

The 400 gram rule: New guidelines reveal how much fruit and vegetables Indians really need

Hyderabad: In daily life, we receive countless suggestions advising us to make vegetables and fruits an intrinsic part of our meals. However, what is often overlooked is the specific quantity and the right variety required for a balanced diet.

As a result, the general public is left with only a vague idea that vegetables and fruits are important, but without clear guidance on how much to consume and how to integrate them effectively into daily meals.

So, how many vegetables and fruits should one consume?

In India, vegetable and fruit intake remains extremely low, averaging only 100g to 200g per day.

Senior nutritional scientists at the Hyderabad-based ICMR–National Institute of Nutrition (NIN) state that, based on nutrient requirements, every individual should consume at least 400 grams of vegetables and 100 grams of fresh fruits daily.

Regular intake of these recommended amounts significantly reduces the risk of chronic non-communicable

diseases (NCDs), including diabetes, hypertension, strokes, coronary heart disease and cancer.

Since pregnant women require more iron and folic acid, they should consume an additional 100 grams of leafy vegetables daily. Conversely, calorie-dense tubers—such as potatoes, yams, colocasia, and cassava—should be restricted.

Which vegetables and fruits should be preferred?

NIN guidelines recommend consuming only fresh, locally available, and seasonal vegetables and fruits because they contain higher levels of micronutrients.

“No single fruit or vegetable provides all the nutrients one needs. The key lies in eating a variety of them in different colours. Include commonly consumed leafy greens, tomatoes, berries, and other vegetables, apart from those that are yellow, orange, red, deep red, and purple,” the ICMR–NIN advises.

Why colour? According to NIN nutritionists, colour indicates richness in vitamins. They suggest replacing po-



tatoes, colocasia (Chaama Dumba), and yams (Kanda Dumba) with carrots, radish, and turnip (Sattuva Dumba).

Highlight recommendations on vegetables and fruits from ICMR–NIN:

- Include fresh vegetables and leafy greens in every meal
- Incorporate dark green leafy vegetables for pregnant women

- Ensure a variety of vegetables and fruits in all meals

- Adopt various forms such as salads, curries, dal, and stir-cooked vegetables

- Add vegetables to salads, curd, rice, and pulses
- Prefer root vegetables (Veru) over tubers (Dumpalu)

CBI cracks down on digital arrest scam, chargesheet filed against 13 accused

New Delhi: The Central Bureau of Investigation (CBI) has filed a charge sheet against 13 accused persons in a major “digital arrest” cyber fraud case, as part of its focused, case-by-case crackdown under Operation Chakra-V – V against organised transnational cybercrimes, the agency said on Thursday.

The case was registered suo motu by the CBI to comprehensively investigate ten significant incidents of Digital Arrest scams reported across the country, amid a steep rise in such offences.

In October 2025, the CBI conducted coordinated searches across Delhi-NCR, Haryana, Rajasthan, Gujarat, Kerala, and West Bengal. “These searches led to the recovery of incriminating material,

including electronic devices, communication logs, financial records, and other digital evidence,” the CBI said in its press note.

On the basis of evidence recov-

ered, three accused persons were arrested, all of whom are currently in judicial custody. The central agency stressed that during the investigation, it analysed over 15,000 IP addresses associated with the scam networks.

“The technical analysis revealed extensive cross-border connections, showing that several key bank accounts used for collecting and routing victim funds were being controlled by masterminds based in Cambodia, Hong Kong, and China,” it said.

From the vast technical dataset, India-based IP ad-

dresses were isolated, enabling targeted searches and identification of domestic operatives. “Importantly, multiple streams of evidence now indicate that slave compounds operating in Myanmar and neighbouring areas have emerged as major hubs for the execution of Digital Arrest frauds, where trafficked Indian nationals are coerced to run call-centre style cybercrime operations,” the CBI said.

“These findings align with intelligence gathered during parallel CBI investigations into cyber-slavery and organised digital exploitation networks in South-East Asia,” it added.

The investigation has further generated significant leads on the financial trail, call-flow patterns, VoIP routing, remote-access tool misuse, and the broader technology infrastructure supporting Digital Arrest scams.



Dec 20 last date for renewal of trade licences

Hyderabad: The Greater Hyderabad Municipal Corporation (GHMC) has urged all trade establishments across the city to renew their trade licences for the year 2026 on or before 20 December 2025 to avoid financial penalties. The GHMC Commissioner announced the deadline in an official release on Wednesday.

The Commissioner stated that there will be zero penalty on all applications submitted by the 20 December deadline. A 25 per cent penalty will be imposed on applications submitted between 21 December 2025 and 19 February 2026. Furthermore, a 50 per cent penalty will be levied on applications submitted after 20 February 2026.



Stranded in moscow, city youth returns home with Owaisi's help

Hyderabad: A youngster from the city, Mohammed Ahmed, who had been stranded in Moscow, Russia, has safely returned to India following the intervention of Hyderabad MP and AIMIM President Asaduddin Owaisi.

According to sources, Mohammed Ahmed, a resident of Khairtabad, was allegedly cheated by a Mumbai agent under the pretext of getting a job in Russia, but instead found himself fighting alongside the Russian Army. On October 16, Ahmed released a video pleading with the Indian Government to bring him back to his home town. Ahmed said he was duped by a Mumbai-based Trust Consultancy, after being promised a construction job in Russia.

Believing in agents and the prospects of working abroad, Ahmed departed India on April 25. However, Ahmed found himself fighting against the Ukrainian soldiers along the border. Ahmed faced difficulties in Moscow and was unable to return home without official assistance. Upon learning of the situation, Asaduddin Owaisi took up the matter promptly and coordinated efforts through the authorities concerned to ensure Ahmed's safe repatriation. Ahmed arrived in Hyderabad safely and was reunited with his family.

HC questions land allotment in Banjara Hills to former MP's kin

Hyderabad: The Telangana High Court on Wednesday heard a PIL challenging the regularisation of prime government land in Banjara Hills in favour of the son and daughter of former MP (Rajya Sabha) Dr K Keshava Rao. A division bench of Chief Justice Aparash Kumar Singh and Justice Ghous Meera Mohiuddin heard PIL filed by Gadeela Raghuvir Reddy of Kondapaka, Siddipet district.

