

ASDMA rolls out 2025 Shakeout Programme to enhance school preparedness

Great Assam School Shakeout Programme 2025

Guwahati, Oct 16: On International ShakeOut Day, the Assam State Disaster Management Authority (ASDMA) launched the Great Assam School Shakeout Programme (GASSP) in Guwahati in collaboration with UNICEF Assam and the Department of School Education. The program is a significant step toward integrating disaster preparedness and school safety throughout the State, in accordance with the Assam DRR Roadmap 2030 and the National School Safety Policy (NDMA, 2016).

The GASSP launch coincided with the start of the second phase of the two-day State-Level Training of Trainers on Social and Behaviour Change for DRR. Participants comprised Project Officers (DMs) from 16 government ministries and Field Officers from 16 districts.

The importance of encouraging a culture of safety among children and teachers was emphasized by Shri Keshab Mahanta, Minister for Revenue and Disaster Management, Government of Assam, who opened the event. He brought up the earthquakes of 1897 and 1950, pointing out that a comparable occurrence today would result in enormous destruction. By



increasing their understanding, students will be better equipped to serve as community safety ambassadors.

Smt. Meenakshi Das Nath, ACS, Secretary, Revenue & DM Department and Additional CEO, ASDMA, emphasized the government's dedication to establishing safe learning environments through disaster risk reduction in education during her welcome remarks. Special remarks were delivered by Dr. Madhulika Jonathan,

Chief of Field Office, UNICEF Assam & Northeast, who reiterated UNICEF's continued partnership with ASDMA to promote child-centered resilience and behavioral change, and Smti. Anuja Bhuyan, ACS, Joint Secretary, Department of School Education, who emphasized the importance of establishing and maintaining a culture of safety through cooperation.

DDMA representatives received vol-

- The Assam State Disaster Management Authority (ASDMA) launched the Great Assam School Shakeout Programme (GASSP) on International ShakeOut Day, in collaboration with UNICEF Assam and the Department of School Education.
- The program aims to integrate disaster preparedness and school safety, promoting a culture of safety among children and teachers.
- The program will be executed in 1,936 schools across 35 districts.

unteer kits for the field-level execution of GASSP on October 29, 2025, together with animated disaster preparedness movies and IEC publications on earthquake and fire safety. On October 29, 2025, in observance of International ShakeOut Day and the Great Assam Earthquake of 1950, 1,936 schools in 35 districts, with a total student population of almost seven lakh, will conduct earthquake and fire evacuation exercises under GASSP. With assistance from Focal Point Teachers, School Disaster Management Committees, Aapda Mitra, CQRT, DDRF, Civil Defense, and Red Cross volunteers, DDMA's will organize the exercises.

No-confidence motion rocks Kohima Municipal Council



Kohima, Oct 16: Barely four months after Nagaland's much-awaited municipal elections, the Kohima Municipal Council (KMC) has been thrust into political uncertainty following the filing of a no-confidence motion against its Chairperson Neikhozo Suokhrie and Deputy Chairperson Khrielievi Chusi. The move, initiated by several elected council members, underscores deepening cracks within the council's leadership and a rising tide of discontent over governance and coordination issues. According to an official notification issued by Kohima Deputy Commissioner B. Henok Buchem on Wednesday, a formal written notice expressing the intention to move the no-confidence motion was submitted on October 9, in accordance with Section 15 of the Nagaland Municipal Act, 2023. The motion has been endorsed by one-half of the elected members, excluding ex-officio and nominated representatives, thereby fulfilling the legal requirement for its validity. The notice, jointly moved by two elected KMC members, calls for the immediate removal of both the Chairperson and the Deputy Chairperson, citing growing dissatisfaction among council members. The Deputy Commissioner has since convened a special meeting on October 22, where all elected members will debate and decide the fate of the motion through a formal vote.

In Brief

Timber smuggling bid foiled by Rangia SSB

Rangia: The 24th Battalion of the Sashastra Seema Bal (SSB), Rangia, conducted an operation along the India-Bhutan border, seized 77.56 cubic feet of Makrisal timber and a pick-up van from the Indian side, and arrested two people. The operation was led by Inspector Gunindra Das, Assistant Sub-Inspector Pranab Roy, Constable Greenson Rongmei, and Rajen Chhetri.

Major drug bust

Kangpokpi: Kangpokpi Police seized 225 soap cakes containing nearly 10 kg of brown sugar, arresting three individuals involved in the illegal trade. The operation, led by a joint team, involved intelligence on drug transportation in the district. Investigations continue to trace the consignment's origin and distribution network.

Monthly meet held by Bongaigaon DDC

Bongaigaon: The Bongaigaon District Development Committee evaluated projects like fish feed units, Integrated DC Office Complex, Advantage Assam 2.0, Farmer Registration, and Bongaigaon Medical College, and called for health camp and program implementation.

Internet snapped in Assam's Baksa amid violent protests over Zubeen Garg case

Baksa, Oct 16: Violent protests erupted in Assam's Baksa district following the transfer of five accused individuals in the Zubeen Garg death case to the Baksa District Jail. Supporters of the late singer, angered by the move, gathered outside the jail demanding that festival organiser Shyamkanu Mahanta and Garg's manager Siddharth Sharma be presented publicly. The protest turned violent, with stone-pelting injuring a female police officer and damaging police vehicles. Security personnel used batons to



disperse the crowd, and several individuals were detained. In response to the unrest, the Assam government imposed a mobile internet ban across the district to maintain peace and order. Additionally, all police leave, except for medical emergencies was cancelled. The Baksa district administration enforced

prohibitory orders under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), banning public gatherings, demonstrations, and the carrying of weapons within a 500-metre radius of the jail. The order also prohibits the use of firecrackers or throwing of inflammable materials. District Magistrate Gautam Das stated the measures were necessary due to concerns over public safety and warned of strict legal action against any violations. The restrictions remain in effect until further notice.

Timber smuggling bid foiled by Rangia SSB

Rangia, Oct 16: Under the direction of Inspector Gunindra Das, the SSB Border Outpost, Guiden Chowk, and the Forest Department, Kumarikata, jointly conducted an operation along the India-Bhutan border where the 24th Battalion of the Sashastra Seema Bal (SSB), Rangia, confiscated 77.56 cubic feet of Makrisal timber and a pick-up van from the Indian side. In this context, the team arrested two people. With help from Assistant Sub-Inspector Pranab Roy of the Border Outpost, Guiden Chowk, Con-

stable Greenson Rongmei, and Rajen Chhetri from the Forest Department, Kumarikata, the operation was conducted under the direction of H. K. Gupta, Commandant, 24th Battalion, SSB Rangia. In addition to continuing these operations to safeguard the Indo-Bhutan border, the 24th Battalion, SSB Rangia, periodically convenes meetings with the assistance of the local populace to urge them to report any criminal or smuggling activity to the battalion headquarters or the closest SSB outpost.

Baksa Disorder: APW leader accuses DSP of Mismanagement

Baksa, Oct 16: Gitartha Dev Sarma, the Baksa Deputy Superintendent of Police (DSP), was blamed by Assam Public Works (APW) President Abhijit Sharma on Thursday for the disturbances that occurred outside the Baksa district jail on Wednesday. When Shyamkanu Mahanta

and four other defendants in the Zubeen Garg death case were taken to the jail to serve their court detention, a sizable crowd gathered to demonstrate. Sharma claims that demonstrators who were merely yelling slogans against the accused's alleged VIP treatment were subject to

a lathi charge from the DSP. Sharma claimed that police power was abused during the incident and stated, "The situation in Baksa will only improve once DSP Gitartha Dev Sarma is suspended." He further questioned the officer's appointment, pointing out that the Justice (R) Biplab

Sarma Report on the APSC cash-for-jobs scheme had already cited his role. The president of APW called on the Assam government to take prompt disciplinary action and guarantee accountability and openness in police operations pertaining to the well-known case.

Himanta on probe into Zubeen's death

Singapore police to meet Assam police team on Oct 21

Guwahati, Oct 16: Assam Chief Minister Himanta Biswa Sarma on Thursday said that the Singapore police authorities will meet the Assam police team on October 21 as part of the ongoing probe into the death of singer Zubeen Garg in the island country last month. He, however, did not mention whether the Assam police team will go to Singapore or not. "Another step forward towards justice for our beloved Zubeen. The Singapore Police authorities will meet the Assam Police team led by Sri Munna Gupta, ADGP and Head of SIT, on 21st October," the chief minister posted on 'X'. Earlier, the state government had formed a Special Investigation Team (SIT) headed by ADGP (CID) Munna Gupta to coordinate with Singapore authorities and ensure a transparent inquiry into the circumstances surrounding the singer's death. The upcoming meeting is expected to facilitate the exchange of crucial evidence and case details between the two investigating agencies, furthering the pursuit of justice for the late singer.



Arunachal officials urge banks to step up credit flow to priority sectors

Itanagar, Oct 16: Officials of Arunachal Pradesh have urged banks operating in the Siang district to improve the flow of credit to key priority sectors such as agriculture, horticulture, fisheries, and small-scale industries. The appeal was made during a joint meeting of the District Consultative Committee (DCC) and District Level Review Committee (DLRC) held on Tuesday to assess the performance of banks and departments involved in development programmes. The meeting, chaired by Deputy Commissioner Tayi Taggu, brought together senior representatives from the State Bank of India (SBI), Arunachal Pradesh Rural Bank, ArSRLM, and various government departments including Agriculture, Horticulture, Fisheries, Water Resources, Urban Develop-



ment, and Industries. The discussions centred around financial inclusion, credit flow to priority sectors, and

the progress of flagship government schemes aimed at boosting rural livelihoods and local entrepreneurship.

DC Taggu emphasised that timely and transparent credit disbursement plays a crucial role in strengthening the lo-

cal economy and generating employment opportunities. He urged banks to maintain closer coordination with government departments to ensure smooth delivery of services and financial support to beneficiaries. "When banks and departments work hand in hand, our farmers, entrepreneurs, and self-help groups gain the real benefit of these schemes," he remarked. The Deputy Commissioner also called upon all participating departments to submit updated and accurate data, which would help in more efficient monitoring and better planning of financial inclusion strategies in upcoming review meetings. This, he said, would ensure that government initiatives translate effectively into visible growth at the grassroots level.

NSCN (K-YA) militants attack Assam Rifles camp in Arunachal Pradesh, 4 injured



Itanagar, Oct 16: In a major incident of insurgent violence, suspected militants of the NSCN (K-YA) faction launched an attack on an Assam Rifles camp at Hatman village under Manmao area of Arunachal Pradesh's Changlang district in the early hours of Wednesday, October 15. According to reports, the attack occurred between 2:30 and 3:00 AM, when armed militants opened fire on the Assam Rifles personnel stationed at the post. Initial inputs suggest that at least four jawans sustained bullet inju-

ries during the exchange of fire. Two of the injured personnel, identified as Rifleman Harisharan and Rifleman Rahul Bora, were evacuated from Manmao and shifted to the 5 Air Force Hospital in Jorhat at around 8:24 AM for advanced medical treatment. Security forces have cordoned off the area, and a search operation is underway to track down the assailants. Further details are awaited as reinforcement teams have reached the site and the situation remains tense.

Bengaluru Doctor Kills Wife with Anesthesia

Planned murder less than year after marriage

Bengaluru, Oct 16: Mahendra Reddy, a 32-year-old general surgeon at Victoria Hospital in Bengaluru, was arrested on October 14 for allegedly murdering his wife, Dr. Kruthika Reddy, by administering a fatal dose of anesthesia under the guise of treatment. The couple had married less than a year earlier, on May 26, 2024. Mahendra used his professional expertise and intimate knowledge of his wife’s medical history to plan the act “with clinical precision.”

Mahendra first administered intravenous (IV) medication to Kruthika on April 21, claiming it was for gastric discomfort. He took her to her parents’ home in Marathahalli,



li, saying she needed rest, and later returned that night to give another IV dose. On April 23, Kruthika complained of pain at the IV site, and Mahendra advised her not to remove it. Around 9.30pm, he gave the injection. The next morning, April 24, Kruthika was found unresponsive. Despite being a doctor, Mahendra allegedly did not attempt CPR. She was rushed to a nearby hospital, where doctors declared her dead on arrival. Postmortem and Forensic Science Labora-

tory (FSL) reports confirmed the presence of anesthetic substances in her organs, revealing that her death was not natural. Police converted the earlier Unnatural Death Report (UDR) into a murder case and arrested Mahendra based on the FIR filed by Muni Reddy. Police later discovered that Mahendra had been upset upon learning that Kruthika suffered from long-standing gastric and metabolic disorders, information her family allegedly didn’t disclose before marriage. This revelation triggered months of resentment, culminating in the carefully orchestrated poisoning. Mahendra maintained composure and behaved as though it were a tragic medical event.

Supreme Court to hear PIL on Online Gambling and Betting Platforms

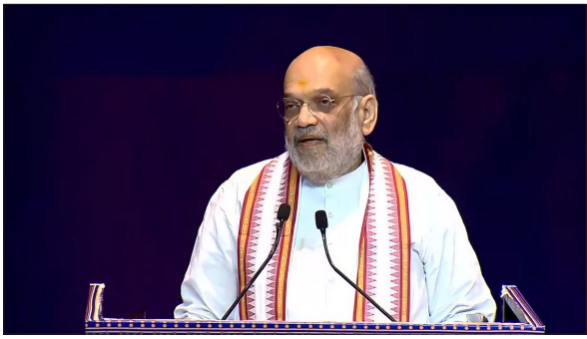
New Delhi, Oct 16: The Supreme Court has agreed to hear a PIL filed by the Centre for Accountability and Systemic Change (CASC) seeking directions to prohibit online gambling and betting platforms operating under the guise of social and e-sports games. The court will consider the submissions of lawyer Virag Gupta, appearing for the CASC. The plea seeks a direction to union ministries of Electronics and Information Technology, Information and Broadcasting, Finance and Youth Affairs and Sports to interpret provisions of the Promotion and Regulation of Online Gaming Act, 2025 and laws made by State Legislatures to prohibit online gambling and betting games operating in the guise of social and e-sports games.

