

In Brief

Tobacco-Free Youth Campaign 3.0

Haflong: The Tobacco-Free Youth Campaign 3.0 (TFYC) was launched at the Government Boys Higher Secondary School in Haflong, aiming to create a tobacco-free environment among students and educational institutions in Dima Hasao. The campaign aims to raise awareness of the negative effects of tobacco use and encourage young people to lead healthier lives. The campaign focuses on college and university campuses to create tobacco-free environments. ADC Shauriya Sharma, ACS, emphasized the importance of enabling youth to make health-related decisions. Joint Director of Health Services Dr. Jasmine Begum urged the youth to be ambassadors of a smoke-free future, stressing the growing health dangers of tobacco smoking. Principal Hamida Khan praised the effort, stating that schools are essential in influencing students' conduct and consciousness. The National Tobacco Control Programme (NTCP) campaign will take place throughout the district's schools and colleges, involving interactive sessions, pledge drives, rallies, and awareness workshops.

Accident

Palasbari: A truck collided with an e-rickshaw near the Azara Primary Health Centre, causing Radhika Das, 58, to fall and die. Azara traffic branch personnel rushed to the scene, apprehended the e-rickshaw driver, and rescued another injured passenger. Radhika's body was recovered and sent for post-mortem examination before being handed over to her family. Police successfully intercepted the truck and apprehended the driver who attempted to flee.

Manipur crackdown

Imphal: Manipur police arrested three militants from different insurgent groups in three districts on October 24. The most significant arrest was in Churachandpur district, where 18-year-old Haominthang Haokip, an active member of the United Kuki National Army, was apprehended. He was reportedly involved in extortion and illegal fund collection. In Kakching district, Salam Sushil Singh, identified as a cadre of the banned outfit KCP (Taibanganba), was arrested. His mobile phone, Aadhaar card, and PAN card were seized. In Imphal West district, Shamjetsabam Sanjit Singh, also known as Inaobi and Nongshaba, was detained under Patsoi police station jurisdiction. Singh is believed to be an active member of the Revolutionary People's Front/People's Liberation Army.

Police eliminate militant linked to Kokrajhar train blast

Kokrajhar: A Maoist-linked militant, Apil Murmu, was killed during a police encounter in Nadanguri, Kokrajhar district, Assam. Murmu, also known as Rohit Murmu, was involved in multiple railway bomb blasts and had previously carried out a similar explosion in Jharkhand. He had previously carried out a railway track explosion in Jharkhand in October last year before fleeing to Assam. Murmu, a former member of the NSLA, escaped to Jharkhand and formed a breakaway faction. He later connected with Maoist groups and participated in subversive activities.

Bhupen Hazarika tribute

Tinsukia: Tinsukia district is preparing to have a lavish Memorial Day ceremony on November 5 in a stunning effort to honor the renowned vocalist, composer, and Bharat Ratna Dr. Bhupen Hazarika. Plans were completed for the main event, which is anticipated to feature at least 5,000 people playing Hazarika's timeless ballad "Manuhe Manuhor Babe," at a high-profile meeting on Friday that was presided over by Deputy Commissioner Swapnil Pal. A meeting attended by cultural and administrative figures, including Padma Shri Dulal Manki, Swaroop Gohai, Matak Autonomous Council Chairperson, District Development Commissioner Pavitra Kumar Das, and senior journalist Amulya Khataniar, was part of the State Government's celebrations for Hazarika's birth centenary. District authorities honored senior artists who collaborated with the maestro, and at least 100 local artists performed in a musical presentation.

Massive participation as thousands of kids screened in Digboi, Margherita

Digboi, Oct 25: As part of the State Government's Shushrusha Setu Abhiyan, the Tinsukia district administration held two large mega health camps in Digboi and Margherita, screening close to 5,400 children and sending more than 700 for further care. Among the six planned camps in the district, these are part of the ongoing Seva Saptah initiative, which has received widespread praise for providing vital healthcare services to low-income families while treating a variety of child health issues. The most recent camp, which took place on October 24 at Digboi College, attracted an amazing 2,695 children between the ages of 0 and 18. After being screened for over 50 different medical disorders, 317 of them were recommended for advanced medical care. In his formal opening remarks, MLA Suren Phukan praised the government's

ongoing efforts to provide affordable and easily accessible healthcare for all societal segments.

Speaking to the media, Mandira Baruah, the Digboi Co-District Commissioner, gave a detailed explanation of the mega health camp's goals, protocols, and importance. She called it a vital chance for individuals who are struggling financially to get access to high-quality medical care and cutting-edge therapy for a variety of illnesses. She added that 35 specialized physicians from different departments participated in the program.

In his remarks, Dr. Jayanta Bhattacharjee, Tinsukia's Joint Director of Health Services, emphasized the need of early intervention and preventative healthcare. In order to ensure that no child goes untreated, he added programs like Shushrusha Setu are essential for closing the



healthcare gap between rural and urban areas.

Dr. Bhattacharjee further stated that five of the six mega health camps that were slated to be held in each of the six Tinsukia district assembly constituencies had already

taken place, with the final camp being held in Makum in November. Under the same initiative, a massive health camp of a similar nature was conducted at Margherita on October 18. Of the 2,710 youngsters who participated in that program, 391

were referred for additional medical care. Under the direction of the National Health Mission (NHM), district health professionals, local administrators, and community representatives worked closely together to organize both camps.

Tobacco-Free Youth Campaign 3.0

Tobacco-Free Youth Campaign 3.0 launched in Haflong District

Haflong, Oct 25: Government Boys Higher Secondary School in Haflong hosted the District-Level Launch of the Tobacco-Free Youth Campaign 3.0 (TFYC), which was a major milestone in encouraging a tobacco-free environment among students and educational institutions throughout Dima Hasao. Raising awareness of the negative effects of tobacco use and encouraging young people to lead healthier, tobacco-free lives are the goals of the month-long campaign. In order to create tobacco-free environments that support healthy bodies and minds, the program focuses especially on college and university campuses. ADC Shauriya Sharma, ACS, graced the occasion and emphasized the significance of enabling youth



to make health-related decisions. Joint Director of Health Services Dr. Jasmine Begum, Dima Hasao, urged the youth to be ambassadors of a smoke-free future, stressing the growing health dangers of tobacco smoking, including as cancer, respiratory disorders, and addiction. Principal Hamida Khan praised the effort, pointing out that

schools are essential in influencing students' conduct and consciousness. Teachers, department officials, and many students who vowed to support the Tobacco-Free Educational Institutions campaign also participated in the activity. Throughout the month, the National Tobacco Control Programme (NTCP) campaign will take place

throughout the district's schools and colleges and will involve interactive sessions, pledge drives, rallies, and awareness workshops. The event set a powerful example of teamwork towards a healthier, tobacco-free Dima Hasao, with the message "Youth for Health, Youth for Change" reverberating throughout the school grounds.

Tripura CM promises action as Kamalpur remains tense after shutdown violence

Agartala, Oct 25: In Tripura's Dhalai district, tensions were high at Kamalpur subdivision on Friday after a group of Tiprasa Civil Society (TCS) activists attacked, set fire to, and looted stores during the 24-hour statewide shutdown on Thursday night, injuring over 12 people, including officials and traders, according to officials. Senior officials were keeping a careful eye on the situation, according to a police officer, and a sizable presence of security personnel, including the Central Reserve Police Force (CRPF) and Tripura State Rifles (TSR), had been deployed. In the Kamalpur subdivision, Dhalai District Magistrate and Collector Vivek H.B. issued prohibitory orders on Thursday night for an indeterminate amount of time in an effort to stop the situation from getting worse.

In order to prevent harm to human life, public property, and peace, the DM issued an order under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS) that prohibited gatherings of more than four people, carrying or using weapons or dangerous materials, making provocative speeches, sloganeering, or disseminating hateful pamphlets. Additionally, it forbade the use of roofs or other properties for stone-throwing during disturbances and prohibited vehicles from entering or moving through the forbidden regions. On Friday, Chief



Minister Manik Saha declared that those responsible for the violence in Kamalpur subdivision on Thursday would face severe consequences. Saha, who is also in charge of the Home portfolio, came to the Govind Ballabh Pant Medical College and Hospital, which is run by the government, to find out how the injured individuals were doing.

Three of the 12 people hurt in Thursday's violence were taken to the Medical College and Hospital in Agartala, and the other patients are being treated at Kamalpur Bimal Sinha Memorial Hospital. Engineer Animesh Saha, Kamalpur Sub-Divisional Police Officer (SDPO) Samudra Debbarma, Salema Block Development Officer (BDO) Abhijit Majumdar, and trader Biplab Deb were among the injured. According to the Chief Minister, who said he kept an eye on the situation all night Thursday, the attackers attacked local officials and traders

at Santirbazar in Kamalpur subdivision using slingshots, iron rods, and heavy bamboo sticks with the intention of killing people. The assailants also stole gold chains from women and other goods from the Santirbazar market. These are all shameful crimes committed in the name of agitation. I have given the police strict instructions. We're not going to give in to pressure. At the hospital, Saha informed the journalists, "You will soon see what action is being taken against the perpetrators." Rajib Bhattacharjee, the president of the state BJP, also went to the hospital to ask how the injured were feeling.

Police say that in order to enforce the shutdown, picketers with national flags staged sit-in protests on Thursday at more than fifty-two important sites and highways around the state, as well as a few locations along railway tracks in the districts of West Tripura and Khowai.

Tinsukia to host grand Bhupen Hazarika tribute

Tinsukia, Oct 25: Tinsukia district is preparing to have a lavish Memorial Day ceremony on November 5 in a stunning effort to honor the renowned vocalist, composer, and Bharat Ratna Dr. Bhupen Hazarika. Plans were completed for the main event, which is anticipated to feature at least 5,000 people playing Hazarika's timeless ballad "Manuhe Manuhor Babe," at a high-profile meeting on Friday that was presided over by Deputy Commissioner Swapnil Pal. A meeting attended by cultural and administrative figures, including Padma Shri Dulal Manki, Swaroop Gohai, Matak Autonomous Council Chairperson, District Development Commissioner Pavitra Kumar Das, and senior journalist Amulya Khataniar, was part of the State Government's celebrations for Hazarika's birth centenary. District authorities honored senior artists who collaborated with the maestro, and at least 100 local artists performed in a musical presentation.

"No Order Can Restrict Love for Zubeen": Gaurav Gogoi

Guwahati, Oct 25: The government's recently established Standard Operating Procedure (SOP) prohibiting public access to Zubeen Kshetra after 10 PM was disregarded by Assam Congress Chief Gaurav Gogoi on Friday night. Hundreds of people had gathered to demand the removal of the limitations, and Gogoi joined them when they arrived at the memorial site after the designated hour.

Speaking to the audience, Gogoi stated, "Zubeen's music and movies have influenced us all since we were little. We had intense emotions once more when we watched the trailer for his movie Roi Roi Binale. Assam considers Zubeen Kshetra to be a sacred place. Our dedication and respect cannot be commanded by a government decree. The government's role is to respect the people's feelings, not to control them. He also attacked the government's standard operating procedure, calling it "insensitive" and contending that it damages public opinion rather than upholding law and order. People lit candles, sang Zubeen Garg songs, and chanted "Justice for Zubeen" during the demonstration, which lasted late into the night. Many guests were disappointed by what they described as needless restrictions on cultural expression and public grieving. A small-scale act of cultural solidarity and resistance has grown out of what started as a quiet remembrance, demonstrating the strong emotional bond that people in Assam still have with the late music legend.

NATIONAL

BJP leader Bablu Yadav shot in Bhagalpur

Patna, Oct 25: Bhagalpur has witnessed a shocking incident involving BJP leader Vivekanand Prasad, also known as Bablu Yadav, who was shot in the TNB Law College Lane during the Bihar Assembly elections.

The attack was allegedly carried out by Surjikhil resident Suraj Tanti, who arrived at the spot with his associates and fired two rounds at Yadav. The incident was recorded on a nearby CCTV camera, and police have seized the footage and launched an investigation. Meanwhile, four

• *The incident occurred while BJP leader Bablu Yadav was taking a walk outside his residence.*

members of Bihar's Ranjan Pathak gang were killed in an overnight operation in Rohini.

The gang was allegedly involved in multiple murders and armed robberies, and were wanted in several heinous cases in Bihar. The police retaliated, leading to a brief but intense exchange of fire, resulting in the deaths of the accused. Further investigation is underway.

Tamil Nadu begins processing RTE admissions after numerous delays

Chennai, Oct 25: Tamil Nadu has started processing admissions under the Right to Education Act after political and legal wrangling. The state's reimbursement funds were released by the Central government, and over 81,000 applications have been received, with over 7,000 schools registered to offer seats for 2025-2026. The Union government had released approximately ₹700 crore.

Normally, RTE admissions begin in mid-April and conclude by May. However, the 2025-26 admission process was delayed due to the Centre's withholding the state's share of funds. TN began the process on October 9. On June 10, the high court directed the Centre to consider delinking RTE reimbursements from the broader Samagra Shiksha Abhiyan

(SSA) scheme after the DMK-led state government submitted that the Centre was making it conditional and penalising the state for not adopting the National Education Policy (NEP)-2020 and not signing any MoU under the PM SHRI Schools scheme.

As the Centre did not comply with the directive on time, the state filed a special leave petition in the Supreme Court. On September 1, the apex court issued a notice to the Centre, seeking its response within four weeks on the state's argument that both the Centre and state share concurrent responsibilities for funding education under the RTE Act, and the withholding of funds was unjust.

The Union education ministry sanctioned around ₹700 crore under the RTE

components to Tamil Nadu, with 81,927 students applying for LKG and 89 for Class I under the 25% reservation mandated by the RTE Act. The final phase of the admission process is scheduled for 30 October.

Eligible children will be admitted in schools not requiring a draw of lots, and on 31 October, admissions will be made in schools where the number of applications exceeds available seats, through a transparent and random lot process conducted in the presence of the Head of the Institution and parents, he added. The senior officer announced that selected children will be officially tagged under the RTE quota in the EMIS portal, ensuring their inclusion in the 2025-26 academic year.

