

HC seeks GHMC reply on PIL to regulate pigeon feeding in Hyderabad

Hyderabad: A Division Bench comprising Chief Justice Aparesh Kumar Singh and Justice G.M. Mohiuddin of the Telangana High Court on Wednesday sought responses from the GHMC on a PIL seeking regulation of pigeon feeding in Hyderabad. The PIL was filed by Dr. Radheshyam Tapadia seeking directions to the GHMC to frame and implement guidelines under Section 115(20) of the GHMC Act, 1955, to regulate pigeon feeding, particularly in residential colonies, hospitals and heritage monuments.

Telangana HC orders status quo on Bahadurguda disputed lands

Hyderabad: Justice B. Vijaysen Reddy of the Telangana High Court directed the authorities to maintain status quo over the structures on the disputed lands at Bahadurguda village, Shamshabad, until further orders.

The interim order came in two writ petitions filed by a group of farmers and private landowners alleging that officials of HYDRAA, the Revenue Department and the police attempted to dispossess them from their patta lands, demolished structures and interfered with their possession without issuing prior notice or following due process of law. The petitioners also alleged that the authorities resorted to force despite existing status quo orders governing portions of the land.

Modi, Pradhan Colluded To Loot India, Says Revanth

Hyderabad: Chief Minister A. Revanth Reddy on Wednesday demanded the removal of Union education minister Dharmendra Pradhan from the Union Cabinet over irregularities in CBSE examinations and the NEET paper leak.

He questioned why the BJP-led government at the Centre had entrusted Globarena, which was discredited for the Telangana intermediate issue, with the responsibility of conducting CBSE examinations. He alleged that it was a benami company linked to BRS working president K.T. Rama Rao and had been involved in irregularities in the Telangana Intermediate examinations in 2019.

Revanth Reddy led a massive protest rally in his home constituency of Kodangal against the arrest of Congress leaders Rahul Gandhi and Priyanka Gandhi in Delhi, the police assault on protesting students and the Centre's handling of the NEET paper leak issue.

The Chief Minister, accompanied by party leaders, MLAs and activists, took out a procession to Ambedkar Crossroads. He walked alongside protesters carrying a banner featuring images related to the attack on Rahul Gandhi and paid floral tributes to Dr B.R. Ambedkar.

Addressing the gathering, Revanth Reddy alleged

that Prime Minister Narendra Modi and Dharmendra Pradhan had colluded to "loot the country" and said the Congress would not remain a silent spectator. Recalling the 2019 Telangana Intermediate examination controversy, he alleged that the then BRS government had awarded the project to Globarena despite the company lacking the required experience and qualifications.

He claimed that the project was awarded due to political pressure and that irregularities in the results led to the deaths of 27 students. He further alleged that after the Congress government came to power, the company rebranded itself as Coempt Education and secured a contract from the Centre to conduct CBSE examinations with the help of KTR and Delhi BJP leaders.

The Chief Minister criticised the Centre for failing to remove Pradhan or arrest those responsible for the alleged NEET paper leak, while cracking down on students protesting against examination irregularities. He said girl students, women and youth suffered injuries in the police action and raised concerns over reports of dozens of students going missing. He condemned the alleged police assault at Delhi's Jantar Mantar and questioned whether peaceful protests warranted such "brutal attacks".

Revanth Reddy alleged that BJP leaders in states

ruled by the party were playing with students' lives by selling question papers. He said political parties across the spectrum had supported the students' demand for Pradhan's resignation. He said Rahul Gandhi and Priyanka Gandhi had stood with the protesting students and condemned the treatment meted out to them while they were peacefully protesting outside the Prime Minister's residence.

Referring to Rahul Gandhi's reported injury, Revanth said shedding blood for the country was not new to the Gandhi family and recalled the sacrifices of Indira Gandhi and Rajiv Gandhi.

Revanth Reddy criticised Prime Minister Narendra Modi for refusing to allow a debate on the NEET paper leak in Parliament and asserted that the right to protest

was a fundamental right guaranteed by Ambedkar's Constitution. He called upon Congress cadres to unite, fight against the BJP-led government and work towards making Rahul Gandhi the Prime Minister.



Pawar-Modi Meet Revives NDA Buzz

Mumbai: Nationalist Congress Party (SP) chief Sharad Pawar and party working president Supriya Sule met Prime Minister Narendra Modi in Parliament on Wednesday, rekindling speculation about a possible political realignment of the party with the BJP-led National Democratic Alliance.

Although Pawar said the meeting was confined to problems faced by farmers in Maharashtra, its timing raised eyebrows among his alliance partners in the State amid reports of possible reconciliation between the two NCP factions.

Photographs of the meeting showed Modi receiving the veteran leader at the door of his room. The Prime Minister and Pawar were also seen sharing a laugh and exchanging notes.

Pawar submitted a memorandum detailing farmers' problems, including inadequate irrigation, erratic rainfall, drought, poor water management and shortcomings in the implementation of welfare schemes.

"The farmer does not merely want relief, grants or loan waivers, but a fair price for their hard work and a transparent, accountable administration," Pawar said in the memorandum.

He urged the Centre to correct policy failures, improve water management and ensure that agricultural welfare programmes were implemented effectively. He said administrative apathy and policy shortcomings had aggravated farmers' distress.

The meeting, however, acquired political signifi-



cance as it came amid reports that the NCP (SP) was exploring the possibility of reuniting with the Ajit Pawar-led NCP and moving closer to the ruling NDA.

Pawar and Sule had only a day earlier joined protesters at Jantar Mantar, where demonstrations were being held over the alleged NEET-UG paper leak. The NCP (SP) has supported the demand for the resignation of Union Education Minister Dharmendra Pradhan.

The contrast between the party's participation in the Opposition protest and the cordial meeting with the Prime Minister added to the speculation over its future political course.

Pawar, however, maintained that the interaction with the Prime Minister was related solely to agricultural and irrigation issues

DA case: ACB books REDCO engineer, seizes assets worth Rs 27.65 crore

Hyderabad: The Telangana Anti-Corruption Bureau (ACB) registered a disproportionate assets (DA) case against Mutyam Venkata Ramana, Divisional Engineer of the Telangana Renewable Energy Development Corporation (TGREDCO), Khairatabad, Hyderabad, and conducted simultaneous searches at his residence, office and seven other premises linked to his relatives, associates and alleged benami holders on Wednesday.

During the searches, ACB officials unearthed four residential flats in Serilingampally and Kukatpally valued at Rs 1.23 crore, a G+3 commercial building at Anjaneya Nagar, Kukatpally worth Rs 1.82 crore, and a G+5 commercial building at Guttala Begumpet valued at Rs 2.90 crore. They also found bank deposits of Rs 52.02 lakh, 2,094 grams of gold ornaments valued at around Rs 40 lakh, three vehicles worth about Rs 45 lakh, and household articles and electronic gadgets worth approximately Rs 30 lakh.