The CASC, represented by former Uttar Pradesh DGP Vikram Singh and Shourya Tiwari, have urged the top court to direct the government to clamp down on the proliferation of betting and gambling applications, which they claim are inflicting widespread social and economic harm across the country. The PIL claims that betting and gambling are considered unlawful activities in most Indian states, with over 65 crore people playing such games, creating annual business of more than ₹1.8 lac crores for these platforms in India. The unchecked expansion of online gaming has created a “national crisis,” affecting half of India’s population and leading to financial ruin, mental health issues, and even suicides.

Union Home Minister Amit Shah suggests international standards for Fugitive Jails and Passport Revocation

New Delhi, Oct 16: Union Home Minister Amit Shah has proposed the creation of special jails in every state and union territory that meet international standards for fugitives, and the revoke-ment of their passports as soon as Interpol red notices are issued against them. He also suggested creating a national database of fugitives and a special cell in every state and Union Territory to deal with extradition cases.

Shah was addressing the opening session of a two-day conference on “extradition of fugitives: challenges and strategies” organized by the Central Bureau of Investigation (CBI). He suggested that a special jail should be created in every state for fugitives whose extraditions are being sought, and passports of fugitives should be revoked as soon as Interpol



red notices are issued against them. Shah also suggested the creation of a special cell in every state and Union Territory to focus only on extradition requests. He also suggested using section 355 and 356 of the Bharatiya Nyaya Sanhita (BNS), which is “trial in absentia” against fugitives, to address the issue of fugitives. CBI director Praveen Sood stated that India’s total 388 extradition requests are pending with various countries, and

■ The home minister proposed the establishment of a national database of fugitives and a special cell in each state and UT for handling extradition cases.

957 Interpol red notices have been issued against various types of fugitives. The processing time for publishing Interpol red notices for fugitives based on India’s request has reduced from 14 months to just three months now due to Bharatpol.

Reaction to a Karnataka Congress MLA’s sexist comments about a pregnant officer

Bengaluru, Oct 16: Karnataka Congress MLA Shivaganga Basavaraj made derogatory remarks against a pregnant forest range officer during a government review meeting. Basavaraj raised questions on the officer’s commitment to duty and allegedly passed sexist remarks, accusing her of being on leave and yet continuing to collect her salary.

He argued that pregnancy is an excuse and that one should feel ashamed. Basavaraj instructed officials to issue a notice to the officer and escalate the matter to higher authorities. He also urged her to



The speaker’s comments were criticized amid a recent policy granting menstrual leave, underscoring the ongoing sexism issues in politics.

provide an explanation for her actions. The MLA’s remarks come days after the Karna-



taka government introduced one day of paid menstrual leave per month for women

across all sectors. Basavaraj’s comments came a month after senior Karnataka Congress leader RV Deshpande sparked a political row over an alleged insensitive comment on a woman journalist during a press interaction.

Deshpande, the MLA for Haliyal in Uttara Kannada, responded with a smirk, saying “When it’s your time (to have a baby), I will get one done for you.” Leaders from Bharatiya Janata Party and Janata Dal slammed the move, while women’s rights groups called for accountability and mandatory sensitivity training for public officials.

Janata Dal (United) releases second list of 44 candidates for Bihar Assembly Election

Patna, Oct 16: Janata Dal (United) has released its second list of 44 candidates for the upcoming Bihar assembly election, marking the completion of ticket distribution for all 101 seats. The list includes four Muslims from the Muslim community, focusing on Lav-Kush, Other Backward Class (OBC), and Extremely Backward Class (EBC), and nine women, making it 13 out of 101 seats the party is contesting as part of the National Democratic Alliance (NDA).

The list includes sitting Member of the Legislative Assembly (MLA) Shalini Mishra from Kesaria, Shweta Gupta from Sheohar, Meena Kamat from Babubarhi, Sheela Mandal from Phulparas, Sonam Rani Sardar from Triveniganj-R, Leshi Singh from Dhamdaha,



Manorama Devi from Belaganj, Vibha Devi from Nawada, and Shagufta Azeem from Araria. Out of 101 seats, OBC candidates have received 37 seats, including 25 to Lav-Kush and eight to Yadavs. EBC candidates have received 22 seats, while 15 have gone to Scheduled Caste (SC) and one to Scheduled Tribes (ST).

The party has blended several new faces, accommodated turncoats and their wards, and managed to get seats like Karakat and Kahalgaon in seat-swapping with alliance partners. From Karakat, JD(U) has fielded former lawmaker Mahabali Singh, who defeated Upendra Kushwaha in the 2019 Lok Sabha election. The party has also fielded Shubhanand Mukesh, son of former Bihar Congress president Sadanand Singh, from the BJP’s sitting Kahalgaon seat.

JD-U working president Sanjay Kumar Jha criticized the INDIA bloc for trying to mislead the masses by distributing symbols but releasing a list of candidates, stating that people are watching their choice of candidates and that they can never change their spots.

Wife booked for ASI’s suicide ‘Abetment’ amid Haryana IPS row

Chandigarh, Oct 16: Police in Haryana’s Rohtak district have booked the wife of deceased IPS officer Y Puran Kumar, senior IAS officer Amneet P Kumar, her brother and Punjab legislator Amit Rattan, and two others for abetment of suicide of assistant sub-inspector (ASI) Sandeep Lathar.

Lathar was found dead with a gunshot wound and a purported final note accusing him of corruption. The development came on a day Haryana chief minister Nayab Singh Saini met the family members of Lathar and assured them of “appropriate action.” An FIR has been registered against senior IAS officer Amneet P Kumar, her brother and Amit Rattan, exemptee ASI Sushil Kumar, and another policeman Sunil, posted at the IG office in Rohtak, on charges of abetment to suicide and criminal conspiracy under relevant sections of BNS.

Sanjay Deswal, Lathar’s cousin, said the body has been sent to the Post-Graduate Institute of Medical Sciences (PGIMS), Rohtak, and the post-mortem examination will be conducted on Thursday morning. The government has accepted their demands, including registration of an FIR, government job to Sandeep’s wife as per her qualification and last rites with full state honor. Administrative officials assured the family of a fair probe in a time-bound manner.

ASI Kumar, who was posted in the cyber cell in Rohtak, allegedly shot himself dead at his village on Tuesday evening, leaving behind a ‘final note’ that levelled corruption allegations against late IPS officer Y Puran Kumar. The cremation of Puran Kumar took place in Chandigarh on Wednesday following his autopsy at the PGIMER.

After Trump says India won’t purchase Russian oil, Rahul Gandhi attacks the prime minister

■ Lok Sabha leader Rahul Gandhi criticizes Prime Minister Narendra Modi for allowing US President Donald Trump to announce India’s decision not to purchase Russian oil.

New Delhi, Oct 16: US president Donald Trump’s claim of India’s assurance to not purchase Russian oil, Lok Sabha leader of opposition Rahul Gandhi slammed Prime Minister Narendra Modi. Taking to X on Thursday, the Congress MP accused the prime minister of being afraid of Trump and the US.

In his post, Gandhi claimed that PM Modi is “frightened of Trump” after he “allowed” the US president to “decide and announce that India will not buy Russian oil.” The Congress leader added that Modi also “keeps sending congratulatory messages despite repeated snubs”.

Gandhi’s post on X comes after Donald Trump claimed PM Modi had given him “assurance” that India will no longer purchase Russian oil.

“I was not happy that India was buying oil. And he (Modi) assured me today that they will not be buying oil from Russia. That’s a big stop,” Trump told reporters



at the Oval Office, adding that he shares a “great relationship” with PM Modi. The US President added that after India, he would now “get China to do the same thing.” India’s purchase of Russian oil has been the headlines since August, after Trump announced an additional 25 percent tariff on New Delhi as a penalty.

With this additional amount, Trump’s tariffs on India went up to a total of 50 percent. In response to the additional levies, PM Modi

stated that he would not compromise on the livelihood of farmers, even if it meant “paying a heavy price.” Furthermore, the prime minister also renewed his push for “Make in India” and “self-reliance.” “We should become self-reliant - not out of desperation, but out of pride,” said Modi in his speech for Independence Day from the Red Fort.

“Economic selfishness is on the rise globally and we mustn’t sit and cry about our difficulties, we must

rise above and not allow others to hold us in their clutches,” he added further. ‘56-inch chest has shrunk’ says Congress Adding to Rahul Gandhi’s remark, Congress’ general secretary Jairam Ramesh took to X and claimed that the prime minister’s ‘56-inch chest has shrunk and shriveled”, referring to Home Minister Amit Shah’s remark in 2019 where he said PM Modi is a man with a “56-inch chest” by destroying terrorist hideouts in Pakistan.

“At 5:37 PM Indian Standard Time on May 10, 2025, the US Secretary of State Marco Rubio was the very first to announce that India has halted Operation Sindoor,” said Ramesh, adding that Trump has claimed 51 times in five countries that it was his intervention which halted Operation Sindoor. Ramesh added that with Trump’s latest statement, the prime minister has “outsourced key decisions to America.”

Jharkhand BJP claims government fraud

Jharkhand, Oct 16: The Bharatiya Janata Party (BJP) has accused the Jharkhand government of orchestrating a fraud in the District Mineral Foundation Trust (DMFT), a fund created to aid mining-affected and tribal communities. The party alleged that money meant for the welfare of these regions was embezzled through inflated tenders, prompting the Jharkhand high court to seek an explanation from the state government. The misuse of DMFT funds was first highlighted by BJP leader Babulal Marandi during a press conference in Ranchi on September 8. The Jharkhand high court took suo motu cognisance and directed the state government to submit a detailed response within four weeks. The ruling Jharkhand Mukti Morcha (JMM) spokesperson, Manoj Pandey, argued that if any embezzlement has been done, it is the BJP MPs and MLAs who should be held responsible. The DMFT was created under the Mines and Minerals (Development and Regulation) Amendment Act, 2015, to ensure that 10-30% of mining royalties were spent by district collectors in affected areas. The ruling coalition, comprising the Jharkhand Mukti Morcha (JMM), Congress, and Rashtriya Janata Dal (RJD), was accused of systemic corruption.

24 transgender attempt mass suicide in Indore, Madhya Pradesh

Bhopal, Oct 16: Nearly 24 transgender people attempted mass suicide by consuming floor cleaning material in the Nandlalpura area of Madhya Pradesh’s Indore.

The incident occurred on Wednesday night around 8:30 PM and was reported by Deputy Commissioner of Police (DCP) Anand Kaladgi. The victims were rushed to Maharaja Yashwantrao Hospital, where they are currently receiving treatment and are in stable condition. The DCP will investigate the reasons behind the consumption of floor cleaning material.

The incident is not related to a previous feud between two factions, but rather to a dispute over a journalist who allegedly forced himself on a trans person. Neha Kunwar, associated with the Nandlalpura “Kin-nar” dera, claimed that two



people, Akshay Kumaon and Pankaj Jain, allegedly raped a trans person, blackmailed, and threatened them. The victim lodged a complaint at the Pandhri-nath police station on Tuesday. As the transgender individuals attempted suicide, other members of the community demanded the accused be arrested, and Kunwar threatened to end their life if their demands were not met. They also attempted suicide in the hospital by pouring kerosene, which was foiled by the police.

The police have booked two people for allegedly raping a trans person. Additional DCP Crime Branch Rajesh Dandotiya identified the accused as Akshay and Pankaj, who used to blackmail the victim by claiming to be journalists. They went to the transgender community’s dera in Nandlalpura in June 2025 and assaulted the victim sexually and physically. The accused have been booked under section 18 of the Transgender Protection Act 2019 and for intimidation.

Kerala school criticizes government charges regarding the hijab dispute and could file a lawsuit

Thiruvananthapuram, Oct 16: The principal of St Rita’s Public School in Palluruthy denied charges against the school management by the education department and vowed to go to court over the issue. The state’s General Education Minister V Sivankutty appeared to climb down from his earlier view that the student must be allowed to wear the hijab (headscarf) as part of her religious beliefs. The Catholic Church-run school reopened for classes on Wednesday after two days, even though the student, who

The Catholic Church-run school reopened after two days, despite a student who wore the hijab refusing to attend classes due to health issues.

insisted on wearing the hijab, did not turn up for classes purportedly due to health issues. Sivankutty had railed against the Catholic school management on the basis of an inquiry report by the deputy director of education (DDE), stating that there were ‘serious lapses’ on its part in preventing the student from attending classes and

that the school officials’ actions amounted to a violation of education rights. Sr Heleena Alby, the school’s principal, told reporters that the DDE report was ‘false’ and that the minister made his statement without verifying facts.

The principal said the school had never denied the student’s right to education and that the student has not been expelled. Minister Sivankutty took a U-turn from his position on Tuesday, stating that the student has the right to wear the hijab in school as part of her religious beliefs.

Nothing negative is happening, and the execution of an Indian nurse on Yemen’s death row has been halted, the SC said

New Delhi, Oct 16: The Supreme Court has confirmed that the execution of Indian nurse Nimisha Priya, who is on death row in Yemen for murder, has been halted.