High alert ahead of cyclone in odisha

Bhubaneswar, Oct 25: Odisha is on high alert due to a brewing cyclonic storm in the Bay of Bengal, forecasting heavy rainfall from October 27. The state is highly vulnerable to natural disasters such as heavy rainfall, flooding, river swelling, and cyclones. The state is fully prepared for the storm, with health, water, resource, and energy departments ready to tackle the situation. The India Meteorological Department (IMD) identified a low-pressure area over the southeast Bay of Bengal on October 24, which is predicted to intensify into a depression by October 25, a deep depression by October 26, and a cyclonic storm over the west-central and southwest Bay of Bengal by October 27. The IMD has issued a yellow alert for the entire state, with some regions bracing for extremely heavy rainfall. Heavy rainfall is expected in coastal and southern districts from October 27 to October 29. Fishermen are advised not to venture into the sea from October 26th onwards. Fishing activities in Thoothukudi have been suspended as authorities issue a cyclone alert, and fishermen are advised to remain safely on shore.

NDA's accusations of "jungle raj" will be refuted in the opposition manifesto

New Delhi, Oct 25: The terms "sushasan" (good governance) and "jungle raj" have been linked to election campaigns in Bihar, with the former being seen as a plus point for the Janata Dal under Nitish Kumar and the latter as a problem with the Rashtriya Janata Dal (RJD) under Lalu Prasad. The Mahagathbandhan, a grouping including Congress, Left parties, and the Vikassheel Insaan Party (VIP), claims to have a plan to address these issues this year. The plan includes police reforms and a more balanced approach to police recruitment.

The Mahagathbandhan is expected to release its joint poll promises on October 28, after Chhath Puja, and some parties, such as CPI-ML (Liberation), will come out with their own manifestos to cater to



• *The manifesto will emphasize law and order, police reforms, and a balanced approach to police officer recruitment.*

their vote base. The CPI-ML's manifesto, which will release on October 26, will talk about increased spending on public health, common schooling, secure livelihoods, improving standard of living, and jobs creation.

The Opposition bloc's promises will focus on law and order, police reforms, and a balanced approach to police recruitment at the ground level to enable aspirants of different castes to join the force. The grouping's manifesto will also fo-

cus on three key areas: education, jobs, and migration of labor. A third Mahagathbandhan leader said that more funding in education and job creation will be a key theme of the manifesto. Improvement in health service is set to be another main theme.

The Congress separately plans to come out with mini manifestos in the 61 seats where its candidates are fighting. The alliance's chief ministerial candidate Tejashwi Yadav of the RJD has hit back at the BJP over allegations that the victory of the Mahagathbandhan will bring back "jungle raj."

An ex-SC judge offers an opinion on Nirav Modi's request for extradition

New Delhi, Oct 25: Former Supreme Court judge Deepak Verma has provided an expert opinion on behalf of Nirav Modi, a fugitive businessman accused of defrauding Punjab National Bank (PNB) of ₹6,498 crore.

Modi's plea to reopen his extradition proceedings in London was accepted by a Westminster court in August this year, with a hearing scheduled for November 23. The Indian government has already sent a letter of assurance to Britain, stating that if extradited, the fugitive diamondaire "will only face trial" in India and "won't be interrogated or taken into custody by any other



agency."

India maintains that Nirav Modi's extradition has reached finality, but a second officer cited above said they will "vehemently oppose the expert testimony." Modi was declared a fugitive economic offender under the FEO Act, 2018, and his assets worth ₹2,598 crore have been attached

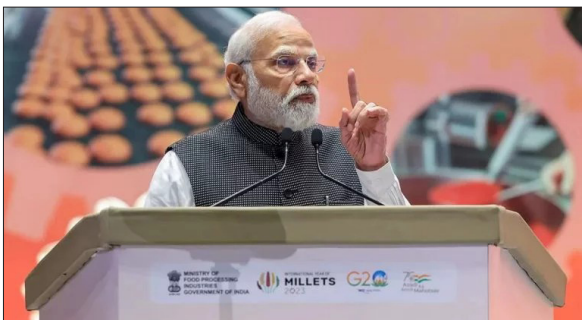
by the ED under the prevention of money laundering act (PMLA). Indian agencies are also pursuing legal proceedings in the UK to transfer overseas assets worth ₹130 crore linked to Modi.

Last week, an Antwerp court of appeals ordered the extradition of his uncle and co-accused in Punjab National Bank (PNB) fraud, Mehul Choksi. The Belgian court ruled that Choksi is neither the subject of a "political trial" nor does he run the risk of torture or denial of justice in India, while dismissing his argument that he was kidnapped in Antigua and Barbuda at the behest of Indian authorities in May 2021.

On November 1, PM Modi will attend the celebration of Chhattisgarh's silver jubilee

Raipur, Oct 25: Prime Minister Narendra Modi is set to attend the silver jubilee celebration of Chhattisgarh State Foundation Day (Rajyotsav 2025) on November 1, marking 25 years since the state's formation.

He will arrive in Raipur on October 31 and stay overnight before participating in five major events across Raipur. These include interacting with 2,500 children at the Sri Sathya Sai Sanjeevani Hospital, inaugurating the Prajapita Brahma Kumaris



PM Modi is set to arrive in Raipur on October 31st and stay overnight before participating in various programs in the state capital.

organization's new building, dedicating the new Chhattis-

garh Legislative Assembly building, and inaugurating

the Tribal Museum.

Chief Minister Vishnu Deo Sai described the visit as a matter of pride for the people of Chhattisgarh, highlighting the Centre's and state government's coordinated efforts to tackle Maoist extremism.

He emphasized the state's effective rehabilitation policy, which has encouraged a steady rise in Maoist surrenders. The Prime Minister's visit is expected to strengthen the spirit of development, trust, and renewed energy in Chhattisgarh.

Outrage follows the tragic death of a Maharashtra doctor

FAIMA requests an investigation into the alleged harassment

Mumbai, Oct 25: The Federation of All India Medical Association (FAIMA) has condemned the death of Dr Sampada Mundhe, a young and dedicated government medical officer, in Phaltan, Maharashtra. The association has called for an immediate and transparent investigation into the incident, highlighting the psychological burden doctors often endure while performing their duties in stressful government setups.

The association demands an investigation, immediate support to the Mundhe

family, and swift action. The demands include an immediate, fair, and time-bound investigation, strict accountability of individuals and administrative authorities whose negligence or inaction contributed to her distress, immediate support for the Mundhe family, including psychological, financial, and legal assistance, and the establishment of a robust grievance redressal and mental health support system for doctors and healthcare workers facing administrative or disciplinary harassment. A wom-

an doctor died by suicide in Maharashtra's Satara, leaving a note on her hand naming a police official and two others.

Satara Superintendent of Police, Tushar Doshi, said a case has been registered against the accused under charges of rape and abetment to suicide, and the Police Sub-Inspector named in the note has been suspended. Police teams are attempting to locate the two accused individuals, and a thorough investigation will be conducted, with stringent action to be taken.

Maharashtra doctor suicide case: 4th raped

Mumbai, Oct 25: A 29-year-old doctor in Maharashtra's Satara district died by suicide after being raped by a sub-inspector and experiencing mental and physical harassment from her landlord's son for four to five months. The doctor's body was found hanging in a hotel room on October 23. An FIR has been registered against both the accused on charges of rape and abetment to suicide.

A doctor's cousin claimed she was pressured to make "medically fit" certificates of arrested individuals and to make "wrong" post-mortem reports. She also filed a complaint against three police officers, including the one who allegedly raped her. Satara police officials denied these allegations, but the case has turned into a political storm as the opposition Congress in the state attacked the ruling Mahayuti government and accused it of "failing" to protect women. Spokesperson of Uddhav Thackeray's Shiv Sena, Sushma Andhare, demanded the formation of a separate special investigating team (SIT) to probe the case. Maharashtra chief minister Devendra Fadnavis directed the police to take strict action against the accused.

DNA profiling of Kurnool bus accident victims

Kurnool, Oct 25: The DNA profiling of victims of a bus fire in Andhra Pradesh is expected to take 48 hours and be completed by October 27. The accident occurred when a private bus collided with a two-wheeler, resulting in the death of 19 passengers and a motorbike rider.

Samples from 19 bodies were collected and sent to the Forensic Sciences Laboratory in Vijayawada. DNA profiling will match the bodies to their family members, and relatives of 16 bodies have provided their samples.

The bodies were charred beyond recognition, and without DNA profiling, their identity cannot be



established correctly. The flesh is completely charred and has become black, with only the trunk part remaining in most cases.

All bodies are being preserved in Kurnool Government General Hospital (GGH) and will be handed over to their relatives once the DNA samples arrive. The bus batteries, flammable furnishings, and cargo containing cell phones aggravated the fire, leading to the tragic event.

BJP's Prakash Reddy supports Maithili Thakur's statement that renaming Alinagar to Sitanagar is a "natural process"

Patna, Oct 25: BJP party leader Prakash Reddy has expressed support for Maithili Thakur's proposal to rename Alinagar to Sitanagar if she wins the upcoming Bihar assembly election. Thakur, a 25-year-old BJP nominee from the Alinagar constituency, sparked debate after a video emerged in which she told voters, "Alinagar will become Sitanagar if I win the election." She clarified that the idea was suggested by Union Minister of State for Home Nityanand Rai, who shared it with her during the filing of nomination in Darbhanga.

Reddy argued that the issue was unnecessarily politicized and that names connected with Indian mythology, history, and cultural ethos should be renamed. He cited examples of major Indian cities that have undergone similar transformations, such as Tamil Nadu's Ma-



dras becoming Chennai, Calcutta becoming Kolkata, and Bombay becoming Mumbai.

Takur expressed gratitude and emotion after filing her nomina-

tion papers for the upcoming Bihar elections. She expressed her gratitude to the party leadership and expressed her commitment to serving the people of Ali Nagar and taking

Maithili Thakur, the BJP nominee from Alinagar constituency, sparked controversy after a video emerged in which she claimed Alinagar would become Sitanagar.

the BJP-NDA's public welfare policies to every village and individual.

The primary contest in Bihar is between the incumbent National Democratic Alliance (NDA) led by Chief Minister Nitish Kumar and the Mahagathbandhan led by the RJD. The Bihar Assembly currently has 243 members, with the BJP having 80 MLAs, JD(U), HAM(S), and the support of 2 Independent Candidates.

Bihar will go to the polls in two phases on November 6 and 11, with the results being declared on November 14.

Revision of electoral rolls

EC informs Madras HC that SIR will formally begin in one week

New Delhi, Oct 25: The Election Commission of India (ECI) has announced that the Special Intensive Revision (SIR) of Tamil Nadu's electoral rolls will begin in a week as part of a nationwide exercise. The ECI's submissions were based on a two-day consultation involving chief electoral officers of various states to discuss the conduct of SIR across the country. The exercise is expected to cover states like Tamil Nadu that are set to go to the polls early next year. The ECI may undertake an upcoming nationwide SIR of electoral rolls in two phases, beginning with the five states

— Kerala, West Bengal, Assam, Puducherry, and Tamil Nadu — that are scheduled to go to the polls early next year. The preparation process might begin in the first week of November, while the second phase will cover the remaining states and Union territories, where preparations are expected to begin by November last week.

DMK spokesperson A Saravanan said the party will closely monitor the implementation of SIR in Tamil Nadu, citing the ECI's history of colluded with the BJP and meddling in Bihar.

CM will not put up with delays in investor NOCs

Bengaluru, Oct 25: Karnataka Chief Minister Siddaramaiah has warned officials against delays in granting clearances to investors, urging them to create a more business-friendly environment by reducing approval timelines and expediting clearances across sectors. He emphasized the need for detailed proposals to shorten the time frame for all approvals, including land-use conversion. Bottlenecks in the approval process, particularly from the State Pollution Control Board and the fire department, were holding back projects. The time limit for each department to issue approvals should be clearly redefined, and strict action will be taken against officials who

fail to meet the deadlines.

Siddaramaiah also highlighted the progress made since the Global Investors Meet held earlier this year, with investments worth ₹10.27 lakh crore attracted, 60% of which have already moved into the implementation stage. He cautioned officials against citing legal or procedural hurdles as an excuse for inaction and called for the same Supreme Court to be used for neighboring states. State minister for IT-BT, rural development and panchayat raj Priyank Karge stressed the need to speed up industrial approvals, comparing Karnataka's contribution to the economy to neighbouring Tamil Nadu. The chief



minister directed the chief secretary Dr. Shalini Rajneesh to issue instructions to all departments to ensure timely action and prevent bureaucratic delays. He also acknowledged complaints about delays in the single-window clearance system and urged officials to process every application through a unified platform.

Dima Hasao Congress slams CEM Gorlosa’s viral threat

Haflong, Oct 25: Political tensions are rapidly increasing in Assam’s hill districts as assembly elections approach. Debolal Gorlosa, the Chief Executive Member (CEM) of the NC Hills Autonomous Council, has fallen under fire once more, this time for allegedly threatening to kill N Jaylal Khelma. The threat is purportedly contained in an audio clip that has gone popular on social media. According to sources, Jaylal has already filed a formal complaint at the Umrangso police station against CEM Gorlosa. In response to the event, the Dima Hasao District Congress Committee convened a news conference on Thursday at Rajiv Bhawan in Haflong. Together, Vice-President Aripam Bodo, Media Convener Nelson Riamé, and former Executive Member Rathindra Thaosén spoke to the media and categori-

cally denounced the purported threat. Media Convener Nelson Riamé alleged that allegations against the BJP-led council head, Ripunjay Langthasa, had been made before. He also criticized the BJP government for the cover-up of the mysterious death of singer Zubeen Garg. Riamé questioned why the investigation is not being transferred to the CBI, stating that the BJP is resorting to street protests instead of ensuring justice.Bodo also highlighted the case of Rupali Langthasa, a BJP councillor and BED student at Kalachand DIET in Maibang. Aripam Bodo demanded the cancellation of the admission list and merit-based admissions, citing a kidnapping case in Dima Hasao where a young woman was abducted and found unconscious, highlighting the poor state of law and order in the district.