The investigation further revealed that substantial investments had allegedly been made through four construction firms registered in the name of the officer's wife. The firms had constructed 10 residential apartments at Anjaneya Nagar, Moosapet, with an estimated investment of Rs 20 crore. The ACB said the market value of the properties is expected to be significantly higher than their official valuation. The total value of assets detected during the current searches was estimated at Rs 27.65 crore.

During the raids, officials also seized 20 liquor bottles, including 19 foreign liquor bottles and one IMFL bottle, valued at around Rs 2.5 lakh. A separate case has been registered by the Madhapur Excise Department.

The ACB said Mutyam Venkata Ramana had earlier been arrested in December 2019 while serving as Divisional Engineer (Technical), Cyber City Circle, Hyderabad, in a trap case for allegedly demanding and accepting a bribe of Rs 25,000. Searches conducted then resulted in the seizure of Rs 26.52 lakh in cash and gold ornaments worth Rs 22.60 lakh.



According to the ACB, the grand total value of assets linked to the officer, including those detected during the earlier case and the latest searches, has been estimated at Rs 28.14 crore.

The officer will be produced before the Principal Special Judge for SPE and ACB Cases, Hyderabad, for judicial remand. Further investigation is underway.

Border peace pre-requisite for normal ties, Jaishankar tells Chinese counterpart Wang Yi in Manila

Manila [Philippines], July 22 (ANI): External Affairs Minister S Jaishankar conveyed to Chinese Foreign Minister Wang Yi on Wednesday that ensuring stability along frontier regions remains a "pre-requisite" for restoring standard diplomatic engagements, emphasising that bilateral relations ought to be anchored in mutual respect, interest and sensitivity.

During the talks, Jaishankar raised crucial economic concerns with his counterpart, drawing attention to market entry barriers, expanding trade deficits and unpredictable global supply networks.

Both diplomatic representatives gathered in the capital of the Philippines to participate in key ministerial discussions hosted under the Association of Southeast Asian Nations (ASEAN) umbrella.

Ties between the two Asian giants have witnessed progressive normalisation measures recently, following years of acute tension triggered by the long-drawn military standoff in eastern Ladakh that began four years ago

Addressing the delegation, Jaishankar stressed that a stable and cooperative partnership requires a foundational framework governed by shared principles.



Arrest of Congress Leaders Is an Attack on Democratic Rights: MLA K.R. Nagaraju

"Hanumakonda, July 22 (Indian Chronicle): Condemning the arrest of Congress leader and Leader of the Opposition in the Lok Sabha Rahul Gandhi and other senior Congress leaders in Delhi, a protest was held at the Dr. B.R. Ambedkar Statue in Hanumakonda district headquarters on Wednesday." "Telangana Deputy Chief Minister Bhatti Vikramarka Mallu, Minister Konda Surekha, MLAs Nayini Rajender Reddy and K.R. Nagaraju, MLC Baswaraju Saraiah, and Hanumakonda DCC President Inagala Venkatram Reddy participated in the peaceful demonstration after paying floral tributes to Dr. B.R. Ambedkar." "Speaking on the occasion, Vardhannapet MLA and former IPS officer K.R. Nagaraju demanded that Prime Minister Narendra Modi respond to the alleged NEET examination paper leak and take stringent action against those responsible. He also called for the resignation of Union Education Minister Dharmendra Pradhan, holding him morally accountable for the issue." "The MLA urged the Central Government not to play with the future of students, stating that an attack on students was equivalent to an attack on every Indian family. He criticized the alleged suppression of the democratic rights of Congress leaders and asserted that Rahul Gandhi's leadership would be strengthened further by 2029." "Congress leaders, Youth Congress members, party workers, and supporters from across the erstwhile Warangal district participated in the protest.



Rahul Gandhi's Arrest Reflects Modi Government's Authoritarianism:



Tumburu Dayakar Reddy"- Alleges Centre is playing with the future of students and unemployed youth"- Demands immediate resignation of Prime Minister Narendra Modi and Union Education Minister Dharmendra Pradhan"- PM Modi's effigy burnt during protest in Edulapuram""Khammam Edulapuram, July 22 Indian Chronicle:""Tumburu Dayakar Reddy, Camp Office In-charge of Telangana Revenue, Housing and Information Minister Ponguleti Srinivasa Reddy, alleged that the BJP-

led Central Government's "authoritarian attitude" was evident in the arrest of Leader of the Opposition Rahul Gandhi, who had been raising concerns over alleged examination paper leaks affecting lakhs of students and unemployed youth across the country."He demanded the immediate resignation of Prime Minister Narendra Modi and Union Education Minister Dharmendra Pradhan, holding them responsible for what he described as the government's failure to protect the future of students."A protest was organized on Wednesday by the Congress Party in Edulapuram Municipality and Khammam Rural Mandal condemning Rahul Gandhi's arrest. Congress workers marched from the Satyanarayana Puram Ramleela Function Hall through the main streets, raising slogans against the Central Government before burning an effigy of Prime Minister Narendra Modi."Speaking on the occasion, Tumburu Dayakar Reddy alleged that repeated examination paper leaks had ruined the future of hardworking students while the Central Government had failed to act responsibly. He criticized the police action against Rahul Gandhi, stating that he was protesting in support of students seeking justice."He reiterated the demand for the resignation of Prime Minister Narendra Modi and Union Education Minister Dharmendra Pradhan, and asserted that Congress workers would not be intimidated by arrests or criminal cases. He said the party would continue to intensify its struggle under Rahul Gandhi's leadership for the rights of students and unemployed youth."Several local Congress public representatives, Khammam Rural Mandal and Edulapuram Municipality Congress leaders, representatives of affiliated organizations, and party workers participated in the protest in large numbers.

KTR Has No Basic Understanding of El Niño:

Deputy CM Bhatti Vikramarka""Hanumakonda, July 22 (Indian Chronicle): Telangana Deputy Chief Minister Mallu Bhatti Vikramarka strongly criticized BRS Working President K.T. Rama Rao (KTR) over his remarks, "The drought was not brought by nature, but by the Congress government." Bhatti alleged that KTR made the statement without even a basic understanding of global climate patterns and the impact of the El Niño phenomenon."Addressing a press conference at the TGNPDCL office in Hanumakonda on Wednesday, Bhatti Vikramarka said that scientists have clearly established that the El Niño phenomenon, which originates in the Pacific Ocean, causes drought conditions in several parts of the world."He questioned how the Telangana Government could be blamed for a natural climatic event occurring thousands of kilometres away in the Pacific Ocean. "Did the Chief Minister go there and cause it?" he asked, adding that making such statements without scientific understanding was irresponsible and beneath the standards expected of KTR. He said the government would welcome constructive suggestions from the Opposition but would not remain silent against what he described as misleading propaganda."Bhatti further alleged that certain newspapers and television channels, which he claimed were established using wealth accumulated during the BRS government's tenure, were spreading baseless allegations against the present government. He warned that the people of Telangana were closely observing such attempts to mislead the public."Bhatti Questions Harish Rao on Medigadda Barrage""Deputy Chief Minister Bhatti Vikramarka also questioned former Irrigation Minister T. Harish Rao over the Medigadda Barrage, a component of the Kaleshwaram Lift Irrigation Project."He asked why the Medigadda Bar-