The petitioner questioned the actions of the previous BRS government in issuing and subsequently amending GO 59 (dated December 31, 2014) through GO 22 (dated March 1, 2023) and GO 56 (dated May 23, 2023), allowing the regularisation of encroachments on objectionable government lands, surplus lands and ULC lands on a payment basis.

Petitioner's counsel S Reddy Yalagiri submitted that the amendments were misused to regularise 1,161 square yards in favour of K Venkateswar Rao, son of Kesava Rao, and 425 square yards in favour of Gadwal Vijayalaxmi, Mayor and daughter.

He contended that the land located in NBT Nagar, Road No. 12, Banjara Hills, a notified slum area with exceptionally high real estate value, was allotted at nominal rates of Rs 2,500 and Rs 350 per square yard, whereas the market value stood at approximately Rs 60,300 per square yard as of February 2024, translating to a value exceeding Rs 9 crore.

The petitioner alleged that the beneficiaries bypassed the mandatory procedure prescribed in GO 59, which requires applicants to submit requests through Mee Seva and pay 25% of the land's basic value via demand draft to the government. Instead, the counsel stated, both beneficiaries directly represented their cases to the then finance minister and chairman of the Cabinet Sub-Committee on Land Regularisation, securing approval in violation of rules and causing substantial loss to the exchequer.



On 23 July 2024, the then Chief Justice's Bench had issued notices to the Principal Secretaries of Revenue (Land Administration) and MA&UD departments, the CCLA, the Hyderabad District Collector, the Tahsildar of Shaikpet mandal, Venkateswara Rao, Mayor Vijaya Laxmi, seeking their responses.

Appearing for state, Additional Advocate-General Md Imran Khan acknowledged that the land parcels had indeed been regularised in favour of the former MP's son and daughter. He submitted that the beneficiaries had already undergone extensive legal procedures owing to pending litigation over the properties and sought additional time to present a detailed argument.

During the hearing, CJ Singh queried Khan whether the government was uniformly extending the benefits under the regularisation scheme to all applicants or whether the concessions granted to the two beneficiaries were exceptions. The CJ observed that if the government intended to stand by its decision to regularise the land in favour of these individuals, it may need to consider rectifying the impugned GOs.

The state sought time to file its counter. The bench accordingly adjourned the case to January 7, 2026.

Security tightened as special holiday trains commence operations

Hyderabad: South Central Railway (SCR) has intensified security checks at stations across Telangana and Andhra Pradesh following the scheduling of special trains to manage the festive rush. The

security check includes baggage scanning, random identity verification, and increased patrolling on platforms where the special trains are due to arrive. These checks have been implemented due to a sharp increase in passengers travelling towards coastal destinations and pilgrim centres during the end of December.

Extra personnel from the Railway Protection Force (RPF) have been deployed, with scanners installed at key entry points in Hyderabad and Charlapalli.

In addition to crowd control, officials stated that the checks are intended to stop the carrying of restricted items and to ensure passengers board the correct coaches, as the specials are running with limited services on selected dates. With Tirupati being



additional screening measures are aimed at managing heavy crowds, preventing unsafe baggage movement, and ensuring the smooth operation of temporary services, such as the Charlapalli-Mangaluru and Hyderabad-Tirupati specials.

Railway officials confirmed that the enhanced

a major destination for Telangana pilgrims, the Hyderabad-Tirupati one-way special departing on 11 December is expected to draw high demand. Rail officials assured passengers that they can expect a safer and more organised journey, supported by a visible security presence across all major stations.

Telangana Panchayat Elections: Polling Underway with strong turnout



Polling for the first phase of the Telangana Panchayat Elections is currently taking place across the state, with voters flocking to polling stations and creating a vibrant atmosphere in local villages. As of 9 AM, officials reported a voter turnout of 19.58 percent statewide.

Many voters, who have been working in urban

areas, are returning to their native villages to exercise their right to vote. To ensure a smooth electoral process, robust security measures have been implemented to prevent any untoward incidents at the polling stations.

Election officials are closely monitoring the situation through webcasting, ensuring transparency and safety during the voting process.

6 held for businessman's murder in Old City; 6 still at large



Hyderabad: The Rein Bazar police have arrested six individuals in connection with the murder of businessman Shaik Junaid Bin Mohammad Bharmoos at Rein Bazar in the Old City. Another six suspects involved in the case remain absconding. On Wednesday, police took into custody Omer Bin Hamza Al Zabri (35), Ali Bin Hamza Al Jabri (31), Faisal Bin Habeeb Mohammed (23), Mohammed Maqsood Ali (28), Syed Asghar Ali (20), and Mohammed Taher (25). Authorities also seized three knives allegedly used in the crime. The absconding suspects include Syed Raheem Ghori Shazib, Malik Bin Javid Al Jabri, Azar, Zubair, Riyam, and Kulsum.

According to police, the accused conspired

to attack Shaik Junaid due to prior enmity. They unlawfully assembled with deadly weapons and stabbed him to death in public view at Chotapool, Yakutpura, on the night of December 3.

Deputy Commissioner of Police (South Zone) Kiran Khare said that Omer and Ali, sons of Zaffar Pahelwan, were illegally collecting commissions of Rs 1-2 lakh from the public involved in property transactions, intimidating them with threats. Shaik Junaid intervened in these dealings and family disputes further escalated tensions between him and the accused, leading them to plot his murder.

"The incident escalated when Junaid's friend Farooq purchased property at Chandra Nagar. The accused tried to collect a commission from this deal, and when Junaid interfered, they decided to eliminate him," DCP Kiran Khare explained. On December 3, at around 10 pm, Junaid, along with Farooq, was present at Chotapool when the accused, armed with knives, attacked him. Shaik Junaid sustained multiple stab injuries and died on the spot.