Tripura CM slams ‘masked’ civil society movement, vows focus on tribal development

Agartala, Oct 25: Tripura Chief Minister Manik Saha on Friday criticized a local civil society group, accusing them of carrying out an armed movement under the guise of peaceful protests. Speaking at a BJP event in Mung-iakami, Khowai district, where 6,400 voters joined the party, Saha said their “true nature is now clear to everyone.” CM Saha assured that his government would continue prioritizing the development of tribal communities, stating that “no compromise will be made in this regard.” “Today, 6,400 voters have joined the BJP. You have taken the right decision at the right time. Without the BJP, the TTAADC, the state, or the country cannot move for-



ward in the right direction,” he said. Referring to recent confrontations, Saha accused members of Tipra Motha of attacking BJP workers during a previous joining ceremony in Takarjala. “The way they assaulted our workers, BDO, engineer, SDPO, and others with sticks and rods, and call it a peaceful movement—what kind of movement is this? Their real face is now visible,” he added. The Chief Minister also condemned

attempts to intimidate residents around the Mungiakami event. “They threatened people, saying national parties like the BJP would not be allowed in the ADC area. But the BJP can go anywhere in the country—no one can stop us,” he said, reiterating that tribal development remained a key goal of the party. Highlighting BJP’s efforts in Tripura, Saha cited actions to honour Maharaja Bir Bikram Kishore Man-

ikya Bahadur, including naming the airport after him, installing a statue in Kaman Chowmuhni, and declaring his birthday a public holiday. He added that the central government, under Prime Minister Narendra Modi, had raised honorariums for tribal community leaders from ₹2,000 to ₹5,000 and appointed officers to implement special welfare projects at sub-district and district levels. The event was attended by BJP President and MP Rajib Bhattacharya, Tribal Welfare Minister Bikas Debbarma, BJP General Secretary Bipin Debbarma, former MP Rebati Tripura, District President Binay Debbarma, ADC member Bidyut Debbarma, and other senior party leaders.

Accident

Palasbari, Oct 25: A tragic road accident occurred near the Azara Primary Health Centre on National Highway 37. A truck with registration number AS01LC6222 collided with an e-rickshaw, causing Radhika Das, 58, to fall under the vehicle and die on the spot. Azara traffic branch personnel rushed to the scene, apprehended the e-rickshaw driver, and rescued another injured passenger. The deceased’s body was later recovered and sent for post-mortem examination before being handed over to her family. Radhika Das was a resident of Garal Bhattapara and the wife of Balen Das. Police successfully intercepted the truck and apprehended the driver who had attempted to flee after the collision.

CM launches anti-illegal immigrant drive in Mizoram

Aizawl, Oct 25: Mizoram Chief Minister Lalduhoma announced a decisive government initiative to evict illegal immigrants and non-tribal residents living in the state without valid permits. Speaking at the ongoing general conference of the Young Mizo Association (YMA) at Sakawrdai in Aizawl district, near the Manipur border, the CM stressed the need to protect tribal communities and their lands. Lalduhoma said he had discussed the matter with Prime Minister Narendra Modi and Union Home Minister Amit Shah, receiving the necessary approvals to carry out eviction drives. “With the governor’s permission, I informed the prime minister and union home minister about our intention to evict non-tribal residents living without a valid Inner Line Permit (ILP).

The exercise has already begun in some localities of Aizawl,” he said. The CM emphasized that the ILP, instituted under the Bengal Eastern Frontier Regulation (BEFR) of 1873, protects tribal communities by restricting land purchases by non-tribals. He noted that the state government has launched an online ILP system, which is being upgraded to prevent illegal settlement influx. Appealing for cooperation, Lalduhoma urged YMA members, local councils, and village authorities to actively support the eviction drive, ensuring that illegal settlers are removed lawfully and systematically. Beyond the eviction initiative, the CM addressed ongoing infrastructure challenges, including delays in widening National Highway 306/06 to four



lanes due to compensation and forest clearance issues. He also highlighted delays in the Tripura-Mizoram gas

pipeline and the India-Bangladesh trade facilitation centre, citing similar clearance obstacles.

Three insurgents caught in Manipur crackdown



Imphal, Oct 25: Manipur police arrested three militants affiliated with different insurgent groups during co-ordinated operations across three districts on October 24. Authorities also seized weapons and identification documents as part of the investigations. The most notable arrest took place in Churachandpur district, where police apprehended 18-year-old Haominthang Haokip, an active member of the United Kuki National Army (UKNA), from his residence in Old Gelmoul. Officials recovered a pistol loaded with two live rounds, a mobile phone, and an Aadhaar card. Haokip was reportedly involved in extortion and illegal fund collection from local businesses and residents in Churachandpur town. In Kakching district, forces arrested Salam Sushil Singh, 23, identified as a cadre of the banned outfit KCP (Taibanganba), from his residence in Kakching Wairi Bamon Pareng. Authorities seized his mobile phone, Aadhaar card, and PAN card. The third arrest occurred in Imphal West district, where Shamjetsabam Sanjit Singh, 42, also known as Inaobi and Nongshaba, was detained under Patsoi police station jurisdiction from Sangaitheh Makha Leikai. Singh is believed to be an active member of the Revolutionary People’s Front/People’s Liberation Army (RPF/PLA) and was found in possession of a mobile phone at the time of arrest.

APSCPCR urges stronger safety protocols in children’s parks

■ The Arunachal Pradesh State Commission for Protection of Child Rights (APSCPCR) has demanded stringent safety regulations at children’s parks and tourist destinations following a child’s injury in Kasa Resort’s Children’s Park.



Itanagar, Oct 25: Following a child’s injury in the Children’s Park of Kasa Resort in Ziro earlier this month due to alleged negligence, the Arunachal Pradesh State Commission for Protection of Child Rights (APSCPCR) has demanded stringent safety regulations at children’s parks and tourist destinations. APSCPCR Chairperson Ratan Anya emphasized the importance of preventive action and instructed officials to guarantee adequate safety infrastructure at such recreational locations while presiding over a review meeting at Ziro in the Lower Subansiri district of Arunachal Pradesh. The incident happened last October 2. The district administration promptly ordered the park to be closed to all tourist activities, according to Assistant Commissioner Radhe Tatung. A

board consisting of an administrative officer, police, and a PWD JE was established to inspect the site and provide a report, which was discussed during the meeting. The attending physician provided members with an update on the child’s health and the technical aspects of the case, while Ojing Lego, the deputy superintendent of police, gave a briefing on the police

action taken. Appreciating the prompt action taken by the police, administration, and parents who brought the issue to their attention, Anya ordered that safety and warning signs be put up in children’s parks and tourist destinations, that police and ambulance emergency numbers be clearly posted, and that first-aid kits be provided at all of these locations.

Nagaland brings tribal heritage to Delhi with Autumn Festival 2025

Kohima, Oct 25: Delhi witnessed a vibrant celebration of Nagaland’s rich cultural heritage as the Autumn Festival 2025 opened on October 24 at Nagaland House. Organised by the Department of Tourism, Government of Nagaland, the two-day event showcased traditional music, dance, handicrafts, and local cuisine, offering visitors an immersive glimpse into the state’s tribal traditions. The festival was inaugurated by Delhi Minister Kapil Mishra, who also unveiled the Artisans’ Corner and stalls featuring handmade crafts, Naga attire, and culinary delights prepared by tribal artisans. The opening ceremony saw the presence of Union Minister Jitendra Singh, diplomats, and senior officials, highlighting the festival’s significance in promoting cultural exchange. Speaking at the event, Mishra emphasized the deep cultural connection between Delhi and Nagaland and proposed expanding the festival to larger venues, including Delhi University campuses and Central Park. He also announced plans for a dedicated annual Naga Culture Festival in collaboration with the Delhi Tourism Department. Nagaland Tourism Minister Temjen Imna Along said the festival allows Delhi residents to experience the state’s heritage firsthand and serves as a prelude to the 26th Hornbill Festival, scheduled from December 1 to 10. Along also highlighted initiatives to simplify the Inner Line Permit process for tourists and the establishment of special helpline centres at Nagaland Houses in Delhi, Kolkata, and Guwahati.



ANTF Meghalaya nabs two drug peddlers with herion in Sohryngkham

■ Foils drug smuggling attempt

Shillong, Oct 25: In a major breakthrough against drug trafficking, the Anti-Narcotics Task Force (ANTF) Meghalaya apprehended two suspected drug peddlers in the early hours of Friday at Sohryngkham. Acting on specific intelligence inputs about drug peddlers travelling from Silchar to Shillong, ANTF personnel set up a naka at Sohryngkham, where a suspected vehicle bearing registration number AS 11 EC 3733 was intercepted. During the search, officers recovered four soap boxes filled with suspected heroin, weighing 54.13 grams in total. The contraband was seized on the spot. The two accused, identified as Smti Suma (42) and Shri Sultan Mohammad Mazumder (35), both hailing from Silchar, Assam, were taken into custody. Following the seizure, the arrested individuals and the recovered drugs were handed over to the In-Charge of Sohryngkham Outpost (EKH DEF). An FIR has been registered by ANTF Meghalaya for further investigation and necessary legal action. Authorities reaffirmed their commitment to intensify operations against the illegal drug trade across the state.

People will vote for BJP

Silchar, Oct 25: Chief Minister Dr Himanta Biswa Sarma has assured the people of Assam that they will vote for the BJP in the upcoming Assembly election due to the government’s handling of the death of Zubeen Garg. He assured them that justice could only be ensured through this process. Sarma attended various programmes, including the distribution of cheques under the Mahila Udyamita scheme in Rankrishnanagar and Silchar. He hinted that the Silchar Municipal Corporation election would be delayed due to the shock caused by Garg’s death and the impact on government offices in Guwahati. The State Election Department will make the final decision for the civic body poll.

Assam Police kill key maoist-linked militant behind Kokrajhar railway blast

Apil Murmu, a 40-year-old Maoist-linked militant, was killed in a police encounter in Nadanguri, Kokrajhar district.

Guwahati, Oct 25: A dreaded Maoist-linked militant, accused in multiple railway bombings, was killed in a police encounter in Nadanguri, Kokrajhar district, early Friday, authorities confirmed. The slain militant has been identified as Apil Murmu, also known as Rohit Murmu, aged 40, originally from J h a r k h a n d . According to Kokrajhar Police, Murmu was a prime suspect in a recent railway track blast in Kokrajhar and had a history of involvement in a similar attack in Jharkhand. Senior Superintendent of Police (SSP) Kokrajhar revealed that Murmu carried out a railway track explosion in Jharkhand last October before fleeing to Assam. In Assam, he adopted the alias Apil Murmu, claiming to be from Grahampur village under Kachugaon in Kokrajhar district. Investigations indicate that Murmu had deep links across Jharkhand and Assam and was a former member of the NSLA (National Socialist Libera-

tion Army). While the NSLA had laid down arms, Murmu refused to surrender and instead moved to Jharkhand, where he reportedly formed a break-away faction, eventually rising to the rank of commander. Over the years, he established connections with Maoist groups and engaged in subversive activities in Jharkhand since 2015. A coordinated operation between Jharkhand and Assam police led to the encounter. During the operation, authorities covered a pistol, a grenade, as well as Murmu’s voter ID and Aadhaar card issued in Jharkhand. The SSP confirmed that search operations are ongoing in the Nadanguri area to track down any possible associates of the slain militant. “We are taking all steps to ensure the area is safe and to prevent any retaliatory actions by remaining insurgents,” he said.



Crackdown on illegal parking along NH-6 in Ri Bhoi dist

Nongpoh, Oct 25: In response to long-standing public complaints over the illegal parking of heavy trucks along National Highway-6, the Ri Bhoi Police launched a major enforcement operation on Friday, covering the stretch from Byrnihat to Jorabat. This corridor has long been a bottleneck for commuters entering and leaving Meghalaya, with parked trucks often blocking nearly half a lane and causing severe traffic congestion. The drive, led by Superintendent of Police Vivekanand Singh Rathore and Additional SP Orville Massar, aims to ensure smooth vehicular movement and prevent accidents. Rathore explained that daytime restrictions on heavy vehicles entering Guwahati contribute significantly to the problem, and as a temporary solution, trucks have been directed to park under the Jorabat flyover along the Sonapur side, where traffic and residential density are lower. Police cleared illegally parked vehicles, checked for helmet and seatbelt violations, drunk-driving, and traffic offenses. Nearly 70% of trucks were removed, with fines of Rs 5 lakh collected. Safety prioritized over convenience.

Arunachal officials under scrutiny over harassment claims

Itanagar, Oct 25: In Arunachal Pradesh, the father of deceased Gomchu Yekar has lodged an FIR at Nirjuli Police Station, accusing two senior government officials of abetment to suicide, mental harassment, sexual exploitation, and corruption. The complaint, dated October 23, names Talo Potom, IAS officer and Special Secretary, PWD (currently posted in New Delhi), and Likwang Lowang, Executive Engineer, RWD (posted at Chiyang Tajo), alleging that their actions drove Gomchu Yekar to take his own life. The deceased reportedly ended his life at his rented residence in Lekhi village, Papum Pare district, after enduring “unbearable mental torture, humiliation, and coercion” from the accused officials. According to the FIR filed by Tagom

Yekar, Gomchu’s father, a suicide note recovered from the scene explicitly names both officers and details instances of “systematic harassment” and abuse of authority. The complaint alleges that Gomchu was repeatedly pressured to participate in corrupt practices and provide illegal favours in departmental work and funds. When he resisted, he was subjected to intimidation and psychological abuse. The FIR also includes serious allegations of sexual exploitation, claiming that the Executive Engineer maintained a forced homosexual relationship with the deceased and even offered ₹1 crore for physical intimacy. Further, it alleges that the officer, who is HIV positive, deliberately exposed Gomchu to the virus, potentially endangering his life.

Calling the suicide note a “dying declaration,” the father has urged police to send it for forensic and handwriting verification and examine call records and electronic communications to ensure a fair investigation. The FIR seeks registration under various provisions of the Bharatiya Nyaya Sanhita, 2023, the Prevention of Corruption Act, 1988, and the HIV/AIDS (Prevention and Control) Act, 2017. Tagom Yekar appealed for a thorough investigation, stressing that “justice must be served and no one, however high-ranking, is above the law.” As of now, neither the accused officers nor the Arunachal Pradesh government have issued an official response regarding the allegations.