rage, which was built at a cost of thousands of crores of rupees, developed structural problems within just three years of its construction. He said the BRS leadership owed an explanation to the people of Telangana."Drawing a comparison, Bhatti noted that the Sripada Yellampalli Project, constructed during the Congress government's tenure with a storage capacity of 20 TMC, continues to function safely and provides irrigation to lakhs of acres. He also pointed out that the Siram Sagar Project (SRSP), built by the Congress government nearly six decades ago, has withstood repeated Godavari floods and remains structurally sound."The same Godavari River, the same sandy foundation—if Congress-built projects have stood the test of time, why did the Medigadda Barrage built during the BRS regime develop problems within just three years?" he asked."State Ministers Konda Surekha and Ponnamp Prabhakar, Warangal West MLA Nayini Rajender Reddy, MLA K.R. Nagaraju, and others were present at the press conference.

Uppal Congress Leaders Participate in Chalo Lok Bhavan" Protest Against NEET Paper Leak



""UPPAL, JULY 22 (INDIAN CHRONICLE): Responding to the call given by Telangana Pradesh Congress Committee (TPCC) President Mahesh Kumar Goud, Congress leaders from the Uppal constituency participated in large numbers in the "Chalo Lok Bhavan" protest held against the alleged NEET question paper leak

and the arrest of Leader of the Opposition Rahul Gandhi and Congress General Secretary Priyanka Gandhi by Delhi Police during their protest near the Prime Minister's residence.Among those who took part in the protest were Uppal Congress senior leader Janumpally Venkateshwar Reddy, Ramanthapur Congress In-charge and contested Corporator Tavidaboyina Giribabu, senior Congress leader Survi Murali Goud, and several other party leaders.Speaking on the occasion, the leaders demanded that the Central Government conduct a comprehensive investigation into the alleged NEET paper leak and take stringent action against those responsible. They stated that those playing with the future of students should not be spared and called for greater transparency and accountability in the education system.The leaders also strongly condemned the arrest of Rahul Gandhi and Priyanka Gandhi, asserting that the Congress Party would never tolerate any attempts to suppress democratic rights and peaceful protests.

Collective Effort for FCI's Progress... FCI Employees Pay Courtesy Call on Telangana General Manager

"Warangal, July 22 (Indian Chronicle): Representatives of the Warangal FCI SC/ST Employees' Welfare Association (Registration No. 11357) paid a courtesy call on Anju Tyagi, General Manager of the Food Corporation of India (FCI), Telangana, in Hyderabad on Wednesday. On the occasion, they presented a bouquet and conveyed their best wishes."The association representatives expressed optimism that, under the General Manager's leadership, more initiatives would be undertaken for the development of FCI in Telangana, the welfare of employees, and the overall progress of the organization. They assured their full cooperation in strengthening the organiza-



tion and taking it forward on the path of growth while giving priority to employee welfare."According to the association leaders, General Manager Anju Tyagi interacted warmly with the representatives and emphasized that collective effort is

essential for ensuring employee welfare, delivering efficient services, and achieving the organization's objectives."

"The program was attended by senior members of the FCI SC/ST Employees' Welfare Association,

including Kristu Das, Ravi, Zonal Joint Secretary Aitha Raju, Regional President Pramod, Regional Secretary Jagadeesh, and members Ajay, Praveen, Chandu Lal, Katta Kishore, Nikita, Parimala Kishori, among others.

Expedite CBM Development in Telangana's Coal Belt: MP Dr. Kadiyam Kavya



"Warangal, July 22 (Indian Chronicle): Warangal MP Dr. Kadiyam Kavya has urged the Central Government to expedite the exploration and development of Coal Bed Methane (CBM) reserves in the Singareni coalfields and the Mulugu-Bhupalpally region of Telangana. She made the appeal on Wednesday while raising the issue under Rule 377 in the Lok Sabha."The MP stated that several reports

indicate the presence of significant CBM reserves in Telangana's coal belt. She noted that CBM, being a clean source of energy, would contribute to the country's energy security while also supporting power generation and industrial requirements. She further explained that reducing methane accumulation in underground coal mines would improve mine safety and minimize the risk of accidents."Dr. Kadiyam Kavya said that the scientific exploration and commercial utilization of CBM resources would create employment opportunities in Telangana's coal mining regions and accelerate industrial development. However, she expressed concern that despite the availability of substantial reserves, exploration and development activities have not progressed at the desired pace."In this context, she urged the Central Government to undertake a comprehensive scientific study of CBM reserves in Telangana's coal belt and accelerate the exploration process. She also called for policy support and adequate investments to facilitate the allocation and development of CBM blocks. Further, she requested the government to establish the necessary infrastructure for CBM extraction and utilization, while ensuring employment opportunities for local youth and promoting regional development.

MP Dr. Kadiyam Kavya Raises Questions in Parliament on NFSA Implementation

"Warangal, July 22 (Indian Chronicle): Warangal MP Dr. Kadiyam Kavya raised questions in Parliament regarding the implementation of the National Food Security Act (NFSA) in the Warangal district of Telangana. She sought details on the number of beneficiaries in the district under the scheme, as well as information on the measures being taken by the Central Government to ensure the proper allocation of food grains and to strengthen the Public Distribution System (PDS)."Nimuben Jayantibhai Bambhaniya, Minister of State for Consumer Affairs, Food and Public Distribution, provided a written reply to Dr. Kadiyam Kavya's question. The Minister stated that there are currently 4,51,376 beneficiaries in Warangal district receiving free food grains under the National Food Security Act."The Minister explained that the allocation of food grains is carried out based on beneficiaries identified by the respective States and Union Territories, subject to limits prescribed by the Central Government. She noted that under the Antyodaya Anna Yojana (AAY), every eligible family receives 35 kg of food grains per month, while under the Priority Households (PHH) category, every eligible individual receives 5 kg of food grains per month."Dr. Kadiyam Kavya stated that safeguarding public welfare and strengthening food secu-



rity for poor families are among her top priorities. She stated that every eligible beneficiary in Warangal district should receive the benefits of government welfare schemes without any hindrance. She urged the Central Government to ensure there are no lapses in the allocation of food grains and to increase allocations accordingly if the number of beneficiaries rises in the future.

Veltris Launches India's First Vertical AI Academy



"Hyderabad, July 22 (Indian Chronicle) : Veltris, an AI-driven digital product engineering company, has launched the country's first Veltris Vertical AI Academy, the company's Chief AI Officer, Dr. Vishwakarma Jai Shankar, announced on Wednesday. As part of the initiative, Veltris has signed a Memorandum of Understanding (MoU) with Woxsen University, making it the academy's first private university partner. Speaking alongside Bernard Bhutia, Head of the Woxsen Centre for Talent Development (COTD) and

the Study Abroad Cell, Dr. Jai Shankar said the academy will be established at the Woxsen campus in Hyderabad. It will focus on developing industry-ready AI professionals through the Databricks ecosystem. The academy will provide students with hands-on training, capstone projects, internships, and placement opportunities. It aims to bridge the gap between academia and industry by producing skilled professionals with expertise in Vertical AI to meet the growing demands of various industries.

