

■ Maoist crackdown in Jharkhand

Jharkhand reports 266 Maoist arrests, 32 deaths by September

Ranchi, Oct 14: A top police officer stated on Tuesday that up to 266 Maoists have been taken into custody, 32 have been murdered, and 30 have turned themselves in to security forces throughout Jharkhand as of the end of September. According to him, those arrested included nine area commanders, two zonal commanders, two sub-zonal commanders, and two members of the regional committee who belonged to the CPI and its splinter groups. Since January 1, 32 Naxalites have lost their lives in clashes with security troops. Prominent red rebels murdered in confrontations included Anuj alias Sahdev Soren and Vivek alias Prayag Manjhi. Michael Raj S, a spokesman for the IG and Jharkhand Police, told reporters that both were members of the CPI central committee and were carrying ₹1 crore in rewards apiece. He said a total of 30 Naxalites surrendered before the security forces during the period.

Zonal commander Ravindra Yadav and sub-zonal commander Anand Singh of CPI and sub-zonal commander of Jharkhand Jan Mukti Parishad, Lavlesh Ganju alias Lokesh Ganju, were among those who surrendered. Police also seized a huge cache of arms and ammunition during the period from January 1 to September 30. “As many as 157 firearms, including 58 weapons looted from the police, 11,950 cartridges, 18,884 detonators, 394.5 kg of explosives and 228 improvised explosive devices were seized and 37 Maoist bunkers were also destroyed in the last nine months,” the police spokesperson said. A levy amount of ₹39.53 lakh was also confiscated during the period. The police department also claimed to have launched a major crackdown against cybercriminals this year. A total of 128 FIRs have been filed against cybercriminals, and 105 individuals have been arrested for such crimes in August and September.



Furthermore, operations have resulted in the seizure of 128 mobile phones, 166 SIM cards, 60 ATM cards, 15 passbooks, two laptops, 11 cheque books and ₹2.81 lakh in cash, he added.

Zubeen Garg case: Assam NRIs under CID probe

Guwahati, Oct 14: Two well-known NRIs of Assamese descent, Abhimanyu Talukdar and Tanmoy Phukan, arrived at the CID headquarters today, October 14, to provide testimony to the Special Investigation Team (SIT) looking into the unexplained death of singer Zubeen Garg in Singapore.

Both people are being questioned by the SIT about their knowledge of the circumstances surrounding the singer’s tragic death, specifically the private yacht party in Singapore where Garg was last seen alive. The investigation is still ongoing, according to officials, and additional foreign nationals who were allegedly at the event are anticipated to be contacted in the days ahead. In order to cross-verify statements and bolster the case, the SIT is also working with Singaporean authorities to get forensic reports, digital communications, and CCTV footage. Fans and cultural leaders have called for justice and transparency in one of Assam’s most well-known investigations, which has garnered a lot of public attention.

In Brief

Drugs worth Rs 16 crore seized

Agartala: The Border Security Force (BSF) and the Narcotics Control Bureau (NCB) have seized drugs worth Rs 16 crore in Tripura and arrested a woman drug peddler. The drugs were seized from Lipiyara Khatun’s residence in Boxanagar, Madhya. The drugs were found buried in the kitchen area. Khatun was arrested for further questioning and legal action. The seized drugs and woman were handed over to NCB Agartala for further proceedings.

Nagaland launches command and control center

Kohima: Nagaland has commissioned a new Command and Control Center (CCC) to improve data-driven agricultural management and outreach to farmers. Funded by the Ministry of Agriculture & Farmers Welfare, Government of India, and the Government of Nagaland, the CCC provides real-time insights on soil conditions and crop health. It also acts as a direct communication hub for farmers, offering a toll-free number for queries related to soil and fertility management. The center aims to reduce field staff workload and enable better decision-making for farmers.

Zubeen Garg case:

Guwahati: Two Assamese NRIs, Abhimanyu Talukdar and Tanmoy Phukan, have arrived at the CID headquarters to testify to the Special Investigation Team (SIT) investigating the death of singer Zubeen Garg in Singapore. The investigation is ongoing, and additional foreign nationals are expected to be contacted. The SIT is working with Singaporean authorities to obtain forensic reports, digital communications, and CCTV footage to cross-verify statements and strengthen the case. Fans and cultural leaders have called for justice and transparency in this Assam-wide investigation.

Zubeen Garg Died by Drowning, Not by Poisoning

Guwahati, Oct 14: According to the official post-mortem report from Gauhati Medical College and Hospital (GMCH), the late singer Zubeen Garg drowned to death rather than being poisoned. A forensic investigation has found no hazardous compounds in the body fluids of a man, contradicting claims by a member of Zubeen’s band, Shekhar Jyoti Goswami, who suggested poison might have been used. The post-mortem evidence clearly identifies the cause of death, but the Special Investigation Team (SIT) is still investigating alternative leads.

Nagaland launches command and control center to strengthen soil health management



Kohima, Oct 14: Nagaland on Monday commissioned a new Command and Control Center (CCC) at the Directorate of Soil & Water Conservation, aimed at enhancing data-driven agricultural management and improving outreach to farmers. The center was inaugurated by Imkong L. Imchen, Advisor for IPR and Soil & Water Conservation. Funded jointly by the Ministry of Agriculture & Farmers Welfare, Government of India, and the Government of Nagaland under the Soil Health and Fertility component of the Rashtriya Krishi Vikas Yojana (RKVY), the CCC is designed to provide real-time

insights on soil conditions and crop health. It also acts as a direct communication hub for farmers through a toll-free number (+91 7965192504) for queries related to soil and fertility management. Speaking at the launch, Imchen highlighted that the center would reduce the workload of field staff and enable better decision-making for farmers. “Trust between officers and farmers is vital for the department’s progress and for adopting innovative technologies in sustainable soil and water management,” he said, while also noting that financial constraints had previously limited the depart-

ment’s ability to fully implement projects despite skilled personnel. Director of Soil & Water Conservation, L. Chubaonon, explained that the CCC functions as a centralized digital hub integrating ICT tools and GIS platforms. It will monitor soil fertility trends, generate fertilizer recommendations, manage soil health card data, and coordinate real-time decision-making across districts. The center features a dedicated data server, GIS mapping software, video conferencing tools, and connected workstations to improve communication between the Ministry, district units, and field officers.

Morigaon to Honour Zubeen Garg with a Statue Tribute



Morigaon, Oct 14: Minister Pijush Hazarika took part in the Bhumi Pujan ceremony on Tuesday for the installation of a 25-foot-tall bronze monument of Zubeen Garg, a popular musician and cultural icon from Assam, at Charan Beel Park in Morigaon. During the two-day Morigaon District Day celebrations, which included a traditional boat race and the planting of 500 saplings of Zubeen Garg’s favorite Nahor tree in honor of the state’s renowned heartthrob, the Minister was present. “I am happy to announce that the Bhumi Pujan of beloved Zubeen Garg’s statue measuring 25 feet on a pedestal of 10

feet has been completed,” Minister Hazarika said in a statement to the media. Biren Singha constructed the statue, which will be unveiled in two to two-and-a-half months. He said that the district administration had decided to place the statue following discussions with the local populace, demonstrating the respect and affection that the community had for the well-known artist. It is anticipated that the statue at Charan Beel Park, which honors Zubeen Garg’s enormous contribution to Assamese music and art, will become a significant cultural landmark in Morigaon.

Shyamkanu Mahanta, Siddhartha Sharma to face court after CID custody

Guwahati, Oct 14: CID detention of two important suspects in the ongoing Zubeen Garg death probe, Shyamkanu Mahanta and Siddhartha Sharma. Under strict security measures in Guwahati, both are expected to appear before the Chief Judicial Magistrate’s court.

Sources close to the investigation claim that CID authorities are getting ready to present the court with an updated progress report that includes the most recent conclusions in the well-known case. If the court orders judicial custody, discussions are now taking place over which penitentiary facility the two accused would be placed in. Legal teams for Siddhartha and Shyamkanu are anticipated to submit bail petitions, pointing to their complete cooperation with investigators and the lack of concrete proof that would



implicate them in any crime. However, the CID is likely to reject the bail requests, arguing that more interrogation may be required because the investigation is still at its critical phase.

Given that the issue continues to elicit intense emotional reactions throughout Assam, the courtroom hearings are anticipated to garner a great deal of public and media interest. To

secure justice for the late artist, civil society organizations and groups, such as the All Assam Students’ Union (AASU), have reaffirmed their calls for an open and unbiased investigation.

NATIONAL

In Amaravati, Naidu opens brand-new APCRDA offices

Amaravati, Oct 14: Andhra Pradesh Chief Minister N Chandrababu Naidu inaugurated the new Andhra Pradesh capital region development authority (APCRDA) offices in Amaravati, marking the first state-owned construction fully completed and inaugurated in the city.

The seven-floor complex has been awarded the Net Zero Energy (Design) certification by the Indian Green Building Council, recognizing its construction in accordance with the IGBC Net Zero Energy Rating System. Naidu expressed confidence that the construction of the entire Amaravati government complex would be completed within three years, as per the scheduled timelines. He stated that Amaravati capital had been abandoned by the previous YSR Congress Party (YSRCP) government and highlighted the importance of the NDA regime for sustained development at Amaravati.

Farmers of Amaravati who had given away their lands for the capital city staged a protest against the alleged indifferent attitude of the APCRDA authorities in resolving their issues.



A joint action committee of Amaravati farmers held a meeting at Guntur on Sunday and issued a 10-day deadline for a structured dialogue with the government. The issues raised by the farmers include the plight of assigned land holders, regularisation and timely payment of annuities and lease, lack of bank loans to plot allottees, plots impacted by road alignments, delays and errors in plot allotment, village common lands, and ill-conceived floor space index plan.

Naidu entrusted Union minister Pemmasani Chandrasekhar, state minister P Narayana, and MLA T Sravan Kumar with the responsibility of addressing and resolving the grievances of farmers.

Top maoist leader Sonu surrenders in Maharashtra

Mumbai, Oct 14: Mallojula Venugopal Rao, a key figure in the Communist Party of India (Maoist) hierarchy, has surrendered to authorities in Maharashtra's Gadchiroli district. The decision to abandon armed struggle reflects the growing realization among senior Maoist leaders that violence has no future. The change in ground realities in the region is seen as a decisive shift, with the administration rehabilitating those who give up violence and dealing with those who continue armed resistance. Venugopal had signaled his willingness to surrender earlier this year and secured the backing of a large faction of Maoist cadres across several states. The surrender is seen as a moment to build trust and ensure fair opportunities for those who return to the mainstream.

The EC rejected 100,000 new voter applications

New Delhi, Oct 14: Over 100,000 Form-6 applications for new voter registration in Bihar were rejected following the release of the draft electoral roll on August 1. The data shows that 106,304 Form-6 applications were rejected as part of the ongoing special intensive revision (SIR) process in the poll-bound state.

Around 2.26 million applications were submitted during the claims and objections period that remained open until September 1, of which 2.15 million were accepted.

The sharp increase in applications indicates a surge in new registrations, many of them filed after deletions carried out during the verification drive.

District-wise data uploaded by the Bihar CEO shows

■The draft roll for Form-6 applications was released on August 1, leading to 106,304 rejections as part of the special intensive revision (SIR) process in the poll-bound state.

the highest number of rejections recorded in Purnia (8,946), Sitamarhi (6,451), Madhubani (5,218), and Kishanganj (5,009).

These districts share borders with Nepal or West Bengal and have historically seen higher scrutiny during voter roll revisions due to cross-border movement and demographic sensitivities. The Election Commission (EC) opened a one-month window for new voters to apply (Form-6), for existing voters to update details (Form-8), or to raise objections to entries in the rolls.

A PIL seeking a stay on Arundhati Roy's book cover is denied by the Kerala High Court

Thiruvananthapuram, Oct 14: The Kerala high court dismissed a Public Interest Litigation (PIL) challenging the cover of Arundhati Roy's book "Mother Mary Comes to Me," which shows the author smoking a beedi. The PIL argued that the cover violated the law by not carrying a statutory health warning. However, the division bench of Chief Justice Nitin Jamdar and Justice Basant Balaji noted that the publisher had already included a disclaimer on the back cover.

The court also noted that Section 5 of the Cigarettes and Other Tobacco Products (COTPA) Act, 2003, and the 2004 COTPA Rules, which prohibit all direct and indirect advertisements of tobacco products, do not explicitly require statutory warnings on book covers.