BUSINESS

IFAT India 2025 ends on a high note with record global participation and sustainability push

Guwahati: The 12th edition of IFAT India, the country’s largest trade fair for water, sewage, solid waste, and recycling solutions, concluded in Mumbai with record-breaking participation and a strong emphasis on sustainable innovation. Held from October 14–16 at the Bombay Exhibition Centre, the event drew over 18,000 visitors and 560 exhibitors from more than 30 countries across 45,000 sqm of exhibition space.

Manipal Hospitals raises alarm over rising cancer cases in North-East, stresses early detection

Aizawl: Manipal Hospital, EM Bypass, Kolkata, organized an awareness session in Aizawl to highlight the increasing cancer burden in the North-East, emphasizing early diagnosis and timely treatment. The session, part of the hospital’s ‘Anveshana – Medical Education for Media’ initiative, featured leading oncologists including Dr. Sourav Datta, Dr. Arunava Roy, and Dr. Kinshuk Chatterjee, who discussed cancer trends, risk factors, and modern treatment options. The event also showcased the journeys of ten cancer survivors from Mizoram, whose successful treatments at Manipal Hospital Kolkata offered hope to patients and families. Among them, PC Lalsawmliana and Vanlalpari shared their experiences of overcoming advanced-stage cancers through expert medical care, reinforcing the importance of early intervention. Dr. Datta highlighted a surge in oral, head, and neck cancers linked to tobacco use, while Dr. Roy emphasized rising gynecological cancers and the need for preventive screen-

ings and HPV vaccination. Dr. Chatterjee underscored how advanced surgical techniques have improved outcomes for complex cancer cases. In Aizawl, the session attracted local healthcare providers, media, and community leaders, reflecting growing public concern about cancer. Several pharmacies and diagnostic centers reported increased inquiries about early screening and treatment options following the awareness drive, signaling a positive shift toward proactive healthcare in the region.

The event also marked the establishment of India’s first “Chief Engineers’ Forum for Swachh Bharat” and featured 400 speakers across 40+ conference sessions focusing on water reuse, circular economy, and waste management. In Guwahati, sustainability-focused enterprises and municipal representatives viewed IFAT India as a crucial platform for sourcing advanced water and waste technologies. Experts noted that with Guwahati’s growing urban footprint, adopting such innovations could significantly enhance the city’s waste management and water treatment infrastructure. Building on this success, IFAT Delhi will debut from April 22–24, 2026, followed by IFAT India 2026 in Mumbai from September 9–11.

Does the US have \$35 trillion in cryptocurrency debt?

New Delhi: According to Russia, the US could pay off its \$35 trillion debt with stablecoins. Is that even feasible, though? Financial constraints, infrastructure, and real-world rules contradict this. The argument about cryptocurrency’s place in international finance has been rekindled by a statement made by Anton Kobyakov, an assistant to Vladimir Putin. Kobyakov claimed at the Eastern Economic Forum that Washington intends to devalue its assets, “reset the system,” and convert a portion of its \$35–37 trillion debt into stablecoins backed by the United States. Navroop Singh, an Indian IPR lawyer and expert, posted the statement on X, echoing Donald Trump’s previous support for gold and cryptocurrency-backed finance. Private companies, not the US government, issue stablecoins like USDC and USDT. At a size of tens of trillions, turning national debt into these digital tokens would be viewed as a default rather than a strategy. Kobyakov’s claim is generally seen by financial and cryptocurrency professionals as geopolitical rhetoric meant to erode trust in U.S. markets.

Seasonal immunity boost drives demand for nutrient-rich foods in Guwahati



New Delhi: As the city transitions into cooler months, health experts are urging residents to focus on boosting immunity to ward off seasonal illnesses. Fluctuating temperatures, increased allergens, and lifestyle changes can compromise the body’s defenses, making people more prone to colds, flu, and fatigue. Nutritionist Ritika Samaddar, Regional Head of Dietetics at Max Healthcare, New Delhi, advises, “Strengthening your immunity during this transitional period is key to staying healthy and energised. A balanced diet, mindful habits, and regular physical activity form the foundation of a strong immune system.” Samaddar recommends incorporating nutrient-rich foods like green vegetables, fatty fish, and California Almonds, which are high in vitamin E, zinc, and copper—minerals essential for immunity. Other preventive measures include staying hydrated, prioritizing 7–8 hours of sleep, and engaging in light exercise such as brisk walking or stretching. Experts emphasize that even small daily steps can significantly enhance the body’s resilience, ensuring residents enjoy the season while maintaining optimal health.

Tata AIA launches ‘Shubh Family Protect’, offer dual financial security for families

Tata AIA Life Insurance Co. Ltd. (Tata AIA), one of India’s leading life insurers, has introduced Shubh Family Protect, a term insurance plan that provides both a lump-sum payout and a monthly income for up to 30 years. This innovative product aims to strengthen financial resilience for families across India. Commenting on the launch, Amit Dave, Chief Distribution Officer - Proprietary Business and Allied Channels, Tata AIA Life Insurance, said, “At Tata AIA, we believe in providing more than just financial protection—we believe in making sure that families are supported through every stage of life. Shubh Family Protect is our way of ensuring that families have the financial security they need, with the flexibility they deserve. The 0% GST makes it even more accessible, making the product a powerful tool for those who want to secure their family’s future without the burden of additional costs.” A Product Designed for Real-Life Needs



In the event of a sudden loss of a loved one, the emotional devastation is immeasurable, and the financial burden that follows can feel just as overwhelming. Often, families are left with a large lump-sum payout, which, while helpful, can be difficult to manage—especially at a time when clarity and stability are needed most. Shubh Family Protect by Tata AIA understands this challenge and offers a thoughtful solution. Rather than leaving families to navigate a single, large payout, the plan combines the benefit of a lump-sum amount with the security of a steady monthly income—a lifeline for those left behind. The plan is tailored to cover immediate financial obligations such as funeral expenses or debt repayment, while the monthly income supports long-term daily expenses, children’s education, and elderly care. With multiple nominee options and terminal illness protection, it ensures families are protected comprehensively. In Guwahati, local insurance advisors report heightened demand for Shubh Family Protect, as families increasingly prefer products that combine immediate payouts with sustained financial support, highlighting the region’s growing adoption of innovative insurance solutions.

China’s growth prediction is 4.8%, but the IMF has raised it to 6.6%

New Delhi: According to the most recent World Economic Outlook (WEO) report from the International Monetary Fund, India’s GDP is predicted to increase by 6.6%, making it one of the largest economies with the quickest rate of growth in the world through 2025–2026. The IMF stated that India’s strong first-quarter performance has more than made up for the negative impact of higher US tariffs on Indian exports, according to the ANI report. The upward revision from April estimates points to India’s economic resilience and domestic strength even as global growth faces renewed headwinds. India is expected to surpass China, which the IMF projects would grow by 4.8 percent in 2025–2026, according to the updated prediction. Strong domestic demand, a resurgence in manufacturing, and the growth of the service sector were cited by the Fund as the reasons for India’s resiliency. However, the IMF also reduced India’s 2026 growth estimate

to 6.2 percent, ANI reports, cautioning that the first-quarter spike might not continue at the same rate as the initial impetus wanes. “The upward revision primarily reflects the carryover effect of a strong start to FY26 rather than any offsetting from recent tariff actions,” the IMF report said. India’s economy grew 6.5 percent in FY25 and maintained a government-projected band of 6.3–6.8 percent for FY26, even amid rising global uncertainty. The IMF projects global GDP growth at 3.2 percent in 2025, slowing to 3.1 percent in 2026, reflecting a moderation from 2024’s 3.3 percent. Advanced economies are expected to expand at a modest 1.6 percent, while emerging markets are seen growing 4.2 percent on average. Among major economies, Spain is projected to be the fastest-growing advanced nation at 2.9 percent, followed by the United States at 1.9 percent. In contrast, Japan (1.1 percent) and Canada (1.2 percent) are expected to see slower growth. The IMF



said its October forecasts mark an upward revision from April, though they remain below pre-tariff projections as global trade faces disruptions from protectionist policies and policy uncertainty. Despite fears of a sharper slowdown after the US imposed higher tariffs on Indian and Chinese goods, the IMF said the actual economic drag was limited. Strong consumption, robust manufacturing activity, and rising private investment helped India absorb the shock. “The effects of tariffs have been less severe than anticipated, thanks

to resilient domestic demand and trade diversification,” the IMF noted. The WEO report said global inflation continues to decline, although the trend is uneven. Inflation remains above target in the United States, with risks tilted upward, while price pressures are subdued in other economies. The IMF also warned that “prolonged uncertainty, protectionism, and labour market shocks” could undermine recovery efforts. Fiscal vulnerabilities and potential financial market corrections, it added, could pose new risks. In the

face of increasing global uncertainty, the Fund urged nations to maintain central bank independence and restore fiscal credibility. “It is necessary to rebuild fiscal reserves. The independence of central banks must be maintained. Redoubling structural reform efforts is necessary, the IMF stated, urging transparent, credible, and long-lasting policy measures. In order to combat the repercussions of tariffs and supply-chain fragmentation, the IMF also advocated for fresh trade diplomacy and macroeconomic cooperation.

Union Min Jayant Chaudhary strengthens India–Philippines ties in Global South Skills and Entrepreneurship Mission

Guwahati: Union Minister of State (Independent Charge) for Skill Development & Entrepreneurship Jayant Chaudhary led a high-profile Knowledge Exchange Mission to the Philippines from October 20–22, 2025, aimed at strengthening Global South cooperation in skills and entrepreneurship. “When nations of the Global South learn from each other, we don’t just exchange knowledge—we build collective strength for a shared future,” Chaudhary said during the visit, facilitated by the World Bank. The delegation engaged with top Philippine officials, including H.E. Bienvenido Laguesma, Secretary of Labor and Employment, and H.E. Jose Francisco Benitez, Director General of TESDA, discussing joint initiatives to enhance employability, digital transformation, and data-driven workforce policies. Sessions also included the Department of Migrant Workers, Philippine Statistics Authority, and Overseas Workers Welfare Administration, focusing on equitable skill development and capacity building. In Guwahati, the mission highlights opportunities for local skilling and entrepreneurship initiatives to align with international standards. Industry stakeholders in the region see potential collaborations in digital skill training,



vocational programs, and youth employment schemes, leveraging learnings from the India–Philippines partnership. The visit concluded with a commitment to deepen institutional partnerships, share best practices, and promote inclusive growth, showcasing India’s leadership in human capital development across the Global South. The Indian delegation included senior officials and representatives from Uttar Pradesh, Madhya Pradesh, Rajasthan, and Telangana.

Amrita launches Mizoram Science & Innovation hub, empower 9,000 lives through technology and compassion

Mumbai: The newly inaugurated Amrita–Mizoram Science, Technology & Innovation (STI) Hub at Mizoram University marks a significant milestone in bridging science and community welfare in the state. Established by Amrita Vishwa Vidyapeetham in collaboration with the university under the Department of Science and Technology (DST), the hub provides permanent facilities for laboratories, training, and innovation initiatives tailored for Mizoram’s hilly terrain. Since its launch two years ago, the hub has impacted over 9,000 residents, with more than 70% of



beneficiaries being women, through programs in food processing, bamboo craft, digital literacy, and health awareness. The hub leverages Amrita’s Live-in-Labs® and AMMACHI Labs to introduce frugal, locally adapted technolo-

gies such as solar dryers, eco-friendly bamboo machinery, and water purification systems, co-created with local communities. Dr. Raghu Raman, Dean of Amrita School of Business, emphasized, “This is more than a building; it’s

a bridge between science and society.” Mizoram’s Rural Development Minister, Dr. Lalnilawma, called the facility “a turning point for rural innovation” that strengthens women’s participation and sustains livelihoods.

Three new issues in a quiet week with no listings planned

New Delhi: The Indian primary market is predicted to have minor activity the next week, from Monday, October 27, 2025, to Friday, October 31, 2025, after a comparatively calm week. Two new public issues in the Small and Medium-sized Enterprises (SME) class will go up for bid, although only one mainboard issue is expected to be available for public subscription. During the week, no listings are planned. Orkla India, parent company of packaged foods manufacturer MTR Foods, is set to launch its initial public offering (IPO) on Wednesday, October 29, 2025. The issue

will close for bidding on Friday, October 31, 2025. It is an entire offer for sale (OFS) of 22.8 million equity shares aggregating to ₹1,667.54 crore. The allotment of shares is expected to be finalised on November 3. The company will make its debut on the bourses tentatively on November 6, 2025. The company has set the price band in the range of ₹695 to ₹730. KFin Technologies is the issue registrar. ICICI Securities, Citigroup Global Markets India, JP Morgan India, and Kotak Mahindra Capital Company are the book-running lead managers. In the SME segment, Jayesh Logistics and Game

Changers Textfab will open for public subscription on October 27 and 28, respectively. The subscription period for Jayesh Logistics’ initial public offering (IPO) is set to begin on Monday, October 27, 2025, and end on Wednesday, October 29, 2025. A new issue of 2.3 million equity shares is part of the ₹28.63 crore sale. Subscriptions for the Jayesh Logistics IPO will be accepted at a price range of ₹116–122 per share, with a lot size of 1,000 shares. As a result, a retail investor can bid for 2,000 shares or at least two lots, with a minimum of ₹2,44,400 needed. The issue’s registrar is Kfin Technolo-

gies. Game Changers Textfab’s public offering is scheduled to go live on Tuesday, October 28, 2025, and end on Thursday, October 30, 2025. The entire new issuance of 5.4 million equity shares is part of the ₹54.84 crore book-built issue of Game Changers Textfab. The lot size is 1,200 shares, and the price range is established at ₹96–102 per share. A minimum investment of ₹2,44,800 is required for a retail investor to bid on at least 2,400 shares. The shares are intended to be listed on the BSE SME platform, tentatively on Tuesday, November 4, 2025, when the basis of allocation is finalized



Malaika at 50: The Queen of Glam Hits Goa to Ring in Milestone Birthday with Epic Dance Party

Goa: Bollywood’s style queen, Malaika Arora, turned a year older on October 23. The actress, known for her age-defying beauty, dancing talent, daring fashion choices and knack for yoga and fitness, celebrated her milestone birthdays surrounded by her closest friends and family. Celebrating in the heart of Goa, Malaika made sure her 50th birthday bash was filled with laughter, music, memorable moments and a whole lot of glamour.