Foundation Laid for 56 Crore Power Infrastructure Works... MLA K.R. Nagaraju



""Hanumakonda, July 22 (Indian Chronicle): As part of the Telangana Government's initiative to strengthen power infrastructure and ensure quality, uninterrupted electricity supply while meeting future energy demands, foundation stones were laid and several power development works worth ₹56 crore were inaugurated in Hanumakonda on Wednesday."The programmes were attended by Deputy Chief Minister and Minister for Finance, Planning and Energy Mallu Bhatti Vikramarka, Minister for Forests, Environment and Endowments Konda Surekha, Warangal West MLA Nayini Rajender Reddy, and Vardhannapet MLA and retired IPS officer K.R. Nagaraju, who jointly inaugurated the projects and laid foundation stones for new infrastructure."Later, MLA K.R. Nagaraju participated in a high-level review meeting held at the TGNPDCL Corporate Office in Nakkalagutta, Hanumakonda, along with Deputy Chief Minister Bhatti Vikramarka, Minister Konda Surekha, MLA Nayini Rajender Reddy, and State Finance Commission Chairman Sirisilla Rajajiah. The meeting reviewed measures to strengthen power infrastructure, ensure quality electricity supply, and address future energy requirements."Subsequently, the leaders laid the foundation stone for the newly proposed Sports Building and the Northern Power Training Institute building on Mulugu Road and planted saplings. They also participated in the inauguration of the 33/11 KV Collectorate Complex Substation, KMC Substation, Pochamma Maidan Substation, and the Interlinking Line in Warangal."The leaders stated that these

initiatives would significantly strengthen Telangana's power infrastructure and help provide better and more reliable electricity services to the public.

Gaddam Ravikumar, Hero Naren Extend Birthday Wishes to 'Hanu-Man' Producer Niranjan Reddy

"HYDERABAD , JULY 22 (INDIAN CHRONICLE):On the occasion of the birthday of Prime Show Entertainments founder and Hanu-Man producer Niranjan Reddy, Gaddam Ravikumar and actor Naren extended their heartfelt birthday wishes.Speaking on the occasion, they praised Niranjan Reddy for presenting the blockbuster Telugu film Hanu-Man to the industry and wished him continued success in his



will achieve great success.They wished that Niranjan Reddy would go on to produce many more prestigious films and scale greater heights in the Telugu film industry. Praying for his good health, long life, happiness, and prosperity, they conveyed their warm birthday greetings."

film making journey. They also expressed confidence that his upcoming production, S Y G (Sambarala Yeti Gattu), starring Sai Dharam Tej, which has recently completed shooting, will achieve great success.They wished that Niranjan Reddy would go on to produce many more prestigious films and scale greater heights in the Telugu film industry. Praying for his good health, long life, happiness, and prosperity, they conveyed their warm birthday greetings."

Submit Enumeration Forms to BLOs Within the Stipulated Time: Former Corporator BANNALA GEETHA PRAVEEN MUDIRAJ



“UPPAL, JULY 22 (INDIAN CHRONICLE): Former Chilkanaagar Division Corporator and former GHMC Standing Committee Member Bannala Geetha Praveen Mudiraj urged citizens to complete and submit their Enumeration Forms within the prescribed deadline to the Booth Level Officers (BLOs) or Booth Level Agents (BLAs) to ensure the successful implementation of the Special Intensive Revision (SIR) of the electoral rolls. On Tuesday, she met Uppal Zonal Commissioner Radhika Gupta, IAS, at the Uppal Zonal Office and officially submitted her Enumeration Form. Dur-

ing the meeting, she discussed the progress of the SIR programme, the services being provided to the public, and the functioning of the assistance centres with the officials. Speaking on the occasion, Bannala Geetha Praveen Mudiraj said that everyone should act responsibly to ensure that the Election Commission's Special Intensive Revision programme is completed transparently and without any hurdles. She called upon BRS leaders and party workers in Beerappagadda and Chilkanaagar divisions to extend all necessary assistance to the public and contribute to the successful completion of the SIR process. She advised party cadres to create awareness among voters so that every eligible voter receives an Enumeration Form on time, fills it correctly, and submits it to the BLOs within the stipulated period. She also stressed the importance of co-ordinating with BLOs to ensure that genuine voters do not face any inconvenience during the revision process. “She urged officials to ensure that the SIR Assistance Centres remain accessible and function efficiently by providing proper guidance to every visitor. She noted that these centres play a crucial role in assisting citizens with filling out Enumeration Forms, submitting the required documents, and resolving any queries related to the process. Local BRS leaders, party workers, representatives of the assistance centres, and election officials participated in the programme.

Collector orders comprehensive road safety measures

Sets 60-day deadline to rectify black spots, upgrade road infrastructure, and strengthen inter-departmental co-ordination to prevent accidents. Karimnagar July 22 (Correspondent): Emphasising that road safety is a collective responsibility, Collector Chitra Mishra on Wednesday directed officials of all stakeholder departments to work in close co-ordination to reduce road accidents and improve road infrastructure across the district.

Chairing the District Road Safety Committee meeting at the Collectorate, Ms. Mishra instructed officials to identify accident-prone black spots and implement permanent corrective measures, particularly during the ongoing monsoon season. Police Commissioner Ghaus Alam, Additional Collector Ashwini Tanaji Wakade, Municipal Commissioner Praful Desai, officials of the Transport Department, Roads and Buildings Department, RTC, the National Highways Authority of India (NHAI), and other departments attended the meeting.

The Collector directed officials to install speed breakers, reflectors, warning signboards and road markings at accident-prone locations. She also asked them to repair damaged roads, fill potholes and ensure that rainwater does not stagnate on roads to minimise risks to motorists. Stressing the need to improve urban road safety, Ms. Mishra instructed the Municipal Corporation to ensure uninterrupted street lighting on major roads and provide adequate illumination at vulnerable stretches. Police officials were asked to strengthen traffic management near educational institutions, hospitals and busy junctions and intensify public awareness campaigns on road safety regulations. Calling for strict adherence to Supreme Court guidelines on road safety, the Collector directed officials to enhance surveillance and patrolling along national highways to prevent encroachments and accidents. She instructed the installation of speed detection systems, surveillance cameras, emergency call boxes and high-mast lighting at identified black spots, and set a 60-day deadline for completion of the works. She further directed officials of the Transport Department, Police and NHAI to hold review meetings every 15 days to monitor accident-prevention measures



and promote awareness of the National Highways toll-free emergency helpline 1033. Police Commissioner Gaush Alam said that over speeding, drunken driving and failure to wear helmets and seat belts remained the leading causes of road accidents. He said enforcement against traffic rule violations would be intensified while awareness campaigns would continue. He noted that road accidents had declined compared to the previous month and reviewed hit-and-run cases and e-challan enforcement. He also advised motorists to ensure proper vehicle maintenance during the rainy season. The meeting also reviewed recurring accidents and waterlogging at the NTR Statue–Padma Nagar Junction on the bypass road and other vulnerable locations. Earlier, NHAI officials informed the meeting that nearly 95% of the Karimnagar–Warangal National Highway project had been completed. Senior officials from various departments attended the meeting.”