Hyderabad: City hosts SBI inter-circle kabaddi tournament

Hyderabad: The All India SBI Inter Circle Kabaddi Tournament 2025-26 officially kicked off on December 9 at the Kotla Vijaya Bhaskara Reddy In-



door Stadium. The event was graced by a host of distinguished dignitaries, including Ponnambalam Murugan, Chief General Manager (HR), Corporate Centre; Ravi Kumar Verma, General Manager, NW-I; Satish Kumar, General Manager, NW-II; Priyadarshi Pankaj, Deputy General Manager & CDO; K Chandrasekhar, General Secretary, AISBISF; H Shankar, President, SBIOA Hyderabad Circle; K Anjaneya Prasad, General Secretary, SBIOA Hyderabad Circle, and KS Sandilya, CWC Secretary & General Secretary, SBI Staff Union Hyderabad Circle.

The opening ceremony began with a vibrant cultural performance, followed by the formal welcome of the dignitaries to the dais. Ponnambalam Murugan's inspiring address emphasised the importance of sports in building teamwork, physical fitness, and camaraderie among employees.

After the speeches, Murugan met with all the team captains, followed by a group photo session with the players. The inaugural match saw Hyderabad Circle triumph over Kolkata Circle in a thrilling contest, setting the stage for an exciting tournament ahead.

SCR confirms Vande Bharat Express schedule

Hyderabad: South Central Railway (SCR) has issued a public clarification on the days of operation for the Vande Bharat Express services after inaccurate information was circulated online, causing confusion among passengers planning travel. The clarification confirms that the Secunderabad-Visakhapatnam Vande Bharat Express (20707/20708) will operate six days a week, with Monday as the non-running day. Similarly, the Kacheguda-Yesvantpur service (20703/20704) will run six days a week, with Wednesday as the non-running day, as part of its regular timetable. Railway officials noted that several online posts had incorrectly suggested a reduced frequency, creating uncertainty among passengers looking for faster, premium intercity travel. The official statement highlights the importance of referring to verified railway sources before booking. The railway said the clarification aims to keep passengers accurately informed and prevent misinterpretation, especially during the ongoing high-travel period, when advance planning is essential for smooth journeys.

Andhra Pradesh Cabinet Approves Key Projects Worth Rs 9,500 Crore

In a significant cabinet meeting held today at the Secretariat, Chief Minister Chandrababu Naidu and his team discussed a range of crucial issues, concluding with approvals for approximately 44 agenda items. The cabinet has sanctioned administrative approvals for 506 projects, amounting to ₹9,500 crore.

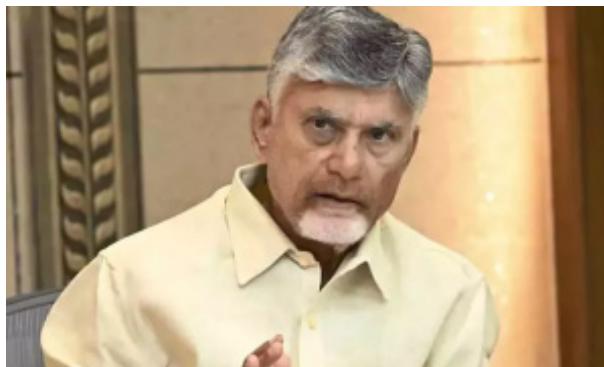
Among the notable decisions, the cabinet greenlit initiatives for comprehensive water management within the Municipal and Urban Development Department, alongside the construction of Lok Bhavan and the Assembly Durbar Hall in Amaravati. Additionally, discussions led to approvals for the construction of the Governor's office, guest houses, and staff quarters.

Key resolutions from the meeting include:

- An allocation of ₹532 crore for the construction of a Seed Access Road connecting to National Highway 16.

- Administrative sanctions for the maintenance of check dams along the Paleru river in Kuppam.

- Promotion of 417 language pandit positions in the Tribal Welfare Department to School Assistants.



- Review and approval of the Andhra Pradesh Prisons and Correctional Services draft bill.

- Endorsement of critical decisions from the State Investment Promotion Board (SIPB) and the State Investment Promotion Council meetings.

Furthermore, the cabinet approved investments from 26 companies collectively worth ₹20,000 crore, marking another step towards economic growth in Andhra Pradesh.

Kurnool collector orders externment of two notorious offenders

Kurnool: In a decisive move to reinforce public safety, Kurnool District Collector Dr A Siri, has issued district externment orders against two habitual offenders known for their persistent involvement in criminal activities. The action was taken following detailed proposals submitted by Superintendent of Police (SP) Vikranth Patil, who highlighted the threat posed by the offenders to peace and order in the region.

According to police records, Vadde Ramamjaneyulu @ Vadde Anji, listed under Rowdy Sheet No. 1, has been implicated in more than 17 criminal cases across multiple police stations in the district. These include charges of murder, robbery, attacks on members of SC/ST communities, extortion, and attempted murder. Likewise, Pathan Imran Khan, identified as Suspect Sheet No. 216, is involved in approximately 19 cases, marking him as a repeat offender with a long history of disruptive conduct.

Authorities stated that despite several arrests and remands, both individuals continued engaging in unlawful activities without showing any signs of reform. In 2022, the duo had been detained under the Preventive Detention (PD) Act and lodged in Kadapa Central Jail. However, officials noted that even after release, they resumed criminal operations, compelling the administration to take the stringent step of



issuing externment orders.

Commenting on the development, SP Vikranth Patil, affirmed that the police department will adopt zero tolerance toward individuals indulging in rowdyism or activities that threaten public tranquility. He warned that similar action—including externment and PD Act detention—will be initiated against anyone attempting to create fear or disturb law and order. He added that proposals against several other offenders with consistent criminal behaviour are currently under review.

New Double-Decker Bus Service Launched to Simhachalam

A new double-decker bus service has been inaugurated, providing a scenic transport option to the renowned pilgrimage site of Simhachalam. The electric bus service, which aims to enhance the tourist experience in Visakhapatnam, officially commenced on Thursday, as confirmed by officials from the tourism department.

This service is expected to offer great convenience to both city tourists and devotees travelling to Simhachalam to receive blessings at the temple of Lord Appanna Swamy. With the introduction of this service, officials hope to boost tourism and facilitate easier access to one of the region's most revered spiritual destinations.