The court noted that the Union Government's submission that the 2003 Act provides a mechanism through an expert Steering Committee to determine any contraventions and impose legal consequences should be decided by the Steering Committee rather than the high court.

The PIL urged the court to stop the sale and circulation of the book without the legally mandated health warnings displayed on all tobacco product packages in India under COTPA.

The Kerala High Court dismissed a Public Interest Litigation (PIL) against Arundhati Roy's book cover, stating it complied with laws and criticized the petitioner's motives.

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In the Saranda forest of Jharkhand, Maoists set a mobile tower on fire

Chaibasa, Oct 14: A mobile tower of a private telecom company was torched by outlawed CPIs in Saranda Forest, Jharkhand's West Singhbhum district, in the early hours of Tuesday. The incident, the second in a few days, demonstrates the desperation of the rebels in the face of continuous combing operation against Left Wing Extremists.

The Maoists also left posters at Bahda village under Chota Nagra Police Station limits, threatening to avenge their slain comrades. The posters call for a "Vengeance Week" from October 8 to 14 and a shutdown on October 15 in Jharkhand, Bihar, northern Chhattisgarh, West Bengal, and Assam to protest police operations.

Deputy Superintendent of Police, Manoharpur, Jaideep Lakra, said that such targeting of mobile towers is causing resentment among villagers against rebels. Mobile connectivity is important for villagers, especially in forest terrains, especially during emergencies. Such acts of desperation by Maoists are causing anger amongst villagers against rebels.

Patna, Oct 14: Bihar chief minister Nitish Kumar-led Janata Dal-United has faced ticket issues, with some leaders and supporters demanding their candidacy for the upcoming state assembly election.

JD(U) MLA Gopal Mandal, who is currently the MLA from Gopalpur seat in Bhagalpur district, resigned from his position as Member of Parliament on Tuesday, alleging he was

Karnataka Congress MLA's Welfare schemes remark sparks party row 'God knows who advised Siddaramaiah'

Bengaluru, Oct 14: A statement by senior Congress MLA and former minister RV Deshpande has sparked a political storm in Karnataka, with opposition leaders and some within the ruling party accusing him of not implementing the Congress government's flagship five guarantees if he were chief minister.

Deshpande questioned the economic and social wisdom of the welfare schemes, claiming they altered gender dynamics and strained public finances. He criticized the Siddaramaiah government's five guarantees, which provided ₹2,000 monthly to women, as a lottery for them and a punishment for men who spoke much. Deshpande also criticized



the Gruha Lakshmi and Gruha Jyothi programs, which provided cash aid to women and free electricity to households, as populist measures introduced without foresight. He also criticized the Shakti scheme, which offers free bus travel for women.

Deshpande also mocked the Anna Bhagya initiative, which now provides 10 kg of free rice per person each month, and referred to plans to distribute an Indira Kit with cooking essentials. The five guarantees, which cost the exchequer ₹51,034 crore this fiscal, have been criticized by several Congress functionaries for leaving little room for development spending.

Karnataka Ministers discuss Biocon Chief's 'bad roads, garbage' Post

Bengaluru, Oct 14: Biocon chairperson Kiran Mazumdar-Shaw has raised concerns over infrastructure in Bengaluru, Karnataka, causing political reactions.

An overseas business visitor to Biocon Park asked her why the city's roads were bad and why there was so much garbage around. Mazumdar-Shaw said that she had just come from China and can't understand why India can't get its act together, especially when the winds are favourable.

Karnataka's minister of rural development and panchayat raj, Priyank Kharge, said he is not sure which part of Bengaluru they have seen.

Karnataka Minister MB Patil described Mazumdar-Shaw as a "big asset" to the state and the country,

stating that she has created a name for Bengaluru with Biocon and added that the city has also given back to her. He added that posting about something on which work is ongoing is "not in good taste."

Karnataka deputy chief minister DK Shivakumar said he has moved "heaven and earth" to fix the city's garbage problems and alleged involvement of "big garbage mafia" that has stalled progress.

He said that traffic congestion in Bengaluru is receiving traction due to the vibrancy of the state's traditional and social media. Shivakumar cited London and Delhi as examples of global and national challenges, but said Bengaluru is making more noise than Mumbai, Chennai, and Hyderabad.

SC Requests SIT Probe in Daman MP's Case Requests Bombay HC's intervention

New Delhi, Oct 14: The Supreme Court on Tuesday refused to entertain a plea of Daman and Diu MP seeking a court-monitored SIT probe into alleged financial irregularities of about ₹33 crore in the renovation, demolition, and restoration of the Union Territory secretariat building at Moti Daman. A bench comprising Chief Justice B R Gavai and Justice K Vinod Chandran asked Member of Parliament Umeshbhai Babubhai Patel to approach the Bombay High Court with his plea. During the hearing, the counsel for Patel submitted that the MP was facing 52 FIRs and was also challenging an order passed by the Lokpal.

The lawyer submitted that the multiple cases against the MP were a result of his raising his voice against corruption and financial mismanagement in the Union Territory administration. "I am a Member of Parliament. There have been 52 FIRs against me. I am here also challenging the Lokpal



order. All this has the same cause of action. All this is happening because I raised my voice," the lawyer said. "Can the law be different for a Member of Parliament and for a common citizen," the CJI asked.

When the counsel argued that Patel was an elected representative acting on behalf of the people, CJI Gavai responded, "That is okay. You can approach the jurisdictional high

court."The bench then directed Patel to move the Bombay High Court, observing that the matter would be taken up expeditiously possibly as early as a day after it is filed.

The plea had sought an independent probe into alleged irregularities in the secretariat project at Moti Daman, claiming that funds to the tune of ₹33 crore were misused under the guise of renovation and restoration work.

"Don't worry at all," the chief minister of Odisha tells a gang rape survivor in Durgapur, promising complete support

Bhubaneswar, Oct 14: Odisha Chief Minister Mohan Charan Majhi has spoken to a 23-year-old gang rape survivor in Durgapur, West Bengal, over the phone.

The survivor, a second-year MBBS student, was allegedly gang-raped by at least five people on Friday evening. Majhi assured the survivor of all possible support and promised to take strong action against the accused. He also assured her of assistance to continue



her studies and promised to speak about her issues to those who visited Durgapur. Majhi was heard to inquire about transferring the survivor to any medical college in Odisha and had spoken to officials to enquire about it.

He also asked the survivor's mother if they had conveyed their concerns to West Bengal Governor C V Ananda Bose.

The Odisha government will exert pressure at every level to ensure the culprits are punished severely for this heinous crime. Majhi advised the Odisha State Commission for Women (OSCW) chairperson to maintain contact with the West Bengal government and make efforts to provide justice to the victim.

Bihar elections 2025 JDU leaders' resignation over ticket issues and a Dharna outside Nitish's house

Patna, Oct 14: Bihar chief minister Nitish Kumar-led Janata Dal-United has faced ticket issues, with some leaders and supporters demanding their candidacy for the upcoming state assembly election.

JD(U) MLA Gopal Mandal, who is currently the MLA from Gopalpur seat in Bhagalpur district, resigned from his position as Member of Parliament on Tuesday, alleging he was



Rashtriya Lok Morcha of Rajya Sabha MP Upendra Kushwaha and Hindustani

Awam Morcha founded by former chief minister and now a Union minister, Jitan

●A JDU MLA was seen sitting outside Bihar CM Nitish Kumar's residence, while another party leader resigned as MP due to ticket issues.

Ram Manjhi.

Voting for the Bihar assembly election 2025 will take place in two phases, on November 6 and 11, with the counting of votes scheduled for November 14.

Rahul Gandhi demands action over the death of a Haryana IPS officer, saying, "If you're a Dalit, you can be crushed"

Chandigarh, Oct 14: Congress leader Rahul Gandhi met with the family of IPS officer Y Puran Kumar, who allegedly shot himself at his Haryana residence. The case has sparked outrage, highlighting caste bias in bureaucracy and the police. Gandhi urged Haryana Chief Minister Nayab Singh Saini and Prime Minister Narendra Modi to "act now" and urged them to respect the

IPS officer's family and all Dalits. He alleged that Saini didn't fulfill his commitment of a free and fair inquiry and that pressure was exerted on the late IPS officer's daughters. Y Puran Kumar died on October 7 after allegedly shooting himself. An eight-page note he left behind accused several senior officials of "blatant caste-based discrimination, targeted mental harassment, public hu-

miliation and atrocities," according to his wife Anneet Puran Kumar. Rahul Gandhi backed this claim, stating that the incident was not just a matter of one family but of crores of Dalit brothers and sisters in the country.

Anneet, an IAS officer, sought an FIR against Kapur and Bijarniya and to include the correct provisions of the SC/ST (Prevention of Atrocities) Act. Y



Puran Kumar's postmortem is currently on hold due to the family's refusal to give consent for it.

The family also alleged that they were not informed about the IPS officer's body being shifted from the mortuary of Government Multi-Specialty Hospital to the Post-Graduate Institute of Medical Education and Research (PGIMER).

Free Mega Health Camp held in Biswanath

Biswanath, Oct 14: In the Biswanath area, the Health Department organized a massive health camp that brought together medical services from several divisions.

This massive camp was held on the grounds of Biswanath College of Commerce today starting in the morning, following a similar event in Gohpur.

For more than 50 different health diseases that impact children and adolescents under the age of 18, including cardiac, neurological, liver, eye, orthopaedic, and artificial limb-related issues, the mega camp provided free medical examinations and treatments. Under the health depart-



ment's program, patients who are diagnosed with any ailment during the screening process will also have access to follow-up treatment facilities.

Pramod Borthakur, the Biswanath MLA, opened

the camp and said that around 4,000 patients would be treated during the one-day event.

Joint Director of Health Services Dr. Yogen Chandra Bey, Biswanath Deputy Commissioner Seeman

Kumar Das, and a number of other administrative and health department representatives attended the inaugural ceremony, which symbolized a joint effort to provide rural residents with high-quality healthcare.

IMD forecasts monsoon withdrawal from Oct 14 following weak season

Shillong, Oct 14: The India Meteorological Department (IMD) has announced that the southwest monsoon is expected to completely withdraw from Meghalaya by October 14, signaling the end of one of the most deficient monsoon seasons in recent years. According to IMD data, Meghalaya experienced the "highest rainfall deficit in the

country" this year. Between June 1 and July 28, the state received only 690.7 mm of rain against the normal 1,555.4 mm, marking a shortfall of nearly 56 per cent. For the entire June–September period, total rainfall stood at 1,328.5 mm compared to the normal 2,401.4 mm, representing a deficit of approximately 45 per cent. Meteorologists attributed the low rainfall

to shifting monsoon patterns and weakening moisture inflow, factors that have raised concerns over agriculture, water supply, and local ecosystems. Officials warned that the deficient rains could affect crop yields, water availability, and overall ecological balance, urging authorities and communities to remain vigilant.

OIL signs pact with NEEPCO to supply natural gas to power stations



Guwahati, Oct 14: Oil India Ltd (OIL) on Monday said it has inked a pact with North Eastern Electric Power Corp (NEEPCO) to supply natural gas to the latter's power station in Dibrugarh district of Assam.

OIL has signed a long-term Gas Sale and Purchase Agreement (GSPA) with NEEPCO for continued supply of 1.4 million metric standard cubic metres per day (MMSCMD) of natural gas.

The gas will be provided to NEEPCO's Assam Gas Based Power Station (AGBPS) at Bokuloni for another 15 years, OIL said in a statement.

"The new agreement with a term of 15 years, succeeds the earlier 10-year arrangement between the two companies," it said.

Through this long-standing partnership, OIL and NEEPCO continue to secure the power needs of Assam and the northeast, strengthening regional energy security and advancing the vision of affordable and clean energy, the statement said.

AGBPS is the largest gas-based power plant in Assam, and plays a vital role in meeting the demand of the region. "The signing of this extended-term agreement reaffirms OIL's commitment and confidence in its strong reserve base and its capability to ensure sustained gas supply from its domestic sources," the statement added.

Oil India Limited is an integrated energy company and has its corporate office in Noida in Uttar Pradesh.

Itanagar, Oct 14: After a protracted multi-agency search and rescue effort, an Army porter from Assam who had been missing for 20 days in the Upper Siang district of Arunachal Pradesh was found alive in a stunning demonstration of cooperation and tenacity.