Congress Continues Its Fight to Protect Democracy-Congress Workers Burn Effigy of Prime Minister Narendra Modi at Uppal Ring Road



“UPPAL, JULY 22 (INDIAN CHRONICLE): “Responding to the call given by the All India Congress Committee (AICC), Congress leaders and workers of the Uppal Assembly constituency, under the leadership of Uppal Congress in-charge Mandumula Parameshwar Reddy, staged a protest by burning an effigy of Prime Minister Narendra Modi at Uppal Ring Road. The protest was organized to condemn the arrest of Rahul Gandhi and other opposition leaders and to demand the resignation of Union Education Minister Dharmendra Pradhan, holding him responsible for the alleged NEET paper leak. Addressing the gathering, Congress leaders stated that the party would continue to stand firmly with the people to safeguard democratic values and protect the Constitution. They asserted that the voices of the people cannot be silenced through arrests, intimidation, or repression. A large number of Congress leaders and workers from Uppal, Chilkalguda/Chilkanaagar, Beerappa Gadda, Ramanthapur, Habsiguda, and Venkat Reddy Nagar divisions participated in the protest. “Among those present were DCC Vice President Boppanapalli Sudhakar Reddy; Habsiguda Division President Kandi Sravan Kumar Reddy; District ST Cell President Ganesh Naik; former Habsiguda Division President Gannaram Vijay Kumar; senior leaders Chintala Baburao, Murali Krishna Mudiraj, Raju Naik, Kishan Naik, Gundu Rajanna, Malu Naik, Ganga Yadav, Vasu Naik, Sai Kumar, Sai Kiran, Suman Naik, Mahaboob, and Shiva. Also participating were Beerappa Gadda Division President Agam Reddy; Venkat Reddy Nagar Division President Nam Raji Reddy; Ramanthapur Division President Sandeep;

Working President Vallapu Srikanth Yadav; Uppal Youth Congress President Arun Patel; senior leaders Balayya Babu, Rajesh Mudiraj; Uppal SC Cell President Lingampalli Rama Krishna; Uppal Division President Eega Anjaneyulu Mudiraj; Bajaru Jagannath Goud, Tummala Devi Reddy, Ashok, Bajaru Naveen Goud, Aleem, Satti Reddy, Mashetty Raghavendra, Poojari Hanumanthlu, Anwar, Afzal, Prashanth Reddy, Rangula Shekhar, Chilkalguda/Chilkanaagar Division leader Kompalli Balaraj, Chaitanya Goud, Amar, Manchala Raghu, David, Turpati Jangaiah, Gavvala Santosh, Sravan, Durga, Balachander Goud, Ramesh Goud, Ramu Goud, Bheem Raj, Sailu, Geetha, Sushila, Nawab, Babu, Anoop Chary, Vamsi, Amareshwari, Shobha Reddy, Samatha, along with Congress leaders and party workers from all divisions of the Uppal constituency.”

Seoulscape Korean Cultural Festival in Hyderabad from July 24



“Hyderabad, July 22 (Indian Chronicle) : Inorbit Mall Cyberabad will host a three-day Korean cultural festival, ‘Seoulscape’, from July 24 to 26, the organisers announced on Wednesday. The festival will showcase a wide range of Korean experiences, including popular delicacies such as ramen, bingsu and kimbab, along with K-beauty and skincare products. Visitors can also participate in Korean fan painting and umbrella painting workshops, while live Korean music and dance performances and Seoul-themed décor will be among the key attractions. As part of the celebrations, shoppers spending 3,000 or more at the mall will be eligible for the ‘Shop & Win’ offer, with exciting prizes up for grabs. The winner of the bumper prize will be announced on August 2, the organisers said.

'Bhatti's' Boon for Warangal West: Sanction for Two 132/33 KV Substations



--Deputy Chief Minister Responds Promptly to MLA Nayini's Request““Hanamkonda, July 22 (Indian Chronicle): Deputy Chief Minister and Energy Minister Mallu Bhatti Vikramarka has taken a significant step towards strengthening power infrastructure in the Warangal West Assembly constituency. Responding immediately to a request made by Warangal West MLA Nayini Rajender Reddy, the Deputy Chief Minister approved the establishment of substations at Balasamudram and Kakatiya University (KU).““These two new substations are expected to significantly improve

the power distribution network in the constituency. They will enhance load capacity and efficiently meet the rising electricity demand from households, commercial establishments, educational institutions, and industries. Officials stated that this new infrastructure would help prevent power load issues, voltage fluctuations, and supply interruptions for the next 10 to 15 years. ““Meanwhile, representatives of the Telangana Non-Gazetted Officers (TNGO) Association expressed their gratitude to the state government—and specifically to Deputy Chief Minister Bhatti Vikramarka—for approving health security cards for government employees. Leaders of the employees' association welcomed the government's decision to resolve this long-pending issue. They stated that the implementation of health security cards would enable government employees, pensioners, and their family members to access better healthcare services with greater ease. They commended the government's commitment to employee welfare and described this decision as a testament to the government's sincerity regarding the well-being of its employees. ““On this occasion, members of the TNGO committee met Deputy Chief Minister Bhatti Vikramarka, presented him with a bouquet, and extended their congratulations. They also assured the government of their full cooperation in the implementation of employee welfare programs. ““Ministers, public representatives, senior officials from the Electricity Department, TNGO leaders, and others attended the event.

TJA Celebrates 12th Foundation Day with Social Service Activities



Fruits Distributed and Annadanam Organized for Patients at Sangareddy Government Area Hospital““??? Senior Journalists and Youth Social Organization Leaders Honoured““Zaheerabad, July 22:““The Telangana Journalists Association (TJA) celebrated its 12th Foundation Day by organizing social service activities at the Government Area Hospital Sangareddy in district, on Wednesday. As part of the celebrations, fruits were distributed to patients undergoing treatment, and an Annadanam (free meal distribution) programme was conducted, reflecting the association's commitment to humanitarian service. ““Speaking on the occasion, Hospital RMO Dr. Ravi Kumar appreciated the initiative and said that journalists not only play a vital role in delivering information to society but



also set an example through social service activities. He stated that such programmes boost the morale and confidence of patients. ““TJA District General Secretary Mohammed Mojahid said that the association celebrates its Foundation Day not merely as a ceremonial event but as an opportunity to serve society. He added that TJA would continue to undertake welfare activities for journalists as well as community service programmes in the future. ““The programme was attended by TJA District Working President Devarampally Ashok, Vice President Ashok Babu, Executive Committee Members M. Chandra Reddy, P. Raju, Ramesh, doctors, staff nurses, journalists, representatives of voluntary organizations and other dignitaries.