The actress celebrated her birthday in true star style – with more than one celebration – and celebrity stylist Aastha Sharma recently gave an inside glimpse from the fun-filled night on social media. The actress kicked off her celebrations with an intimate cake-cutting ceremony alongside her son Arhaan Khan before heading off to a glitzy Goa getaway with her inner circle. The first glimpse featured Malaika looking radiant in a polka dot dress, followed by photos and clips of her enjoying the night to the fullest. She was seen cutting a customised cake shaped like the number 50. One of the highlights of the night was Malaika setting the dance floor ablaze as she grooved to her timeless hit “Chaiyya Chaiyya”, reminding everyone why she remains Bollywood’s ultimate dance queen. The celebrations also doubled as Malaika stunned in multiple ensembles. From a silver feather-detailed outfit, a pink off-shoulder dress with a bow-tie accent,



a pearl-embellished mini dress, and finally, a golden shimmery look, she turned heads and set new fashion goals in her own unique way.

The star-studded guest list included some of her closest friends and family members, such as Farah Khan, Gabriella Demetriades, Aastha Sharma, Seema Kiran Sajdeh, Delnaz Daruwala, Dino Morea, Amrita Arora, Aditi Rao Hydari, and her mother and son, who made the evening even more special. Last seen in a peppy dance number in Ayushmann Khurrana and Rashmika Mandanna’s Thamma, Malaika is all set to appear in a new show titled Pitch to Get Rich. Produced by the Fashion Entrepreneur Fund

(FEF) and Dharmatic Entertainment, the one-of-a-kind reality show will premiere on October 20 on JioHotstar. With a massive investment pool of Rs 40 crore, the fashion entrepreneur reality series promises to turn creativity into serious business by backing the next generation of fashion entrepreneurs in the country. Besides Malaika, the series features celebrated personalities like Karan Johar, Manish Malhotra and Akshay Kumar as judges, mentors and investors. They will be joined by leading business tycoons, including Naveen Jindal, Ravi Jaipuria, Darpan Sanghvi, Dhruv Sharma, Gaurav Dalmia, Vagish Pathak and Vinod Dugar.

Ek Deewane Ki Deewaniyat Star, Harshvardhan Rane, Steals the Show, Makes Fans’ Day with Promo Energy

Mumbai: Harshvardhan Rane has been enjoying the success of his recently released romantic drama, Ek Deewane Ki Deewaniyat, co-starring Sonam Bajwa. Helmed by Milap Milan Zaveri and produced by Anshul Garg, the film was out on October 21 and has collected Rs 28.5 crore at the box office after 4 days, as per sacnilk.com. As Ek Deewane Ki Deewaniyat continues to win hearts, the actor was seen promoting his film on the busy streets of Ahmedabad, Gujarat.

In a video shared by a paparazzo page on Instagram, the actor is seen sitting inside a bus, decked with the poster of the film. As he saw loud cheers from his fans standing outside, he couldn’t hold his excitement and stuck half his



body out of the window of the moving vehicle and shook hands with his cheering fans. Not just this, he also delighted his admirers by clicking pictures with them. In no time, the comment section was swamped with reactions from fans and admirers. An Instagram user commented, “Badhaai ho for the stupendous success of the movie, Ek Deewane ki Deewaniyat.” Another one wrote, “Wow,

what a moment, pure vibes, fascinating gratitude, Harshvardhan Rane.” One of them shared, “Superb.” In another video, the actor surprised his fans by visiting a theatre in Vapi, Gujarat. The clip showed him approaching the stage after the film’s credits roll. Fans erupted in cheers, excited to see the superstar in person. Amidst the chaos, one voice was clearly heard: “I love you, Harshvardhan!

Thank you for coming.” As he exited the theatre, admirers rushed to catch a glance and shake hands with him. Several audience members were also seen holding roses.

The film follows the story of Vikramaditya Bhosle, an influential and ambitious politician, who becomes dangerously obsessed with a successful, free-spirited actress named Adaa Randhawa. Adaa, who sees love as liberating rather than possessive, is repulsed by Vikramaditya’s relentless pursuit. Her repeated rejections only fuel his obsession, turning their romance into a high-stakes clash of wills. Ek Deewane Ki Deewaniyat performed well at the box office, despite competition with Ayushmann Khurrana and Rashmika Mandanna’s Thamma.

Sushmita Sen and Alisah’s comfortable shopping trip sets chic goals

Mumbai: Actress and former Miss Universe Sushmita Sen is a proud mother of two adopted daughters, Renee and Alisah. She adopted Renee in 2000 at the age of 24, and Alisah joined her family in 2010. Recently, the Biwi No. 1 actress stepped out in a casual yet stylish avatar with her younger daughter. Multiple pictures and videos of the mother-daughter duo are now doing the rounds on social media.

In one such video shared on Instagram, the diva is seen stepping out of what seems like a designer boutique and also calls her daughter to join her for a picture. As it progresses, we see her walking down the stairs and greeting the paparazzi with her warm smile. She even fulfilled one of her fans’ wishes to click a picture with him. Talking about her look, both Sushmita and Alisah were seen twinning in a casual monochrome outfit, featuring a black top, matching pants, and a white jacket. Recently, during a conversation with Dr Sheen Gurrib, the former Miss Universe opened up about her struggles for being a single mother, especially in 2000. In 2000, despite societal stigma and severe le-



gal scrutiny, Sushmita became one of India’s first single women to adopt a child. Recalling those anxious early years, she stated, “When I legally became an adult at 21, I knew this is what I wanted to do. From 21 to 24, the legal struggle started. Once the legal battle started, at least, I had my daughter under foster care with me. But you are living with the continuous fear that if the family court does not rule in my favour, they will take the child back, and now this youngster is calling (me) Ma.” What happened next sounded right out of a screenplay. “I had a plan.” At the hearing, I informed my father that if he kept the car running, he’d take her and leave.

The Return of Baahubali: Rajamouli’s Trailer is Pure Cinematic Thunder, Electrifying Fans

Hyderabad: The wait is finally over! The trailer of S.S. Rajamouli’s legendary spectacle Baahubali is out now, and the nation is once again swept up in the euphoria that only this epic can ignite. As audiences relive the grandeur and emotions that defined an era, anticipation is soaring for the film’s grand re-release on October 31, a date when history will repeat itself in cinemas across the country.

For the unversed, the first Baahubali film hit theatres in July 2015. It starred Prabhas with Rana Daggubati, Tamannaah Bhatia and Anushka Shetty in key roles. On the other hand, the film’s sequel, Baahubali: The Con-

Amitabh’s cryptic ‘People Change’ note sparks fan worry

Mumbai: Amitabh Bachchan penned down a cryptic note on his blog on Saturday and left netizens worried. The veteran Bollywood actor talked about changing times and expressed his views on how people also change with time. “Times change the World changes .. attitudes, habits change, culture changes .. people change .. they that were then, are not now .. and soon they that are ‘now’ shall in time be in reference of the ‘then’ (sic),” he wrote.

Big B then talked about how there’s no point dwelling on the past and added, “Lamentations from the ‘then’ keep echoing in the times of now... they shall simply remain a memory. Let them be in memory. Lamenting upon it shall be an exertive waste upon your system, attuned to ‘then’. Respect and enjoy it — they were such a delight ‘then’ (sic).” On Friday, Amitabh Bachchan also mourned the loss of Piyush Pandey via his blog and addressed him as “a creative genius, a most amiable friend, and guide.” “A creative genius... a most amiable friend, and guide... has left us... No words to express our grief... Piyush Pandey passed away this



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morning... The creative works left behind by him shall ever be an eternal emblem of his immeasurable creativity,” he wrote. On the work front, Amitabh Bachchan is awaiting the release of his courtroom thriller drama Section 84. Made under the direction of Ribhu Dasgupta, the film also stars Abhishek Banerjee and Nimrat Kaur. Besides this, Amitabh will also reprise his role as Ashvatthama in Nag Ashwin’s upcoming Kalki 2. Set in the year 2898 AD, the film blends sci-fi with ancient mythology. The shooting is expected to begin in December.

Arijit Singh spotted, smiles brightly in his usual casuals

Mumbai: Renowned playback singer Arijit Singh was spotted at Jamnagar Airport in Gujarat, arriving to attend the double birthday party of twins Isha Ambani and Akash Ambani. The high-profile event has drawn business and Bollywood elites to Jamnagar, transforming the quiet city into a glamorous arrival area for the evening.

Internet personality Manav Manglani shared a clip of Singh arriving at the Jamnagar Airport ahead of the event on Instagram. “ArijitSingh spotted at Jamnagar Airport arriving for birthday celebrations of #IshaAmbani and #AkashAmbani,” Manglani captioned the post. Singh can be seen beaming and waving at photographers, dressed in casual attire while being escorted by his team. The Ambani siblings, Isha and Akash, are throwing a spectacular, glamorous, and exciting party to celebrate their birthdays. The arrival scene clearly executes the extravagant tone of the event, yet the inside details are kept under wraps. According to several media outlets, the guest list for the sibling duo’s joint birthday celebration is among the largest this year, turning

the city into a thriving centre of glitz, music, and celebrity sightings.

Ananya Panday, Disha Patani, Arjun Kapoor, Janhvi Kapoor, and filmmaker Karan Johar were among the famous individuals spotted at the Jamnagar Airport. Singh’s attendance, who is rarely seen at these social events, highlights how the event includes members of the music community in addition to Bollywood A-listers. Given his soulful interpretations with songs like ‘Tum Hi Ho’ from ‘Aashiqui 2’ and low-key public image, Singh’s participation raises the possibility of a live performance or musical highlight during the evening. Ranveer Singh and Deepika Padukone were spotted together for the first time after revealing the face of their daughter Dua. The actress, however, chose to avoid the paparazzi this time. Shah Rukh Khan’s son, Aryan, was seen at the Jamnagar airport, following the success of The Ba***ds of Bollywood. Born on October 23, 1991, Isha and Akash Ambani are twins and the children of Indian billionaire Mukesh Ambani.

Diljit Dosanjh brings ‘party’ energy to KBC 17

Mumbai: Diljit Dosanjh, a renowned actor and singer who has consistently made India proud internationally, is all set to grace the 17th season of Kaun Banega Crorepati. The episode will be aired on October 31. The Good Newwz actor had revealed his stint on the Amitabh Bachchan-hosted show a few days ago on the social media platform X and fans were excited to witness the spectacle. Now, the Born To Shine singer has shared the promo on his Instagram, where he can be seen singing alongside Mr. Bachchan.

Diljit Dosanjh, who was recently nominated for the International Emmy Awards 2025 for his portrayal of Amar Singh Chamkila in Imtiaz Ali’s directorial, looked dapper in a blue t-shirt and black trousers and paired his look with a white turban. Big B introduced him as ‘Punjab Ka Puttar’ and gave a warm hug to the singer. The channel shared the promo of the show on their Instagram, tagging Dosanjh in a collaborative post. The caption read, “Dekhiye Kaun Banega Crorepati, 31st October, Fri raat 9 baje sirf Sony Entertainment Television and Sony LIV par.” Elated by the announcement, fans were quick to fill the comment section with love and excitement for the singer’s episode on KBC.



A comment on the post read, “Punjabi Aa Gye Oye”. Another user wrote, “KBC highest TRP about to come.” Diljit had earlier revealed about his KBC episode on X to a user who asked him about his experience on the show. The user asked the Soorma actor, “How was the experience in KBC?” To this, Diljit replied, “It’s for the Punjab flood.” It is being speculated that the amount won by the actor on the show will be donated to Punjab for its flood relief campaign.

2025 saw an unprecedented and devastating flood in Punjab, after which, actors and singers donated for the flood victims. Diljit had announced the adoption of many Punjab villages and his team was on the ground helping victims and their families. Diljit had also shared a video online where he was talking about the floods. The post had over 4 million likes and 110k comments.

Simon Cowell, Lauren Silverman marriage update viral

Agency: English TV personality and record executive Simon Cowell made headlines after sparking marriage rumours with fiancée Lauren Silverman. After being engaged for nearly four years, fans speculate that the couple has secretly tied the knot. Rumours started swirling after Lauren Silverman debuted a new Instagram account with Simon Cowell’s last name and declared herself as Lauren Michelle Cowell.

After creating the new account, the socialite deleted her previous Instagram account, which further increased the speculation among the fans. Although Lauren’s new profile is private, her friends and Jeff Bezos’ wife, Lauren Sanchez Bezos, already follow her account. However, the couple has not yet released any official statements or responded to the marriage speculations. The couple first crossed paths



in 2004 and started dating years later. They confirmed their relationship in 2013 after revealing her pregnancy with their son Eric, whom they welcomed in 2014. After years of being together, in 2021, the former American Idol judge proposed to Lauren in

Barbados, where they originally met in 2004. The fairytale beach proposal took place during a family vacation, accompanied by their son Eric and Lauren’s first son, Adam, whom she shares with ex-husband Andrew Silcerman.

Sonakshi Takes Jatadhara to Big Boss: Star Teams Up with Salman Khan for Massive TV Promotion

Mumbai: Bigg Boss 19 is becoming increasingly exciting, keeping viewers engaged with its twists, drama and emotional moments inside the house. As the weekend approaches, fans are looking forward to another power packed episode hosted by Salman Khan. Every week, a celebrity guest joins Salman on stage to provide entertainment and enjoyment, and this week will be no exception. Sonakshi Sinha is set to appear on the show to promote her film Jatadhara.

In a video shared online, Sonakshi was spotted outside the Bigg Boss 19 set. The actress opted for a complete ethnic look. She wore a red anarkali suit with a yellow dupatta. She briefly posed for the cameras before entering the set. Her appearance is supposed to give a playful and vibrant tone



to the show. Sonakshi will connect with Salman Khan and possibly share some light-hearted moments with the candidates. Fans are looking forward to seeing her on the Bigg Boss stage as she always adds charm and vitality to events. Jatadhara is produced by Umesh Kumar Bansal, Shavin Narang, Aruna Agarwal, Prerna Aroa, Shilpa Singhal and Nikhil Nanda, with Akshay Kejriwal and Kusum Arora serving as co-producers. Bha-

vini Goswami works as Supervising Producer, while Divya Vijay is the Creative Producer.