According to authorities on Monday, the rescued porter, Unnot Taye, who lived in Akshipur village in the Dhemaji district of Assam, went missing on September 20 last year while returning from job in the Midak area, some 25 kilometers from Panggo village in the district. On September 17, contractor Tahong Tamut hired Taye and eleven other Assamese porters to work along the Panggo–Jorging foot track in the Tingo-1 and Tingo-2 border districts. On September 23, a missing person's report was filed at Tuting Police Station after Taye did not return. In response to the report, a thorough search and rescue (SAR) operation was initiated under Tuting police station officer-in-charge SI Jumen Rina. NGOs, Army porters, and villagers from Panggo and Migging actively participated in the operation, which was led by gram panchayat chairpersons (GPCs) and head gaon burahs (village head man).

Pradyot pledges BJP-free TTAADC

Agartala, Oct 14: Pradyot Kishore Manikya Debbarma, royal scion and founder of the Tipra Motha Party, on Monday vowed to keep national parties, including the BJP, out of the Tripura Tribal Areas Autonomous District Council (TTAADC) elections, asserting a firm focus on indig-

ister and highlighted long-standing delays in local governance, noting that Village Council elections have been pending for nine years. "We approached the High Court, which ruled in favour of holding VC polls. The State Election Commission also committed to it but did not act. Now, I have



enous rights and local governance. Addressing a mass joining event at Rabindra Satabarshiki Bhavan in Agartala, where over 1,200 people—mostly former BJP members—joined Tipra Motha, Debbarma criticised national parties for sidelining indigenous leadership. "If you have come here for the betterment of upcoming generations, a national party won't give Tiprasa that right," he said. Debbarma emphasised the party's aim to elect an indigenous Chief Min-

ister and highlighted long-standing delays in local governance, noting that Village Council elections have been pending for nine years. "We approached the High Court, which ruled in favour of holding VC polls. The State Election Commission also committed to it but did not act. Now, I have

Forces seize arms in Manipur districts

Imphal, Oct 14: Security forces on Monday recovered a large cache of weapons and ammunition from multiple locations in Manipur's Churachandpur and Bishnupur districts.

The operations underscore ongoing efforts to curb the circulation of illegal firearms in the state. Acting on specific intelligence inputs, security forces first conducted a search in the Nepali Basti area under Churachandpur Police Station. Officials said the recovery included two single-barrel rifles, a country-made mortar (pompi), two country-made grenades, three shells, eight mortar bombs, fifteen AK-47 empty cases, twenty-five live rounds of 7.62mm ammunition, and two wood-piercing shells. In a separate operation under Moirang Police Station in Bishnupur district, forces recovered one .303 sniper rifle with a magazine, one telescope, one country-made Sten gun, two single-barrel rifles, a .32 country-made pistol with a magazine, along with tactical equipment including BP pouches and plates, and a rubber tube. A third recovery at Phubala Mamang Pat, also under Moirang Police Station, yielded one INSAS light machine gun (LMG) with magazine, one SBBL gun, a Chinese hand grenade, five 5.56mm INSAS live rounds, six 12-bore cartridges, three .303 round chargers, a tube launching cylinder.

Survivor found

Porter missing for 20 days rescued in Upper Siang



From September 21 to October 9, the joint team combed through the Shirapate River's high hills, dense forests, and riverbanks—often in difficult circumstances. The hunt paid off on October 10 when Taye was discovered unconscious close to Midak Camp by Lipun Talong, an Army porter from Kugging village.

A rescue team, which included mem-

bers of the Arunachal Pradesh Women Welfare Society (Panggo Unit), police officers, a medical team, and villagers, arrived at the scene right away after learning of the situation. After providing on-site medical assistance and stabilizing the wounded, Tuting medical officer Dr. Maktel Yompang transported him on foot for about 25 kilometers across difficult terrain to

the closest road point on October 11. In order to receive additional care, Taye was transferred to Bakin Pertin General Hospital in Pasighat, East Siang district, on October 13 after being evacuated to District Hospital in Yingkiong on October 12. The same day, he was reunited with his family following a medical evaluation and stabilization.

Congress launches 'Raijor Poduli' campaign, accuses BJP of neglecting tea tribes

The Assam Congress is launching a campaign called "Raijor Poduli, Raijor Congress" to reestablish relations with grassroots communities and tea tribes.

Guwahati, Oct 14: Ahead of the 2026 Assembly elections, the Assam Congress has undertaken a massive outreach effort called "Raijor Poduli, Raijor Congress" in an attempt to reestablish relations with the state's grassroots communities and tea tribe. Gaurav Gogoi, president of the Assam Pradesh Congress Committee (APCC), spearheaded the campaign, which kicked off a five-day awareness and protest drive throughout 100 tea gardens on Monday at the Pratapgarh Tea Garden in Biswanath district. The project is based on the "Raijor Poduli, Raijor Sarkar" program from Tarun Gogoi's time. The movement, which is run by the Assam Pradesh Tea Workers' Tribal Congress Wing, seeks to reestablish confidence within Assamese tea communities by speaking with workers personally and listening to their complaints.

Speaking before a sizable crowd, Gogoi charged that the BJP administration was ignoring



the welfare of the tea tribes and stifling its leaders. "Tea garden leaders roared like tigers during Congress rule."

They are meowing like cats under the BJP. Gogoi stated, "Today, our government has given the tea tribes political power, but they are being disregarded and treated like vote banks."

Additionally, he claimed that under the leadership of Chief Minister Himanta Biswa Sarma, there was widespread corruption and nepotism, with ministers

more concerned with purchasing tea estates than with meeting the needs of workers. Gogoi also expressed skepticism about the government's handling of the Zubeen Garg death case and connected the campaign's spirit to contemporary public issues. "The people of Assam still don't have definitive answers after almost a month. He said that Congress leaders and Members of Parliament have joined the #JusticeForZubeenGarg online movement in support of the late artist's family, saying that

Justice for Zubeen Garg is the voice of every Assamese.

The Congress leader said in closing that legal accountability cannot be replaced by political news conferences. "Justice won't be served until Zubeen's family is satisfied and the guilty are found guilty," he continued.

Senior Congress officials will visit tea farms in Assam as part of the Raijor Poduli, Raijor Congress campaign throughout the week in an effort to rally grassroots support and get public input.

Assam govt issues eviction notice to 1,200 family in Hojai

Hojai, Oct 14: The Hojai Forest Division is planning a major eviction operation in the Jamuna–Moudenga Reserved Forest under Doboka, targeting longstanding encroachments on forest land. The move comes after the department issued formal notices to residents living within the protected area. According to officials, approximately 1,258 families who have constructed homes and settlements on the forest land have been served eviction notices. Occupants have been given a 15-day window to vacate the area voluntarily before the operation commences. The eviction drive is expected to cover several key locations, including Udmari, Jamunagon, Nigam, and other adjoining villages within the reserved forest belt. Forest department authorities have reportedly been preparing for the initiative over the past several days, aiming to restore the encroached land and safeguard the ecological balance of the region. Local residents, many of whom claim to have



lived in the area for decades, have voiced concerns over the upcoming eviction. Reports suggest widespread anxiety and uncertainty among affected families following the issuance of the notices. Forest officials emphasized that the operation is part of a broader effort to reclaim encroached forest land and ensure the preservation of Assam's critical forest ecosystems.

Over 100 Flutists to Perform Musical Tribute to Zubeen Garg on October 19

Guwahati, Oct 14: The cremation site of Zubeen Garg in Kamarkuchi, Sonapur, will host a magnificent memorial celebration on October 19, the day that marks one month after the tragic death of the renowned singer and cultural hero from Assam. It is anticipated that thousands of fans will assemble to honor the musician who lives on in his music.

Around 2,000 devotees will join in the ceremony by chanting devotional hymns in unison, and more than 100 flutists will join in a heartfelt act of harmony and remembrance for the musician whose songs moved millions of people, according to the event's organizers. To honor Zubeen's cultural and spiritual achievements, a traditional Bhaona, an Assamese

religious theater form, will also be performed as part of the evening program. The cremation site has become a place of emotional pilgrimage during the last month. Regardless of caste, creed, or religion, people from all over Assam have continued to come together every day to worship, sing bhajans, and light diyas in his honor. Many have started calling the location "Zubeen Dham," a hallowed place where love for the artist, dedication, and art all come together. Even though Zubeen Garg is no longer with us, his soul lives on in every note, every heart, and every prayer that bears his name. This is demonstrated by the memorial ground's illumination with candles and reverberation with his melodies every evening.

BUSINESS

Royal Stag launches AI-powered #CelebrateLarge festive campaign with Rohit Sharma



Mumbai: Seagram's Royal Stag Packaged Drinking Water has unveiled its new festive campaign — #CelebrateLarge — Hum Hain Generation Large, Humaara Har Celebration Large, featuring cricket icon Rohit Sharma. The brand's latest initiative blends technology and culture, offering a first-of-its-kind AI-led festive experience that celebrates India's vibrant youth spirit.

At the heart of the campaign is an

AI-powered personalised greeting generator that allows fans to create hyper-realistic video messages alongside Rohit Sharma using regenerative AI and voice synthesis. The interactive experience turns simple festive wishes into memorable, lifelike exchanges, capturing the brand's signature "Live It Large" philosophy.

Adding another layer of engagement, Royal Stag has introduced a 3D Festive Map and an AR-led interac-

tive journey, alongside curated festive recommendations from India's T20 captain Surya Kumar Yadav on gifting, fashion, food, and music.

Royal Stag has also partnered with Gaana to amplify the campaign's reach. Yatish Mehrishi, CEO of ENIL, said, "This collaboration is about inspiring today's generation to make their celebrations more personal, expressive, and truly larger than life."

Tanishq unveils 'Mriganka' – A mystical festive jewellery collection inspired by myth and imagination

Guwahati: As the festive season approaches, Tanishq, India's leading jewellery brand from the House of Tata, has launched its new collection 'Mriganka', a dazzling fusion of myth, imagination, and craftsmanship. The collection celebrates India's storytelling traditions, drawing inspiration from mythical worlds where celestial gardens, palaces,

and ethereal beings come alive in gold. Fronted by actor and former Miss World Manushi Chhillar, Mriganka showcases bold and imaginative designs that elevate festive jewellery into wearable art. Crafted using advanced techniques such as stone-on-stone jadau, Badroom, Chandak, and RasRava, the pieces feature coloured kundan, enamel de-

tailoring, and intricate 3D motifs.

Revathi Kant, Chief Design Officer, Titan Company Limited, said, "Mriganka is an opulent celebration of the imaginative world of our dreams, brought to life through Tanishq's deep design expertise and craftsmanship."

From cascading harams to myth-inspired rings and versatile pendants, the collection redefines modern festive elegance. In Guwahati, Tanishq's new line has stirred excitement among jewellery enthusiasts seeking unique yet traditional designs. With consumers increasingly leaning towards statement pieces that blend heritage with artistry, Mriganka is expected to see strong demand this Diwali season.



Bingo! Tedhe Medhe's 'Rockanjali' boosts Assam's festive economy with music-on wheels celebration

Guwahati: ITC's Bingo! Tedhe Medhe celebrated Assam's youthful energy this Durga Puja with Rockanjali, a unique "music-on-wheels" initiative that turned Guwahati's busiest streets into vibrant concert arenas. With the theme of rock music, Rockanjali blended the fervour of Pujo with the energy of live performances, bringing together the city's youth and music lovers. The event featured iconic Assamese bands, Bamali Collective and Blue Wings, who delivered power-packed performances at Latacil Park on Sasthi and near Nehru Park on Saptami. Their electrifying acts embodied the creative pulse of Assam's youth and reaffirmed the state's rich musical tradition that embraces both heritage and modernity.

In Guwahati, Rockanjali significantly en-

ergized local business activity. The festive music celebration drew large crowds to the city's commercial hubs, driving demand for food stalls, beverages, street merchandise, and festive goods. Retailers and vendors reported increased footfall, reflecting how cultural events can meaningfully boost local economic vibrancy during Puja season.

Commenting on the initiative, Suresh Chand, VP & Head of Marketing, Snacks, Noodles and Pasta, ITC Foods, said, "With Rockanjali, Bingo! Tedhe Medhe aimed to celebrate Assam's dynamic youth culture and their love for rock music."

More than a musical tour, Rockanjali became a festive milestone — blending culture, youth, and commerce in Assam's capital.