SP conducts surprise inspection of Gadivemula PS

Nandyal: SP Sunil Sheoran, carried out a surprise inspection at Gadivemula Police Station on Wednesday as part of a review of policing standards in the region. He examined the station premises, lockup rooms, and cleanliness arrangements, directing officials to maintain proper hygiene. The SP also scrutinised key documents including the general diary, duty roster, FIR Index, CCTNS updates, and details of pending cases, instructing staff to keep all records regularly updated and error-free.

During the inspection, SP Sheoran reviewed the status of vehicles seized in various cases and issued directives aimed at preventing road accidents, such as intensifying checks, acting against minor driving, and organising awareness programmes on road safety. He emphasised the need for strong surveillance in faction-prone and problematic villages, ensuring no disturbances or clashes occur. Stressing the importance of visible policing, he instructed officers to visit villages frequently, interact with the public, identify local issues, and educate residents on the significance of CCTV cameras in crime prevention.

The SP also directed police personnel to respond swiftly and courteously to complaints received at public grievance forums, verifying facts thoroughly and resolving issues within legal timelines.

He instructed officials to keep close watch on habitual offenders, suspects, and individuals involved in anti-social activities, taking action as per law. Reviewing the functioning of 112 emergency service tabs, he insisted on their effective use during beat duties to enhance field-level policing. The inspection concluded with several operational guidelines intended to strengthen law and order and improve public confidence in policing across the district.



Food distribution programme held at PHC

Today a food distribution programme was organised under the auspices of *Ruler Development Friends Trust* for pregnant women who came for medical check-ups at the Talupala Mandal Primary Health Center.

Chief guest Kadiri RDO Sri Venkata Sharma participated in this programme. RDO Venkata Sharma said that food distribution is the greatest of all donations and providing nutritious food to pregnant women is a great task. He also informed that pregnant women should eat good nutritious food and stay healthy.



He also congratulated Friends Trust founder Mansoor for doing such programmes. After that, Friends Trust Founder Mansoor honoured RDO and pre-

sented him with a portrait of Buddha. Friends Trust also thanked RDO for participating in this programme. Today, a total of 210 people were pro-

vided with food for pregnant women, ASHA workers, medical staff and the disabled. Dr. Ashrita, Altaf and others participated in this programme.

Lokesh extends support to 12-year-old cancer patient

Anantapur: A 12-year-old boy suffering from life-threatening blood cancer received timely financial help after IT and Education Minister Nara Lokesh sanctioned Rs12 lakh through a Letter of Credit (LOC), following the intervention of MLA Daggupati Prasad.

The child, Chinni Krishna Uday Kumar, a resident of Venugopal Nagar in Anantapur, is currently undergoing treatment at Sri Shankara Cancer Foundation, Bengaluru. Doctors informed the family that an urgent bone marrow transplant and chemotherapy would cost several lakhs, which was beyond their financial capability.

During Minister Lokesh's district visit last month, the boy's parents personally appealed for assistance. Responding with concern, Lokesh directed MLA Daggupati Prasad to gather complete details about the child's medical condition. The MLA immediately reviewed the situation and initiated efforts to secure financial support for the treatment.

After being briefed by the MLA, Minister Lokesh responded compassionately and approved Rs 12 lakh through LOC, even before the case could be processed under the Chief Minister's Relief Fund (CMRF), ensuring that the treatment started without delay.

Expressing deep gratitude, the boy's parents thanked Minister Lokesh and MLA Daggupati Prasad for extending lifesaving assistance. "We will never forget this help. You have given a new hope for our child," they said emotionally.

MLA Daggupati Prasad wished for the boy's speedy recovery and assured continued support throughout the treatment period.

RRR initiative a hit with residents as reusable products flood GHMC

Hyderabad: Several residents enthusiastically took part in the Reduce-Reuse-Recycle (RRR) initiative on Monday. The Greater Hyderabad Municipal Corporation (GHMC), under the RRR initiative, has collected hundreds of books, clothes, toys, and other materials across various community clubs in the city. The Corporation will carefully collect and thoughtfully distribute the material to those in need. The Corporation has implemented the initiative with a dual focus on waste management and public awareness, promoting the innovative use of recycled materials. According to the GHMC, as part of its commitment to building a sustainable environment, the GHMC collaborated with the Aparna Zenith Apartment Community Club to organise a focused RRR initiative in Serilingampally. The community came together to donate hundreds of books, clothes, and toys. A group of GHMC workers collected and packed the materials donated by the residents. A senior officer at GHMC said, "The initiative aimed to encourage active community participation in waste reduction, promote reuse by giving items a second life through donation, and minimise waste generation within the community." The officer added, "A small step by the community is making a meaningful impact on society and the environment. Earlier, the GHMC also launched an initiative to collect scrap and disposable material directly from households.

Satya Kumar reviews arrangements for Vajpayee statue unveiling

Dharmavaram: Health Minister Satya Kumar Yadav on Wednesday reviewed the arrangements for the unveiling of former Prime Minister and Bharat Ratna Atal Bihari Vajpayee's statue, scheduled to be held in Dharmavaram on Thursday. He was accompanied by BJP State president PVN Madhav and BJP National Council member S Vishnuvardhan Reddy during the inspection.

The Minister personally examined the venue arrangements, security measures, public movement plan, stage management, parking facilities, drinking water supply, and medical services. He instructed officials and coordination teams to address any gaps immediately to ensure the programme is conducted smoothly and successfully. The Minister also oversaw the preparations for the launch of the Atal-Modi Good Governance Yatra, set to begin from



Dharmavaram. Earlier in the day, Satyakumar inspected the arrangements for the distribution of free bicycles to Class X students studying in government schools, an initiative organised by Samskruti Seva Samithi.

Speaking to the media, the Minister said Dharmavaram was set to witness a historic day, as

the installation of Vajpayee's statue would be a moment of pride for the town. "Vajpayee ji was a visionary leader who upheld the values of responsible politics. Installing his statue here is an honour for the people," he said. He added that distributing bicycles to students would significantly encourage education

among rural youth.

BJP State President PV. Madhav said these programmes reflect the government's commitment to public welfare. He added that rapid development is underway in Dharmavaram under the leadership of Minister Satyakumar Yadav, with several initiatives being implemented to meet local needs.