The previous week in the Bigg Boss 19 house has been filled with drama, intense arguments and emotional moments. Contestants have been shown fighting, forming new alliances and overcoming unforeseen hurdles. The continuous variations in group dynamics have kept audiences hooked. Social media has also been flooded with fan opinions and reactions. This week’s events have left watchers wondering how Salman Khan will deal with the ongoing troubles inside the house. Fans are curious to watch which housemates will be called out by Salman for their conduct and which will be praised for their contributions in the game.

TRAVEL & FOOD

Mürren: The stunning car-free village reached by cable car

On a freezing day in December 2024, I took a scenic three-hour train ride from Geneva to Lauterbrunnen, an Alpine village nestled between Interlaken and the Jungfrau massif in central Switzerland. I was now at the gateway to the car-free mountain hamlet of Mürren. For most of Mürren's history, residents would lead their mules three hours down to gather essential supplies in the valley before trekking back up. Then in 1891, a narrow-gauge railway opened, connecting Mürren to the nearby mountain village of Grüttschalp and a funicular that reached Lauterbrunnen. In 1965, a single-track cableway opened that could ferry residents down to another traffic-free village, Gimmelwald, above the valley. But the day I arrived, this formerly secluded 430-person hamlet perched 1638m in the Bernese Oberland became directly connected with the outside world and valley below through the opening of the world's steepest cable car: the Schilthornbahn, which whisks travellers 775m up through some of the Swiss Alps' most jaw-dropping scenery in just four minutes. After arriving at the Stechelberg car park, I was soon being hoisted from the valley floor up in a glass-enclosed cabin, staring down towards the storybook cottages below and surrounded by craggy mountains and snow-covered pines. The trip up the vertical Mürrenfluh rockface was so smooth that I barely noticed the 159.4% gradient (the world's previous steepest cable car, the Loen Skylift in Norway, rises 133%), until my ears started to pop. Perched on a natural terrace at the foot of the Schilthorn summit (2970m) overlooking the Lauterbrunnen valley, Mürren is a 13th-Century village with traditional stone and timber cottages that looks like it's clinging to the edge of a cliff. Because of its unique position, engineers have never been able to connect it to the outside world by road. "Taking the cable car to school might seem unusual to many, but it was an everyday ritual for me," said Mürren native Michael Abegglen. "Most everyday necessities and services are available in Mürren, but every time we need a doctor, hairdresser or dentist, we need to go down to the valley where many of us have our cars parked." According to Abegglen, the village's few year-round residents have long relied on one another. "When you grow up here like I did, you know almost everyone, and there's a strong close-knit community," Abegglen adds. "Some guests are like locals, as they return to Mürren every single year." After checking into the Hotel Alpenruh, and admiring the awe-inspiring, 360-degree views of the Eiger, Mönch and Jungfrau peaks from my balcony, I soon discovered that – unsurprisingly – this pocket-sized, car-free village is best explored on foot. Mürren's few streets are lined with cosy inns; rustic restaurants serving Alpine cheeses and dry sausages; bars offering evening aperitifs; and quaint souvenir shops selling postcards, fine Swiss chocolates, cuckoo clocks and cowbells. One of Mürren's main landmarks is the Hotel Mürren Palace, built in 1874 and nicknamed "Switzerland's first palace" after its history of hosting celebrity skiers and Hollywood actors like Rita Hayworth. Oozing elegance and grandeur, its ballroom



served as a meeting point for high society back in the 20th Century. As the snow fell, I popped into the pub at the Eiger Guesthouse to warm up over a mug of glühwein (traditional mulled wine). Despite its diminutive size, Mürren is a major winter sports hub. This former sleepy Walsertal settlement transformed in the late 1800s when British skiers discovered the village and fell in love with its scenery (and slopes). "My great-grandfather Henry Lunn first came to Mürren in the 1890s and was smitten by its breathtaking beauty," said Bernard Lunn, a self-proclaimed "ski bum" and village resident. "He soon started bringing British tourists here to witness the glorious 'triumvirate' of [the] Eiger, Mönch and Jungfrau peaks. Later, my mountaineer grandfather Arnold Lunn and his wife Mabel started living here, and in 1922, Arnold founded the [world's] first slalom ski races. Mabel and a group of British Women established the Ladies' Ski Club here as well." Arnold's arrival also paved the way for the formation of the Kandahar Ski Club in 1924 and the inauguration of the country's first ski school in Mürren in 1930. A year later, the first Alpine World Ski Championships kicked off in

this tiny town in February 1931. Nearly a century later, the surrounding mountains are laced with 54km of fresh, powdery pistes connected through cable cars, funiculars and chairlifts. When snow conditions allow, you can ski 16km from the Schilthorn summit to the valley floor in Lauterbrunnen. "A coffee at the peak and a trip down on skis with family and friends is how I love spending my winter days in Mürren," said Alan Ramsay, a sociable Scot who has called the village home for more than 25 years and helps organise the International Inferno, the world's biggest amateur ski race held in the town annually (21-24 January 2026). But locals say there's more to Mürren than just skiing. From June through September, the area becomes a popular paragliding destination, offering magnificent birdseye views over the region's soaring crags, turquoise lakes

and more than 70 cascading waterfalls. You can also stroll the flower-studded trails and meadows dotted with grazing sheep. "The mountains are an ever-changing canvas," said Belinda Bühler, an avid trail runner who has lived her whole life in Mürren. "In the winter, they wear a beautiful white coat. In the summer, the mood changes depending on whether we are having hot, rainy or foggy days. However, as winter slowly departs, you can already smell the scent of spring. As the earth starts to warm up, you see early summer blossoms and soon there are flower-filled meadows." Bühler's main advice for those coming outside of ski season? "Get out into nature onto the trails. You don't have to walk too far but as soon as you're on a trail, you're alone and can savour the stillness and beauty most palpably. The air is so pure and clean. I have grown up in Mürren but I always call myself a local tourist, as I still tend to stop and take photos during my hikes. What I feel, see and hear on the trails in Mürren is indescribable!" Bernard's wife, Julia Lunn, who leads families and women on hikes in Mürren added, "People don't come here to shop or sightsee, but to experience life through skiing, snowshoeing, hiking, or simple pleasures like taking in the unrivalled views in solitude and dipping into the streams or the unspoiled Grauseeli lake." At Ramsay's advice, I decided to experience one of those simple pleasures for myself. After grabbing a wooden sledge from the local Intersport rental shop, I took the funicular up to the Allmendhubel mountain station (the starting point of the infamous 3km Bob Chase featured in the 1969 James Bond film On Her Majesty's Secret Service). After a few quick practice runs, I whisked down the soft, powdery slopes of the Blumental Valley, peppered with pines and chalet-like holiday homes with a sense of wonder and a child-like grin plastered across my face. "When growing



up in Mürren as a child, I didn't realise how lucky I was because I took [this] all for granted," said Bühler. "As a teenager, I even found the village too small and limiting. However, after I travelled around a bit and returned to Mürren, I fell in love with it all over again, especially with the sense of freedom it gave me. Today, I often feel speechless when I wake up here and find it hard to describe Mürren, because no words seem to do its beauty justice. It is a place that needs to be experienced and felt." Even after just a two-day visit, I think I know what she means.

5 drinks that can help lose weight after festive indulgence

If you feel guilty for overeating after every festival and occasion, and want to lose weight as soon as possible, then we have got your back with some easy drinks that can be prepared at home and can effectively help in weight loss. After the festive season of indulging in sweets, snacks, and heavy meals. Here are five healthy drinks to add to your routine to help you shed those extra pounds:

Green tea: Green tea is a powerhouse when it comes to weight loss. Full of antioxidants and catechins, it helps boost your metabolism and burn fat more efficiently. Drinking a cup regularly can even curb your appetite, making it easier to stick to a balanced diet. Plus, it's super easy to enjoy hot or cold, making it a great refreshing, low-calorie option anytime you need a pick-me-up.

Lemon water: Sometimes the simplest solutions are the best! Lemon water is incredibly effective for weight loss, thanks to its high vitamin C content. It helps support your metabolism and works as a natural detoxifier. A glass of lemon water in the morning can kickstart your digestive system, keep you hydrated, and help you feel fuller throughout the day making it easier to resist those post-festive cravings.

Apple Cider Vinegar Drink: Apple cider vinegar has become a go-to



for many people looking to shed a few pounds. It supports digestion, helps regulate blood sugar, and can even reduce appetite. Mix 1-2 tablespoons of raw, unfiltered apple cider vinegar in a glass of water, and drink it before meals. This simple drink can help with fat burning and keep your blood sugar levels stable, supporting your weight-loss goals.

Cucumber mint water: If you are craving something refreshing and light, cucumber mint water is your perfect match. Cucumber is known for its detoxifying properties, and mint adds a burst of flavor that's also great for digestion. This calorie-free drink helps hydrate your body, flush out toxins, and reduce bloating making it an excellent way to feel refreshed throughout the day while staying on top of your weight-loss goals.

Peppermint or ginger tea: Herbal teas are a great, caffeine-free option that



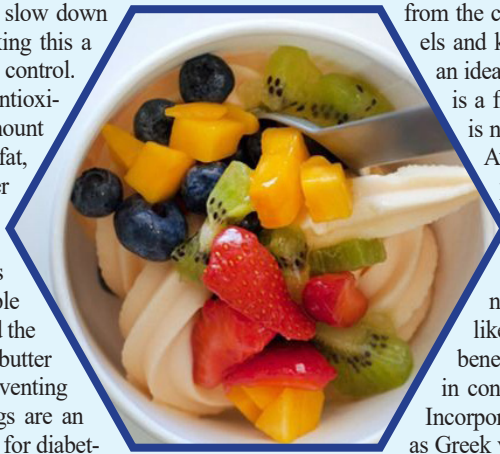
aids digestion and can curb bloating after those heavier meals. Ginger tea, in particular, is known to boost metabolism and promote fat burning, while peppermint tea helps with digestion and curbing hunger. Both are soothing drinks that you can enjoy throughout the day or before meals to keep your weight loss on track.

6 Low-Fat Snacks Perfect for Diabetics

Struggling with diabetes and find it confusing to choose snacks that are delicious, filling and do not spike sugar levels instantly? Then we have curated some of the most loved snacks that truly deserve a try and are super healthy and tasty. In fact, these low-fat snacks can make for an excellent choice for someone who has been looking for healthy and tasty snacks on the go. Low in calories, these low-fat snacks are perfect for diabetics. So, read on and try out... Greek yogurt is rich in protein and low in fat, making it an excellent choice for a diabetic-friendly snack. It helps maintain satiety without spiking blood sugar levels. Adding fresh berries like strawberries, blueberries, or raspberries enhances the flavor while providing fiber and antioxidants. The combination of protein, fiber, and healthy sugars from the fruit makes it a balanced and nutritious option. Vegetable Sticks with Hummus Raw vegetables such as carrots, cucumber, bell peppers, and celery are naturally low in fat and rich in fiber, vitamins, and minerals. Pairing them with a small serving of hummus provides healthy fats, fiber, and protein without the unhealthy trans fats found in many packaged snacks. The fiber in the vegetables helps to slow down the absorption of sugars, making this a perfect snack for blood sugar control. An apple, rich in fiber and antioxidants, paired with a small amount of almond butter, offers a low-fat, satisfying snack. Almond butter contains healthy fats, but by keeping the portion size moderate, you can avoid excess calories. The fiber from the apple helps regulate blood sugar, and the healthy fats from the almond butter provide sustained energy, preventing a sugar crash. Hard-boiled eggs are an excellent low-fat snack option for diabetics. They provide a good source of protein, vitamins, and minerals while being low in calories and fat. While egg yolks do contain fat, they are nutrient-dense and should be consumed in moderation. For a low-fat snack, you can eat just the egg whites, which are virtually fat-free and high in protein, helping to curb hunger without spiking blood



sugar. Cottage cheese is a low-fat dairy product that is rich in protein and calcium. Pairing it with cucumber slices adds a refreshing crunch while providing fiber and hydration. The combination of protein from the cottage cheese and fiber from the cucumber helps stabilize blood sugar levels and keeps you full between meals, making it an ideal snack for diabetics. Air-popped popcorn is a fantastic low-fat snack for diabetics, as it is naturally high in fiber and low in calories. Avoid butter or oil to keep it as healthy as possible. A serving of air-popped popcorn provides a satisfying crunch, and the fiber helps slow down the digestion and absorption of sugars. It's a great alternative to higher-fat, calorie-dense snacks like chips. Low-fat snacks are not only beneficial for managing weight but also help in controlling blood sugar levels for diabetics. Incorporating these healthy snack options, such as Greek yogurt with berries, vegetable sticks with hummus, apple slices with almond butter, hard-boiled eggs, cottage cheese with cucumber, and air-popped popcorn, can keep hunger at bay while promoting overall health. By choosing snacks with a balance of protein, fiber, and healthy fats, diabetics can enjoy tasty, nutritious options without the worry of blood sugar spikes.



Simple foods that can prevent dehydration

Dehydration in summer is primarily caused by excessive loss of fluids through sweating, as the body tries to regulate its temperature in hot weather. High temperatures, prolonged exposure to the sun, physical activity, and inadequate water intake increase the risk. Additionally, dry air, caffeine, alcohol, and salty foods can worsen dehydration by either promoting fluid loss or reducing the body’s ability to retain water. Without timely replenishment of water and electrolytes, this fluid imbalance can lead to fatigue, dizziness, dry mouth, and more serious health issues. Here’s a detailed article on 7 simple foods that can help prevent dehydration.

Cucumbers: Cucumbers are made up of about 96% water, making them one of the most hydrating vegetables. They’re also rich in electrolytes and contain a small amount of fiber, which helps maintain fluid balance in the body. Eat them raw in salads, raita, or simply with a dash of salt and lemon for a refreshing snack.