Motorola rings in Diwali with Big Bang Sale discounts on flagship smartphones

Siliguri: Motorola, a global leader in mobile technology and India's trusted AI smartphone brand, has unveiled massive seasonal discounts on its top smartphones during Flipkart's Big Bang Diwali Sale 2025. The Motorola edge 60 PRO leads the festive lineup with prices starting at ₹24,999* (8+256GB), featuring a Pantone™-validated triple 50MP camera system, 6.7" 1.5K True Colour Quad-Curved Display, MediaTek Dimensity 8350 Extreme chipset, and a DXOMARK Gold-rated 6000mAh battery with 90W TurboPower™ charging. The edge 60 FUSION, moto g96 5G, moto

g86 POWER, and Motorola razr 60 complement the portfolio with AI-powered cameras, high-resolution displays, robust durability, and segment-first innovations such as gesture-controlled video on the razr 60.

In Siliguri, the festive sale has generated significant traction among tech buyers. Retailers report rising footfall and pre-bookings, particularly for mid-range and premium models, reflecting growing demand for AI-enabled devices and long-lasting battery performance. The city's consumers are increasingly valuing features such as high-brightness displays,



4K camera capabilities, and rugged build quality, making Motorola's curated offerings highly relevant for this market.

Beyond smartphones, Motorola is also offering premium earbuds, QLED TVs, and Mini LED TVs at exclusive festive prices, ensuring comprehensive tech solutions for shoppers and strengthening its presence in India's competitive consumer electronics segment.

Canara Robeco AMC IPO Verify the listing date, most recent GMP,

New Delhi: Canara Robeco is scheduled to finalize the basis of allotment of its shares on Tuesday, October 14. Bidders will get the messages, alerts or emails for debit of their funds or revocations of their IPO mandate latest by Wednesday, October 15. The mutual funds players saw a decent

response from the investors during the three-day bidding. Investors await share allotment results for the Canara Robeco Asset Management

The IPO of Canara Robeco Asset Management Company was open for subscription between October 09-13. It had offered its shares in the

price band of Rs 253-266 per share with a lot size of 56 shares. It raised a total of Rs 1,326.13 crore from its IPO, which was entirely a fresh share sale of 4,98,54,357 equity shares. Canara Robeco Asset Management Company has seen a decent rebound despite volatile market sentiments and mixed bidding.

Tata Steel introduces Mobile Bore Pile Cage Machine, opens fully automated construction service Centre in Guwahati

Guwahati: Tata Steel has taken a major step in modernizing India's construction sector with the launch of its first Mobile Bore Pile Cage Machine and the inauguration of a fully automated Construction Service Centre in Guwahati. Developed in partnership with TJK India, the mobile machine is designed for on-site reinforcement manufacturing, improving efficiency, reducing labor, and providing customized solutions for large-scale infrastructure projects across challenging terrains.

The Guwahati Construction Service Centre, set up in collaboration with SM Corporation Ltd., has a production capacity of 2,000 tonnes per month. Initially, it will offer Tiscon Ready Build pre-engineered Cut & Bend Tata Tiscon TMT rebars with coupler threading, with plans to expand



into Welded Wire Mesh and other downstream reinforcement solutions.

From a Guwahati market perspective, this facility is expected to strengthen local supply chains, ensuring faster availability of ready-to-use reinforcement products for housing, industrial, and infrastructure projects. Analysts say the move could boost the region's

construction sector, cut project lead times, and enhance cost efficiencies for developers and contractors.

Speaking at the launch, Ashish Anupam, Vice President – Long Products, Tata Steel, emphasized the company's focus on innovation and value-added solutions for the North-East. The event also hosted over 100 AEC professionals, featur-

ing insights on new road construction technologies by CSIR-CRRI's Satish Pandey. This initiative adds to Tata Steel's growing network of 31 digitally connected service centres nationwide, driving the adoption of automated reinforcement solutions and reinforcing the company's leadership in India's steel and construction sector.

Assam's second batch of GAPPY scholars heads to Delhi for 2026 UPSC coaching

Guwahati: Assam's Governor Assam Pratibha Protsahan Yojana (GAPPY) has announced its second batch of scholars selected for intensive free coaching for the 2026 UPSC Civil Services Examination in Delhi. Launched in 2024 by Governor Shri Lakshman Prasad Acharya in partnership with Arya Pratibha Vikas Sansthan (APVS), the initiative targets talented students from economically weaker sections of the state.

This year, the Talent Search Examination attracted 270 aspirants from districts including Sivasagar, Nagaon, and West Karbi Anglong. After counselling, essay tests, and personal interviews held in Guwahati, ten outstanding candidates were chosen for coaching at reputed institutes such as Vision IAS, Vajiram & Ravi, ALS IAS, and Drishti IAS Academy. APVS will provide mentorship, residential support, and guidance, ensuring all expenses are covered under the GAPPY scheme.

In Guwahati, the programme has already sparked



interest among local aspirants and educational circles. Coaching centres in the city report a rise in inquiries and motivational workshops inspired by GAPPY, reflecting the city's growing enthusiasm for civil services preparation and the aspirational outlook among its youth.

Since 2019, APVS has supported over 200 students nationwide, with more than 100 clearing the UPSC exam. Shri S.K. Arya, Chairman of APVS, praised the Governor for championing the cause and reaffirmed the organisation's commitment to nurturing Assam's brightest minds.

Tata Motors launches LPO 1822 bus chassis, sets new standard for intercity mobility

Kolkata: Tata Motors Commercial Vehicles has unveiled its flagship intercity bus chassis, the Tata LPO 1822, engineered to elevate passenger comfort, performance, and operational efficiency. Featuring full-air suspension and low NVH (Noise, Vibration, and Harshness), the LPO 1822 promises a fatigue-free travel experience for both passengers and drivers. Flexible configurations ranging from 36 to 50-seaters, including sleeper layouts, make it adaptable for diverse fleet operations across India.

Mr. Anand S, Vice President and Head of Commercial Passenger Vehicle Business, said, "The Tata LPO 1822 combines superior ride quality, robust engineering, and



intelligent features to enhance comfort, safety, and profitability for passengers, drivers, and fleet owners." The chassis is powered

by a 5.6-litre Cummins diesel engine producing 220hp and 925Nm torque, and underpins the premium Tata Magna Coach. Operators

benefit from a complimentary four-year Fleet Edge subscription, providing real-time diagnostics, predictive maintenance, and data-driven fleet optimisation.

In Kolkata, a key market for intercity travel, fleet operators and private transport companies have shown strong interest in the LPO 1822, drawn by its advanced features and efficiency. Dealers report rising enquiries as operators look to upgrade fleets for better passenger experience and operational reliability.

Supported by Sampoorna Seva 2.0 and over 4,500 service touchpoints nationwide, Tata Motors continues to strengthen its leadership in India's passenger transport sector.

Nalanda Literature Festival 2025 announced in Guwahati; cultural economy poised for boost

Guwahati: The Nalanda Literature Festival (NLF) 2025 was officially announced in the North East through an interactive session at Jyoti Chitranab, Kahilipara, Guwahati. The event, celebrating the theme "Legacy, Language & Literature," marks a significant step towards the first edition of the festival to be held in Rajgir, Nalanda, Bihar, from December 21 to 25, 2025. In a symbolic partnership, Nalanda University will join NLF 2025, linking ancient wisdom with modern creativity.

The announcement event featured Chief Guest Sh. Kula Saikia, Ex-DGP and renowned writer, and Guest of Honour Shri Kalyan Chakravarty, ACS, Cultural Affairs Department. Padma Shri Arup Kumar Dutta, Chairperson D. Aaliya, and Festival Director Ganga Kumar also shared insights on India's evolving literary and creative landscape. The event drew writers and cultural figures including Prof. Arupjioti Saikia and Sh. Kynpham Sing Nongkynrih.

In Guwahati, the festival's out-



reach has energized local publishing houses, art collectives, and tourism stakeholders. Many believe such cultural initiatives can stimulate Assam's creative econo-

my by drawing national attention to its literature and heritage.

The NLF team also paid tribute to late singer Zubeen Garg for his contributions to Indian music. The

Nalanda Literature Development Programme, running till March 2026, will further nurture dialogue and cultural exchange ahead of the main event.

Rubina: Mother Tongue Pride Lesson



Mumbai: Television sensation Rubina Dilaik, along with her husband Abhinav Shukla, made a stunning appearance on the sets of Pati Patni Aur Panga, leaving fans and paparazzi captivated. Known for her graceful charm and stylish presence, Rubina once again stole the spotlight with her elegant yet playful demeanor. During the visit, Rubina was seen interacting warmly with the paparazzi in a light-hearted exchange. In the videos circulating online, the reporters greeted her with a cheerful “Suprabhat” (good morning). Rubina responded with a smile, saying, “Be proud of your mother tongue”, only to realise she had said it in English, sparking laughter and delighting everyone present.

For the occasion, Rubina Dilaik opted for a strapless, form-fitting emerald green gown featuring a corset-style bodice and a high slit, exuding elegance and modern glamour. Her choice of attire perfectly complemented her poised and confident presence on the sets. Her husband, Abhinav Shukla, looked equally stylish in a red velvet double-breasted blazer paired with a black bow tie, white shirt and black-and-gray plaid pants. The sheen of the blazer and the checkered pattern of the trousers added a touch of sophistication, making the couple one of the most photographed duos of the day.

Katrina Wishes ‘Angel’ Zoya on Birthday



Mumbai: TZoya Akhtar, the director-producer known for Gully Boy and Dil Dhadakne Do, is celebrating her 53rd birthday today, October 14. Wishes have been pouring in from all corners for the filmmaker on her special day. Among all was her friend and mommy-to-be, Katrina Kaif, who extended heartfelt greetings to Zoya through her social media. Zoya and Katrina have worked together in the road comedy drama Zindagi Na Milegi Dobara, co-starring Hrithik Roshan, Farhan Akhtar and Abhay Deol. Taking to Instagram, Katrina dropped a picture of Zoya on stories and wrote, “Happiest birthday Zo Zo to our secret angel..trailblazer and dynamo, Zoya Akhtar. Wishing you the bestest things this year.” Although Katrina only had a limited role in Zindagi Na Milegi Dobara, the actress believes her character as Laila, will always have a special place in her heart. Speaking to Pinkvilla, Katrina earlier said, “If I have to pick one, I would say Zindagi Na Milegi Dobara. I think there was a certain way Zoya has about her through which she makes her films and especially this. She casts the actors for the essence of who they are, but I think that film is probably the closest to my heart.”

Sara Ali Khan: Mom Time Is Key to Mental Health



Mumbai: Being an actor isn’t always about glitz and glamour; it comes with immense pressure and scrutiny, especially for star kids. In a recent interview, Saif Ali Khan and Amrita Singh’s daughter, Sara Ali Khan, opened up about dealing with these challenges. During a conversation with Hindustan Times, Sara admitted that after spending a few years in the industry, she has realised there’s no shame in asking for help when the pressure becomes

overwhelming. Amid the pressure, Sara Ali Khan revealed that she realised taking care of the mind is as important as taking care of the body. “I’ve always believed that strength isn’t about bottling up your emotions; it’s about having the courage to acknowledge them. In my industry, the pressures can be intense, and it’s easy to feel like you have to ‘handle everything on your own’ to be strong,” she said, adding, “But I realised early on that

taking care of my mind is just as important as taking care of my body. Therapy and mental health support aren’t signs of weakness; they’re tools for growth, self-awareness, and making sure you’re truly okay.” The actress further admitted that there was a time when she felt overwhelmed by everything around her, and she found peace by focusing on the small things in life. “There was a time when I was feeling really overwhelmed; mentally, emotionally, just everything piling up at once. And in that phase, I realised how important the little things are, like spending time with my mom or just watching something that makes me laugh... those small acts really helped me come back to myself,” she shared. Sara Ali Khan further mentioned that she finds therapy extremely helpful, as it gives her a safe space to reflect and better understand her emotions.

The Fusion Performance That Impressed Ahaan Panday



Mumbai: Saiyaara, the Mohit Suri directorial musical romantic drama featuring debutant Ahaan Panday and Aneet Padda in lead, turned out to be the unexpected blockbuster of 2025. Backed by Yash Raj Films, it was released in July this year and earned a lot of praise, especially for its strong performances, captivating storyline and soulful songs. After the film won fans’ hearts, a new flute and beatboxing version of its title track, Saiyaara, has grabbed the attention of the viewers and the lead cast.