A new mediator has been appointed to the case, and the petitioner organization ‘Save Nimisha Priya International Action Council’ has stated that the execution has been halted.

The court is hearing a plea for the

Centre to use diplomatic channels to save Priya, who was convicted of murdering her Yemeni business partner in 2017. Priya’s execution was scheduled for July 16, but the court was informed that there was no immediate threat to her.

The Centre has stated that efforts are being made to ensure Priya’s safe escape. Priya’s mother is currently in Yemen to negotiate with the victim’s family, and her final



appeal was rejected in 2023. She is imprisoned in Sana’a, Yemen. The petitioner’s counsel suggested that payment of blood money to the victim’s family could be explored under Sharia law, and the victim’s family might pardon Priya if blood money was paid. India has been in contact with Yemeni authorities and friendly nations to reach a mutually agreeable solution in the case.

Pradyot blasts BJP over delay in Tripura village committee elections, cites land and funding disputes

Agartala, Oct 16: Tipra Motha Party founder Pradyot Kishore Manikya Debbarma on Tuesday accused the ruling BJP government in Tripura of deliberately delaying village committee (VC) elections, claiming the party would not secure a single seat if polls were held. Speaking at a public event, Pradyot highlighted that it has been nine years since the last VC elections, alleging that the delay reflects the ruling party's fear of losing grassroots support. Pradyot also criticised both the state and central governments over issues related to land rights and funding for the Tripura Tribal Areas Autonomous District Council (TTAADC). He claimed, "TTAADC has no authority over land, and while the central government assured direct funding, it has not been released.

State authorities condition funds on joining national parties like BJP, Congress, or CPI(M), leaving regional parties sidelined." Addressing broader land rights disparities across the Northeast, he noted that while indigenous communities in Meghalaya, Mizoram, and Nagaland enjoy autonomy over land, in Tripura the District Magistrate controls allocation, limiting tribal authority. Pradyot expressed dissatisfaction with the Tiprasa Accord, signed two years ago, stating that forest lands meant for tribals remain under administrative control instead of being handed to indigenous communities. On education, Pradyot argued for English-medium schooling for tribal children, saying opportunities remain skewed toward BJP-affiliated families. He stressed the importance of



tribal unity in safeguarding rights and warned against compromising the collective power of the Tiprasa community.

NORTH EAST Mizoram emerges as top tourist destination in Northeast Mizoram records 139% tourist surge

Aizawl, Oct 16: Mizoram has firmly established itself as one of the leading tourist destinations in the Northeast, recording a remarkable 139.5 per cent rise in visitor arrivals last year. Speaking at the Hnahsin (cosmos flower) festival in Champhai district, Chief Minister Lalduhoma revealed that over 5.2 lakh tourists visited the state in 2024, reflecting the growing appeal of Mizoram's scenic landscapes, rich heritage, and vibrant culture. The Chief Minister attributed the surge in tourism to improved connectivity following the inauguration of the Bairabi-Sairang railway line on September 13 by Prime Minister Narendra Modi. This vital link connects Mizoram's capital Aizawl to Assam's Silchar, integrating the hill state with India's national railway network for the first time. Lalduhoma described the railway project as one of the most challenging undertakings in Indian Railway history and a major step toward boost-

ing economic growth through tourism. "With better connectivity and focused efforts to develop the tourism sector, Mizoram is becoming a preferred destination in the Northeast," Lalduhoma said. He also urged citizens to preserve the state's natural beauty and promote the Mizo way of life, emphasizing honesty, hospitality, and respect for elders. "Visitors should experience the ethics of selfless service and friendliness that define our culture," he added. Highlighting tourism's economic potential, the Chief Minister emphasized that the sector could help reclaim wealth that has been flowing out of the state. He encouraged local communities to actively engage in showcasing Mizoram's heritage, history, and cultural richness to maximize the benefits of tourism. With rising visitor numbers and infrastructure improvements, Mizoram is poised to become a major hub for travellers seeking nature, culture, and authentic experiences in Northeast India.

209 hostels under Dharti Aaba scheme begin in Assam



Guwahati, Oct 16: At an estimated cost of ₹815.10 crore, work on 209 dormitories has begun throughout Assam under the Dharti Aaba Janajatiya Gram Utkarsha Abhiyan. The project is an important step in enhancing educational resources and accommodations for children from the state's marginalized and tribal groups. The responsible minister presided over a review meeting today at Samagra Shiksha Assam to evaluate the status of these projects, and important officials and stakeholders attended. The meeting's main objectives were to guarantee on-time completion, uphold quality standards, and handle district-level imple-

■ Work on 209 dormitories in Assam, costing ₹815.10 crore, is underway to improve educational resources for marginalized and tribal children. The project is overseen by the Assam State Housing Board.

mentation issues. The Assam State Housing Board, Tribal and Scheduled Caste Development Corporations, and Sixth Schedule Autonomous Councils are in charge of carrying out the hostel projects. It is the responsibility of each of these organizations to accelerate efforts to improve tribal students' access to education, particularly for those who come from isolated and impoverished locations.

Major drug bust in Kangpokpi Nearly 10 kg of suspected brown sugar seized, three held

Kangpokpi, Oct 16: In a significant crackdown on drug trafficking, Kangpokpi Police seized 225 soap cases containing nearly 10 kilograms of suspected brown sugar during a carefully coordinated operation on Tuesday. The seizure, weighing 9.844 kg including packaging, resulted in the arrest of three individuals allegedly involved in the illegal trade. The operation was launched following specific intelligence regarding drug transportation in the district. A joint team led by Additional SP (Law & Order) Kangpokpi, SDPO Kangpokpi, SDPO Saparmeina, and OC Kangpokpi Police Station, in collaboration with personnel from the 16 Assam Rifles and 112 Battalion CRPF, carried out the operation from 1 PM on October 14, 2025, under the supervision of Abhinav, IPS, Superintendent of Police, Kangpokpi. The arrested individuals have been identified as Veineichong Lungdim and Thongkhopao Lungdim, a couple from C. Munnom Village, Saitu Gamphajol, and Thangminlun Haokip from T. Thangkan Village, Saikul. Authorities also seized the vehicles allegedly used in the drug transport, including an Alto car, a diesel auto, and four mobile phones suspected to have been used for coordination of the illegal network. Police confirmed that the accused are now in custody, and investigations are ongoing to trace the or-



igin and distribution network of the consignment. The operation marks a major step in Kangpokpi's ongoing fight against narcotics, with law enforce-

ment agencies emphasizing their commitment to curbing drug trafficking and dismantling criminal networks operating in the region.

Monthly meet held by Bongaigaon DDC



Bongaigaon, Oct 16: Under the direction of DC Nabadeep Pathak, the Bongaigaon District Development Committee met monthly on Tuesday at the Deputy Commissioner's office. Projects including the development of fish feed units, the Integrated DC Office Complex, Advantage Assam 2.0, Farmer Registration, and the Bongaigaon Medical College were evaluated at the meeting. The Joint Director of Health Services, Dr. Gopal Chandra Roy, requested interdepartmental support and announced that a massive health camp

for the Srijangram LAC will take place at Rajiv Gandhi Memorial College on October 16. Departments were urged to report cars that were over 15 years old or unusable by the District Transport Officer. DDC Dhruvajyoti Das called for the Pradhan Mantri Adarsh Gram Yojana's programs to be implemented as soon as possible. Other important programs, such as PM Matsya Sampada Yojana, PM-FME, PM Vishwakarma, PMEGP, and Aatmanirbhar Asom Abhiyan, were also examined at the conference.

Gaurav Gogoi blames Police

Guwahati, Oct 16: The President of the Assam Pradesh Congress Committee (APCC), Gaurav Gogoi, has condemned violent incidents outside Baksa District Jail, stating that lapses by the police and Home Department were the main reasons behind the unrest.

Gogoi expressed disappointment that the police failed to anticipate the situation and prevent violence, and urged the authorities to conduct a fair and transparent investigation into Zubeen Garg's death. He also expressed concern over the injuries suffered by journalists who were present at the site to report the incident, stating that violence against the press is unacceptable under any circumstances.

Over 1000 ad-hoc nurses services regularised in Meghalaya

Shillong, Oct 16: In a significant move for healthcare professionals in the state, the Meghalaya Cabinet has approved the regularization of more than 1,000 nurses who were appointed on an ad-hoc basis against sanctioned posts before December 2007. Chief Minister Conrad K. Sangma, after chairing the Cabinet meeting on Wednesday, stated that the decision pertains to the regularization of positions under the Meghalaya Nursing Service, including staff nurses and auxiliary nurses and midwives. The Chief Minister recalled that in 2022, the state government had regularized over 3,000 employees who had similarly been



appointed on an ad-hoc basis before December 2007, following a Supreme Court ruling. "This time, the Health Department submitted a fresh list of nearly 1,000 nurses who fall into the same category ap-

pointed before December 2007 against sanctioned posts in an ad-hoc manner, he explained. "Applying the same criteria and rules used for previous regularizations, the Cabinet has approved their regularisation."

Meghalaya cabinet meeting held in Shillong, key proposals approved

Shillong, Oct 16: The State Cabinet in its meeting held on Wednesday took several key decisions, including the release of fund for GHADC. During the meeting, the cabinet released Rs 79.5 crores to GHADC. This fund will enable GHADC to clear the backlog of one year Salary of the employees. Out of 79 crore, 11 crore is the due whole 68.5 crore is being released as advance grant to GHADC. The cabinet also approved the Meghalaya State Education Commission Report 2025. Members of the Cabinet held detailed discussions on the various recommendations outlined in the report and have directed the Education Department to thoroughly examine the proposals and prepare a set of actionable steps, along with a clear roadmap for their implementation. Based on the department's roadmap, the Cabinet will take a final call on the way forward with regard to the implementation of the Commission's recommendations.



Shillong, Oct 16: The Meghalaya government has released Rs 79.5 crore to clear a 12-month salary backlog for employees of the Garo Hills Autonomous District Council (GHADC), Chief Minister Conrad K Sangma announced on Tuesday. The funds have been deposited into an escrow account to ensure that payments reach the affected workers promptly. Of the total allocation, Rs 11 crore represents outstanding dues owed directly to GHADC employees, while the remaining Rs 68.5 crore has been provided as an advance against future royalty payments, ensuring continued financial stability for the council's staff. The move comes after prolonged delays that had left employees awaiting their full salaries for an entire year.



In addition to addressing the salary backlog, the state cabinet approved the Meghalaya State Education Commission Report 2025. The Education Department has been tasked

with conducting a comprehensive review of the commission's recommendations and formulating a roadmap for implementation. A final decision on adopt-

ing the report's proposals will follow the department's assessment. The cabinet also sanctioned organizational structures and staffing norms for technical, financial, and social services across the state's municipalities, in line with directives from the central government, through the Meghalaya Municipal (Technical, Financial and Social Service) Rules, 2025. Other approvals included amendments to the Meghalaya Building Bye-Laws (3rd Amendment) 2025, aimed at modernizing land management and simplifying building permissions, potentially increasing property values, as well as changes to the Meghalaya Health Service (Academic) Rules, 2025, reflecting the state's focus on governance reforms and service delivery.

Nissan expands CNG retrofit to EZ-Shift Magnite, introduces integrated fuel lid at Rs 71,999

Guwahati: Nissan Motor India has expanded its CNG retrofitment program to the New Nissan Magnite BR10 EZ-Shift (AMT), following strong demand for the manual transmission variant. The government-approved retrofit allows customers to combine Nissan’s performance with CNG cost-efficiency, now backed by a 3-year or 1 lakh km warranty.

The company has also introduced an integrated fuel-filling system within the standard fuel lid, replacing the previous engine-compartment placement, enabling quicker refuelling and enhanced user convenience. The retrofitment kit is priced at ₹71,999, reflecting GST benefits, and is available across 13 states through authorised Nissan retrofit centres, covering both Manual (BR10 MT) and EZ-Shift (AMT) variants of the 1.0-litre petrol New Magnite.

Saurabh Vatsa, Managing Director, Nissan Motor India, said, “Expanding the program to EZ-Shift demonstrates our commitment to customer-centric mobility, combining engineering excellence with affordability and convenience. The new fuel-lid integration and revised pricing



enhance the ownership experience.”

In Guwahati, the program has garnered positive traction among urban commuters seeking cost-effective and sustainable mobility. Dealers report increasing interest in the EZ-Shift variant, driven by the city’s growing preference for compact SUVs with fuel-efficient CNG options, reflecting a broader trend toward eco-friendly and value-driven vehicles in Assam.

With its bold design, over 55 safety and segment-first features, and the KURO Special Edition launch, the New Nissan Magnite continues to solidify its position as a versatile, value-rich compact SUV in India.

IREDA Q2 profit jumps 42% YoY, yet shares down 31% YTD

Mumbai: Shares of Indian Renewable Energy Development Agency Ltd (IREDA) fell 1.16 per cent to close at Rs 153.10 on Thursday. So far in calendar year 2025 (year-to-date), the stock has declined 30.97 per cent. The state-run power financier reported a consolidated net profit of Rs 549.33 crore for the July-September quarter (Q2 FY26), up 41.5 per cent year-on-year (YoY) from Rs 388 crore in the same quarter last year. Revenue from operations rose 26.2 per cent YoY to Rs 2,057 crore, compared with Rs 1,629.55 crore in Q2 FY25. In its business update earlier this month, IREDA said loans sanctioned until September 30, 2025, surged 86 per cent YoY to Rs 33,148 crore. Disbursements rose 54 per cent YoY to Rs 15,043 crore, while the outstanding loan book at the end of the September quarter grew 31 per cent YoY to Rs 84,445 crore. Technically, analysts see IREDA consolidating near support levels. While resistance lies around Rs 157–Rs 160, a breakout above Rs 163–Rs 168 could trigger short-term upside momentum. Until then, traders are advised to wait for



a clear breakout above key resistance zones. Osho Krishan, Senior Analyst – Technical & Derivative Research at Angel One, said, “IREDA has been consolidating near its key historical support around the Rs 140 zone. The stock continues to face resistance below its 100-day exponential moving average (DEMA), and a sustained move above the Rs 160 level could trigger short-term momentum.” According to Kunal Kamble, Senior Technical Research Analyst at Bonanza, “IREDA is currently 163.98. This indicates a positive short-term trend, while the long-term trend is yet to turn bullish. The momentum indicator has flattened after a throwback, suggesting weakening momentum.