Union Education Minister Dharmendra Pradhan Must Be Removed

“Hanamkonda, July 22 (Indian Chronicle): Lawyers staged a protest on Wednesday at the Martyrs' Memorial near the Adalat Centre in Hanamkonda, condemning the police action against students protesting over the NEET exam issue in New Delhi. ““Senior lawyers Bairapaka Jayakar, Puli Satyanarayana, Saini Narendra, Gandham Shiva, Dr. Jilukara Srinivas, and Vali Ulla Khadri addressed the gathering. ““Former Bar Council member Bairapaka Jayakar strongly condemned the police action against the students who were protesting peacefully. Holding Union Education Minister Dharmendra Pradhan morally responsible for the NEET paper leak, he demanded his immediate resignation. ““Senior lawyer Puli Satyanarayana stated that suppressing student protests goes against the spirit of democracy. He called upon lawyers across the country to stand in solidarity with the students. ““Lawyer Gandham Shiva demanded the resignation of Prime Minister Narendra Modi and the removal of Union Education Minister Dharmendra Pradhan from his post. Saini Narendra, State General Secretary of the Indian Legal Professionals Association, urged the Central Government to hold discussions with the protesting students. He suggested reviewing the



NEET examination system and granting state governments greater authority in managing medical admissions. He also demanded strict action against those responsible for the leakage of question papers. ““VCK party state president Dr. Jilukara Srinivas coordinated this protest. Advocates Vali Ulla Khadri, Kunuru Ranjith Goud, Saini Narendra, Ijjagiri Suresh, Pendyala Anil Kumar, Sunny, Goda Bhikshapathi, Eggadi Sundar Ram, Sai Pavan, B.S. Pani, Rajabapu, Yogi Ravan, Barupati Vinay Kumar, Dr. Konga Veeraswamy, Kumar, Yugender, Akshay Kumar, and others participated in the event.

Congress protest over NEET issue ends in detentions, clashes in Karimnagar

Party demands resignation of Union Education Minister Dharmendra Pradhan; several workers injured as police intervene during march. Karimnagar July 22 (Correspondent): Tension prevailed in Karimnagar on Wednesday after Congress leaders and workers staged a protest condemning the arrest of Lok Sabha Leader of the Opposition Rahul Gandhi and demanding the resignation of Union Education Minister Dharmendra Pradhan over the alleged NEET paper leak. The protest, organised by the District Congress Committee (DCC) and Corporation Congress following a call by the AICC and TPCC, began with a peaceful demonstration at the Mahatma Gandhi statue on Gandhi Road. Choppadandi MLA and DCC president Medipalli Satyam inaugurated the programme by garlanding the Mahatma Gandhi statue. Addressing the gathering, Mr. Satyam alleged that the alleged NEET paper leak had jeopardised the future of nearly 2.3 million students and sought the immediate removal of Mr. Pradhan from the Union Cabinet. He also demanded a detailed discussion on the issue in Parliament and alleged that students protesting at Jantar Mantar in New Delhi were subjected to police action. He criticised the arrest of Rahul Gandhi and other opposition leaders and said the Congress would continue its agitation until justice was done for students. Manakondur MLA Dr. Kavvampalli Satyanarayana accused the Centre of attempting to divert attention from the NEET controversy and criticised the alleged police action against students and opposition leaders. He alleged that the BJP government had failed to address the concerns of students aspiring to pursue higher education and reiterated the demand for the resignation of the Union Education Minister. After the public meeting, Congress workers took out a rally from the Mahatma Gandhi statue to the Dr. B.R. Ambedkar statue at Court Chowrasta. The situation turned tense when police stopped the rally after Congress workers raised slogans against the BJP. Police detained DCC president Medipalli Satyam and several other Congress leaders. Later, a group of Congress leaders and workers staged a sit-in near the residence of BJP MP Bandi Sanjay Kumar. Congress leaders alleged



that BJP workers attacked their supporters with sticks, while police resorted to a lathi charge to disperse the protesters. According to Congress leaders, Dr. Kavvampalli Satyanarayana fell ill during the commotion and was shifted from the spot. Several Congress workers, including Akarapu Bhaskar Reddy, Ashish Reddy, Shyamsunder Reddy and Bhaskar Naik, reportedly sustained injuries and were shifted to hospital for treatment. The protest was attended by Corporation Congress president Dr. Anjan Kumar, Karimnagar Assembly in-charge Velichala Rajender Rao, District Library Chairman Sattu Mallesham, former SUDA Chairman Komatireddy Narendra Reddy, Huzurabad Congress in-charge Oditela Pranav Babu, Karimnagar Market Committee Chairman Akula Narasaiah, and party functionaries from across the district. Police had not issued an official statement on the allegations of assault and the sequence of events at the time of filing this report.

Gujarat court rejects SIT closure report in 2021 encounter killing case of man, his minor son



GNS News Agency, July 22

A court in Surendranagar has rejected the closure report of the Special Investigation Team (SIT) in the alleged killing of a man and his minor son in an encounter in 2021, and admitted a protest petition filed by the man's mother-in-law while issuing summons to the investigation officer to be present in court on August 8 with the probe details.Hanif Khan alias Kalo Munno Amrikhan Jatmalik,44, alleged leader of the 'Talpatri Gang' of highway robbers, and his son Madin Khan, said to be around 15-years-old, were allegedly killed in a police encounter on November 6, 2021. The family had accused police sub inspector Virendrasinh Jadeja and six other cops from the Bajana police station in Patdi taluka of Surendranagar of allegedly killing the father-son duo in an encounter.Hanif Khan's daughter Suhana Khan and her guardian Hanifa Khan Jatmalik who is Hanif's mother-in-law had filed a PIL before the Gujarat High Court in 2022 seeking justice. The HC in 2024 directed the family to approach the magisterial court in Surendranagar. The police in their affidavit before the HC then had said that they had fired at the two in "self defence" after a "riot-like situation" broke out when they went to arrest Hanif Khan at Gediya village.