Taking to Instagram, actor Mihir Ahuja dropped a video wherein he is seen collaborating with a flute expert on the sad romantic

track. As the flute master plays the Saiyaara title track, the actor joins him and gives it a hip-hop touch with some beatboxing. Sharing the clip, he wrote in the caption, “I bet you haven’t heard this version of Saiyaara. Had to do a fusion of flute and beatboxing for this beautiful song.” The clip not only grabbed the attention of the viewers but Ahaan himself, as he gave a thumbs up to the clip by liking the video. In no time, the comment section was flooded with reactions. An Instagram user wrote, “So good!!” Another one commented, “Ohho, what a collab!!” A person shared, “BEST.” Born in Jamshedpur, Mihir has appeared in several big-budget projects, including web shows like Mission over Mars, Bard of Blood and films like Hrithik Roshan’s Super 30. He was also a part of Zoya Akhtar’s The Archies, co-starring Suhana Khan, Khushi Kapoor and Agastya Nanda. Directed by Mohit Suri, the film was a blockbuster hit and collected more than Rs 300 crore at the domestic box office.

Mid-2026 Start Date Set for Shraddha Kapoor’s Next, ‘Pahadpangira’

Mumbai: In May this year, Bollywood actress Shraddha Kapoor hit the headlines after several media reports suggested that she has exited Tumbbad director Rahi Anil Barve’s film produced by Ektaa Kapoor. Back then, the director slammed the reports urging fans not to believe in the rumours. Now, a report in Mid Day states that the actress is still very much a part of the film, which is titled ‘Pahadpangira’. The report further states that not only is the actress likely to headline the project, she may also come on board as a creative producer. However, there has been no official confirmation yet.

Pahadpangira, directed by Tumbbad director Rahi Anil Barve, reportedly explores themes of feminism against the backdrop of the Sati practice. Shraddha Kapoor



will not only star in the film, but will also reportedly be involved in a creative capacity. A source told Mid Day, “Shraddha, who will begin shooting Laxman Utekar’s next in November, will finalise her commitment to this project after her schedule for 2026 is drawn up. If things go as planned, the film could

start by mid-2026. Pahadpangira is a dark fantasy rooted in myth and folklore. She is taken by the story’s originality and believes it can be expanded into a franchise. Besides fronting it, she may serve as a creative producer on it.” The report further states that filmmaker Rahi Anil

Akshay Kumar in Talks for Remake of Venkatesh Daggubati’s Sankranthi Film

Mumbai: Akshay Kumar is reportedly in talks to headline the Hindi remake of a Telugu family drama Sankranthiki Vasthunam, which stars Venkatesh Daggubati in the lead. The news has already generated strong buzz. If reports are to be believed, producers are keen to recreate the film for Hindi audiences with Akshay Kumar. However, it is not yet official and other details are also not disclosed. Times Now has quoted OTTPlay source saying that Akshay Kumar is excited for the Hindi remake of Sankranthiki Vasthunam. A source told the portal that he loved the Telugu film and decided to remake it after watching it. Dil Raju, who backed the movie, will also produce the Hindi remake. The female lead is not yet



finalised as the casting process is still underway. Reportedly, it was supposed to go on floors earlier but got delayed due to Akshay’s prior commitments.

The story of Sankranthiki Vasthunam is about an Indian CEO of the World’s No. 1 Tech company is on India Tour and he gets kidnapped bythe Bijju Pandey gang. The police begin a rescue operation. As the drama unfolds, YD Raju,

a suspended police officer (Venkatesh), his wife, Bhagyalakshmi (Aishwarya Rajesh) were introduced. It is interesting to see how Raju’s ex-girlfriend is brought in to resolve the crisis. Shah Rukh Khan and Akshay Kumar, were spotted sharing a rare hug at a recent Filmfare Awards. The moment instantly went viral across social media, with fans flooding the internet with nostalgic and emotional

reactions. A fan shared the photo on his X handle. In the photo, both Shah Rukh Khan and Akshay Kumar are sharing a warm hug while Karan Johar looks on. In no time, this photo went viral on the internet. Fans also cannot stop themselves from praising and demanding a film together.

The actor was last seen in Jolly LLB 3 with Arshad Warsi. The courtroom drama received love from all corners. Recently, he also treated fans with his first look in the upcoming film. The actor shared a high-octane video on social media, giving audiences a glimpse of his intense and rugged avatar, which has already created a buzz among moviegoers. He also revealed that the last schedule of the film shoot has also begun.

Revealed: The Philosophy Behind Kajol’s Approach to Film Reviews

Mumbai: It has been 34 years since Kajol made her acting debut with Bekhudi, and she has come a long way in her career. Over the years, she has portrayed her fine acting skills, and versatility by starring in iconic films such as Dilwale Dulhania Le Jayenge, Gupt, Kuch Kuch Hota Hai, Kabhi Khushi Kabhie Gham, Fanaa, among many others. In a recent interview, the actress revealed that she has watched all her films, and is her own harshest critic. She also mentioned that she doesn’t fear any review, because there is nothing anyone can say about her that she hasn’t already told herself.

In a candid conversation with The Hollywood Reporter India, Kajol revealed that she makes it a point to watch all her films as a relentless student of her own art. “I have a checklist and critique myself. I’m way more critical of myself than anybody can ever be of me,” she said. “That’s why I don’t even worry about reviews or whatever anyone is going to say about me — because there’s nothing you can say to me that I haven’t already said to myself.” She added, “At the end of the day, you guys see me as



somebody whom you don’t know that well, but I’m looking at myself as somebody whom I do know very, very well,” she explained. “So I know immediately that no, this is wrong, you failed here; you failed to convince me that what you were saying was the truth.” Kajol continues to impress fans with her spectacular performances. She was recently seen

in the series ‘The Trial: Season 2’, and her layered performance is being applauded by everyone. She is also hosting the celebrity chat show ‘Two Much with Kajol and Twinkle’, which streams of Amazon Prime Video. She was also seen in Kayoze Irani’s Sarzameen, co-starring Prithviraj Sukumaran and Ibrahim Ali Khan.

The New Thriller from Jeethu Joseph: Mirage OTT Release Info

Mumbai: Filmmaker Jeethu Joseph, known best for the Drishyam franchise, recently released a crime thriller named Mirage in theatres on 19 September. Starring Asif Ali and Aparna Balamurali in lead roles, the film received mixed reviews from critics. Know when and where to watch it digitally.

SonyLIV announced on its social media that Mirage will stream on its OTT platform starting from 20 October. Making the announcement with a new trailer, they wrote, “Every story hides a secret. This one hides many. #Mirage streaming from Oct 20th only on Sony LIV.” The film will be available for streaming on Sony LIV in Malayalam, Tamil, Telugu, Kannada, Hindi, Marathi and Bengali. The trailer for Mirage begins with a woman telling someone that she often thinks back to this par-



ticular journey. Soon, a man wonders where Kiran’s journey is taking him and what his purpose is. Asif is soon introduced as an investigative reporter named Ashwin Kumar, while Aparna plays the mysterious Kiran’s fiancée, Abhirami. Even as the police tell her they’re her best chance for survival, she thinks there’s more at play. Jeethu co-wrote the screenplay with Srinivasan Abrol, based on a story by Aparna R Tarakad. It was produced by Naad Sstudios and E4 Ex-

periments in association with Seven 1 Seven Productions and Bedtime Stories. Hakim Shahjahan, Hannah Reji Koshy, Saravanan, Sampath Raj, Deepak Parambol, and others also star in it. Before Mirage, Jeethu directed the 2024 Basil Joseph-starrer Nunakkuzhi and presented Level Cross with Asif and Amala Paul. He is currently busy directing Mohanlal in Ram: Part 1 and Drishyam 3. The latter film will be simultaneously made in Hindi with Ajay Devgn in the lead.

After The Kerala Story Snub, Sudipto Sen Slams Filmfare Winners

Mumbai: Filmmaker Sudipto Sen, who recently bagged the National Award for The Kerala Story, has taken a direct swipe at this year’s Filmfare Awards, calling the ceremony a “tamasha in the name of cinema.” His fiery post on Instagram came days after Laapataa Ladies dominated the awards night in Ahmedabad, winning Best Film and 12 other trophies. In a strongly worded note, Sudipto slammed the awards and accused the organisers of celebrating films that “barely survived the box office.” He wrote, “This year Filmfare truly is an expose of Indian ‘nouvelle vague’... A blatantly plagiarised film... a film which is a tutorial of brutality and a film which did not survive the box office for more than 72 hours took away most of the crowns.”

He added that genuine talent continues to go unrecognised. “As expected, the best work of 2024 remains elusive. Realised why Filmfare was so vocal against The Kerala Story receiving National Awards. I am happy that this ‘wood’ community does not recognise,

invite or choose us.” Continuing his attack, Sudipto said he’s relieved not to be part of what he called Bollywood’s “pretentious circle.” He wrote, “We are spared from faking smiles, faking camaraderie, and most importantly, not indulging in any sycophancy. In the end, I am happy that we are saved from hobnobbing with this tamasha in the name of cinema in Mumbai and clicking selfies in Cannes.” He concluded his statement by taking a dig at the industry’s glamour obsession, saying, “At least we are saved from these ugly hypocrisies and fake tapestry in the name of cinema.” In his caption, the filmmaker further wrote, “I never expect anything great from any Indian cinema establishment, particularly when it is media or cinema journalism. Mostly enamoured by the glamour and rich-world of the stars, exactly the way people from villages and small cities gather in front of Mr. Bachchan or SRK’s house.” He claimed that these institutions “have zero contribution towards cinema, cinema art, the way world media does for world cinemas.”



Rachel Roddy’s rice salad with red peppers, celery, herbs and egg – recipe

A few weeks ago, when the weather turned boiling and the tarmac became soft, I made a bad rice salad. The principal reason for this was the overcooked rice, which was my fault for three reasons: I was using a brand I have never used before and didn’t read the packet; I forgot to set the kitchen timer; and I ignored my instinct to tip it out (dog? Cake? Compost? Bin?) and start again. To my overcooked rice I added not-tasty tomatoes, tough minced parsley, extra-virgin olive oil, a bit too much vinegar, olives, capers and hard-boiled eggs; I also added an expensive tin of tuna, which did a brilliant job of making the whole thing taste better, although still not good. Everyone agreed that it was a depressing dinner, then we went out for ice-cream. The good thing about making a bad rice salad is the need to redeem and reassure myself that I am capable of making not only a good one, but a great one, though I do appreciate that today’s first paragraph might make you doubt this. A good rice salad begins with well-cooked long-grain rice and involves a good balance of four vegetable elements: raw (tomatoes, red pepper, cucumber, celery, say), cooked (beans, courgettes, peas, sweetcorn), vegetables preserved in oil (peppers, mushrooms, artichoke hearts, aubergine), and pickled or salted vegetables (dill pickles, olives, capers, caper berries). There should also be some form of protein, whether that’s tuna, cheese, tofu, salami or wurstel; possibly involve (tender) herbs; be dressed with oil and a little vinegar; and always be finished with egg (slices, wedges or chopped – you decide).

Just as important as the balance of ingredients is the balance of temperatures. Many people like their rice salad fridge-cold – in fact, another name for insalata di riso in Italy is riso freddo



(cold rice). I prefer the rice, cooked vegetables and tomatoes to be at room temperature, and the raw and picked vegetable elements to be fridge-cold. Celery and dill pickles are particularly good chilled additions when added just before serving, then the room-temperature hard-boiled eggs can be arranged on top. A note about the herbs: I think the clean, slightly black pepper taste of parsley is great here (although taste if it has been sitting in the fridge for a while), along with a few aniseed fronds of dill, plus fresh marjoram, with its gentle pine taste and sweetness. My mother-in-law believes that a transparent bowl (plastic or glass) plays a key role in the flavour of rice salad, and I think I agree. Of course, the most important advice for rice salad is to

make it in exactly the way you like it, and serve it at a temperature you like, and to ensure that there is plenty of ice-cream (cold but at scooping temperature) for afters.