Net profit jumps 13% to Rs 7,364 crore announces 23 dividend

New Delhi: IT services major Infosys on Thursday, October 16, reported a set of financials for Q2 FY26, posting double-digit profit growth and announcing an interim dividend for shareholders. The Bengaluru-based company recorded a consolidated net profit of Rs 7,364 crore for the quarter ended September 30, 2025, up 13.2 per cent from Rs 6,506 crore in the same period last year. Revenue from operations rose 8.6 per cent YoY to Rs 44,490 crore, compared with Rs 40,986 crore in Q2 FY25. Operating prof-

it for the quarter came in at Rs 9,353 crore, an 8.1 per cent increase from the year-ago period, while the operating margin stood at 21 per cent, slightly down from 21.1 per cent a year earlier. The board declared an interim dividend of Rs 23 per equity share, up 9.5 per cent from the previous fiscal’s interim payout. The record date for the dividend is October 27, 2025, with the payment scheduled by November 7, 2025. This follows a board-approved share buyback proposal of Rs 18,000 crore on September 11, 2025, which awaits

Sony India launches WH-1000XM6 headphones, redefines noise cancellation and audio experience

Guwahati: Sony India unveiled the WH-1000XM6, the latest edition of its award-winning 1000X series, promising “next-generation” noise cancellation and studio-level sound precision. The new headphones feature Sony’s advanced HD Noise Cancelling Processor QN3 and 12 optimally placed microphones, delivering real-time noise reduction seven times faster than its predecessor. The Adaptive NC Optimiser further fine-tunes sound to match environmental conditions, while Auto Ambient Sound mode allows users to balance music and surrounding noise seamlessly.



Co-created with top mastering engineers, the WH-1000XM6 offers High-Resolution Audio, DSEE Extreme upscaling, and 360 Reality Audio Upmix for cinema-like spatial sound. Its six-microphone AI beamforming ensures ultra-clear call qual-

professionals, and travelers. In Guwahati, Sony’s new WH-1000XM6 has already generated buzz among tech enthusiasts and audio aficionados. Major electronics outlets and e-commerce platforms in the city are reporting high interest, with consumers particularly drawn to the headphones’ premium design, adaptive noise cancelling, and immersive sound experience, highlighting the growing appetite for high-end audio devices in Assam’s capital. Priced at Rs. 39,990, the WH-1000XM6 is available in Black, Platinum Silver, and Midnight Blue across Sony Center, select Croma and Reliance outlets, and online from 26 September 2025.

Multibagger: Analysts see 45% upside in this Vijay Kedia-backed stock after 4700% in 5 yrs

New Delhi: Shares of Vijay Kedia-backed Elecon Engineering Company have delivered multibagger returns to investors over the last few years. However, the company reported a mixed set of numbers in the September 2025 quarter, but brokerage firms continue to remain positive on the stock and see up to another 45 per cent upside in the stock. Elecon Engineering clocked a profit after tax (PAT) at Rs 87.72 crore in the quarter ended on September 30, 2025. It reported total income of Rs 596.45 crore, up 14.8 per cent on a year-on-year (YoY) basis, while its ebitda grew 11.9 per cent YoY to Rs 126 crore in the quarter under review. Elecon reported order-in-take for the quarter of Rs 688 crore, with a growth of 28 per cent YoY. Elecon Engineering reported a weak set of numbers for 2QFY26 mainly affected by delayed orders from the Middle East market in the gear division. It delivered moderate revenue growth mainly driven by the strong performance of the material handling equipment (MHE) division. However, it



was unable to compensate for the weaker numbers from the gear division, said Share India. The company’s current order book stands at Rs 1,230 crore with the gear division contributing a major chunk of Rs 770 crore and MHE division contributing the rest. On the exports front, the company foresees a recovery by 3QFY26 and at the same time the company is anticipating a sizable order of Rs 1,000 from the defence segment in 4QFY27, it said. “Overall, the management seemed positive on the 2HFY26 outlook and reiterated their full

year guidance. To achieve the revenue guidance, the company plans to maintain the quarterly run rate of Rs 800 crore. We remain positive on the stock and thus retain our estimates as we have strong conviction in their execution capabilities,” Share India added with a ‘buy’ rating and target price of Rs 774. The stock has corrected nearly 10 per cent since the outcome of its Q2 earnings, while it has plunged nearly 27 per cent from its 52-week high at Rs 738.85, hit a year ago. Even after a sharp correction from its recent peak, the stock has rebounded nearly 60 per cent from its 52-week low at Rs 348.05 in March 2025 to Rs 552 on Thursday. Interestingly, Elecon Engineering has delivered multibagger returns to investors in the longer-run. The industrial products company has zoomed nearly 4,700 per cent, or 47 times, in 5 year from a level of Rs 11.40. The stock has tripled investors’ wealth in three years. It has soared nearly 5,500 per cent, or 55 times, from its Covid-19 lows.

Tata Motors, Arunachal Pradesh Rural Bank join hands to boost SCV financing

Itanagar: Tata Motors, India’s leading commercial vehicle manufacturer, has signed a Memorandum of Understanding (MoU) with Arunachal Pradesh Rural Bank to enhance financing for its small commercial vehicles and pick-ups (SCVPU), including the newly launched Tata Ace Pro. The partnership aims to make vehicle ownership easier for entrepreneurs and small business owners with low interest rates, simplified documentation, and quick loan disbursements.



The collaboration will strengthen the state’s economy by supporting key sectors such as tourism, agriculture, horticulture, mining, and construction. Tata Motors’ SCVPU portfolio—including the Ace, Intra, Yodha, and Ace Pro—offers payloads ranging from 750kg to 2-tonne, multiple fuel options including diesel, petrol, CNG, bi-fuel, and electric, and rugged designs suitable for Arunachal Pradesh’s challenging terrains. These vehicles help transport horticultural produce from Pasighat and Ziro Valley, support tourism in Tawang,

and enable cargo movement in districts like Changlang and Tirap. In Itanagar, the partnership is expected to stimulate local entrepreneurship and small business growth. Easy financing with EMIs starting at ₹8,999 will allow traders, transporters, and delivery service providers in the capital to acquire reliable SCV solutions, improving operational efficiency and boosting commercial activity.

Tata Motors’ Pinaki Haldar said the tie-up marks a significant step in empowering entrepreneurs and facilitating business expansion across Arunachal Pradesh.

PNB MetLife partners with Policybazaar to introduce new ULIP-based Pension Consumption Fund

The fund aims to provide a solution for individuals seeking financial independence in their later years. The offering will be available during a dedicated New Fund Offer (NFO) period from 16th to 31st October 2025, with units set at an initial price of INR 10. Units will be allotted on 31st October 2025.

New Delhi: PNB MetLife India Insurance Company Limited, in collaboration with Policybazaar, has announced a new initiative focused on retirement planning for Indian customers. The two companies have jointly launched the Pension Consumption Fund under PNB MetLife’s Unit-Linked Insurance Plans (ULIPs), aiming to address evolving financial needs associated with longer life expectancy and changing savings approaches. The fund seeks to provide a solution for individuals aiming for financial independence in their later years. The offering will be available during a dedicated New Fund Offer (NFO) period from 16th to 31st October 2025, with units set at an initial price of INR 10. Units will be allotted on 31st October 2025. The Pension Consumption Fund is structured to generate long-term capital growth for investors. It adopts an active management approach, targeting companies that stand to benefit from India’s expanding domestic consumption. Investment themes include rising incomes, urbanisation, and increased digital adoption. This thematic strategy aligns with broader economic trends in India, where consumption-driven growth presents significant opportunities for capital apprecia-



tion. The fund is accessible via two ULIP products: PNB MetLife Smart Invest Pension Plan (UIN: 117L137V04) and PNB MetLife Smart Invest Pension Plan Pro (UIN: 117L138V03).

Sameer Bansal, Managing Director and Chief Executive Officer of PNB MetLife, commented, “Planning for retirement is one of the most important financial decisions our customers make. The Pension Consumption Fund is designed to help them build long-term wealth by investing in India’s growth

story and harnessing equity-led opportunities. Through our collaboration with Policybazaar, we aim to make smart retirement investing simple, accessible, and rewarding for everyone.” Sarbvir Singh, Joint Group CEO of PB Fintech, highlighted the importance of strategic investment in retirement planning. He observed, “Retirement planning today is about strategic investment to sustain one’s lifestyle over time. The Pension Consumption Fund captures India’s vibrant consumption po-

tential, helping investors grow their retirement corpus through a disciplined, long-term approach. We are delighted to partner once again with PNB MetLife to make such solutions more accessible digitally.”

PNB MetLife operates 172 branches and reaches customers in over 20,000 locations across India through bank partnerships. Its product portfolio covers child education, family protection, long-term savings, and retirement, and is distributed by over 36,000 financial advisors and through numerous bank partners. The collaboration leverages Policybazaar’s digital platform to enhance accessibility, making it easier for Indian customers to participate in the new fund. The initiative is positioned to serve a wide demographic, reflecting PNB MetLife’s engagement with more than 585 group relationships in the country. PNB MetLife is backed by the financial strength of MetLife, Inc. and the credibility of Punjab National Bank, one of India’s oldest nationalised banks. The company’s strategy centres on customer-centric solutions and employee empowerment, and it continues to pursue initiatives that support financial planning for diverse needs across India.

Edelweiss MF’s AltiVa SIF raise Rs 320 crore



New Delhi: Edelweiss Mutual Fund (Edelweiss MF) has announced the successful closure of its AltiVa Hybrid Long-Short Fund, the first offering under its new AltiVa Specialised Investment Fund (SIF) platform. The fund mobilised approximately Rs 320 crore, signalling strong investor appetite for differentiated, tax-efficient, multi-strategy investment solutions that can perform across diverse market conditions. The launch marks Edelweiss MF’s formal entry into the SIF space, a relatively new investment category designed to blend the rigour of mutual fund management with the flexibility of alternative strategies. The strong subscription, driven by participation from both individual and corporate investors, underscores growing confidence in hybrid products that balance stability, liquidity, and innovation. Commenting on the milestone, Radhika Gupta, MD & CEO, Edelweiss Mutual Fund, said, “The successful subscription of the AltiVa Hybrid Long-Short Fund reflects the growing investor appetite for innovative and resilient investment solutions that combine stability with tax efficiency. This reinforces the trend of investors seeking structured, multi-strategy products capable of delivering consistent outcomes across market conditions.” Gupta added that Edelweiss remains committed to offering “solution-oriented, research-backed investment products” under the AltiVa SIF platform, signalling more launches in the coming months.

Mahesh Babu to Launch 'Jatadhara' Trailer

Hyderabad: Sonakshi Sinha will soon be in an intense avatar in Jatadhara. She has already impressed with her looks, and now there is a fresh update. Superstar Mahesh Babu will unveil the trailer on October 17. Along with this, the makers have also dropped the motion poster. The film will be released in cinemas on November 7th, 2025, in Hindi and Telugu.

Taking to their Instagram handle, makers dropped a poster which shows a visual storm — mysterious, powerful, and deeply evocative. Sonakshi Sinha commands attention in a fierce and untamed avatar, exuding raw strength and divine intensity, marking one of her boldest transformations yet. Oppo-



site her, Sudheer Babu, with his chiselled frame, piercing gaze, and trident in hand, embodies the eternal conflict between good and evil promising a mythological spectacle unlike anything seen before. “The power of Jatadhara will be unleashed. Brace yourself for the divine #Jatadhara trailer, OUT TOMORROW Witness #Jatadhara in theatres from Nov 7th 2025 in Telugu & Hindi #JatadharaOnNOV7 #AwakeningBegins,” reads the caption.

Akshay Kumar Wins Temporary Reprieve from Bombay High Court in Rights Case

Mumbai: The Bombay High Court on Wednesday indicated that it would issue an ad-interim order in favour of actor Akshay Kumar, shielding him from the unauthorised use of his image and likeness through deepfake videos and AI-generated content. The court noted that such misuse “not only hurts his stature but has huge consequences,” highlighting the growing concern over digital impersonation in the entertainment industry.