Suhana Khan had then filed an application with the Surendranagar district Dhrangadhra-Patdi Judicial Magistrate First Class Court on April 17, 2025. The court had directed the police to register an offence against the seven policemen — sub inspector Jadeja, head constables Rajeshbhai Mithapara and Kirit Solanki, and constables Shaileshbhai Kathevadviya, Digvijaysinh Zala, Prahladbhai Charmata, and Manubhai Fatepara – and ordered an investigation by a Deputy Superintendent of Police-level officer.A police complaint was registered by Hanifa Khan against PSI Jadeja and the six policemen accusing them of

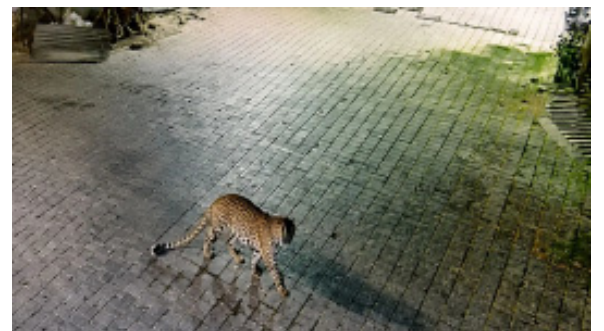
murder, at the Bajana Police station on May 29, 2025. The SIT under DSP J D Purohit was set up, which filed a C summary (closure report) before the court last year, following which Hanifa Khan filed a protest petition in December last year.The Judicial Magistrate First Class at Patdi, Puthu Sharma, on July 18 rejected the C Summary Report filed by the SIT in the case.In the order issued on July 18 and made available on Tuesday, JMFC Puthu Sharma stated, "The C Summary Report submitted by police has been rejected, and the protest petition of the defence has been accepted. Summons should be issued to PSI Virendrasinh Jadeja and six other police men to remain present in the court on August 8, 2026. The investigating officer should submit the case details before the court on August 9, which would be handed over to the accused."The protest petition alleged that the probe team had supported the seven accused police personnel."The accused are police officials and the SIT members are also police officers. The probe team had harboured and supported the seven accused police officials and filed a "C-summary" in the case. The C Summary Report should be rejected. The accused killed the son-in-law of the complainant and his minor son (12 years old) on November 6, 2021, in a police encounter. Several facts had come on record showing that the accused had intentionally killed both Hanif Khan and his minor son Madin".The FIR, based on Hanifa's complaint, said: "On November 6, 2021, a police team headed by PSI Jadeja, all in plain clothes, came in a private vehicle and caught Hanif Khan alias Kalo Munno, who was absconding in a criminal offence, in Gediya village, Patdi taluka in Surendranagar district. The accused police men took him to a private vehicle. Meanwhile, Hanif's son Madin Khan saw his father being taken by some plainclothesmen and tried to stop them. PSI Jadeja took out his service revolver and fired at Madin Khan on the chest. After the death of Madin Khan on the spot, his father Hanif Khan had a scuffle with police. PSI Jadeja fired another round on Hanif Khan, killing him on the spot. The cops later fled the spot, leaving their vehicle behind."Talking to The Indian Express, Hanifa Khan's lawyer P R Dave said, "The evidence that came on record clearly states that PSI Jadeja and his team had killed both Hanifa Khan alias Kalo Munno and his minor son Madin Khan. The police had filed a C-Summary, which clearly indicates that they are protecting the accused officials. We are very much satisfied with the court's order."Suhana Khan said, "The investigation police team are protecting the accused police personnel. We are satisfied with the JMFC court order, and we hope that those involved in killing my father and my brother will get strict punishment."

No spreading leopard rumours, appeals Ahmedabad forest department

GNS News Agency, July 22

The Ahmedabad Social Forestry Department on Wednesday urged people not to panic or circulate rumours, warning against fake videos and unverified claims of leopard sightings on social media as the search for a big cat spotted inside a residential society in the Ghuma area entered its second day.The department said a leopard was captured on CCTV at Serendeep Mansions in the early hours of July 20, following which forest officials rushed to the spot.

Following the sighting, the Forest Department said it carried out a recce of the area, installed cages to capture the leopard and deployed more than 20 forest guards, foresters, veterinarians and rescuers with all necessary equipment to continue the intensive search."The leopard usually comes out during the evening and night hours and is a shy animal, and humans are not its natural prey; hence, people do not need to panic, but maintaining vigilance is definitely necessary. The forest department team is alert and fully prepared, and an intensive search for the leopard is ongoing," the department said in a statement in Gujarati. Cautioning against the dangers of fake information, the department said a recent viral video on social media had a message that a leopard had been rescued from the Chandkheda area, which was in fact an old video shot in some other state. "People are requested to stay away from such rumours and not to spread them," the release stated.Four teams of the forest department are involved in



the search operation, including thermal drones, to rescue the leopard.Meanwhile, on Wednesday morning, messages spread on sighting of a leopard cub from under a car in another housing society in the Ghuma area – Green City. A video of the same also went viral on social media.However, in another statement issued in this context, the Ahmedabad Social Forestry Department said that on reaching the spot, the team of forest officials found it to be pugmarks of a kitten. "A cat had emerged from under another car. So, the video comes out to be that of a cat and not a leopard," the statement said.It reiterated the appeal not to spread rumours and issued a contact number – 76000 09845 – to get any information on any wildlife

Day after Mankhurd accident, BEST inspection finds one in three wet-lease buses had technical defects

GNS News Agency, July 22

A comprehensive inspection by the Brihanmumbai Electric Supply and Transport (BEST) undertaking has found that one in three wet-lease buses had defects in their braking or steering systems, even as the administration maintained that recent fatal crashes were primarily caused by human error.The inspection, carried out between April and July following a series of accidents involving BEST buses, found defects in 868 of the undertaking's 2,553 wet-lease buses, or around 34 per cent of the fleet.

According to data presented before the BEST Committee on Tuesday, repairs have been completed on 774 buses, while work on the remaining 94 has been pending for nearly three months."The remaining buses are currently undergoing repairs at respective depots and will only be released on roads after thorough scrutiny and repairs," a senior BEST official told committee members.The data was presented in response to objections raised by committee member Nitin Nandgaonkar, who had questioned the condition of buses operated by private wet-lease contractors during an April meeting. Nandgaonkar alleged that 50-60 per cent of wet-lease buses suffered from mechanical defects that remained unattended, posing risks to commuters and pedestrians.The findings come amid scrutiny of BEST's wet-lease operations following a string of accidents over the past two months. On Monday, a BEST bus in Mankhurd killed a senior citizen after the driver allegedly lost control of the vehicle. Earlier, another accident in Dadar claimed one life, while a major pile-up involving a BEST bus in Andheri left two persons injured.Despite the inspection findings, the administration maintained that the recent accidents were largely due to driver error.Officials said the preliminary inquiry into the Mankhurd crash suggested the driver was speeding and lost control of the bus. In the Dadar accident, they said the driver was suspected to have pressed the accelerator instead of the brake while moving the vehicle forward.The administration's position drew criticism from committee members, who cited repeated complaints about brake failures.Committee member Ajay Singh said 89 buses reported brake failures in April, followed by 91 in May and another 49 during the first half of June."The



brake failures are likely linked to air pressure leakages, an issue several drivers and conductors flagged during an inspection I conducted at the Kurla depot in June," Singh said.Official data showed that more than 42 fatalities involving wet-lease buses were reported over the past two years, compared with eight deaths involving BEST-owned buses during the same period.Singh also raised concerns over the working hours of the driver involved in the Mankhurd accident, claiming that staff at Pratiksha Nagar depot had informed him that the driver had been assigned overtime after operating buses through the previous night.BEST officials denied the allegation, stating that the driver had reported for duty at 7.30 am on Monday and that the accident occurred a little over an hour later. They, however, assured the committee that the allegation regarding overtime deployment would be examined.The discussion prompted BEST Committee Chairperson Trushna Vishwasrao to call an urgent meeting with all wet-lease operators.Vishwasrao singled out Mateshwari Urban Transport Solutions, the contractor operating the bus involved in the Mankhurd accident, claiming that buses operated by the company had figured in the highest number of fatal accidents over the past two years.She sought a review of the operator's existing contract with BEST and called for its cancellation. Mateshwari currently operates around 600 buses in BEST's total fleet of 2,802 buses. Vishwasrao also claimed that a proposed contract for an additional 150 buses to the operator had already been revoked.