Watermelon: Watermelon is a classic hydrating fruit, containing about 92% water along with natural sugars, potassium, and vitamin C. It’s perfect for hot days when you need both fluids and energy. Enjoy it chilled, in smoothies, or as fresh juice to rehydrate quickly and deliciously.

Coconut Water: Coconut water is nature’s energy drink, rich in electrolytes like potassium, magnesium, and sodium. It’s an excellent choice to restore hydration after sweating, exercise, or heat exposure. Drink it fresh and plain—no need for added sugars or flavors.

Oranges: Oranges are juicy citrus fruits that contain about 86% water and are loaded with vitamin C and potassium. Their natural sugars and electrolytes make them perfect for hydration and energy. Eat them as a snack or squeeze them into a fresh juice to keep your fluid levels up.

Yogurt: While not a liquid, yogurt has a high water content (over 80%) and also provides beneficial probiotics, which support gut health and nutrient absorption. Plain yogurt or curd is especially helpful in hot weather and can be eaten with fruits or blended into a cooling lassi.

Strawberries: Strawberries are about 91% water, making them a sweet and refreshing way to stay hydrated. They’re also packed with vitamin C and antioxidants. Add them to yogurt, smoothies, or eat them fresh for a hydration-boosting treat.

Leafy Greens: Leafy greens such as lettuce and spinach have a high water content (around 90–95%). They also provide essential minerals like magnesium and calcium. Add them to sandwiches, salads, or smoothies to increase your fluid intake while getting a nutritional boost.



Mango Smoothie

Mango Smoothie is a creamy, thick and refreshing beverage made with sweet ripe mangoes blended with milk, yogurt, plant based milk or ice to a smooth consistency. The drink is easy to make as a healthy breakfast or sweet snack. Here I share with you 5 unique mango smoothie recipes with step-by-step instructions and photos. There are versions with yogurt, oats, additional fresh fruits, and even almonds – give them all a try and discover your favorite healthy mango smoothie blend! Fresh and fruity mango smoothie drinks can be prepared several different ways, depending on what you’ve got in the pantry and are craving taste-wise. All of these healthy variations of mango smoothies are filling and can be enjoyed as a snack between meals, or even for a light breakfast or brunch. Use ripe mangoes that are sweet and non-fibrous. I always prefer the Indian variety of alphonso or kesar mangoes to make blended mango drinks. Gently squeeze the mango to make sure it is slightly soft and ripened. Mangoes that are too firm tend to not be as sweet. Choose mangoes that are naturally sweet in taste. Avoid using mangoes that are tangy or have a sweet-tangy taste, as this would require adding extra sugar or sweeteners to balance the tangy taste in the smoothie. Find below 5 unique recipes to make healthy Mango Smoothie. Take your pick depending on the ingredients you have and enjoy the smoothie heaven. The Mango smoothie made with yogurt is similar to Mango Lassi. It’s rich and creamy thanks to the yogurt. I use ground cinnamon



powder in this recipe, but feel free to add ground cardamom or vanilla extract for even more flavor. I use honey as a sweetener in the yogurt based mango smoothie. Other better/healthier sweeteners include unrefined sugar, jaggery or palm jaggery, maple syrup, or coconut sugar. However, if the mangoes are very sweet then skip adding any sweetener. 1. First, rinse and peel 2 small to medium alphonso or kesar mangoes. Chop the mango flesh into small cubes. You will need 1.5 cups of chopped alphonso mangoes cubes total. Add the chopped cubes to a blender or mixer jar. 2. Add 1 cup of fresh curd (yogurt). Also add 3 tablespoons honey or if needed, as mentioned above. 3. Sprinkle ½ teaspoon of ground cinnamon powder, roughly 2 or 3 pinches, into the blender jar.

4. Blend to a smooth consistency. 5. Serve each mango smoothie in a tall glass. You can even chill the smoothie in the fridge for a few hours and then serve later. But I do recommend that you enjoy within the same day that it is prepared. This is a very healthy drink and a 3 ingredient recipe made with oats, mangoes and water. You can have the smoothie as-is in a glass, or make a smoothie bowl and top it with your favorite fruits, nuts and seeds. The recipe serves one and you can easily increase the proportions. Note that I have not added any sweetener in the smoothie. If you want, you can add 1 or 2 tablespoons of your preferred sweetener. 1. To make the healthy mango smoothie with oats, you first need to soak ½ cup quick cooking oats or rolled oats in ½ to ¾ cup of water.

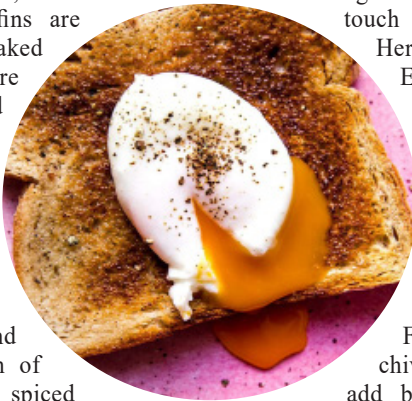
Mix well. Cover the bowl and keep in the fridge overnight. 2. When ready to prepare the smoothie, peel and chop 1 large mango into cubes. Add the mango cubes to a blender. 3. Drain the water and add the soaked oats. 4. Blend until smooth. This smoothie is rather thick: If you prefer a slightly medium or thinner consistency, you can add some more water or preferred choice of nut milk while blending. Start with just ¼ cup of your preferred liquid, splashing a bit more in as you blend until the desired thickness is reached. 5. Pour in a glass or bowl. Top with chopped dry fruits, seeds, or fresh berries. For some crunch I like to sprinkle on a tablespoon of chia seeds. Serve the mango oats smoothie as-is, or chill for at least 30 minutes to a few hours in the fridge before enjoying.

Egg recipes that are perfect for Summer brunch

Planning to host a brunch, then try these simple and healthy egg recipes that are perfect an exotic meal. There’s no denying that eggs are a versatile ingredient that can be transformed into a variety of delicious dishes, making them perfect for summer brunch. Light, nutritious, and easy to prepare, these seven egg recipes are ideal for warm weather gatherings and lazy weekend mornings.

Avocado Egg Salad For a refreshing summer twist on the classic egg salad, try adding avocado. The creamy texture of avocado pairs beautifully with hard-boiled eggs, while fresh herbs like dill and parsley add a burst of flavor. Serve it on toast or with crisp lettuce for a light, satisfying brunch option. **Mediterranean Egg Muffins** Packed with spinach, sun-dried tomatoes, feta cheese, and herbs, these Mediterranean egg muffins are perfect for brunch. Baked in a muffin tin, they are easy to make ahead and serve warm or at room temperature. Their light, savory flavor makes them perfect for summer gatherings. **Shakshuka** is a North African and Middle Eastern dish of poached eggs in a spiced tomato and bell pepper sauce. Its bold flavors and vibrant colors make it a beautiful centerpiece for brunch. Serve with crusty bread to

scoop up the rich, saucy goodness. **Spinach and Feta Frittata** A frittata is an excellent choice for brunch because it’s easy to prepare and can be served warm or cold. This spinach and feta version is light yet satisfying, with plenty of fresh greens and a burst of salty flavor from the cheese. Pair it with a simple side salad for a complete meal. **Smoked Salmon and Egg Breakfast Bagel** For a touch of elegance, try a smoked salmon and egg breakfast bagel. Scrambled eggs with fresh dill, smoked salmon, and a smear of cream cheese on a toasted bagel make for a delicious, protein-packed brunch option that’s perfect for summer mornings. **Caprese Omelette** This omelette features fresh tomatoes, basil, and mozzarella cheese. It’s light, flavorful, and bursting with summer freshness. Drizzle with a bit of balsamic glaze for an extra touch of flavor. **Herb Scrambled Eggs** Scrambled eggs with a simple yet flavorful option, herb scrambled eggs are perfect. Fresh parsley, chives, and dill add brightness to fluffy scrambled eggs. Serve on whole-grain toast with a side of fresh fruit for a balanced, light brunch.



How coffee and chocolate can boost your mood and immunity

Winter is the season of cozy blankets, crackling fires, and indulgent treats. Yet, it also comes with its challenges – shorter days, colder weather, and an increased risk of catching colds or feeling low. Fortunately, two beloved staples, coffee and chocolate, are here to save the day. Far from being mere indulgences, these two superfoods can uplift your mood and strengthen your immunity during the winter months. Here’s how they do it. **The Strength Of Coffee During Winter:** To many individuals, coffee is the trusted reviver. The morning ritual is more than an accustomed routine; it is a practical approach for people to begin their day. However coffee has its own advantage which is more than just getting you up and out of bed. Winter days can sometimes leave a person feeling sad, even when the sun is out but strong which in turn is referred to as seasonal affective disorder (SAD). Having a cup of fresh brewed coffee can help relieve such feelings since it has caffeine which often enhances dopamine releases in the body, strengthening the central nervous system. One can easily warm themselves up on a cold winter’s day by having a cup of coffee which not only hot beverages do but also helps alleviate experiences of tiredness and gloominess. **Improvement in Immunity:** Caffeine drinks like coffee are known to be a source of antioxidants such as polyphenols which provide anti-inflammatory benefits as well as enhance immunity. When winter approaches, it triggers the season of colds and flu and in cases like those, antioxidants can be very essential as they prevent one’s body from contracting a cold, or the flu or any other viruses. According to findings of some studies, it was also found that regular coffee drinkers have a better chance

of reducing their risk of developing chronic diseases. **Energy and Focus:** During winter we have short days and relatively long nights. The temperature outside drops, and it’s easy to cut down precious coffee time. We can however rely on caffeine from coffee and it helps us remain productive. Be it work, or preparing for family reunions, coffee never leaves your side. **Helps to Maintain Your Wavelength with Health Claims:** While coffee is superb for energizing us in the morning, it is chocolate that best pairs with us to end the day. Its smooth, sweet, and thick mouthfeel makes it a staple in winter. But if you’re ever in doubt about the richness of chocolate, let it be known that there’s great value in chocolate given its multiple health benefits. **Antidepressant:** There is a strong rationale, supported by scientific evidence, for why certain compounds like theobromine and phenylethylamine in dark chocolate can make you feel ecstatic. These compounds influence serotonin levels in the brain, a neurotransmitter associated with calmness and stress relief. Serotonin helps achieve the tranquility people seek after stress is alleviated. Thus, enjoying a piece of dark

chocolate makes perfect sense—it not only helps combat stress but also brings a comforting warmth, especially on a cold night. **Protection Against Infections:** Once again, dark chocolate manages to regain a lot of its lost reputation, as it’s also packed with Flavonoids, which are well known to increase the efficiency of the immune system. These

self-isolation during the winter months have kept a lot of people from being active, which as a result has led to a lot of underlying heart problems. According to extensive research, integrating dark chocolate into one’s diet means that there would be a decrease in blood pressure levels as well as having enhanced cholesterol. This makes it an excellent addition to your winter wellness routine. **How to incorporate coffee and chocolate into your winter diet** The versatility of coffee and chocolate makes them easy to include in your daily routine. Here are some creative and healthy ways to enjoy them this winter: **Morning Boost:** Start your day with a cup of black coffee or a latte made with oat or almond milk. Add a sprinkle of cinnamon or toasted rosemary for a seasonal twist that boosts antioxidant levels and also awakens your tastebuds. **Afternoon Treat:** Combine coffee and chocolate by making a mocha. Mix your favorite milk base coffee with a full spoon of 58%-65% dark chocolate for having natural sweet without adding extra load of sugar. It’s a perfect pick-me-up for chilly afternoons. **Healthy Desserts:** Incorporate dark chocolate into your desserts. From chocolate-dipped fruits to a warm cup



of melted chocolate have it completely vegan in 58% of Dark chocolate which is not overly sweet and has a fruity flavor profile that implements your choice of fresh fruit, or either you can have its nostalgia sweet and milky by using 42% Milk chocolate.

Neeraj Chopra

Neeraj Chopra (born December 24, 1997, Panipat, Haryana, India) is an Indian track-and-field athlete who shot to fame after earning a gold medal at the 2016 IAAF World U20 Championships in Bydgoszcz, Poland, and further secured his position as a leading athlete by winning the men’s javelin throw event at the Tokyo 2020 Olympic Games, held in 2021 because of the COVID-19 pandemic. Chopra was the first Indian track-and-field athlete to win Olympic gold and became the second Indian, after marksman Abhinav Bindra (2008), to win an individual Olympic gold medal. He became the world champion in the men’s javelin throw event at the 2023 World Athletics Championship in Budapest. Despite his career’s second-best throw of 89.45 meters (293.47 feet), the defending champion had to settle for a silver medal at the 2024 Paris Olympics.

Early life
Born to Satish Kumar, a farmer, and Saroj Devi, a homemaker, in Khandra village in the district of Panipat in Haryana state, Neeraj Chopra is the eldest of three siblings. He grew up in an extended family of 19, which included three uncles. When he was a teenager, Chopra’s family worried that he was overweight and encouraged him to join a gymnasium in Panipat for regular exercise. After his training sessions, Chopra would spend time at the nearby Shivaji Stadium and watch other children his age throw the javelin. Chopra showed natural talent for the sport and befriended athletes on the track. When Chopra’s family learned about his interest in javelin, they encouraged him even though no one in their village was familiar with the sport. After training for a year at Shivaji Stadium, he moved to Tau



Devi Lal Sports Complex in Panchkula, Haryana state, training with coach Naseem Ahmad.

Achievements
Chopra became the under-16 national champion in javelin by 2012, and in the following years he won more medals at the national level. His first international medal was a silver at the Youth Olympic Games qualification competition in Bangkok in 2014. In 2016 Chopra won gold medals at the South Asian Games in Guwahati, Assam state, India; the Grand Prix in Lokeren, Belgium; and the IAAF (International Association of Athletics Federations) World U20 Championships in Bydgoszcz, Poland (the IAAF became known as World Athletics in 2019). His throw in the final in Bydgoszcz, 86.48 meters (283.73 feet), set an under-20 record. In 2017 Chopra placed first in the Asian Athletics Championships in Bhubaneswar, Odisha state, India. When he was 19, Chopra was offered a job with the Indian Army as a junior commission officer. “We are farmers, nobody in the family has a government job and my family has been supporting me with difficulty,” Chopra told the Press Trust of India. “But it is a sort of relief now that I am able to support my family financially besides continuing with my training.” In the army, Chopra was selected for its Mission Olympics

Wing initiative and continued to train for competitions.