The case was heard by Justice Arif Doctor, who was presiding over a civil suit filed by the actor, legally known as Akshay Hari Om Bhatia, seeking to restrain individuals and entities from commercially exploiting his persona without consent. Appearing on behalf of the actor, Senior Advocate Birendra Saraf emphasised that the issue extends beyond Kumar’s personal grievance. “These acts cause grave and irreparable harm to the plaintiff’s goodwill and reputation, dilute his personality and publicity rights, mislead the public, and amount to pass-



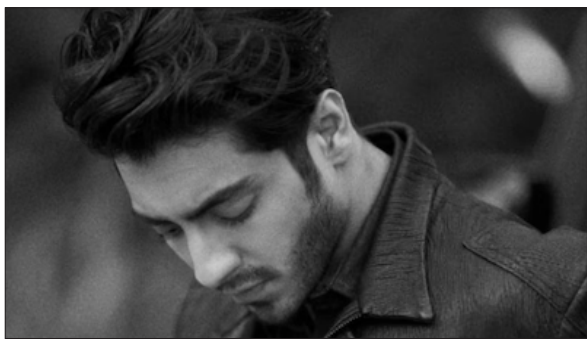
ing off, unfair competition, and unjust enrichment,” the plea stated. Kumar’s petition outlines a series of incidents involving the misuse of his name, screen name ‘Akshay Kumar,’ image, voice, and mannerisms through fake videos, deceptive advertisements, and counterfeit merchandise. Such materials have surfaced across major social media and digital platforms, including YouTube, Instagram, Facebook,

X (formerly Twitter), and multiple e-commerce websites. The plea also cites a fake film trailer released online in March 2025 featuring AI-generated visuals of the actor, compelling him to publicly deny any connection with the project. Another video falsely portrayed him as Uttar Pradesh Chief Minister Yogi Adityanath, while a separate clip misrepresented his comments about Rishi Valmiki.

Ahaan Panday Debuts New Look Ahead of Sharvari Wagh Film

Mumbai: Rising star Ahaan Panday, who gained recognition with the hit film Saiyaara, is set to appear next in a new project directed by Ali Abbas Zafar. The film will mark the first on-screen pairing of Ahaan Panday and Sharvari Wagh, generating excitement among fans and film enthusiasts alike. Saiyaara, featuring Ahaan Panday and Aneet Padda, was met with widespread acclaim for both performances. The film not only had a strong opening but has now officially entered the Rs 100 crore club. Photos of Ahaan Panday and his family are making the rounds on social media, adding to the buzz.

After rising to fame overnight with Mohit Suri’s romantic drama, Ahaan Panday has now caused a stir with his latest look. In anticipation



of his next release, Ahaan Panday recently took to Instagram to reveal his look for the upcoming action-romantic film. The actor posted three photos showcasing a stylish new hairstyle, dressed in a black shirt and matching jacket. His serious expression and fresh appearance have impressed fans, with many commenting on the post and speculating that this is indeed his look for the new film. The untitled film was announced

Academy Award Winner Diane Keaton Passes Away at Age 79



Agency: Veteran Hollywood actor Diane Keaton died of pneumonia, her family has revealed, expressing gratitude for the outpouring of love and support they received following her death last week. The Oscar-winning actor, known for her acclaimed

performances in films such as “Annie Hall”, “The Godfather” trilogy, “Manhattan”, “Something’s Gotta Give” and “Reds”, passed away at the age of 79 on October 11.

The Keaton family are very grateful for the extraordinary messages of love and support

they have received these past few days on behalf of their beloved Diane, who passed away from pneumonia on October 11, the family said in a statement to American news outlet People magazine. The family also suggested that her fans could make donations in her memory to a local food bank or an animal shelter. “She loved her animals and she was steadfast in her support of the unhoused community, so any donations in her memory to a local food bank or an animal shelter would be a wonderful and much appreciated tribute to her, the family said. Keaton was celebrated for her decades-long career in film and her distinct on-screen charm, which made her one of Hollywood’s most enduring stars.

Govinda Reveals the Moment He Read Headlines Announcing the “Death” of His Career

Mumbai: Actor Govinda opened up about the next step in his career during his appearance with Chunky Panday on the talk show Two Much with Kajol and Twinkle. Speaking with the show’s hosts, Kajol and Twinkle Khanna, Govinda shared how in life things came to a standstill, and there were articles that his time was up.

Govinda shared that no amount of good dialogue, planning or songs can make a good film if the environment isn’t right. “At times, life comes to a standstill. Aap kitna bhi acchi planning kar lijiye, aap kitne acchi dialogue likhwa lijiye, gaane karwa

lijiye, par woh kamiyaab tab hote hain jab ek mahoul taiyaar hota hain (No matter how good a planning you do, or make promising the script or lyrics or dialogues, a film won’t be successful when the environment is right).” He added how his film, Partner, came about. “I feel like artists are living in a womb. We think that we are born once, but we are fortunate to be born again and again. Kahi kahi lekh aaya ki, ‘Govinda gaya, Govinda gaya.’ Maine socha chalo ek picture shuru karte hai (There were some articles that said, ‘Govinda’s time is up.’ I thought, let’s produce a movie). I started Aa Gaya Hero. Before that,

I met David Dhawan, and he suggested that let’s make a film with Sohail. The hero would be Salman. That’s how Partner came up,” he added.

Partner is a 2007 romantic comedy film directed by David Dhawan and produced by Sohail Khan and Parag Sanghvi. The story of the film was inspired by the 2005 American film Hitch. The film stars Govinda, Salman Khan, Lara Dutta and Katrina Kaif in lead roles. The film’s music is composed by Sajid-Wajid, with a background score by Salim-Sulaiman. Govinda has starred in many films such as Jaan Se Pyaara (1992), Dulaara,

Trolls Tell Pawan Kalyan to Avoid Meher Ramesh

Hyderabad: Director Meher Ramesh has once again become the target of intense social media trolling, with fans of Power Star Pawan Kalyan strongly urging the actor-politician to completely avoid any professional collaboration with him. The backlash comes in the wake of viral speculation suggesting that Meher Ramesh is reportedly preparing a new script with the aim of directing Pawan Kalyan in a future project.

The primary reason for the fan agitation stems from Meher Ramesh’s inconsistent, and often disastrous, track record at the box office. The director recently faced severe criticism for his comeback film, Bholaa Shankar, starring Megastar Chiranjeevi, which was widely panned by critics and fans alike, and failed to perform well commercially despite its high budget. Netizens and core Pawan Kalyan fans are currently circulating memes and emotional pleas on platforms like X (formerly Twitter), reminding the ‘OG’ star of the filmmaker’s history of commercial failures, including Shakti and Shadow, which had major budget and star combinations but ended in significant losses. The current wave of trolling has been amplified by Meher Ramesh’s own earlier statement where he expressed confidence in directing Pawan Kalyan in the future, following his collaboration with Chiranjeevi. Since Pawan Kalyan has recently delivered a massive blockbuster hit with OG, his fans are extremely protective of his career choices and are vehemently opposing any association that could potentially lead to a box office disappointment.



Khuddar and Raja Babu (1994), Coolie No. 1 (1995), Hero No. 1 (1997), Deewana Mastana (1997), Dulhe Raja (1998), Bade Miyan Chote Miyan (1998), Anari No.1 (1999), Hadh Kar Di Aapne (2000) and Jodi No. 1 (2001). Following a series of box office flops in the 2000s,

his subsequent commercial successes include Bhagam Bhag (2006), Partner (2007), Life Partner (2009), and Holiday (2014). He was last seen in Rangeela Raja (2019), a comedy film directed by Sikander Bharti and written and produced by Pahlaj Nihalani.

Karan Johar Marks Kuch Kuch Hota Hai’s 27th Anniversary with Unseen BTS

Mumbai: Karan Johar took fans on a nostalgic trip down memory lane as his iconic film Kuch Kuch Hota Hai completed 27 glorious years since its release. To mark the special occasion, Karan shared a series of unseen BTS pictures from the sets, featuring stars Shah Rukh Khan, Kajol, and Rani Mukerji. Taking to his Instagram handle, Karan Johar shared a series of photos and wrote, “27 years!!! Some beautiful and candid memories from our set of #KuchKuchHotaHai...a set filled with love, too much banter and happiness. Thank you to everyone for the love you continue to give this film... it means everything to me! @dharmamovies.” As soon as he shared the photos, fans too reacted. One



of the fans wrote, “A Master Piece. A Film Ahead Of Its Time.” Another wrote, “Pyar dosti hai can never forget this movie ever . Rani’s introduction scene , kids , everyone , Loved this Era of films.”Released in 1998, Kuch Kuch Hota Hai became an instant hit, redefining romance for an entire generation. The film’s unforgettable dialogues, soulful music, and stylish portrayal of friendship and love continue

to hold a special place in fans’ hearts. Karan Johar recently grabbed attention after his remark on recently released film Homebound went viral. He was trolled and even director Neeraj Ghaywan also took a dig at him. Well, now he has reacted and requested people not to misconstrue or misquote his comments. He mentioned that he will be always proud of Homebound and also hailed the success of the film.

Ayushmann & Rashmika Set Stage Ablaze with Electrifying 'Thamma' Dance

New Delhi: Bollywood stars Ayushmann Khurrana and Rashmika Mandanna treated fans to their amazing dance moves on ‘Tum Mere Na Huye’ from the upcoming film ‘Thamma’. The duo looked stunning in their glamorous attire, with Khurrana opting for all black while Mandanna donned traditional wear. The makers also suprised the audience by showing twenty minutes of the film.

Ayushmann also delighted everyone with his soulful singing and performed the latest romantic track ‘Rahein Na Rahein Hum’, along with the singer Soumyadeep Sarkar. The song is composed by duo Sachin-Jigar , and penned by Amitabh Bhattacharya. The stunning stars were in the Capital for the promotion of their much-anticipated film.



They were also joined by the movie producer Dinesh Vijan, director Aditya Sarpotdar, Paresh Rawal and Nawazuddin Siddiqui. Earlier, Ayushmann and Rashmika enjoyed Rajma Chawal and chole bhature in Delhi during the movie promotions. While speaking to the media, Ayushmann opened up about the challenges he faced while preparing to play ‘Betaal’ in the film. He also played a journalist in the movie and shared which

action...).action ke saath mai pahadi se neeche gir raha hu mujhe bhalu uthakar idhar se udhar fek raha hai bahut maar khayi hai is picture ke andar itni to maine school college mein nahi khayi”

Thamma is directed by Aditya Sarpotdar and stars Ayushmann Khurrana, Rashmika Mandanna, Paresh Rawal and Nawazuddin Siddiqui in the lead roles. The makers recently released the film’s trailer. The two-minute and twenty-four-second trailer of the film offers a glimpse into the vampire love story between Rashmika Mandanna and Ayushmann Khurrana. The video opens with the introduction of Nawazuddin Siddiqui as Thamma, who announces his plan to transform humans into vampires to build an army that will rule humanity.

Malaika Reacts to Orry's Salman Love



Mumbai: Mumbai witnessed quite the spectacle at the Vikram Phadnis fashion gala recently, where Salman Khan made a stunning comeback on the runway as the showstopper. Among the sea of flashing cameras and celebrity faces, one social media star stole hearts in his own quirky way — Orhan “Orry” Awatramani. Orry, known for his flamboyant style and witty social media presence, was in full fun mode that evening. In what looks like a spontaneous reel, he zoomed in on Salman strutting down the ramp — but that’s not all. The video cuts back to Orry himself, mouth agape, eyes filled with delight. Over the visuals, the song Dekha Tainu Pehli Pehli Baar (from Mr. & Mrs. Mahi) plays — giving the whole moment a dreamy “love at first sight” vibe.

“Bhai >>” he wrote in the caption. Fans are already joking whether he’s found his Bollywood crush. But the real plot twist came in the comments. Malaika Arora — present at the same show — dropped into Orry’s reel with a playful jab: “You are too funny.” Malaika shares a personal link to the Khan family. She was married to Arbaaz Khan (Salman’s brother) from 1998 until their separation in 2016 and final divorce in 2017. Together, they have a son, Arhaan Khan, born in 2002. Despite the split, Malaika and the Khan family are said to maintain cordial ties. As Orry continues to make strides in the entertainment world, the question about his real job before he became an influencer looms large over the minds of his fans. Now, Orry has finally revealed his previous sources of income. Orry said in a video, “I used to bus tables. I used to eat the leftovers I’d see on my friends’ tables. I’ve stolen to make ends meet. That’s right, I’ve stolen. I sometimes used to sell myself, and I actually got really good at it. Orhan Awatramani, or Orry, often goes viral for his hilarious statements and the mystery surrounding his profession, considering he is school friends with many Indian celebs and has also posed with some of the biggest names in Hollywood.

Big B Does 'Aura Farming' on KBC 17

Mumbai: Young boy Rudra Chitte from Vadodara, Gujarat, was the talk of the town in Kaun Banega Crorepati 17 Diwali Special Juniors Week. He was bright, confident and charming. Sitting with the host Amitabh Bachchan, the little genius not only proved his intellectual skills but also displayed his effervescent nature, which left both the host and the audience amazed.

Rudra said that coding is his strength and shared that he aims to create India’s first operating system, in line with the dream of Atmanirbhar Bharat. He played his lifelines wisely, answering one challenging question after another, while remaining jolly and relaxed throughout the entire game. At one point, a funny moment occurred when, after getting a chance on the show, Rudra began dancing.