- Rice salad with red peppers, celery, herbs and egg**
- Salt and black pepper
 - 300g long-grain rice
 - Extra-virgin olive oil
 - Finely grated zest of 1 lemon
 - Red-wine or sherry vinegar (optional)
 - 1 very big handful minced herbs (parsley, marjoram, chives, mint, dill)
 - 1 350g jar preserved red peppers, drained and chopped into bits
 - 300g cooked green beans, chopped into short lengths
 - 145g (1 tin) tuna in olive oil (optional)
 - 2 celery sticks, strings pulled away and discarded, flesh finely diced
 - A few dill pickles, diced
 - 4 hard-boiled eggs, peeled and each cut into 8 wedges or finely chopped
- Bring a large pan of water to a boil and season with salt. Add the rice, cook for 10 minutes, then drain into a sieve, shake well and leave to cool for 15 minutes. In a large bowl, mix six tablespoons of extra-virgin olive oil, a pinch of salt, a few grinds of black pepper, the lemon zest, a dash of vinegar and the minced herbs. Add the rice, toss gently so that all the grains are coated, then add the peppers, beans, tuna, if using, and mix again to combine. Taste and adjust the seasoning. The salad can now sit until you are ready to eat, in or out of the fridge – you decide. Just before serving, add the celery and dill pickles, toss again, and top with the hard-boiled egg. Zigzag with little more olive oil and serve.

Summer Entertaining Made Easy: The Magic of Batch Cocktails

Stand down that cocktail shaker. When you have more than a handful of people over, you need drinks that scale up easily. And a paloma never fails to hit the hot weather happy-hour spot, says Max Venning, director of Three Sheets bars in London and co-author of *Batched and Bottled Cocktails*. “It’s great for a garden party, because you just whack it all in a jug and into the fridge in the morning, then all you need are iced glasses and soda water.” Combine 350ml good-quality blanco tequila, 250ml fresh pink grapefruit juice, 10ml tomato vinegar and two tablespoons of caster sugar, stir until the latter dissolves, then chill. “While you’re waiting for your guests, coat half the rim of your glasses with a mix of salt, a touch of ground black pepper and a sprinkle of ground cumin: wipe half the outside rim with grapefruit, put the salt mix on a small plate and gently press the wet part of the glass into the salt, so it sticks.” When you’re good to go, fill each glass with ice, fill halfway with the paloma mix, top with soda and stir gently: “Garnish with edible flowers or a grapefruit slice.”

Another party starter, says Alex Lyonness, bar manager at Luca in London, is a naked and famous, which, happily, is “quick to batch because it’s equal parts mezcal, Aperol and yellow chartreuse, and quick to

build because it’s 60ml of that mixed with 20ml lime juice”. Sandia Chang, meanwhile, would lean more towards a “lighter” negroni: “We often pre-batch a cocktail that’s a cross between an americano and a white negroni, which is equal parts Lillet Blanc and Suze,” says the co-founder of Bubbleshop and Kitchen Table, who serves that mix of classic French aperitifs over ice and topped up with soda. If you’re looking to bung things together a little further in advance, try a cherry americano, Venning says: “Mix 300ml Campari, 300ml sweet vermouth and 100ml cherry cordial, and store in a clean, sealed wine bottle in the fridge.” To serve, pour 50ml of the mix over ice, top with soda water and garnish with an orange slice. Or, if you’re feeling fancy, pour 30ml into a flute, top with sparkling wine and garnish with an orange twist. If you’re heading out, though, perhaps to the park or beach, Venning’s batch drinking concept (to be consumed in moderation, naturally) would be a “British coastal negroni”: It’s lighter than the classic, and a perfect sundowner. Mix 200ml Campari, 200ml red vermouth (“I use Vault Aperitivo’s Forest”, staying on the British theme), 200ml gin (“Hepple, for preference”), 20ml blackcurrant cordial, 100ml water and two drops of optional orange flower water, then tip that into a Thermos with a handful of ice cubes.



Beyond the Glam: Kareena Kapoor Khan’s Simple, Sentimental Hair Care Story

Kareena Kapoor Khan not only loves a simple home-cooked meal but follows the same formula for her hair, too. In fact, in a recent rapid-fire conversation with impact entrepreneur and wildlife conservationist Akash Mehta, she shared a memory associated with her childhood. “My favourite memory is with my nani my hair. Granny would come, make the oil, said Khan. Let’s understand how oiling households.

ogist at Dr Shareefa Skin Care oiling remains an effective way en the strands. “Natural oils contain vitamins and fatty scalp, reduce breakage, and to your hair type and needs,” mentioned that “for dry, massage can work wonders. ways warm the oil slightly sage gently to boost blood twice a week is enough. Make with a mild shampoo,” said Dr. er leave heavy oil on for days, as your go-to ritual for healthy, happy an appropriate oil with the help of an oiling may also clog scalp pores in many people, inviting unpleasant problems such as dandruff, itchiness, or even hair loss. “It may also attract dirt and require frequent washing, which can strip natural oils and cause dryness. So, it is better not to go overboard at all,” said Dr Chause.



Fridgescaping’ Risks: Expert Sounds the Alarm



The viral decor trend known as ‘fridgescaping’ is taking social media by storm, encouraging individuals to transform the interior of their refrigerators into aesthetically pleasing spaces, much like decorating a room in their homes. While the concept of a clean and organised fridge is appealing, health experts are raising alarms about the potential dangers associated with this trend. “The inside of a refrigerator is no place for decorating,” said Dr Marc Siegel, senior medical analyst for Fox News and clinical professor of medicine at NYU Langone Medical Center. The practice often involves placing non-food decorative items inside the fridge, including photo frames, plants, baskets, showpieces, and lights, which can lead to a host of health concerns.

He adds, “One major concern is cross-contamination. When decora-

the fridge can block vents or cause uneven cooling, resulting in some areas becoming too warm and increasing the risk of spoilage and bacterial growth in perishable foods. “Additionally, decorative items may absorb moisture, leading to increased humidity levels inside the fridge, which can further encourage the growth of mold and bacteria. This can compromise the freshness of fruits, vegetables, dairy, and other items that require consistent, low temperatures,” he states. To maintain a clean and organised refrigerator while ensuring food safety, Dr Reddy recommends considering the following tips:

Use Food-Safe Containers: Store food in airtight, food-safe containers that are easy to clean and properly labelled with expiration dates. This prevents cross-contamination and ensures food stays fresh. Keep Non-Food Items Out: Avoid placing non-food items like decorative baskets or plants in the fridge. Stick to functional organisation methods, such as using clear plastic or glass containers for easy visibility. Organise Based on Temperature Zones: Place perishable items, like meat and dairy, in the colder zones of the refrigerator (generally the back or lower shelves), and store produce in crisper drawers to maintain optimal freshness. Avoid blocking vents to ensure air circulation. Clean Regularly: Wipe down shelves and drawers with a mild disinfectant at least once a month. This helps eliminate bacteria or mould growth and ensures a sanitary environment for food storage. Rotate Food: Practice the ‘first in, first out’ method. Ensure older items are placed at the front so they’re used first, reducing the risk of consuming expired food.

Ginger Power! 5 Drinks to Boost Weight Loss and Overall Health

Looking to lose weight but don’t want to rely on complicated diets or supplements? Sometimes, the simplest ingredients in your kitchen can make a surprising difference, and ginger is one of them. Ginger has been used for centuries in home remedies, and today, it’s backed by research for its digestion-boosting and metabolism-enhancing benefits. Whether you’re hoping to reduce bloating, manage cravings, or gently support your weight loss journey, these easy ginger-based drinks can fit right into your daily routine - no fuss, no fancy ingredients.

- Here are five simple and effective ginger drinks for weight loss:**
1. Warm Ginger Lemon Water: This one’s a classic for a reason. Drinking warm ginger lemon water first thing in the morning can help get your digestion going and may give your metabolism a gentle boost. How to make it:Heat 1 cup of water until warm.Add about 1 teaspoon of fresh-
 2. Apple Cider Vinegar and Ginger Shot: This tiny shot packs a punch. Apple cider vinegar is often linked with blood sugar control and improved digestion, and when paired with ginger, it can help reduce bloating and support fat metabolism. How to make it:Mix 1 tablespoon of apple cider vinegar with half teaspoon of ginger juice.Add a tablespoon or two of lukewarm water. Drink before meals once a day.Note: It’s strong in taste - and in effect - so start with small quantities and rinse your mouth afterwards to protect your teeth.
 3. Cucumber Ginger Detox Water: Looking for a refreshing drink that also does



half a lemon and drink it warm.Optional: Add a pinch of cinnamon or black pepper if you like a little extra warmth and flavour

4. Ginger Green Tea: If green tea is already part of your routine, adding ginger makes it even better. This combination can help support fat burning and improve digestion, especially if you’re cutting back on heavy meals. How to make it:Steep a green tea bag in

‘Humans need solitude’: How being alone can make you happier

In Wim Wenders’ recent film *Perfect Days*, the main character, a Tokyo toilet cleaner, spends many of his hours in solitude; watering plants, contemplating, listening to music and reading. While more characters are introduced as the film develops, for many viewers its earlier moments are, indeed, perfect; described by the BBC’s own Nicholas Barber as a “meditation on the serenity of an existence stripped to its essentials”, it really struck a chord. No wonder. Thoughtful and positive outlooks on solitude have been taking up more and more space on our screens, bookshelves and smartphones, from podcasts to viral TikToks. Seemingly, there’s never been a better time to be alone. In the past couple of years, several titles on the topic have been released, with a few more in the works. Solitude: The Science and Power of Being Alone, and Solo: Building a Remarkable Life of Your Own hit the shelves in 2024, and Nicola Slawson’s *Single: Living a Complete Life on Your Own* Terms was published in February. Then last month saw the release of Emma Gannon’s much-anticipated novel *Table For One*; having made her name with non-fiction books questioning traditional ideas of success and productivity, Gannon is now reconsidering modern relationships, in a love story fo-

cusing on a young woman finding joy in being alone, rather than with a partner. Later this year, two more self-help guides, *The Joy of Solitude: How to Reconnect with Yourself in an Overconnected World* and *The Joy of Sleeping Alone*, are coming out, as well as a paperback, English translation of Daniel Schreiber’s *Alone: Reflections on Solitary Living*, which originally came out in Germany in 2021. Packed with keen observations and helpful tips, this new wave of books aims not only to destigmatise solitude, but also to make a case for its benefits and pleasures. Such a powerful stream of publications might come as a surprise, at first, to everyone who has lived through the pandemic and inevitably heard of – or got a bitter taste of – the so-called “loneliness epidemic”, a term popularised in 2023 by then US Surgeon General Vivek Murthy. “Post pandemic, there [was] a huge focus on loneliness, for a really good reason,” says Robert Coplan, a professor in psychology at Carleton University in Ottawa and author of *The Joy of Solitude: How to Reconnect with Yourself in an Overconnected World*. But because of the concerns about the effects of loneliness, he says, solitude ended up “with a bit of a bad reputation – throwing the baby out with the bath water, so to speak”.



India Couture Week Kicks Off with Rahul Mishra’s Stunning Vision



Every year, the Fashion Design Council of India (FDCI) brings together the country’s best design talents, making India Couture Week (ICW) the pinnacle of craftsmanship and fashion. Needless to say, anyone viewing an ICW showcase is sure to be in for a visual treat. Of course, Indian couture is incomplete without the mention of Rahul Mishra, who opened this week-long fashion spectacle with his collection titled Becoming Love. With a set designed to imitate the craters of the Moon, the showcase was a marriage expressions of everlasting love, and technological marvels.

Keeping in mind the way artificial intelligence (AI) has permeated every aspect of everyday life, Mishra asked AI tools to define love, building his collection around those descriptions. The collection itself was an extension of the designer’s presentation at last month’s Paris Haute Couture Week, with an additional bridal line catered to his Indian clientele. Mishra’s bridal line in particular drew inspiration from Krishna’s Raas Leela, Mughal art, the works of Claude Monet and Gustav Klimt, as well as the cosmos for a collection that was romantic, evocative, with the right amount of gravitas.

7 Dietitian-Approved Foods for Lower Blood Sugar



Blood sugar control is crucial, especially with cases of diabetes increasing across India. Along with medication and lifestyle, a balanced diet plays a significant role in maintaining steady sugar levels. So, what are some common foods that can help manage blood sugar naturally? We turned to Dr Rajeshwari Panda, head of the dietetics department, Medicovert Hospital, Kharghar, Navi Mumbai. A well-known superfood in India, methi seeds contain soluble fibre that slows sugar absorption and improves insulin function, said Dr Panda. Soak one teaspoon overnight and drink the water in the morning, or add methi leaves/seeds to dals and sabzis.