In 2018 Chopra won a gold medal in the Commonwealth Games in Gold Coast, Queensland, Australia, and the Asian Games in Jakarta. In 2021 at the Tokyo Olympics, Chopra was considered a dark horse in a field of tough competitors. However, he had a strong throw of 86.65 meters in the qualifying round, and in the final he won the gold medal with a throw of 87.58 meters (287.34 feet), making him India’s first gold medalist in track and field and the nation’s second individual Olympic gold medalist. The first was Abhinav Bindra in the 10-meter air rifle event at the Beijing 2008 Olympic Games. “It feels unbelievable,” Chopra said after winning the Olympic gold medal. “This is our first Olympic medal for a very long time....It’s a proud moment for me and my country.” His victory earned him praise from all quarters, including congratulatory posts on Twitter (now X) from the Indian president and the prime minister. Later that year, Chopra became the first male athlete to be featured on the cover of Vogue India. Speaking about his Olympic win, he said, “Now everyone in India knows what javelin is. I’m most happy about that.” That’s no small feat in a nation where cricket is far and away the dominant sport. Chopra went on to sign endorsement deals with

a host of companies, including Gillette India and Tata AIA Life Insurance, and has become an Instagram influencer with more than eight million followers. Today he is as popular as cricket stars and Bollywood actors in India

Chopra holds the national record with an 89.94-meter (295.08-foot) throw, also his best attempt to date, achieved at the Stockholm Diamond League 2022 competition. Despite struggling with injury in 2023, he won two gold medals that year: one at the World Athletics Championships in Budapest and a second at the Asian Games in Hangzhou, China. Chopra finished second in the Doha Diamond League in May 2024 and went on to win a gold at the Federation Cup 2024 in Bhubaneswar, India, in the same month. Chopra secured another gold in June with a throw of 85.97 meters at the Paavo Nurmi Games in Finland. Training under coach and biomechanics expert Klaus Bartonietz, who was also his coach at the Tokyo Olympics, Chopra qualified for the javelin final at the 2024 Paris Olympics with an impressive throw of 89.34 meters but had to settle for silver in the final as his career’s second-best throw of 89.45 meters (293.47 feet) fell short of Pakistan’s Arshad Nadeem’s record-breaking throw of 92.97 meters (305.01 feet). After the Olympics defeat, breaching the 90-meter (295.28-foot) mark became crucial for Chopra. In November 2024 he enlisted Jan Zelezny—a three-time Olympic gold medalist and world record holder for the longest javelin throw—as his coach. Chopra finally broke past the barrier with a 90.23-meter (296.03-foot) throw in the Doha Diamond League in May 2025, though he finished second at the event.

Ashish Nehra



Ashish Nehra (pronunciation; born 29 April 1979) is an Indian cricket coach and former cricketer who played in all formats of the game. Nehra announced his retirement from all forms of cricket in late 2017, with the Twenty20 International match against New Zealand on 1 November 2017 at Feroz Shah Kotla Ground his last appearance. With India, Nehra was a member of the Indian team that was one of the joint-winners of the 2002 ICC Champions Trophy, which the title was also shared with Sri Lanka, and was a member of the team that won the 2011 Cricket World Cup although he didn’t play in the final.

Early and personal life
Nehra was born in Sadar Bazaar, Delhi Cantonment to Diwan Singh Nehra and Sumitra Nehra. Nehra was very passionate about cricket from an early age. Nehra would ride scooters with Virender Sehwag to the Feroz Shah Kotla stadium in Delhi to be able to play cricket. This allowed him to grow success and eventually rise through the ranks. He eventually join the Delhi team to participate in the Ranji Trophy.

International career
He made his debut against Sri Lanka national cricket team. On 26 February 2003, during the 2003 ICC Cricket World Cup, Nehra took 6 for 23 against England, which was the best bowling figures by an Indian bowler in Cricket World Cup history until Mohammad Shami surpassed it against New Zealand on 15 November 2023 during the semi-final of the 2023 ICC Cricket World Cup. Nehra was named in the ‘Team of the Tournament’ for the 2016 T20 World Cup by the ICC and ESPNcricinfo.

In the 2013–14 Ranji Trophy, he took 6/16 from 10 overs to bowl out Vidarbha for a meagre 88 in the first innings at the Roshanara Club Ground at Delhi. After recovering from the ankle injury that prevented him from playing for the Delhi Ranji Team in the 2007–08 season, Nehra joined the Indian Premier League and signed

up for the Mumbai Indians franchise. For his performances in 2014 and 2015 for Chennai Super Kings, he was named in the ESPNcricinfo CLT20 XI. Coaching career
In January 2018, Royal Challengers Bangalore appointed Nehra as their bowling coach. He retained his position for the 2019 IPL.

In January 2022, he was appointed the head coach of newly formed Indian Premier League franchise Gujarat Titans. In the 2022 IPL season, Gujarat Titans finished top of the table and went on to win the trophy in the final against Rajasthan Royals. Nehra also became the first Indian head coach to win the Indian Premier League.

Glenn James Maxwell (born 14 October 1988) is an Australian professional cricketer who plays for the Australia national cricket team in Twenty20 Internationals. He previously played Test cricket and ODI cricket, winning 2 World Cups before his ODI retirement. Maxwell is an all-rounder who is known for his sometimes unorthodox batting and bowls right arm off-break deliveries. Domestically he played for Victoria and Melbourne Stars. He was part of the Australian squads that won the 2015 Cricket World Cup, the 2021 T20 World Cup, and the 2023 Cricket World Cup, where he played what was widely regarded as one of the greatest innings of all time against Afghanistan, scoring 201*, and in the 2023 final, scored the winning runs. His ability to make unconventional shots like reverse sweeps and pulls often makes it hard to set fields that cover all of his scoring areas.

Maxwell made his professional debut in 2010. Known for his dramatic shot making and improvisation in short forms of the game, in 2011, he set a new record for the fastest ever half-century in Australian domestic one day cricket, scoring 50 runs from 19 balls. Maxwell has played domestic Twenty20 cricket in both India and England and has scored centuries in all three international cricket formats, one of only 25 cricketers who have achieved this feat. In November 2017 he scored his maiden double-century, scoring 278 in the Sheffield Shield and in October 2023 set a new record for the fastest century scored at a Cricket World Cup, reaching his century in 40 balls against the Netherlands.

In November 2023, he also set a new record for the fastest double century scored in a World Cup, becoming just the third person to do so. He also became the first male batsman to score a double century, scoring 201 runs not out against Afghanistan, for Australia in ODIs and scored the winning runs against India in the 2023 Cricket World Cup final. In the same month just after the World Cup, he equaled Rohit Sharma’s world record for having scored the most number of centuries in T20I cricket when he slammed his fourth career T20I century against India. He also became the first batsman in men’s T20Is to complete three centuries while chasing. He also became the first and only batsman to complete a century in his 100th T20I match.

Early life
Maxwell was born in Kew, Melbourne, and played junior cricket for South Belgrave Cricket Club. He initially played as a fast bowler, before moving to bowl off spin.

Domestic career
Maxwell joined the Victorian squad in 2009–10 following an injury to Andrew McDonald in November. He made his senior debut for the one-day side in February 2010 and was selected to play for the Australian Institute of Sports in the 2010 Emerging Players Tournament. He scored 69 against India in the final.

Maxwell attracted national attention in February 2011 after scoring a match winning 51 from 19 balls in a Ryobi Cup game against Tasmania, the fastest half-century in Australian domestic one-day history, and made his first-class debut for Victoria against New South Wales later in the month, taking two wickets and scoring 38 runs on debut. The following month he scored his debut first-class century, making 103 runs against South Australia. In the 2011 Emerging Players

Tournament, Maxwell scored 59 from 23 balls against India and 110 from 52 balls against South Africa.

In 2012, Maxwell went to England to play club cricket for South Wilts Cricket Club and Second XI cricket for Hampshire before appearing in the T20 Blast for the county.

Maxwell attempted to transfer to New South Wales ahead of the 2016–17 summer but was refused permission and was dropped from the Victorian side for the first match of the Sheffield Shield season. Maxwell was picked in the next Shield game and scored 81.

T20 franchise cricket
Maxwell has played in Twenty20 cricket franchises leagues in Australia, India and England. In the domestic Big Bash League he played for Melbourne Renegades in 2012–13 and has since played for Melbourne Stars. During the 2021–22 season he scored 154 not out against Hobart Hurricanes, breaking the record for the highest individual score in the league and leading his team to the highest team total in league history.

In India he played for Delhi Daredevils in 2012 before being bought in the 2013 IPL auction by Mumbai Indians, becoming the most expensive purchase at the auction, commanding a price of US\$1 million. In 2014 he was bought by Kings XI Punjab, making scores of 95, 89, 95 and 90 runs during the season. In 16 games he had the season’s third highest aggregate of runs scored with 552 runs at an average of 34.50 runs per innings and was retained by the side for the following two seasons. He returned to play for Delhi ahead of the 2018 season He again had a poor season, scoring 142 runs at an average of 14 and not passing 50 once. before being the subject of a bidding war between Delhi and Punjab ahead of the 2020 season, eventually being bought by Punjab. In 2021, he was bought by Royal Challengers Bangalore after another bidding war, this time with the Chennai Super Kings, and finished the season as the team’s highest scorer, with 513 runs. He was retained by the side for the 2022 season. In England, Maxwell has played for Hampshire, Surrey, Yorkshire, Lancashire and Warwickshire County Cricket Clubs in the T20 Blast and for London Spirit in the 2022 season of The Hundred.

International career
Maxwell was selected for Australia’s series against Pakistan in the UAE in 2012, with head selector John Inverarity saying that he was “a versatile and lively off-spinning all-rounder and brilliant fieldsman” who “will provide another spin bowler option on the slow, low, turning wickets” expected in the country. He made his debut against Afghanistan in the one-off One Day International (ODI) which took place ahead of the matches against Pakistan, before going on to play in five of Australia’s six fixtures against the Pakistanis. Scores of 38, 28 and 56 not out in the three ODIs on the tour, saw him selected for two of the three Twenty20 International (T20I) matches, scoring four on T20I debut and 27 from 20 balls in the final match of the tour; he also took his first international wicket.

The same squad of players was selected for the 2012 ICC World Twenty20 in Sri Lanka which followed Australia’s matches in the UAE. He played in all five of Australia’s group stage matches, taking a single wicket and scoring only

eight runs in the two innings in which he batted, but was dropped from the side for the semi-final against West Indies. Following the competition, Maxwell played for Australia A and for the Cricket Australia Chairman’s XI against Sri Lanka, Maxwell scored 64 and took 2/70. before being called into the Australian squad for the third Test against the touring Sri Lankans at the end of the year, replacing Shane Watson. He did not play in the Test, but was brought back into the side for three of the five ODIs and both of the T20Is played in January. He was involved in a controversy in the final T20I of the series, after becoming involved in a verbal altercation with opposition players after failing to hit the last ball for four.

Test match debut
After scoring 51 not out from 35 balls opening the batting against West Indies in the first ODI of in February, Maxwell took four wickets in the second match of the series. He was subsequently selected for Australia’s Test tour of India later in the month as an all-rounder. He made his Test debut against India in the second Test at Hyderabad as the team’s second spinner, supporting Xavier Doherty with established lead spin bowler Nathan Lyon dropped. He scored 13 and 8 runs in the first and second innings respectively, but took 4/127 with the ball. He was dropped from the team for the third Test as Australia opted for more specialist bowlers, but brought back for the fourth and final Test in Delhi, replacing injured batsman Michael Clarke. He scored 10 and 8 runs.

Later in 2013, Maxwell played in the 2013 ICC Champions Trophy in England, but was not selected for the 2013 Ashes which followed the competition. He went to South Africa with Australia A, making a first-class century against South Africa A and a limited overs century against India A in a tri-series.

By now an established member of Australia’s one-day teams, Maxwell returned to India in October as part of an Australian limited overs tour of India and played against England later in the year. He was named in Australia’s 15-man squad for 2014 ICC World Twenty20 in Bangladesh, scoring 74 runs from 33 balls against Pakistan in Australia’s first match of the competition. He finished the tournament as Australia’s second highest run scorer, making 147 runs.



Maxwell made a return to the Test team in October 2014 against Pakistan in the UAE, playing in the second match of the two-match series. He scored 37 in the first innings and four in the second and was wicket-less; he performed better during the one-day matches.

2015 World Cup
Maxwell was selected in Australia’s 15-man squad for the ODI World Cup co-hosted by Australia and New Zealand in early 2015. He scored 95 runs and took four wickets against England in final of the warm-up triangular series in early February and began the tournament well, making scores of 66 from 40 balls in the first match against England, and 88 from 39 balls against Afghanistan. Later in the tournament, he scored his maiden international century, scoring 102 against Sri Lanka at the Sydney Cricket Ground. He brought up his century in 51 balls, at the time recording the fastest century by an Australian man in an ODI and the second-fastest in World Cup history. In the quarter-final against Pakistan, Maxwell took two wickets and scored 44 runs, before scoring 23 against India in the semi-final. He did not bat in the final against New Zealand but took a wicket as Australia won their fifth World Cup title. Maxwell ended the tournament as Australia’s third highest run scorer, scoring 324 runs at a batting average of 64.80 runs per innings. Maxwell continued to be a fixture in Australia’s one-day sides following the World Cup. He was named as Cricket Australia’s men’s T20I Player of 2015 at the Allan Border Medal ceremony[78] and played regularly throughout 2015 and the first half of 2016. He was not included in either the Test and ODI teams for Australia’s tour of Sri Lanka in 2016, but was in the side for the T20I series. In early September he scored an unbeaten 145 from 65 deliveries opening the batting at Kandy, at the time the second-highest individual score in men’s Twenty20 Internationals. Maxwell returned to the ODI side at the beginning of 2017 for the series against Pakistan, making scores of 60 in first ODI and 78 in the fourth match. He was named as Cricket Australia’s men’s ODI Player of 2016.