Excessive Armpit Sweating: Causes and Effective Solutions

Sweaty armpits can feel embarrassing and uncomfortable. There are different underlying causes, but you can manage most of them with the right approach. If your sweat seems excessive, constant, and hard to control, it may be a sign of a condition called axillary hyperhidrosis. Sweating keeps your body cool. In some cases, your sweat glands (the small organs that make sweat) can go into overdrive when something overstimulates your body. Common causes of sweating include:

- Alcohol
 - Caffeine
 - Heat and humidity
 - Hormonal changes, such as from puberty, pregnancy, or menopause
 - Monosodium glutamate (MSG), a common food additive
 - Nicotine
 - Physical activity
 - Spicy, salty, or sugary foods
 - Stress
- Primary hyperhidrosis is a condition where your body sweats more than it needs to, even without heat or physical activity. It follows a common pattern and typically:
- Affects both underarms
 - Doesn't happen while sleeping
 - Occurs at least once a week
 - Runs in families, in about 30–50% of cases



- Starts before age 25**
- Secondary hyperhidrosis occurs when another medical condition or medication causes your body to sweat more than usual. It often starts later in life and affects larger areas of your body.
- Too much alcohol or other substances
 - Anxiety or panic disorder
 - Certain cancers, such as Hodgkin's lymphoma
 - Diabetes or thyroid conditions
 - Heart or lung conditions
 - Infections like human immunodeficiency virus (HIV) or tuberculosis
 - Neurological disorders, like Parkinson's disease

- Obesity
 - Medications that may trigger sweating include
 - Antibiotics and antivirals
 - Diabetes treatments
 - Hormone therapies
 - Heart and blood pressure medications
 - Mental health medications
 - Pain relievers
- At-home remedies can help reduce sweating and improve comfort throughout the day. This may include using specific deodorants and lifestyle or grooming habit changes. Combining these remedies with medical treatments prescribed by

your doctor may give you the best results. If you still sweat after using deodorant, it may be because deodorant only masks odor rather than blocking sweat like an antiperspirant. Antiperspirants contain aluminum chloride or aluminum zirconium that block your sweat glands and reduce moisture.⁹ Some also include salicylic acid to improve absorption and speed up drying.¹ If regular-strength options don't help, try clinical-strength antiperspirants.

Keeping your skin clean and dry can help antiperspirants work better and reduce odor. Here are some hygiene tips:

- Shower daily and dry your underarms completely
- Exfoliate once or twice a week with a soft washcloth, glove, or gentle scrub to help unclog sweat glands and remove buildup.
- Let your skin cool before dressing after a hot shower to avoid trapping heat.
- Shave or trim your underarm hair to help reduce trapped moisture (if you exfoliate, do that before shaving to avoid irritation)

Doctors may suggest stronger treatments if home remedies aren't working well. This may include oral (by mouth) or topical (on skin) medications, or Botox injections. In some cases, if other options aren't working, they may try surgery.



Is Multiple Myeloma Hereditary?

Multiple myeloma is a type of blood cancer that forms in plasma cells, white blood cells that produce infection-fighting antibodies. Multiple myeloma is not hereditary, meaning it is not passed down through families. Instead, multiple myeloma develops due to genetic mutations (changes) in the DNA of plasma cells. What causes these genetic mutations is not fully understood, but a combination of environmental, lifestyle, and family history factors likely plays a role. Research shows that multiple myeloma develops when genetic mutations occur in the DNA of plasma cells. These mutations cause healthy plasma cells to transform into abnormal cancerous cells that grow and multiply uncontrollably in bone marrow.

While genetic changes to the DNA are what may cause multiple myeloma, abnormal chromosomes may contribute to the cancer development as well. DNA has instructions for nearly all cellular functions, including how and when cells grow and divide. Specific genes control cell growth and death. When the DNA of these gene cells mutate (change), multiple myeloma can form. Proto-oncogenes: One genetic mutation that can lead to multiple myeloma is a change in proto-oncogenes, which control how cells grow and divide. When these genes mutate, they are then called oncogenes. If oncogenes are activated (turned on), they can cause cancer cells to grow and divide out of control. Tumor suppressor genes: Another

genetic mutation that can lead to multiple myeloma is a change to tumor suppressor genes. These genes slow cell growth or trigger cell death at appropriate times. When a mutation causes tumor suppressor genes to deactivate (turn off), cancer can spread to other organs.

These two mutations aren't typically inherited directly (passed from parent to child) but develop over time within the DNA of plasma cells.⁷ Multiple myeloma usually develops due to acquired genetic mutations that can occur in response to various environmental factors, such as exposure to herbicides like glyphosate.

A chromosome is a thread-like structure within a cell that holds the DNA.¹⁰ National Human Genome Research Institute. Chromosome. Changes or errors in chromosomes—such as deletions (missing parts) or translocations (segments that have swapped places)—can disrupt the DNA and, in turn, normal cell function.

Chromosomal abnormalities can contribute to the uncontrolled growth of abnormal plasma cells in multiple myeloma. About 50% of people with multiple myeloma have a chromosome translocation, where parts of different chromosomes switch places. If this happens near an oncogene, it can switch on the oncogene, causing uncontrollable growth of abnormal cells. Some people with multiple myeloma have chromosomal abnormalities that make the disease more aggressive and resistant to treatment. Multiple myeloma is not hereditary, meaning genetic mutations associated with the

disease do not run in families and are not passed down from parent to child. However, a family history is one of the few well-established risk factors for multiple myeloma. People with a first-degree relative, such as a parent or sibling, with multiple myeloma have a 2-4 times higher risk of developing the disease compared to the general population. Researchers are still investigating why people with a family history of multiple myeloma have a higher risk of the disease, but shared environmental or lifestyle factors, such as chemical exposures or dietary habits, may contribute. A family history of certain autoimmune disorders, such as rheumatoid arthritis, is also associated with a higher likelihood of developing multiple myeloma. This suggests that inherited immune system dysfunction may also contribute to this cancer in some cases. In addition to family history, several risk factors are associated with an increased risk of developing multiple myeloma. These include:

Age: Multiple myeloma is most common in people who are 65 and older. The risk increases with age due to age-related changes in immune function and the development of acquired (non-inherited) genetic mutations over time.¹⁸

Urban VS, Cegledi A, Mikala G. Multiple myeloma, a quintessential malignant disease of aging: A geroscience perspective on pathogenesis and treatment. Geroscience. Gender: Men are more likely to develop multiple myeloma than women, though the reasons for this difference are not fully understood.

Yoga, Walking, and Tai Chi Are the Best Exercises for Sleep, Research Finds



It's no secret that regular exercise can help you sleep better—but which types of physical activity are best when you really, really need more shut-eye? According to a new study, several standouts may be especially effective for easing insomnia: yoga, Tai Chi, and walking or jogging. Chronic insomnia affects about 12% of Americans and can significantly impact both health and quality of life.² While cognitive behavioral therapy remains the gold-standard treatment, this new research points to a natural alternative—especially for those who may have limited access to therapy, said Swetha Gogineni, MD, a pulmonologist and sleep medicine physician at UCLA Health. “Previous studies have analyzed the impact of acute exercise versus more consistent exercise on sleep and others have grouped exercise together as a whole,” said Gogineni, who wasn't involved with the research. “This study delineates between the different types of exercise.”To investigate which types of exercise might improve nighttime sleep, researchers analyzed 22 randomized controlled trials involving 1,348 people with either insomnia symptoms or clinically diagnosed insomnia, based on standard diagnostic criteria. The studies examined 13 strategies, including non-exercise treatments like cognitive behavioral therapy and massage for comparison, as well as: As expected, cognitive behavioral therapy had “broad-spectrum and durable effects” on sleep, the researchers noted. Among the exercises examined, yoga showed the most promise—it was associated with a nearly two-hour increase in total sleep time, an almost 16% improvement in sleep efficiency, and a roughly 30-minute reduction in sleep onset. Walk-

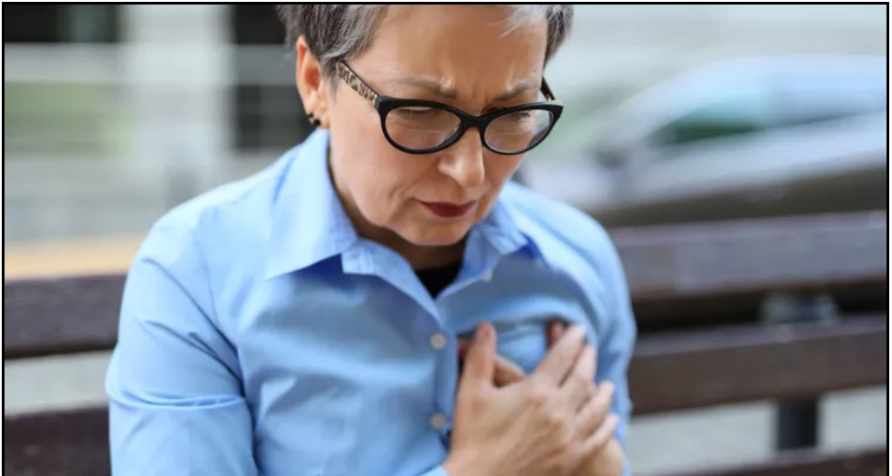
ing or jogging was linked to an almost 10-point improvement in insomnia severity as measured by the researchers' scoring system, while Tai Chi was associated with a more than 50-minute increase in total sleep time and a roughly 25-minute reduction in the time it took to fall asleep. “The findings of this study further underscore the therapeutic potential of exercise interventions in the treatment of insomnia,” the authors concluded. Still, the study has limitations. The authors noted that 15 of the included trials—about 68%—had design or methodological flaws, and some were small in size. Michael A. Grandner, PhD, director of the Sleep & Health Research Program and associate professor of psychiatry at the University of Arizona College of Medicine, told Health that it was difficult to assess the new research because it didn't cite or link directly to the studies it reviewed. According to Grandner, exercise “can increase daytime energy levels, mood, cognition, and other effects that may counteract the negative effects of insomnia.” Walking or jogging may improve sleep through a “synergistic effect,” the authors noted, including by lowering cortisol while boosting melatonin. As for yoga, some research suggests that its focus on controlled breathing and body awareness may increase levels of GABA—a neurotransmitter that helps promote sleep. Tai Chi may also support better rest by encouraging relaxation and enhancing emotional regulation, the study authors added.

If you're struggling with insomnia, Grandner recommends reaching out to a behavioral sleep medicine expert or a board-certified sleep physician. You can find providers through the websites of the Society of Behavioral Sleep Medicine and

the American Academy of Sleep Medicine. While the study highlighted that certain types of exercise may be especially helpful for improving sleep, Grandner encouraged people to “feel free to explore” what works best for them. “In general, you should pick an activity you enjoy and can stick to,” Gogineni told Health. The American Heart Association recommends that adults aim for at least 150 minutes of moderate physical activity per week.

“Exercise in relation to sleep is not about getting you tired,” Grandner said. “It's about improving your mind and body to better be able to sleep.” The concept of CBT is grounded in the theory that your thoughts and behaviors can affect your emotional well-being and physical health. As a result, the goal of CBT is to identify negative or disruptive thinking patterns and replace them with healthier thoughts and emotions. Cognitive behavioral therapy is based on the premise that your thoughts or perceptions about a situation—rather than just the situation itself—determine the way you feel and behave. These thought or belief patterns are often learned from your past experiences. For example, this might involve recognizing a thought pattern such as “I can't handle the pain anymore” and changing it to “I've handled pain before and I can handle it again.” The purpose of CBT is not to rid or remove problems or worries from your life. Instead, it's to reframe the outlook on how you manage your life's situations and circumstances, which may then help change your behaviors and overall health and well-being. Your CBT sessions with a mental health professional (e.g., psychologist, social worker, licensed counselor) can vary based on your condition, symptoms, and needs.

Types of Cardiac Arrest



There are different types of cardiac arrest, which include:

Cardiac arrest: The heart abruptly stops working, resulting in a loss of blood flow and circulation.

Sudden cardiac arrest: A cardiac arrest that occurs unexpectedly

Sudden cardiac death: Occurs when a cardiac arrest results in death

Aborted sudden cardiac death: Happens when CPR and medical intervention effectively prevents death caused by a cardiac arrest

Signs and Symptoms

If you witness someone who suddenly collapses, is gasping, or is unable to breathe, err on the side of caution and suspect that they are undergoing a cardiac arrest. At this time, it's paramount to begin CPR. This could be the difference between life and death. It is estimated that immediate CPR can double or triple the **chances of survival**.

Be on the lookout for the following signs of

cardiac arrest:

- Sudden collapse
- Loss of consciousness
- Inability to wake up even after shaking them or shouting
- Gasping for air or lack of breathing
- Not having a pulse

Causes

Cardiac arrest occurs when the heart is suddenly unable to deliver blood to the body. Your organs and tissues require a constant supply of oxygen from the blood to survive. The brain is especially vulnerable to periods of low oxygen—a complication known as ischemia. Lack of blood flow to the brain, called cerebral ischemia, leads to collapse and loss of consciousness within seconds during a cardiac arrest. During a cardiac arrest, there is no heartbeat to provide blood flow to the brain and other major organs. Every second counts, so it's essential to recognize cardiac arrest and start immediate cardiopulmonary resuscitation (CPR).