These are low-carb, high-fibre vegetables rich in vitamins and minerals that support blood sugar balance and overall health. Berries like strawberries and blueberries, plus the Indian jamun, are rich in antioxidants and fibre and help reduce blood

sugar spikes, said Dr Panda. Eat fresh as snacks or add to curd and breakfast dishes. Flaxseeds, almonds, and walnuts provide healthy fats and fibre that slow digestion and keep blood sugar stable. Grind flaxseeds and add to buttermilk, curd, or roti dough. Snack on a small handful of nuts daily. Packed with protein and fibre, pulses digest slowly and prevent sugar spikes after meals, said Dr Panda. Regularly include dals and beans in your meals.

According to Dr Panda, cinnamon is a spice that can help lower fasting blood sugar and improve insulin sensitivity. Add a pinch to chai, oats, or curry dishes. Traditional Indian fermented foods, such as curd, buttermilk, idli, and dosa, promote gut health, which in turn supports blood sugar control. Include a serving of curd or buttermilk with meals and enjoy fermented snacks. Always combine carbs (rice, roti) with protein and fibre (dal, vegetables,

curd). Drink plenty of water during the day. Take a short walk after meals. Avoid sugary and processed foods. Eat small, balanced meals regularly to avoid sudden sugar spikes. Incorporating these everyday foods and Indian superfoods into your diet can help you manage blood sugar levels naturally. “From methi seeds and leafy greens to pulses, cinnamon, and fermented foods, these are easy to find and simple to add to your meals,” said Dr Panda.

Five free, easy ways to fight chronic inflammation

A growing number of products and routines – such as red light masks and de-puffing regimens – claim to fight the signs of inflammation. Many nutritional methods have proven to help chronic inflammation, too – such as eating a vegetable-heavy Mediterranean diet or more whole grains and omega-3-rich fish.

But cost and access issues can get in the way of these solutions. Plus, they may not address a major root cause, as increasing evidence says chronic stress can induce chronic inflammation. To prevent and manage chronic stress, more health professionals are offering “social prescriptions”, or referrals to non-medical, community-based, de-stressing activities. Often, these activities are free or the costs are covered by another party, like an insurer or local non-profit. Dr Alan Siegel, executive director of non-profit Social Prescribing USA and a family physician at Kaiser Permanente in Oakland, has prescribed community walks, painting classes and museum visits to his patients for over two decades. “Whether somebody walks into my office with type 2 diabetes or depression, I’ve seen how social prescriptions can help patients truly heal and adopt healthier lifestyles in the long-term.”

More than 30 countries and a dozen US states have social prescribing programs, which have led to improved health and reduced pressure on healthcare. But even without a doctor’s note or a thick wallet, anyone can engage in these scientifically backed anti-inflammatory activities.

What is inflammation?

Inflammation – the body’s evolutionary response to infection, injury, or other threats – has been a trending topic in the health world. Some scientists have even called inflammation “the cause of all diseases”. But what actually causes inflammation, and what fights it? In some contexts, inflammation is good. When the body faces an acute threat – say, an ear infection or a sprained ankle – it responds with acute inflammation, an immune system process marked by fever, swelling and pain in the affected area.

But in the face of chronic threats – say, from trauma or job stress – acute inflammation can also become chronic, and the immune, stress and cardiometabolic responses can become dysregulated. Research links chronic inflammation with low mood, cognitive impairment, cardiovascular risks and a range of mental health conditions including depression and dementia.

Spend time in nature

Forest-bathing – engaging in natural environments with all five senses – is a known wellbeing booster. But according to Dr Qing Li, professor of clinical medicine at Nippon Medical school in Tokyo, forest bathing can also help support healthy functioning of the Hypothalamic-Pituitary-Adrenal (HPA) axis, a key player in controlling the



stress and inflammation response. “Forest environments can promote relaxation and activate the parasympathetic nervous system, which is responsible for the ‘rest and digest’ functions,” says Dr Li. It can also reduce activity in the sympathetic nervous system, which is responsible for the “fight or flight” responses. By helping to prevent and manage stress, forest bathing can also help prevent and manage chronic inflammation.

A series of Li’s studies show that forest bathing can reduce the stress hormones cortisol, adrenaline and noradrenaline. Other research similarly finds time in nature can reduce physiological markers of stress, like cortisol, and the perception of stress. One study found just 20 minutes of nature per day can make a difference in stress levels.

Engage with art and music

Art can also promote relief from chronic stress. In one study, healthy adults who participated in a 45-minute art-making session saw significantly lower levels of cortisol afterward. Feelings of stress are related to a loss of control, says Dr Grijja Kaimal, professor of creative arts therapies at Drexel University, who co-authored the study. Creating art helps us feel like “there’s something we have a sense of agency over” and “lets us take charge of the distress”.

The study’s participants self-reported that they found art-making relaxing, enjoyable, “freeing from constraints”, and conducive to flow and self-discovery. “Distraction is a great initial coping mechanism to help us calm down after a stressful event, but art can help us dig deeper – it helps us pay attention to what distressed us, and it’ll help the next time something similar sets us off,” says Kaimal. It’s important to create “the kind of art that speaks to you,” says Kaimal – whether it’s writing, dancing, or drawing – and skill level doesn’t matter. “You want to get into a judgment-free zone where you can play and have fun without consequences.”

A growing body of research suggests experiencing art, not just creating it, can also promote inflammation reduction. Some research has found listening to music, for instance, can reduce blood pressure and cortisol. Researchers at

the University of Florida have been documenting the health benefits of engaging with the arts, with some studies suggesting just one to three hours of related activity per week can reduce risk of depression and cognitive decline.

Move your body

Beyond reducing stress, exercise is linked to a number of other anti-inflammatory benefits. This makes sense from an evolutionary perspective because bodily movement was often linked with fighting a predator or fighting for our lives, says Dr Michael Gleeson, emeritus professor of exercise biochemistry at Loughborough University. “The body puts its survival first,” and temporarily inhibits the inflammatory response so it can use energy more efficiently, he says. In his co-authored research, Gleeson suggests exercise not only induces an anti-inflammatory environment in the short-term, but may also reduce visceral fat mass in the long-term. The accumulation of visceral fat can drive and worsen chronic inflammation by promoting development of insulin resistance, atherosclerosis and other diseases linked to physical inactivity. Other research finds that exercise can significantly reduce production of pro-inflammatory proteins, such as CRP and IL-6, and increase anti-inflammatory proteins, such as IL-10.

To reap these and other benefits, the World Health Organization recommends adults spend at least 150 minutes each week on moderate aerobic activity, such as brisk walking and cycling, or 75 minutes on vigorous activity, such as running, Zumba or sports. A longitudinal study finds sports involving social interaction – such as tennis, badminton and soccer – are best at promoting health and longevity.

Support other people

Because cooperation with others has historically been essential for survival, our bodies have evolved to respond to the absence of social connections. The late neuroscientist Dr John Cacioppo compares this evolutionary response to hunger. Just as hunger signals the absence of energy and nutrients and cues the body to find food, loneliness signals the absence of social connections, and cues us to seek out or repair relationships. That’s why multiple studies link feelings of loneliness and social isolation to a range of stress responses, including increased pro-inflammatory proteins and dysregulated cortisol function. Conversely, studies link high levels of social support to lower cortisol, and link social activities like volunteering and giving social support to lower pro-inflammatory proteins.

Summer style updates and hacks

There is a very specific panic around summer dressing – all that flesh on show, for starters. So it always seems strange just how little thought we give to it. Obviously you care what you look like, but think how much time and energy you put into finding the perfect winter coat, or boots to see you through the post-Christmas doldrums. Some of you probably save up, or at least try on a few different styles to see what you like. Compare that to choosing a swimsuit or shorts. How often do you buy something the day before you go on holiday, or even at the airport? You’ll probably spend more time in your coat and boots but still, it’s a bit daft panic-buying some sandals before finding out, mid-hike, that the back strap rubs your heel and they slip off the moment your feet get sweaty. The truth is that aside from the fact that people equate wearing fewer clothes with being cooler – not true! – it’s very hard to know what to wear when the sun comes out. So we are here to help. How about a tank that needs no bra, a swimsuit that doubles as a top, and a quick-dry, no-towel towel? Or a T-shirt for the guys that’s cocktail-approved – and a hat the kids will actually wear?

The perfect summer look is a mythical unicorn, but there are things you can invest in now that will see you through until late September and, ideally, multiple summers to come. Counterintuitive though it is, the summer dress I wear most has long sleeves and is almost ankle length. A full-coverage but super-light dress is so much more useful than any number of itchy-bitsy sundresses. It keeps the rays off if it’s hot, the air conditioning off when you’re inside, and doesn’t leave you goosebumpy in the evening. Great for holiday days, office days, travelling days. Look for one you can wear with a bra – this one has a cut-out at the back, but above bra-strap height – and ensure it’s a generous fit.

A friend asked me the other day if she could borrow “that lovely Stella McCartney cami-sole”. Turns out she meant this, which is actually a silk camisole from M&S. So chic for a night out with jeans, blazer and kitten heels. Instead of striped trousers and a plain T-shirt, try clashing your prints. Think stripes and florals. Leopard and polka dots. Camo and gingham. The more unexpected, the better. If you have huge boobs, this isn’t going to work, so apologies, but for many women, a top with a built-in bra is ideal when you want that sleek, no-bra-strap vest-top look but also a bit of support. I love these Uniqlo ones because the support layer is totally invisible, and the tank isn’t too tight. Two years ago, I bought a black neoprene scallop-edged bikini from M&S. I love it so much that this year I added the one-piece version. I have it in emerald, which is now sold out, but the tomato red is possibly even nicer, and the white is very Talented Mr Ripley coded. It’s not so much that I’m too old to wear baggy knee-length shorts – no one is too old to wear anything – it’s more that I’m old enough to know I don’t have to wear anything that makes me feel ridiculous just because it’s fashionable. Same goes for tiny Daisy Dukes. A short that hits the mid-point of the thigh is the answer. This length can look a bit dowdy in linen, so I’d go with denim. And possibly a belt for added smarts.

Because sometimes you just really want something whimsical and holiday-fabulous. An embroidered boxy shirt is a good choice, because the laid-back silhouette offsets the cuteness. This one is just joyful. Maryrina? Ballet-Jane? The name needs work, but the style – a cross between a sturdy ballet flat and a Mary Jane – is a new staple. It looks great with baggy trousers, as it adds just enough femininity without sacrificing cool. My buy of the season is a secondhand leather belt with YSL hardware on the buckle, which I found for £30 on Depop. Charity shops are an excellent hunting ground too: you can get a leather belt for the price of something plastic on the high street that will age badly and end up in landfill. Alternatively, this Boden belt is a classic in a divine colour. Instead of trying to transport a sunhat in your suitcase, use a silk scarf to protect your scalp from the sun. You can also follow Alexa Chung’s lead and use it to add pizzazz to wardrobe basics such as jeans and a white T-shirt by knotting it around your waist. You will find the best versions on vintage sites. For bold, punchy prints, look for versions from the 1960s and 70s. I have tried on a lot of open-knit beach cover-ups over the past few summers, and these are my condensed thoughts: short and sweet is, surprisingly, easier and more flattering than full coverage. The string-vest ones make you look like a large fish caught in a net – an embroidered pattern, as here, is better. Black, brown or navy are most useful. I like this one.



SPORTS

Shubman Gill’s Indian side complete 2-0 series whitewash against Windies

Mumbai: Drama filled the fourth day of India vs. West Indies’ second Test match. With KL Rahul on 25* and B Sai Sudharsan undefeated on 30, India reached 63/1 while chasing 121. Although Yashasvi Jaiswal was dismissed early, India maintained control with to Sudharsan and Rahul’s consistent partnership. West Indies fought back with a 79-run last-wicket partnership between Greaves and Seales, along with centuries from John Campbell and Shai Hope. Jasprit Bumrah and Kuldeep Yadav picked three wickets each to keep the visitors in check.Sudharsan and Rahul rotated strike well and capitalized on loose ball, on a slow turning pitch.



With only 58 runs needed on day five, India is on track to clinch a

2-0 series sweep, showcasing both resilience and composure in Test cricket. Roston Chase said, ” We were always discussing and rying to find ways we could bat through those 80 overs. We came up with a lot of ides, playing behind the spin, sweeping, using our feet, and it was just about the guy going going out there and executing the plans we’d spoken about. I think guys we have here are some of the best players in Caribbean. So it’s just for us to use this last Test match as a stepping stone and a confidence booster going into the upcoming series. We just have to keep improving as much as we can from here.”

