheme for the conduct of this event towards the conduct and organization of the Billie Jean King Cup Play-Offs in Bengaluru. “It was very crucial and critical getting the



required support from the Sports Authority of India and from the Government of India, Ministry of Youth Affairs and Sports, because our athletes need all the support that they can get. The whole team is very thankful for it,” Uppal said, as quoted from a press release. Sahaja and Shrivalli are part of the Target Asian Games Group (TAGG) scheme, modelled on lines of the Target Olympic Podium Scheme (TOPS) to ensure

360-degree assistance to Asian Games medal prospects and support to players of those disciplines where India has struggled to win a medal at the Olympics in recent times, like in surfing, gymnastics, cycling, tennis, etc. SAI had also provided the financial assistance of Rs. 40 Lakh to the AITA for holding of Billie Jean King Cup Asia/Oceania Group-1 held in Pune from 7 to April 15, this year and a separate funding for its preparatory camp from 1st to April 7. The seven group winners from the playoffs in Bengaluru will secure a ticket to the 2026 Billie Jean King Cup Qualifiers, staying on course for a place in the elite Finals. Through its Target Asian Games Group (TAGG) scheme, SAI had also sanctioned the Senior National Coaching Camp for 12 members, including 10 players, held from November 4-11, at the same venue in Bengaluru. The camp featured the squad, Sahaja Yamalapalli, Shrivalli Bhamidipaty, Ankita Raina, Riya Bhatia, Prarthana Thombare, and reserve Vaidehee Chaudhari, under the guidance of Uppal and coach Radhika Kanitkar, with physiotherapists Dipali Pandey and Namita Rao providing support.

Jannik Sinner tops Zverev to seal semi final spot in Turin

New Delhi: Defending champion Jannik Sinner sealed his place in the last four of the ATP Finals after beating Alexander Zverev for the third time in 17 days. The 24-year-old Italian delivered a high-quality performance en route to a 6-4, 6-3 victory. Sinner holds a 2-0 record in the Bjorn Borg group and is yet to play Ben Shelton before competing in the semi-finals. Sinner earned his fifth consecutive win against the German and improved to 6-4 in their ATP Head-to-Head rivalry. Zverev’s last win against Sinner came at the 2023 US Open. “I felt like I was serving very well in important moments. I tried to play the best tennis possible when it mattered, which fortunately went my way,” said Sinner. We both changed a little bit tactically, so I felt like we

both were trying to hit quite fast, quite flat. But I’m very happy with how I returned his serve. It’s very difficult. One of the best serves in the game. The group I’m in, with Sascha and Ben, it’s very difficult to return their serves,” he added. Sinner beat Zverev in this year’s Australian Open final and more recently in a three-set Vienna championship match, followed by a 6-0, 6-1 win in the semi-finals of the ATP Masters 1000 event in Paris, ATP reports. Still alive in the chase for ATP Year-End No. 1, Sinner must win the title this week as an undefeated champion and hope that Alcaraz does not record another victory. Alcaraz, already safely into the semi-finals, faces Sinner’s countryman Lorenzo Musetti on Thursday. Sinner is on a 28-match winning streak



on indoor hard courts since falling to Novak Djokovic in the 2023 Nitto ATP Finals championship match. Since then, Sinner has not dropped a set in Turin. Last year he became the first man to win the event without losing a set since 1986 (Ivan Lendl), as per ATP stats. Defending champion Jannik Sinner sealed a semifinal spot at the ATP Finals with a 6-4, 6-3 victory over Alexander

Zverev before his home fans on Wednesday. Sinner extended his winning streak on indoor hard courts to 28 matches — stretching back to his loss to Novak Djokovic in the final of this event two years ago. It was Sinner’s fifth straight victory over Zverev — a run that includes this year’s Australian Open final and recent meetings in Vienna and Paris.

Arsenal lose 3-2 to Bayern in Women’s CL

Mumbai: Arsenal’s defense of its Women’s Champions League title is not going to plan after a second-half collapse against Bayern Munich. Arsenal wasted an early two-goal lead as Bayern surged back to win 3-2 at Allianz Arena, handing the visitors their second loss in three games in Europe’s elite club competition. “It’s not good enough,” Manchester United both won Wednesday to join OL Lyonnais — who won at Arsenal last month — as the only teams with three straight wins. Barcelona cruised to a 3-0 at home over OH Leuven. The title winner in three of the past five seasons had 43 attempts on goal compared to zero for the Belgian debutant.

GSA A Division Football League: Sunrise win against Green Valley

New Delhi: In today’s final first-round game of the GSA A Division Football League, Sunrise Athletic Club narrowly defeated FC Green Valley at Nehru Stadium. Sunrise prevailed 2-1. Sunrise led 1-0 going into the halftime break after Amber Chetri gave them the lead in the 26th minute. However, Jigyasa Deka of FC Green Valley scored the goal again in the 77th minute. Dwijoraj Bodo scored the game-winning goal for Sunrise two minutes before the final whistle blew. With this game first leg of the league came to an end. Sunrise (19 points), FC green Valley (15 points), Gauhati Town Club (14 points), Dynamo Club (12 points) will now play in the Championship round. On the other hand Rajbari AC (8 points),



Navajyoti Club (6 points), Maharana AC (5 points) and Frontier club (0) will play to avoid relegation from the ‘A’ Division League.

Esha, Manu in contention for in final after precision stage ISSF World C’ship

New Delhi: Double Olympic medallist Manu fired 292-11x (98, 96, 98) to stay within striking distance of the leads, while Olympian Esha shot 294-11x (98, 97, 99). Rahi Sarnobat, the third Indian competitor, is presently ranked 56th with 284-7x (95, 96, 93).

Sevval Ilayda Tarhan of Turkey is currently leading the qualification with an almost perfect 299-12x (100, 100, 99), followed by French Olympic silver medallist Camille Jedrzejewski (98, 99, 98) and Iran’s Haniyeh Rostamiyan (99, 99, 97) with 295-13x, with the French shooter coming in second on countback. Manu Bhaker are in strong contention for a place in the final of the women’s 25m Sport Pistol event at the International Shooting Sport Federation (ISSF)



World Championship Rifle/Pistol 2025, currently underway at the Olympic Shooting Range in Cairo, Egypt, on Thursday. Iran’s Golnosh Sebghatollahi and Mina Ghorbani are placed fifth and sixth, respectively, both with 292-13x, while Lin Jou-Yu of Chinese Taipei completes the

top eight with 292-9x (97, 97, 98). The top eight shooters after the completion of the qualification rounds will advance to the medal round. The Rapid stage will take place tomorrow, followed by the final scheduled for Friday (Nov 14, 2025) at 4:30 PM IST.