Delhi-NCR's Da Susy and Leo's Named Among World's Top 100 Pizzerias



Two Delhi-based pizzerias have made it to the list of the world's 100 best, putting the capital firmly on the global pizza map. Da Susy in Gurugram and Leo's Pizzeria in Delhi earned spots on the prestigious Best Pizza Awards list during a grand ceremony held in Milan on June 25, 2025. The list, which is an annual feature, is curated by a panel of 512 culinary experts hailing from 60 different countries. This year, Da Susy captivated attention by securing the 71st position, while Leo's Pizzeria clinched

the 99th spot. Such accolades not only underscore the quality of pizzas offered by these establishments but also reflect the evolving landscape of the Indian culinary scene on a global scale. For Delhiites who haven't tried these pizzerias yet—here's what you need to know. Da Susy, established in 2021 by Naples-born Susanna Di Cosimo, is renowned for its faithful approach to Neapolitan pizza, combined with creative flavours and cheese. Operating two outlets in Gurugram, Da Susy has become a celebrat-

ed name among pizza enthusiasts for its traditional touch and quality. Chef Susanna moved to India in 2013 and used to run an inbound tour operator with a colleague for Italian travellers who wished to explore India. However, post-pandemic, destiny had another dough kneaded for her. What she thought was just some regular cooking for friends and family turned out to be a passion project, and Gurugram got this popular eatery. Leo's Pizzeria, guided by Chef Amol Kumar since its inception in 2016, has built

a reputation for its artisanal pizzas. Known for its meticulous preparation methods, each pizza at Leo's is crafted with precision. Chef Amol has been a pizza lover all his life, right from childhood. Vacation or not, pizza was always his first choice - and this lifelong passion eventually gave rise to one of Delhi's most popular pizza places. Step into the quaint restaurant, and you'll find the walls lined with photos of Chef Amol's beloved pets. In fact, the place is named after his dog, Leo. This is not the only time these two Indian

pizzerias have gained global recognition. In previous competitions, Da Susy was ranked sixth in the 50 Top Pizza Asia Pacific Awards 2025. Meanwhile, Leo's Pizzeria also received the 41st spot in the same Asia Pacific list, further cementing its status as a top dining destination. Every year, The Best Pizza, a Europe-based organisation, unveils the list of the world's 100 best pizzerias. In 2025, the top five places were secured by Italian pizzerias - Masanielli, Pepe, Pizzarium, Bob Alchimia a Spicchi and Tigli.

Labubu Food Craze Hits Two Mumbai Restaurants

Who knew that a simple sketch of a Nordic "monster doll" could one day become a billion-dollar force? Yes, we are talking about Labubus here. Of course, it needs no introduction any more. Charms or collector's gold, this little gremlin-like creature has got the world lining up for it. And if you are someone looking for one, you might have a chance if you are in Mumbai. How? Two restaurants are offering quite a lucrative deal: indulge in gourmet fare and get a Labubu too! This wide-eyed doll with a puckish grin is now sitting rent-free in Mumbai's restaurants - Mercii and All Saints. But not for long. All Saints is an aesthetic eatery located in Khar West, Mumbai. While the ambience is totally worth your Instagram feed, they've found a quirky way to cash in on the Labubu trend as well. Recently, they introduced a set menu called 'Labubu's Table.' From Labubu's Chipotle Paneer and Stuffed and Sneaky Ravioli to Choco Caramel Cloud, the menu offers a variety to choose from. Now, here's where it gets interesting. Customers who choose to spend Rs 5,000 on that set menu are only eligible for the "free" doll. Even if five friends dine together, only one doll is given per table. At a time when the craze for the doll is booming, there is no dearth of fake ones in the market (enter Lafufu - Labubu's fake twin). Therefore,



when asked about authenticity, a person associated with the restaurant told India Today, "It is authentic." While they don't have a tie-up with Pop Mart - the China-based toy company that gave the creature on paper life, they did not reveal where they had been purchasing these dolls. This latest addition to the restaurant menu has received a good response. "Everybody seems interested, whether it's adults or kids. I have seen everybody go crazy over it," the employee revealed. However, this is a limited-edition menu, so hurry up as it can end any time. **Mercii, Santacruz West** This European-style restaurant has curated a special 'Labubu Prix Fixe' menu. This is a set menu that also allows customers to enter with expectations and leave with a tiny mischief-maker for themselves. The menu has items like Smashed and Sneaky Avocado, The Curious Carrots, Labubu's Vanilla Cloud, etc. These dishes serve savoury indulgences with a touch of whimsy. This deal is also limited and valid

till July 10, Curly Tales reports. **Labubu craze** The origin of this cute yet creepy doll can be credited to Hong Kong-based artist Kasing Lung. In 2019, it was licensed by Pop Mart and eventually became a popular choice. However, it truly became the next big thing after celebrities like Rihanna, Dua Lipa, Ananya Panday, Lisa, and several others were seen flaunting them as bag charms. These dolls are not just another viral trend but a worldwide sensation. It turned out to be a goldmine for Wang Ning, founder, chairman, and CEO of Pop Mart International Group. According to the Forbes Real Time Billionaires List 2025, his net worth soared from \$7.59 billion at the end of 2024 to \$22.1 billion by June 2025. While the world is still trying to get its hands on these Nordic dolls, all you need to do is book a table at these restaurants, enjoy a meal, and go home with a full stomach and the internet's latest obsession - Labubu. But terms and conditions apply, obviously.

Pesaha appam and paal recipe



Ingredients: Fine rice flour (roasted) — 1½ cups, Urad dal — ¼ cup + 1 tbsp urad dal, Grated coconut — 1 cup, Shallots — 4, Garlic — 3 large cloves, Cumin seed powder — ½ tsp, Salt to taste, Water as needed. Roast the urad dal in a hot pan over medium heat for about five minutes, stirring occasionally. This helps remove its raw taste. Set aside to cool. Once cooled, wash the roasted urad dal thoroughly, then soak it in water for at least two hours. While the dal is soaking, roast the rice flour in a dry pan for 5–6 minutes, stirring continuously to prevent burning. Transfer the roasted flour to a mixing bowl and set aside. After soaking, grind the urad dal using a small amount of the soaking water until it becomes a smooth, creamy paste. Add the ground urad dal to the bowl of roasted rice flour. In the same grinder jar, grind the grated coconut, cumin seed powder, garlic, and small onions or shallots with enough water to form a thick paste. Add the ground coconut mixture to the rice flour and urad dal mixture. Season with salt. Add enough water to bring the mixture to a thick, smooth batter, similar in consistency to idli batter. Pour the batter into a greased steel plate or similar cooking vessel. Mark a cross on top using strips of palm leaf (optional but traditional). Steam the appam for 20–25 minutes or until a knife inserted comes out clean. Allow to cool slightly before slicing and serving with Pesaha paal.

Ingredients: Jaggery — 180g, Water — ½ cup, Diluted coconut milk (second milk) — 2 cups, Thick coconut milk — 1 cup, Roasted rice powder — 2 tbsp, Cardamom powder — ½ tsp, Dry ginger powder — ¼ tsp, Banana medium sliced (optional) — 1 Add jaggery and water to a pan and heat until the jaggery is fully melted. Strain the melted jaggery through a mesh strainer to remove any sediment. Pour the strained jaggery back into a clean pan and heat for 3–4 minutes, allowing the water to fully evaporate. Next, add two cups of 'second milk' (diluted coconut milk). If using fresh coconut, this is made by extracting thin coconut milk from the remaining pulp after the first thick coconut milk extraction. Heat the mixture until it just begins to boil. Once it starts boiling, add two tablespoons of roasted rice powder. To prevent clumping, dissolve the rice powder in a small amount of coconut milk before adding it to the paal. Stir continuously until the mixture begins to slightly thicken. Reduce heat and add the thick coconut milk, also known as 'first milk.' This is the first extract made by grinding freshly grated coconut with a little water. Do not allow it to boil, just gently warm it through. Turn off the stove. Season with cardamom and ginger powder. A helpful tip: dissolve the powders in a little coconut milk before adding them to the paal to prevent clumping. Serve warm with slices of Pesaha appam. Consider topping grilled meat or fish with microgreens to enhance the presentation and taste. They can also be used in stir-fries, complementing other vegetables.

Coastal Feast with a Whisky Twist

Each bite at the Chivas Regal whisky dinner at Kangan, The Westin Hyderabad Mindspace, evoked a curious sense of déjà vu — as if your palate recognised something familiar, yet the flavours told an entirely new story. 'Wait, I know this... but why does it taste so unique?' That quiet thrill lingered through the evening, thanks to Chef Suresh DC, who masterfully transformed everyday ingredients into playful puzzles of taste and texture. The evening opened with a thoughtful spread of starters. For non-vegetarians, the pickled mushrooms on brischoe offered a rich, earthy prelude, while the crab sourced from Kanniyakumari came laced with a fiery Guntur chilli twist, green tamarind, and crisp rice papad, layering crunch, tang, and heat. Vegetarians weren't left behind — a creamy corn tart topped with baby arugula and chestnut, dressed in the same chilli-tamarind combination, delivered just as much punch. All of this was paired beautifully with the Scottish Summer Sour, a cocktail crafted by Chivas Regal Brand Ambassador Keir Williams. Its light, citrusy profile was a perfect counterpoint to the bold spices. The mains travelled along the South Indian coast with inventive flair. The sea bass ceviche, dressed in kokum and topped with grain puffs, was sharp and refreshing, while mixed nut fritters tossed in a 65-style sauce with pomelo delivered a tangy, nutty kick. The Pulled Chicken Cafreal, fragrant with Goan kaffir lime masala and topped with chicken floss and pickled chestnut, offered layers of complexity in every bite. These were paired with Chivas Regal 12, whose smooth warmth deepened the spice-forward flavours. Chef Suresh explained that the menu drew inspiration from the southwest coast of India, spanning Goa, Karnataka, Kerala, and parts of Andhra Pradesh. "Every dish featured a hero ingredient rooted in its region; the crab came from Kanyakumari, the chicken had Goan notes, and for Kerala, we created a pepper-based mutton with pon-



gal. Naturally, coconut made its way into dessert — it's a staple across southern kitchens," he shared. The next course brought scallops nestled in almond korma, wild mustard, and cauliflower. It was delicate, creamy, and full of contrast. This was followed by goat simmered in Tellicherry black pepper with pearl onions and mushroom pongal, a hearty, spice-laden comfort dish. Vegetarians savoured jackfruit in mint korma with crumbled paneer and curry idiyappam, alongside potatoes cooked in the same peppered pongal style. This course found a perfect match in the mature, rounded notes of Chivas Regal 18, which amplified the deeper, earthy flavours. Dessert offered a cool, tropical finale: Coconut & Melon, featuring coconut ice cream with a crunchy crumble and refreshing melon granita. Paired with a Regal Espresso Martini, it struck just the right balance between light and indulgent... creamy, crisp, and bittersweet, like the best endings always are.

Mastering the Sadya: Your Guide to a Traditional Kerala Feast



One of the most elaborate traditional vegetarian meals, the sadya is a mainstay of Onam celebrations. Traditionally served on a banana leaf, and with the number of dishes ranging in double digits, it is also a unique combination of flavours and textures. In his debut book Feast on a Leaf veteran chef Arun Kumar T.R. digs into the history, rituals and folklore around the Onam sadya. With techniques and stories from a traditional Nair tharavad kitchen — around which the chef spent his childhood — the book also has recipes for over 30 sadya dishes. In the following excerpt from Feast on a Leaf, we look at the nuances behind serving and arranging a sadya — which

dishes are served from left to right, how to go about eating a sadya meal, and more. Serving an Onam sadya is quite a challenge, and one which goes beyond simply cooking the twenty-four-plus dishes. If it is a family sadya, confusion and chaos sets in from the moment you begin placing the leaves on which the meal will be served. Should the narrow

tail end of the leaf be on the left or right? There is some disagreement about this. The tail end should be on the left of the person who is eating. Sometimes you do not get leaves which have a tail and a head, they are almost rectangular pieces because they have been trimmed to remove the torn portions. In this case the leaf could be placed without bothering about left and

right. This was just one of the problems I faced when I managed the first Onam sadya at the restaurant I was heading. There is science and a little bit of ayurveda involved. A sadya is a balance of six tastes: sweet, sour, salty, bitter, pungent and astringent. They are all present, some singularly and others in a mix. A sadya is also a melody of textures, from crisp to soft to watery. Here, putting together the science, ayurveda, textures and my observations from what I have seen and been told by the elders in the family, is a largely acceptable way to serve the Onam sadya. Prior to inviting people to sit for the meal, place the leaves with the tail to the left of the person eating.

Monsoon Flavors: Your Indulgence Guide

There's something about the monsoon that awakens the appetite in unexpected ways. The earthy scent of rain hitting dry soil, the cool breeze curling through the air, and the rhythmic sound of raindrops on windows — it's the perfect backdrop for indulgence. Whether it's a piping bowl of broth, crispy bites fresh off the pan, or slow-cooked dishes rich in flavour, monsoon food is all about warmth and nostalgia. Rajesh Kumar, Chef de partie at Araya Palampur has shared three monsoon special recipes that bring this mood to your plate — hearty, soul-soothing, and made for rainy day rituals. This dish is a vibrant interplay of flavour, colour, and nutrition — all crucial during the monsoon when the palate craves freshness but also depth. It's a contemporary

Middle Eastern small plate with clean, seasonal, plant-forward flair. This dish is a fusion of nourishment and indulgence — a breakfast plate that aligns with mindful eating trends without compromising flavour. Sorghum (jowar) is an ancient grain rich in fibre and antioxidants, making it an ideal monsoon grain as it promotes better digestion and immunity. This reimaged Caprese-style salad brings visual drama and clean eating together on one plate. Blend basil leaves with olive oil to make a vibrant basil oil. Strain. Arrange tomato slices and cherry halves artistically on a chilled plate. Tear mozzarella gently and place atop tomatoes. Drizzle with basil oil, sprinkle sea salt and black pepper. Garnish with microgreens and dots of balsamic glaze.