We make stories and stories make us

"Nobody likes me. I am unlikeable." "I am going to die alone." "I don't deserve to live." How do the stories people tell themselves reach this dead-end of despair? Did it start with abuse at home for not living up to the family's expectations? Or maybe it was the ridicule by teachers for not being fast enough? Each "not enough" being notched in the scorecard shaping their sense of who they are, their identity. Until they reach a point in their life when the burden of these problem-saturated stories is too heavy to carry. Others might look at them and wonder, "What's wrong with them?" When the question is really, "What have they been up against and what are the adversities they have faced that have shaped their stories of themselves?" Human beings are meaning-makers. Stories we tell ourselves help us provide structure for meaning-making. A father gives the child an angry look and the child reckons, "I have done something bad." The father looks at the child with anger most of the time and the child reaches the conclusion, "I am bad." Our meaning-making is influenced by the cultural soup of 'not enough-ness' we live in. The normative ideas of worthiness, and success that we constantly measure ourselves against.

"I keep feeling that there is something wrong with me. I am pathetic" Vani shared this with me with hunched shoulders and a trembling voice. She was 11 years old and was already talking about being a "disappointment to my teachers and a burden on my parents." She was neurodivergent and did not fit in with the ableist pedagogies drilled out in schools. So the inevitable stories she was telling herself were what she had been told. The way we talk to our children becomes their inner voices and the way we talk about them, and subsequently, they talk to themselves become their life stories. What stories were told about you when you were growing up and what are the stories you are telling about yourself to yourself now? These might be affirming narratives where you describe yourself as vivacious, caring, and funny alongside dismissive ones of being lazy, irresponsible or even shaming ones of being a failure, a loser etc. They can all co-exist but there is always a dominant story that starts shaping the way we see ourselves and the way the world sees us too. This story is influential as it shapes our identity. That is the reason it becomes so significant for us to examine this dominant story as at times, like for Vani, it can become very restrictive and damaging. If Vani's storyline of her life continues to be, "I am unworthy" as she grows and becomes an adult then that will hold her back from having faith in her abilities, seeking meaningful friendships and having a sense of agency in her own life. She might end up spending most of her life feeling ignored, isolated and invisible.

How can we reclaim the storytelling rights of our lives?

Characterise – Reflect on one problem story that might be defining your life. In this exercise, it becomes very important that we create distance between ourselves and this problem story. Since when has it been around? What situations do you feel it makes its presence felt? What name would you give it (e.g. anxiety, inadequacy, loneliness etc)? Maybe go one step further and

give it a colour, a shape, a voice. If it was a cartoon character what would it look and sound like? How convincing is it? What language does it use to push these identity conclusions on you? How does it compare you to others? What predictions does it make about your future? Do you see how the problem story that you have internalised is due to the insidious pressure we all face to fit into normative ideas of success and worthiness? What if we could build mindfulness that reminds us that the "problem is not me, it is the pressure of fitting in society's standards." What if we could locate the problem where it belongs? Inner compass – I came across a compelling set of questions. "What breaks your heart, what heals it and what steps can you take to be part of the healing?" What breaks my heart is injustice towards children and the steps I can take towards this healing is to amplify the message of "Children First" in whatever I do through therapy, teaching and my writings. It shakes me up, pains me, sustains me and restores my faith in humanity. At every step. What would your inner compass be and what are the micro-actions you can take to sustain you in this journey? Alternate voice – There will be times when the problem story will try to take charge and bring in self-doubt, inadequacy, fear, etc. That is inevitable. The turning point for us is our act of reclamation of our lives by making space for an alternate voice or story to emerge. We can give it a name, a character, a shape, a tone too. In my conversations with people, this voice has taken



various names – Courage, Joy, Curiosity. Rahi, a 12-year-old lived in a home where there was a lot of violence and blame directed to him. When I met him, he had internalised the violence at home as, "Something wrong with me and I am to blame." We externalised the blame through characterisation and then explored how much he valued compassion and care. He preferred to see the alternate voice as of a caring parent who would gently keep him safe when violence broke out at home. At

times people prefer to give it a name from mythology or an inspiring character from a book or movie. Vani preferred to call her alternate voice Durga. Every time the problem story of "You are pathetic," chimed in, she would gently remind herself of Durga's voice and tell herself, "You are strong, I am with you, and you can do it." In time, her parents also started believing in Vani and became her staunch advocates.

We all have to stand alongside each other if we have to bring about change. It is not an individual responsibility but a collective one. In the words of late Aunty Barrie Mungard, First Nations Australian Native Practitioner, magic happens in, "Telling our stories in ways that make us stronger."

Why an India-made Chikungunya vaccine is good news

Serum Institute of India will manufacture Valneva's anti-Chikungunya vaccine for India and select Asian markets, addressing a major public health issue. The Pune-based Serum Institute of India (SII) and France-based Valneva SE on Thursday announced that they have signed an agreement under which SII will manufacture the latter's anti-Chikungunya vaccine for the Indian market and a few other Asian countries. Under the agreement, both the companies will conduct a technology transfer of the current drug product manufacturing process. Valneva will supply its chikungunya vaccine drug substance to SII, which will complete manufacturing and be responsible for seeking and maintaining regulatory approval of the vaccine in India and other countries in Asia.

Chikungunya virus (CHIKV) is a mosquito-borne viral disease spread by the bites of infected Aedes mosquitoes that causes fever, severe joint and muscle pain, headache, nausea, fatigue and rash. Joint pain is often debilitating and can persist from weeks to years. The vaccine can prove to be a boon for India as the disease is a major public health concern here. According to the National Centre for Vector Borne Diseases Control data, the disease is endemic in almost all states with thousands of cases reported each year. The Centre, which is under the Union ministry of health and family welfare, reported 11,477 cases



last year, and 12,587 this year so far. "In 2006 Chikungunya re-emerged in the Country. Almost all states are affected by Chikungunya," said the centre in a document on the disease situation in the country. In the past, a Chikungunya epidemic fever was reported in 1963 (Kolkata), 1965 (Pondicherry and Chennai in Tamil Nadu, Rajahmundry, Visakhapatnam, and Kakinada in Andhra Pradesh; Sagar in Madhya Pradesh; and Nagpur in Maharashtra), and 1973, (Barsi in Maharashtra). Thereafter, sporadic cases also continued to be recorded especially in Maharashtra state during 1983 and 2000. Nearly 100,000 confirmed cases

have been reported from across the country and hundreds of thousands of suspected cases in the past five years, according to government data. In 2004, the disease began to spread quickly, causing large-scale outbreaks around the world. Since the re-emergence of the virus, CHIKV has now been identified in over 110 countries in Asia, Africa, Europe and the Americas. Valneva's chikungunya vaccine is the world's first and only licensed chikungunya vaccine, currently approved in the US, Europe, and Canada for the prevention of disease caused by the chikungunya virus in individuals 18 years of age and older.