Delhi Test, Gautam Gambhir is blasted as India’s 12-year record comes to an end

New Delhi: The Indian leadership group, which includes coach Gautam Gambhir and captain Shubman Gill, has come under fire after the West Indies put up a rare battle with the bat in the current Test series in India. In order to prevent an innings loss and force India to bat again, the West Indies relied on hundreds from opener John Campbell and Shai Hope when they were forced to follow on after collapsing for just 248 in their opening innings. India were asked to bat again after enforcing the follow-on for the first time since their home Test against England in 2012 in Ahmedabad. Since then, India have won eight Tests by an innings after enforcing the follow-on and drawn two due to weather interruptions, but they have never previously been made to bat again in the said period.India had declared on 518 for 5 on a pitch that offered very little assistance to bowlers at the Arun Jaitley Stadium in New Delhi. In the series opener in Ahmedabad, India declared with just 448 on the board after bowling out the West Indies for 162, securing an innings and 140-run victory. However, the conditions in Ahmedabad were considerably more bowler-friendly. In Delhi, India declared when captain Shubman Gill was unbeaten on 129 following a commanding hundred from Yashasvi Jaiswal. The likes of Ravindra Jadeja and Washington Sundar were yet to bat, but the team management appeared confident that they had enough runs. India’s bowling attack had performed impressively in the first innings, with Kuldeep Yadav taking five wickets and Ravindra Jadeja adding three. Jasprit Bumrah and Mohammed Siraj claimed one apiece as In-



dia’s full-strength attack looked poised to secure another comfortable win.India enforced the follow-on on the afternoon of Day 3 with a lead of 270 runsThe West Indies lost two early wickets in their second innings, with Tagenarine Chanderpaul and Alick Athanaze dismissed for single figures. While it initially appeared that India would wrap up the match quickly, Campbell and Roston Chase put together a 177-run partnership to take the Test into the fourth day.

Il Lombardia is defeated by dominant Pogacar to tie

Mumbai: The Slovenian accelerated clear of a select group of favourites with 38km to go and after catching Quinn Simmons - the last remaining rider from the breakaway, who had started the climb with a three-minute lead - the world champion soloed to victory in the final Monument of the season.In doing so he became the first rider in history to win a Monument five times in a row, and the first man to finish on the podium of all five Monuments in the same season.Having won the Tour of Flanders and Liege-Bastogne-Liege earlier in the season, he is also the first man since Belgian legend Eddy Merckx in 1971 to win three Monuments, the Tour de France and the world title in a single season. Pogacar revealed he had had a “really cool” phone call with the



Belgian great following his win, but added he was tired of being compared to Merckx.“I don’t like that all the time you need to compare to somebody. Nobody likes to be compared to somebody all the time,” he said.The 27-year-old made his move on the Passo di Ganda climb and finished almost two minutes ahead of Belgium’s Remco Evenepoel, with Australia’s Michael Storer way back in third. ”To win five times in a row... every time I start it feels like this race is suited to me, but also at the same time that with such a good team around me we can pull it off,” said Pogacar.

ICC Women’s World Cup

Time for Harmanpreet Kaur and Jemimah Rodrigues to step up as India’s semifinal

Mumbai: India’s No 4 and No 5 batters – Harmanpreet Kaur and Jemimah Rodrigues – have contributed a total of 136 runs in a combined 8 innings together, with an average of 17.00 and strike rate of 86.62, without a single fifty-plus score. These are simply not good enough numbers for a side harbouring hopes of pushing for the elusive global title, entering the tournament as one of the challengers for Australia’s crown. Even a struggling New Zealand have better numbers for these two crucial positions in any batting order, especially in a tournament where middle and lower-middle order contributions have been match-defining. Sophie Devine, leading from the front in her final ODI World Cup, and Brooke Halliday have amassed a combined 402 runs in just three matches. On Monday in Visakhapatnam, Bangladesh too went past India’s numbers for



these batting positions. India have been let down so far by two of their main batters, and while they were saved by contributions by lower down the order in the first two matches, the batting line-

up being short of runs has played a critical part in the back-to-back defeats against South Africa and Australia. This has also meant that India have been risk-averse to drop a batter and playing an additional bowling option which would give them enough cushion with the ball, which has been lacking in both their defeats. A day that began with bright sunshine in Visakhapatnam soon turned gloomy as heavy rain lashed the city on Wednesday, throwing India’s training plans into disarray. With the Women’s World Cup match against South Africa scheduled for Thursday, the Indian team’s afternoon practice session was crucial — but nature had other ideas. The session, originally set to begin at 2 p.m., was delayed by nearly an hour as ground staff rushed to protect the surface. Both the pitch and outfield were under covers well before the players arrived.

How a stomach ache led to Aman Sehrawat getting suspended by Wrestling Federation of India

Mumbai: Olympic medallist wrestler Aman Sehrawat has been in the news for all the wrong reasons after he was handed a one-year suspension by the Wrestling Federation of India (WFI) for missing the weigh in at the World Championships last month.Aman, who competes in the 57kg category, on Monday accepted his mistake and said that he will ask the WFI to reconsider the decision, which, if not revoked, might result in him missing the Asian Games next year. Aman Sehrawat requested the Wrestling Federation of India (WFI) to lift his one-year ban and include him in the selection for the 2026 Asian Games and other international competitions. His suspension is effective from September 23, 2025, to September 22, 2026, while the Asian Games in Japan are scheduled from September 19 to October 4 next year. Speaking to TOI during the felicitation ceremony organized by the Indian Olympic Association (IOA) to honour Paris Olympics medallists, Aman said he felt “embarrassed and apologetic” over his sudden exit from the World Wrestling Championships in Zagreb, where he was a significant 1.7 kg over the limit ahead of his

opening bout in the men’s freestyle 57kg category. Aman, who won bronze at the Paris Olympics was awarded Rs 50 lakh by the IOA asked the federation to consider the incident “one-off incident” and assured that he would be more vigilant with his weight management going forward.“I know that I have made a mistake. I should have been more careful about maintaining my weight. But it wasn’t intentional... not that I didn’t try to bring my weight within permissible limit. It was my target to bring a medal from the Worlds, and I feel bad about what actually happened. I had prepared hard for the event. It still hurts when people brings this topic up,” Aman said. “I tried to explain my side of the story to the federation, but they banned me for one year. The ban is a bit harsh. During the formal hearing (on Oct 5) at the WFI office, I told the officials that I tried hard to bring my weight down, but they wanted to set an example. I understand that part and I am not going to challenge this ban legally. All I am requesting the WFI to reconsider their decision and revoke my ban. Please treat it as a one-off incident. It had never happened in the past



with me ... don’t derail my career. I want to compete for India and bring many medals for the country. Next year are the Asian Games (Sept-Oct) and Asian championships (March-April). I want to participate in both these big events. I have high hopes from the federation that they will listen to my appeal and lift my suspension,” he added. On the day before his weigh-in at the World Championships, Aman revealed that he was unwell and running a fever, “After reaching Zagreb, I developed a bad stomach. Maybe, the food didn’t suit me. I fell ill and had fever. On the night of the weigh-in, I was around 700 gms over my weight of 57-kg. I had some food and water so that I don’t feel weak.

Bengaluru Torpedoes register fourth straight win the season

Bengaluru: Torpedoes defeated Chennai Blitz 17-15, 14-16, 17-15, 16-14 in the Prime Volleyball League (PVL) at the Gachibowli Indoor Stadium, Hyderabad on Monday, to continue their winning run in the tournament. Joel Benjamin was named the Player of the Match.

Chennai started the game at a lightning-fast pace with captain Jerome Vinith and Luiz Felipe Perotto leading the charge. Tarun Gowda synced well with setter Sameer to provide more depth to the Blitz’s attacks.

Bengaluru relied on Joel Benjamin and Sethu to counter-attack. Mujeeb, Jishnu, and Nitin Minhas helped the Torpedoes in dominating the middle zone.Once the Torpedoes’ defence began working in tandem, Chennai started finding it difficult to stitch their attacks. Libero Midhunkumar defended well for the Torpedoes, while skipper Mathew West ensured to find the right target for his passes. Jerome and Perotto continued Chennai’s fightback. A couple of unforced errors from the Torpedoes opened up the door for the Blitz to make a comeback in



the game. Blocker Aditya Rana’s presence on court put belief back in Chennai’s court.

Penrose made it count at a crucial juncture to tilt the game back in the Torpedoes’ corner. Two smart reviews from Coach David Lee proved fruitful, ensuring Bengaluru stayed in the lead. Penrose grew in confidence as the night progressed and brought the goods when Bengaluru needed the most, and the Torpedoes won the game 3-1.

2nd Test India need 58 runs on day 5 to win series

New Delhi: India stands just 58 runs away from sealing a 2-0 series victory over West Indies in the second Test at the Arun Jaitley Stadium, New Delhi. What began as a seemingly straightforward path to victory turned into a test of endurance and patience, as India fielded for 200 overs since midway through day two before closing day four at 63/1 in pursuit of a modest target of 121.The hosts lost opener Yashasvi Jaiswal early in the chase, but the unbeaten duo of B Sai Sudharsan (30) and KL Rahul (25) ensured stability heading into the final day. Their composed batting

helped India recover from the initial setback and maintain control of the match.

West Indies’ second innings, which resumed 50 minutes after lunch on day three, saw early trouble with Tagenarine Chanderpaul and Alick Athanaze falling cheaply. However, the third-wicket partnership between John Campbell and Shai Hope turned the tide.

Their 177-run stand was the backbone of West Indies’ resistance, pushing the match into day five and showcasing a rare display of grit in recent red-ball outings. Campbell reached his maiden Test cen-

tury in his 50th innings with a powerful slog-sweep off Ravindra Jadeja, while Hope ended an eight-year wait for a hundred with a composed 103.

India’s bowlers, dominant in the first innings, were made to work hard under the sun. Jasprit Bumrah and Kuldeep Yadav claimed three wickets each as West Indies collapsed from 293/4 to 311/9. Yet, the final wicket pair of Justin Greaves and Jayden Seales frustrated the hosts by batting out 25.2 overs and adding 79 runs—West Indies’ second-best partnership of the year.

India Under-23 men’s football team held

Mumbai: The India Under-23 men’s football side was held to a 1-1 draw against Indonesia in their second friendly match at the Gelora Bung Karno Madya Stadium in Jakarta on Monday. India’s Korou Singh Thingujam opened the scoring in the 47th minute, but Dony Tri Pamungkas grabbed the equaliser for Indonesia in the 70th minute Muhammad Rayhan Hannan’s early shot was palmed away by India goalkeeper Dipesh Chauhan in the 10th minute. Kakang Rudianto climbed above his marker to meet a set-piece with a firm header, only for the airborne Chauhan to stretch out and tip it over the bar.India waited for opportune moments to launch its counterattack. It managed to take advantage of a good opportunity, with Ricky Meetei flashing a venomous long-range shot perilously close to the Indonesian goal.Minutes before the half-time whistle, with renewed energy and went ahead within two minutes of the restart, when substitute Harsh Palande’s low cross from the left found Korou unmarked inside the box, and he tapped home to give his side the lead.

Why Ryder Cup players get free pass to season-ending DP World Tour play-offs



Mumbai: While the Northern Irishman widens his golfing horizons, the DP World Tour enters the final phase of this year’s Race to Dubai. McIlroy is in pole position to secure the season-long title for the fourth season running and seventh time overall. There are only three more events following the India Championship; the following week’s Genesis Championship in South Korea - which concludes the ‘Back Nine’ phase of the schedule - and then the final two tournaments in the Middle East. These big money ‘play-off’ events in Abu Dhabi and Dubai are reserved for the top 70 and then top 50 in the standings. Comfortably outside the top 70, at first glance it would appear both need high finishes from their trip to the Delhi Golf Club to keep alive their seasons. But, in fact, they are already assured of their places in Abu Dhabi and Dubai. This is due to a little publicised but pragmatic loophole whereby members of Europe’s Ryder Cup team are also considered eligible for next month’s closing tournaments. Fleetwood, who won the PGA Tour’s play-offs with his stirring victory at August’s Tour Championship in Atlanta, lies 94th in the European tour’s season-long table. Lowry, who sank the putt that retained the Ryder Cup, is 155th. This might question the integrity of a play-off system, which by definition is supposed to bring cut-throat competitive jeopardy, but this scenario also illustrates realities faced by the Wentworth-based DP World Tour.