SPORTS

Rory McIlroy leads star-studded field Shubhankar Sharma DP World India Championship

New Delhi: The DP World India Championship 2025 will tee off at the Delhi Golf Club in the national capital on Thursday. The event – scheduled to run from October 16 to 19 – will be the most lucrative golf tournament ever held in India. Live streaming will be available. The tournament marks the eighth of nine events in the ‘Back 9’ phase of the 2025 Race to Dubai, leading into the DP World Tour Play-Offs and the season-ending DP World Tour Championship in November. Grand Slam champion Rory McIlroy will make his long-awaited debut in India. The 2025 Masters winner, who completed his career Grand Slam in April, has already won twice in the Race to Dubai this season and will look to consolidate his lead heading into the Play-Offs. McIlroy will be joined by fellow Ryder Cup winners Tommy Fleetwood, a Paris 2024 Olympic silver medalist, Viktor Hovland and Shane Lowry, while their



captain Luke Donald, also tees it up this week. From the US Ryder Cup team, Brian Harman and Ben Griffin add to the global flour. They’ll line up alongside recent DP World Tour winners, including Michael Kim, Thriston Lawrence and French duo Martin Couvra and Adrien Saddier. Olympian Shubhankar Sharma will front the home challenge, with more than 20 Indian golfers in action. Sharma, a two-time DP World Tour winner, is currently 185th on the Race to Dubai Rankings. He will look to rediscover form after a difficult stretch on tour and secure his card for next season. The Indian challenge will be spearheaded by 18-time global winner Anirban Lahiri, seven-time global winner Shiv Kapur and Veer Ahlawat, who secured his 2025 DP World Tour card by finishing atop the previous season’s PGTI Rankings.

Brampton Blitz crowned inaugural Canada Super 60 champions

New Delhi: The Brampton Blitz were crowned inaugural champions of the Canada Super 60 at BC Place in Vancouver, defeating the Montreal Royal Tigers by eight wickets. The Blitz were lethal with the ball, with top-quality spells from Canada’s Dillon Heyliger (4/9), along with David Wiese (3/6) and Chris Greaves (3/16) that skittled the Tigers for just 69 in eight overs. Shakib Al Hasan (29 off 12) and Canada’s Dilpreet Bajwa (18 off 8) were the only batters to reach double figures for the Tigers. Chasing 70, the Blitz made light work of the target. Martin Guptill (23* off 13) extended his fine form, while James Vince (34 off 16) top-scored with four fours and two sixes. Alex Davies finished proceedings in style, thumping a six to seal victory in just 5.5 overs. Earlier in the day, the Brampton Blitz cruised into the final with a dominant nine-wicket victory over the Mississauga Masters. Chasing 148, Martin Guptill (79 off 25) and Will Smeed (63 off 21) put on a mammoth 141-run stand in just 6.5 overs. Guptill smashed 11 sixes and two fours in a whirlwind knock, while Smeed carved eight sixes and a four to take the Blitz home in eight overs. In the first innings, Leus de



Plooy (43 off 20) and Sikandar Raza (29 off 13) gave the Masters an explosive start. Shubham Ranjane (25 off 9) carried the momentum forward with a high-octane cameo alongside Rayyan Pathan (19 off 7) to post a formidable total. Piyush Chawla was the pick of the Blitz bowling attack, claiming three wickets for 23 runs in two overs. In the first semi-final, the Montreal Royal Tigers defeated the Vancouver Kings by 24 runs to book their place in the Canada Super 60 final. Batting first, the Tigers lost early wickets, including opener James Brown, who struck a fluent 26 off 10 balls. Coming in at 40/3 in 3.2 overs, Nick Hobson (50 off 23) took control of

the innings, smashing four fours and four sixes to lift the Tigers to 100/6 in 10 overs. Baltej Singh (3/21) was the pick of the Kings’ attack, while Jaskaran Singh (1/7), Dwayne Pretorius (1/14) and Tajinder Singh (1/5) claimed a wicket each. In response, skipper Shakib Al Hasan’s miserly spell of 2/5 in two overs, coupled with Ryan Higgins’ (2/16) two-wicket haul, dented the Kings’ chase early. Despite fighting efforts from Max Chu (25 off 10), Obus Pienaar (20 off 11) and Jaskaran-deep Singh (16 off 13), the Kings were restricted to 76/7 in 10 overs. David Wiese was named Most Valuable Player of the inaugu-

ral Canada Super 60, scoring 149 runs at a strike rate of over 213 and picking up nine wickets in a stellar all-round campaign that led the Brampton Blitz to the trophy. Brampton Blitz’s Dillon Heyliger was the tournament’s top wicket-taker, claiming 13 wickets in seven matches at an average of 11.76. Notably, Canada’s Tajinder Singh finished as the third-highest wicket-taker with 10 wickets. Mississauga Masters’ Leus de Plooy finished as the top scorer of the tournament with 238 runs in six innings at a strike rate of over 231. Canada’s Dilpreet Singh Bajwa finished as the fifth-highest run getter with 174 runs at an average of 44.

BWF World Junior Championships In just eleven minutes, Tanvi Sharma moves on to the next round

Mumbai: India’s Tanvi Sharma and Unnati Hooda made commanding starts to their BWF World Junior Championships 2025 campaigns with convincing first-round wins in Guwahati on Tuesday. Competing at the National Centre of Excellence, the two seeded Indian badminton players registered wins in straight games. Top-seeded Tanvi beat Poland’s Wiktoria Kaletka 15-2, 15-1 in just 11 minutes while eighth-seeded Unnati eased to a 15-8, 15-9 win over Hong Kong China’s Liu Hoi Anna in 23 minutes. Rakshitha Sree later overcame



the challenge of Lucy Yang of Canada 15-5, 15-9 to get her badminton campaign going.

Among the boys, India enjoyed a near-perfect day. Eleventh seed Rounak Chouhan brushed aside Sri Lanka’s Thisath Rupathunga 15-3, 15-6, and 15th seed Suryaksh Rawat overcame Turkiye’s Yigitcan Erol 15-5, 15-8. Lalthazuala Hmar and Gnana Dattu TT followed suit, defeating USA’s Rylan Tan (15-11, 15-5) and Brazil’s Joaquin Mendonca (15-10, 15-13), respectively. Gnana Dattu and Suryaksh will now face off in an all-Indian round of 32 clash for a place in the pre-quarter-finals.

Il Lombardia 2025 Tadej Pogačar becomes first man to win Lombardia five times in a row

New Delhi: Paris Olympics double medalist Manu Bhaker extended her gratitude to fans, coaches, and the sporting fraternity after being honoured at a special Indian Olympic Association (IOA) felicitation ceremony held at the Taj Mansingh Hotel in New Delhi on Monday. “That feeling is really, really good. When you work hard and people recognize that you have achieved something, it feels great. It also serves as a strong motivation,” Bhaker told IANS, who returned from Paris 2024 with two bronze medals - one in the women’s 10m air pistol event and another in

the mixed team category alongside Sarabjot Singh. Manu first received Rs 50 lakh for her bronze medal in the individual 10m air pistol event, followed by her and Sarabjot Singh for securing third place in the mixed 10m air pistol team event. The ceremony, attended by IOA President P.T. Usha, lakh and Rs 37.5 lakh for her two medals, Sarabjot Singh Rs 37.5 lakh, Swapnil Kusale and Aman Sehrawat Rs 50 lakh each. Today’s victory also put Pogačar on a par with another cycling great, Eddy Merckx. Merckx is the only other man to win



three Monuments in a year, last doing so in 1975. Behind Pogačar, Olympic champion Remco Evenepoel — who had previously been in

the chase group with the Slovenian — made his move on race companion Michael Storer on the downhill of the Ganda.

Head coach Tuchel vows to take England to ‘another level’ FIFA WC 2026 qualification

New Delhi: After the Three Lions became the first European team to secure their spot in the FIFA World Cup 2026 with two games remaining, head coach Thomas Tuchel is certain that his team can go to a new level. England cantered to their eighth successive World Cup qualification after pummeling Latvia with a 5-0 win at Daugava Stadium. In their first-ever meeting, England toyed with their Baltic opponents and soared to a 3-0 lead at the half-time for a third game in a row. “[Another level to come?] Why not, why not, you can never stand still. If you stand still in football, you just lose the distance to the top teams, to the top nations and to the top level. So we need to develop and build on it. It was our first camp [when England last played Latvia],” Tuchel said as quoted from Sky Sports. “I was quite happy with the first camp, we were very dominant, we played a bit different in the set-up and the structure, we played with more control, created a bit less chances, had not so



many high ball wins than we have now. So we played more direct and a bit more physical game [on Tuesday],” he added. After a near-total dominance, Tuchel isn’t looking to stand still but build on their current standards to take down top-tier nations during next year’s showpiece event in the US. England’s early dominance was largely due to captain Harry Kane’s threatening presence. The irrepressible forward fired a quick double in the dying minutes of the first half and took his tally

to 76 international goals. “You just look at the goal in the 85th minute, the goal from Ebbs [Eze], and then we have a ball loss and Harry goes all the way back to his own half and puts his head down in another sprint defensively as a captain, as the number nine,” Tuchel said. “There’s no real need to do this, no one will ever blame him if he didn’t do it, but he does it. That sets the standards, that sets the example, and that’s what I think everyone feels at the moment,” he added.

Might be the last chance Aussie public to see Ro-Ko



New Delhi: Australia captain Pat Cummins says the ODI series against India starting on Sunday in Perth is special as it might be the “last chance” for fans Down Under to catch a glimpse of superstars Virat Kohli and Rohit Sharma in this country. “They’ve obviously been champions of the game for India and are always very well supported. Whenever we play them, the crowd gets loud,” he added. The premier pacer said he is disappointed about missing the series that will also feature games in Adelaide and Sydney. It will be followed by a five-match T20 International series from October 29.

Virat Kohli, Rohit Sharma set tough test vs Australia’s top

New Delhi: As India gear up for their much-awaited ODI series against Australia, former Australia all-rounder Shane Watson believes that Virat Kohli and Rohit Sharma will face one of their sternest challenges yet, especially after returning to international cricket following a long break. Both Rohit and Kohli, who have retired from T20Is and Tests, are set to feature in India’s first ODI assignment since their Champions Trophy triumph earlier this year. The 3-match series against Australia, beginning October 19, marks their comeback to international action after nearly eight months. Watson, speaking to JioStar, said that while both Indian greats remain among the top five ODI batters in the ICC rankings, maintaining their dominance after focusing solely on one format will require some adaptation. “It’s never easy to hit the ground running after such a long gap, especially when facing a team like Australia who have some of the best bowlers in world cricket. It might take them a little time to rediscover their rhythm and preparation routines. But with their quality and consistency, I don’t think it’ll take long before they’re back at their best,” Watson said. India have entered a new phase in their ODI setup, with Shubman Gill appointed as the new captain, succeeding Rohit Sharma in that role. Rohit now returns as a specialist batter alongside Kohli in the 15-man squad for the series. With both veterans approaching the twilight of their careers, there is speculation that this could be their final tour of Australia — something Watson feels the local fans will cherish. “This could very well be Rohit and Virat’s last trip Down Under, and I think the Australian public will take this opportunity to show just how much they admire them,” Watson added. “Virat has been one of Australia’s fiercest competitors over the years, always performing against us and never shying away from the contest. But there’s immense respect for his greatness. The same goes for Rohit — a leader and a performer. Australians appreciate quality, and these two epitomise that.” During their time away from international cricket, both Kohli and Rohit have been fo-



cusing on fitness and preparation for the long season ahead. Their form will be crucial not only for the upcoming series but also for the hopes of millions to see the duo playing for India in the 2027 World Cup. India have been unbeaten in ODIs so far in 2025, boosted by their Champions Trophy win earlier this year. However, the challenge against Australia, a team which will boast bowling heavyweights like Josh Hazlewood and Mitchell Starc India, will test even the most seasoned batters. For Rohit and Kohli, this series is not just about form or milestones, but about reaffirming their legacy against one of the best bowling units in world cricket. Shane Watson believes Rohit Sharma and Virat Kohli will face a stern test against Australia’s world-class bowlers. Returning to ODIs after months, the Indian duo must quickly rediscover their rhythm to dominate again. Former Australia all-rounder Shane Watson reckons it would be challenging for Virat Kohli and Rohit Sharma to extend their exemplary run in ODI cricket now that they play only one format. The modern game is dominated by T20s while India also play a lot of Test cricket, leaving little room for the ODI format. Having retired from T20s and Tests, Rohit and Kohli’s first assignment since the Champions Trophy in February-March will be the upcoming Australia series, starting on October 19. Shane Watson believes Rohit Sharma and Virat Kohli will face a stern test against Australia’s world-class bowlers. Returning to ODIs after months, the Indian duo must quickly rediscover their rhythm to dominate again.

The Six Kings Slam 2025 Live Streaming Money, and Everything You Need to Know

Novak Djokovic, Carlos Alcaraz, Jannik Sinner and other stars will be in action in the Six Kings Slam, starting Wednesday, October 15 in Riyadh, Saudi Arabia.

New Delhi: Some of the top players in men’s tennis will compete in the Six Kings Slam 2025 in Riyadh from October 15–18. Quarterfinals will take place on October 15, followed by semifinals on October 16, a rest day on October 17, and the championship game and third-place match on October 18. The event’s stellar lineup, enormous prize money, and worldwide appeal make it one of the most talked-about events of the year even though it does not award ATP ranking points. This year’s lineup has seen one key change. The



original list included Jannik Sinner, Carlos Alcaraz, Novak Djokovic, Alexander Zverev, Taylor Fritz, and Djokovic will headline the draw, promising thrilling encounters and high-quality tennis. Zverev and Fritz, both strong performers on hard courts, complete the impressive lineup, ensuring intense and competitive matches across all rounds. The total prize money for the

Six Kings Slam 2025 is 13.5 million dollars. Each player receives a participation fee of 1.5 million dollars, while the champion earns an additional 4.5 million dollars, bringing their total earnings to 6 million dollars. Novak Djokovic, Carlos Alcaraz, Jannik Sinner and other stars will be in action in the Six Kings Slam, starting Wednesday, October 15 in Riyadh, Saudi Arabia.