Gautam Adani U.S. indictment: How are summons issued under the Hague Convention?

The U.S. Securities and Exchange Commission (SEC) informed a New York court on February 18, 2025, that it has sought assistance from the Indian government under the Hague Service Convention—formally known as the Convention on the Service Abroad of Judicial and Extrajudicial Documents in Civil or Commercial Matters, 1965—to serve summons on billionaire Gautam Adani and his nephew Sagar Adani in a securities and wire fraud case. The Adanis were recently charged by the U.S. Department of Justice and the SEC in criminal and civil cases for allegedly bribing Indian government officials over \$250 million to advance the Adani Group's solar projects.

What did the SEC say?

The SEC informed the court that it had invoked Article 5(a) of the Convention to request India's Ministry of Law and Justice to facilitate the service of summons on the defendants. It further stated that it is exploring alternative service methods permitted under Rule 4(f) of the Federal Rules of Civil Procedure, which governs civil litigation in U.S. federal courts. On February 10, 2025, the Trump administration paused enforcement of the Foreign Corrupt Practices Act (FCPA)—one of the laws under which the Adanis have been charged—for 180 days. The FCPA prohibits U.S. entities and individuals from bribing foreign governments, political parties, or officials to secure business. As per the executive order, the attorney general must review "all existing FCPA investigations or enforcement actions" and take steps "to restore proper bounds on FCPA enforcement". However, the SEC's latest court filing suggests that the order does not apply retroactively. As a result, the Agency's investigation into the Adanis is likely to continue unless the law is amended. Following his visit to Washington last month, Prime Minister Narendra Modi told journalists that his meeting with U.S. President Donald Trump did not include discussions on the Adani case, as it was a "personal matter".

How does the Hague Service Convention operate?

With the rise in cross-border litigation, the need for an effective and reliable mechanism to serve judicial and extrajudicial documents on parties residing in foreign jurisdictions became imperative. As a result, countries adopted the Convention at the Hague Conference on Private International Law in 1965. Building on the 1905 and 1954 Hague Conventions on Civil Procedure, this multilateral treaty ensures that defendants sued in foreign jurisdictions receive timely and actual notice of legal proceedings while also facilitating proof of service. Eighty-four states, including India and the U.S., are parties to the Convention. Its procedures apply only when both the sending and receiving countries are signatories. Each member state must also designate a central authority to process requests and facilitate the service of documents from other signatory states. Signatory states can select the modes of transmission that apply within their jurisdiction. Under the Convention, the primary mode of service is through designated central authorities. However, alternative channels

are also available, including postal service, diplomatic and consular channels, direct communication between judicial officers in both states, direct contact between an interested party and judicial authorities in the receiving state, and direct communication between government authorities.

How is service effectuated on defendants in India?

India acceded to the Convention on November 23, 2006, with certain reservations, expressly opposing all alternative service methods under Article 10. It prohibits the service of judicial documents through diplomatic or consular channels, except when the recipient is a national of the requesting country. For instance, a U.S. court cannot serve documents in India through U.S. diplomatic or consular channels, unless the recipient is a U.S. national residing in India. Additionally, all service requests must be in English or accompanied by an English translation. As a result, valid service can only be executed through the Ministry of Law and Justice, India's designated central authority. The Law Ministry is permitted to reject a service request but must specify the reasons for such refusal. For instance, under Article 13, a request can be denied if the state believes its sovereignty or security would be compromised. However, a state cannot reject a service request solely because it claims exclusive jurisdiction over the subject matter under its domestic law. Similarly, under Article 29, a request cannot be refused simply because the state's internal law does not recognize a right of action. If the central authority raises no objections, it proceeds with serving the defendant. The service is then treated as a summons issued by an Indian court under Section 29(c) of the Code of Civil Procedure, 1908. Once completed, the central authority issues an acknowledgement to the requesting party. The entire process typically takes six to eight months.

What do judicial precedents say?

There is ongoing debate over whether service through alternative channels such as social media and email is precluded by India's reservation under Article 10 of the Convention. This controversy arises from conflicting judicial interpretations regarding the scope of the reservation. In *Federal Trade Commission v. PCCare247 Inc.* (2013), a U.S. district court ruled that service of process in India through Facebook and email is permissible. The court reasoned that these methods do not fall within the purview of Article 10 and that India has not explicitly objected to them. However, in *Punjab National Bank (International) Ltd. v. Boris Shipping Ltd. & Ors.* (2019), the England and Wales High Court (Queen's Bench Division) overturned a lower court ruling that had allowed the service of summons through alternative methods on defendants residing in India. The court held that such service was invalid as it did not adhere to the procedure prescribed by India under the Convention. It emphasized that deviations from this mandated process are impermissible unless exceptional circumstances are demonstrated. To circumvent delays associated with the issuance of summons



through the Law Ministry, parties often waive the Convention's provisions, opting for contractually defined terms of service instead. In *Rockefeller Technology Investments v. Changzhou SinoType Technology Company* (2020), the Supreme Court of California ruled that even if a signatory state has expressly objected to Article 10 of the Convention, service may still be deemed valid if the parties have explicitly agreed to an alternative method in their contract.

Can a default verdict be rendered?

A default judgment may be issued under the Convention if a foreign government refuses to cooperate in serving summons on a defendant residing within its jurisdiction. However, Article 15 prescribes specific conditions that must be met before

such a judgment can be rendered: (a) the document must have been transmitted through one of the methods outlined in the Convention; (b) at least six months must have elapsed since the transmission, with the court determining this period to be reasonable in the given case; and (c) no certificate of service has been received despite all reasonable efforts to obtain it through the competent authorities of the recipient state. Notably, India has expressly declared that its courts may issue a default judgment in cross-border disputes even if no certificate of service or delivery has been received, provided that all conditions under Article 15 are met. Recently, in *Duong v. DDG BIM Services LLC* (2023), American plaintiffs sought permission to serve Indian defendants via email, citing difficulties in effectuating s

Asteroid YR4 spares Earth, 1.7 percent impact peril to moon

Hyderabad: The city-leveling asteroid 2024 YR4, which was hurtling towards Earth from outer space with 3.2 percent chances of impact, has been downgraded by NASA (National Aeronautics and Space Agency) to 0.004 percent and is expected to safely pass Earth in 2032. However, there is still a chance of the asteroid YR 4 to impact the moon on December 22, 2032. That probability is currently at 1.7 percent.

"When first discovered, asteroid 2024 YR4 had a very small, but notable chance of impacting our planet in 2032. As observations of the asteroid continued to be submitted to the Minor Planet Center, experts at NASA Jet Propulsion Laboratory's (JPL's) Center for Near-Earth Object Studies were able to calculate more precise models of the asteroid's trajectory and now have found there is no significant potential for this asteroid to impact our planet for the next century. The latest observations have further reduced the uncertainty of its future trajectory, and the range of possible locations the asteroid could be on Dec. 22, 2032, has moved farther away from the Earth," NASA in a statement said.

There still remains a very small chance for asteroid 2024 YR4 to impact



the Moon on Dec. 22, 2032. That probability is currently 1.7 percent. NASA will continue to observe asteroid 2024 YR4 with observatories funded by its Planetary Defense Coordination Office, and NASA's James Webb Space Telescope will observe the asteroid in March to further gain insights about its size for scientific purposes, NASA added. Earlier, scientists worldwide had dubbed asteroid YR 4 as a 'city killer' due to its estimated size that ranged between 40 meters and 90 meters. On its impact with Earth, the asteroid would have released energy ranging from 8 to 15 megatons of TNT. In comparison, the atomic bombs dropped in Hiroshima released about 0.015 megatons.

Can India lead the AI race?

As the US-led Open AI model and China's DeepSeek compete to reshape the digital landscape and attain supremacy over the AI bandwagon, they are likely to influence the future of international relations, governance and strategic alliances which will shape the discourse of contemporary geopolitics. In the 20th century, power, military might and economic influence determined the contours of international relations and shaped the global order. However, as we move further into the 21st century, the rapid advancement of technology, particularly in fields like AI, digital infrastructure and biotechnology, has begun to emerge as a defining force in shaping the future. Notwithstanding the crucial discussions around regulatory frameworks and safety measures, the recently held AI action summit in Paris emphasised leveraging AI's vast potential with a spirit of optimism, rather than succumbing to fear or apprehension. A key item on the agenda was ensuring AI's inclusivity, with particular emphasis on the Global South, an area where India is emerging as a leading voice.

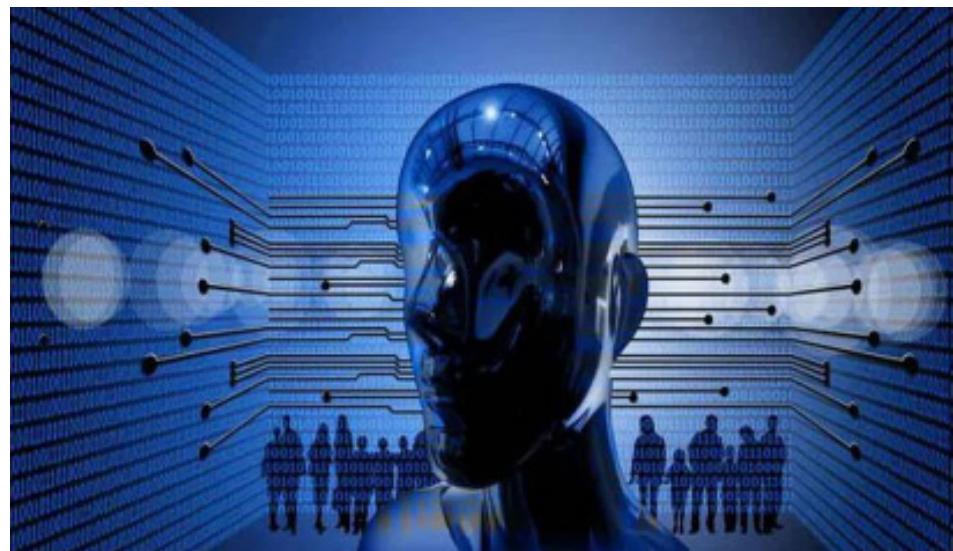
Prime Minister Narendra Modi, who co-chaired the summit, underscored India's vision for AI, which stressed inclusivity, transparency and accessibility. His call to "develop open-source systems that enhance trust and transparency," "ensure access to the Global South," and "democratise technology and create people-centric applications" reflects India's stance on AI governance. By advocating for an open and responsible AI ecosystem, India sought to present itself as a leader of the developing world, balancing innovation with ethical considerations. India is also pushing for inclusive AI governance to bridge the gap between the countries and working towards making a Global Partnership on Artificial Intelligence (GPAI), supported by OECD, the nodal partnership for global cooperation on AI.

However, the global AI race is largely dominated by two contrasting approaches between the US and China. The US, represented at the summit by Vice President JD Vance, emphasised its commitment to maintaining AI leadership through deregulation, private sector-led innovation and economic productivity. Vance's remarks made it clear that the Donald Trump administration views excessive AI regulation as a threat to growth and national security, arguing that AI should remain "free from ideological bias" while enhancing workforce productivity. The US government has even backed a \$500-billion AI infrastructure initiative, Stargate, to ensure its continued dominance in the field. Simultaneously, it refused to sign the global AI pact, emphasising its concerns about inclusive and sustainable AI. On the other hand, China's DeepSeek-R1 has disrupted the global AI industry, proving that advanced AI models can be developed at a significantly lower cost than previously believed. With an investment of less than \$6 million for the "official training" of the model, DeepSeek managed to rival industry giants like OpenAI and Google. President Trump himself described DeepSeek's emergence as a "wake-up call" for the US AI industry, reinforcing the urgency of AI competition between the two technological superpowers.

Where should Global South seek lead-

ership — align with the West, led by the US, or turn to the East, led by China?

This raises an important question: In an AI-driven world, where should the Global South seek leadership? Is it more prudent to align with the West, led by the US, which is at the forefront of AI and related sectors like semiconductor design and advanced algorithms? Or is it better to turn to the East, led by China, which has proven its ability to innovate with limited resources and produce AI solutions, some of which are even open-source? Alternatively, could India, focusing on rule-making and regulation while striving to develop its own products, emerge as a key player? After the success of the DeepSeek AI platform, Indian social media has been flooded with just one question — why cannot India do the same? What is holding back technological innovation in India? To answer this, it's crucial to understand where India stands and whether it can prove its mettle in AI. India's AI mission, launched in March 2024, with Rs 10,371 crore is experiencing rapid expansion, which began with an initial deployment of 10,000 GPUs. Recently, IT Minister Ashwini Vaishnav revealed that the initiative, driven by the India AI Compute Facility, has secured nearly 19,000 GPUs significantly surpassing initial projections. These GPUs are being procured by the central government under the IndiaAI Mission, which was sanctioned Rs 2,000 crore for 2025-26 (a fifth of the scheme's total outlay of Rs 10,370 crore). In a report released by Nasscom, India's AI market is expected to touch \$17 billion by 2027. With an expected launch within the next 4 to 8 months, India's AI framework rests on four pillars: it aims to support



linguistic and cultural diversity, the establishment of AI safety institutions under a unique hub and spoke model, to accelerate AI research, the government is offering computing power at a 42 per cent discount, and inviting proposals for AI model development from researchers and startups. However, several challenges hinder India from developing cutting-edge technologies like AI, despite it having the largest young workforce population and a large pool of engineers. Finance and investment are crucial catalysts within the AI ecosystem, as they play a pivotal role in advancing other essential components such as research, infrastructure and talent development. For example, India's share of GDP (0.6%) in research and development is abysmal compared to countries like the US (3.4%), China (2.4%) and Israel

(5.7%). There is an urgent need to invest in research and create an ecosystem, enabled not only by the government but also by the private sector. Further, there is a lack of collaboration between academia and industry. A sustainable research ecosystem with long-term investment is the need of the hour to foster innovation. AI demands immense computational power and specialised infrastructure, which can be cost-prohibitive for individual entities. Strategic partnerships can help mitigate this challenge by sharing infrastructure costs, creating economies of scale and improving access to critical resources such as GPUs, data centres and cloud computing services, an area where India lags. The US has already capped the sale of advanced chips to countries like India and we lag in AI and chips manufacturing

A guide to dodging Trump's tariffs

In 1881 American customs officials stopped a suspicious shipment of sugar, believing its colour had been altered. Under the prevailing tariff code, the darker the colour, the lower the grade and the lighter the levy. A chemical test confirmed the officials were correct. The case went all the way to America's Supreme Court, which determined that the importer could in fact alter merchandise so as to lower the duty rate, and therefore had done nothing wrong.

Not a week goes by without new threats from Donald Trump to slap new duties on imports into America. Wide-ranging tariffs risk becoming "existential" for companies, says Edward Steiner of Sandler, Travis & Rosenberg, a law firm. For many, relocating production to America—Mr Trump's desired outcome—remains prohibitively expensive. Companies are therefore likely to explore more creative approaches instead.

Those hoping to dust off their playbooks from Mr Trump's first term will probably be disappointed. Exemptions from duties, such as the one that Apple, maker of the iPhone, was granted in 2019, may be harder to get this time; Mr Trump has promised "no exceptions". Likewise, relocating production from China, on whose goods Mr Trump has imposed an additional 10% tariff, to places such as South-East Asia may not do much to shield

firms from duties, particularly if Mr Trump follows through with his threat of applying reciprocal levies. Companies could move operations to Thailand or Malaysia but end up having the same conversations in 18 months, says Dave Townsend of Dorsey & Whitney, another law firm.

Some bosses may look instead to clever workarounds. Start with "tariff engineering", which includes tweaking products to change their official classification, as the sugar manufacturer did. Duties can vary significantly even when merchandise appears similar, and "therein lies the opportunity," notes Lawrence Friedman of Barnes, Richardson & Colburn, one more law firm.

Companies may take inspiration from Converse, a footwear brand that over a decade ago altered the design of various models of its Chuck Taylor All Star shoes, which are imported from countries such as Vietnam, to incur lower duties. By adding a layer of felt on about half the insole Converse was able to reclassify the canvas sneakers as slippers, which face a tariff of about 6%, compared with as much as 48% for other footwear. Apparel manufacturers such as Columbia Sportswear have similarly added pockets below the waist on shirts, t-shirts and blouses to move them into a product category for which tariffs are lower.

Another form of tariff engineering involves fiddling with where a product ostensibly comes from. Consider the cable harnesses in Hyundai's cars, made up of wires, plastic coverings and connectors. American customs officials have deemed these to be made in South Korea. Yet although the raw material is manufactured there, most of the production process happens in China, with the finished harness then sent back to South Korea for testing and packaging. Designing supply chains so that just enough production happens in a location that benefits from lower tariffs is cheaper than relocating manufacturing in its entirety, and allows firms to be more nimble when new levies come in.

If none of this is possible, then another option is to seek to reduce the amount of the tariff to be paid. The "first-sale" provision, created by a court ruling in 1988, allows importers to value goods based on the price charged by the manufacturer, rather than the higher ones charged by middlemen along the way. To preserve cash, companies can also delay the payment of duties. In a note sent to clients this month, Maersk, a shipping giant, advised using "bonded warehouses" that allow companies to store goods without paying duties until they are sold, as well as "temporary import bonds" for goods that are set to be re-exported.