Delhi Police probe assault on RAF personnel by ‘CJP protesters’



The Delhi Police registered an FIR after personnel of the Rapid Action Force (RAF) were allegedly assaulted by protesters of the Cockroach Janata Party (CJP) near Jantar Mantar late Tuesday.A senior police officer said the First Information Report was registered against unidentified persons under relevant provisions of the Bharatiya Nyaya Sanhita (BNS), including charges of assaulting public servants.The police said the incident occurred around 10 pm at the intersection of Tolstoy Marg and Parliament Street while RAF personnel were changing shifts. According to the police, a "group of protesters" was shouting slogans and standing at the intersection when a few RAF personnel attempted to cross the road.A 35-second video circulating

on social media shows two RAF personnel being attacked by a crowd. One officer falls on the road and is kicked and punched by several people before others intervene and pull him to safety.The injured personnel were taken to a hospital and are undergoing treatment, the police said.The incident came a day after clashes erupted during a CJP protest march from Jantar Mantar towards Parliament. The Delhi Police have so far registered nine FIRs in connection with Monday's violence.Of the nine FIRs registered over Monday's violence, three were lodged at Parliament Street Police Station, three at Connaught Place Police Station, and one each at Mandir Marg, Barakhamba Road, and Kartavya Path police stations.The cases were registered against unidentified persons under sections related to rioting, damage to public and private property, and assaulting public servants. Around 70 protesters were detained during Monday's clashes but were released later the same day.The police said no arrests have been made so far.Investigators are examining whether Monday's violence was part of a larger conspiracy, with the Special Cell and Crime Branch assisting local police in the investigation.Security has been tightened around the protest site at Jantar Mantar and officers have been instructed to exercise restraint and avoid confrontation with demonstrators, a senior police officer said.Besides the Delhi Police, about 12 companies of paramilitary forces, including RAF, have been deployed around Jantar Mantar to maintain law and order.

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Many detained protesters back at Jantar Mantar — straight from police stations

Less than 24 hours after being detained during the Cockroach Janta Party's (CJP) march to Parliament, many protesters were back at Jantar Mantar on Tuesday evening. Some among them returned straight from police stations where they spent the night.Among them was Sameer Dorwal (21). Having come to Jantar Mantar straight from Mandir Marg police station where he was kept in the night after being detained from Tolstoy Road, the Delhi University School of Open Learning student was now more anxious about facing his parents than he had been while facing police barricades, lathis and tear gas."I told my parents I was staying at a friend's place. They have no idea I was detained," said Sameer.But he is firm on one thing: he will go back home and return to the protest site again.The education system is rotten from the inside. If we will not do something now, who will?" he asks.He said he had furnished a bail bond of Rs 5,000 and has been asked to appear before a magistrate in August.For Siddharth (22), a law student at IP University, the experience was frightening."I was very scared yesterday when I was picked up by the police. I had no idea what was going to happen. But surprisingly the police were very kind to us."Siddharth, who has been

staying at the Jantar Mantar for the last three days, said Monday's events had only strengthened his determination."Education is something that will decide the nation's future, that is why it is important to keep protesting," he said.At 7.37 pm, cheers erupted across Jantar Mantar as CJP spokesperson Ashutosh Ranka announced that all those detained during Monday's protest had been released.

Among those applauding were Seema Yadav (38) and her 16-year-old daughter Krishna, who had travelled from Aligarh after learning about the protest through social media. For the last five days, they had been staying at Gurdwara Bangla Sahib despite knowing no one in Delhi.At least 20 police officers took me and my daughter on Monday. They separated us and dragged me for nearly a kilometre. I fainted," Seema alleged.Krishna, a Class 12 student who wants to become a professor, was detained and taken to Parliament Street police station. She alleged that several women police personnel pulled her by the hair."I used to think the police protected people. Yesterday, they pulled me by my hair and told me to go to jail," she said.

Days after C-section surgery, 5 women land in ICU: Telangana orders probe

Five out of 10 new mothers who had undergone C-sections on July 9 and 10 at the Area Hospital in Banswada of Telangana's Kamareddy district developed postoperative complications and were moved to the Government General Hospital, Nizamabad, and later to Nizam's Institute of Medical Sciences (NIMS), Hyderabad, for specialised treatment. The state government has constituted an inquiry committee to investigate the cause of complications.Speaking to The Indian Express, Dr M Vijay Bhaskar, Medical Superintendent, Banswada, and in-charge District Coordinator of Health Services (DCHS), Kamareddy, said a total of 10 Caesarean sections were performed — five each on July 9 and 10.After the surgery, a patient developed hypotension late in the night on July 9 and was referred to the Nizamabad district hospital. Another woman complained of chest pain on July 10 evening, and was also referred to the Nizamabad hospital. On July 11, three more women developed complications and required referral. "Though the symptoms were different, we felt that there was a possible pattern and initiated a detailed review," Bhaskar said.

Kidney-related issuesThree of the women had low urine output and were referred to the Hyderabad hospital for dialysis, indicating kidney-related complications. Two of these three responded well to the treatment, with their kidney function improving, and were taken off dialysis."One was moved to the general ward, and two others continue to be in the Medical Intensive Care Unit (MICU)," Bhaskar said on Wednesday.Five other women who had undergone C-sections at Banswada did not develop complications. Seven of the total of 10 mothers have already been discharged after suture removal, Bhaskar said.The inquiry committee constituted by the state government, meanwhile, has been testing the fluids given to the women. "The fluids, including IV, have been proven to be sterile. We are now pharmacologically testing the drugs administered to the women," Bhaskar said, adding there is a low possibility of contamination. "We are not sure what caused the distress among the women. We are doing everything in our power to find out the causes," Bhaskar added.Meanwhile, the matter has become a politi-

cal flashpoint in Telangana, with the Opposition demanding action over what they called "botched surgeries".

BRS leader T Harish Rao told the media on Tuesday, "We demand compensation to the affected families, and the government must provide the victims quality healthcare until their recovery."This comes at a time when parts of Rajasthan are dealing with a maternal health crisis, with several women who underwent C-sections at government hospitals in the state developing kidney-related complications over the last two months. The crisis came to light when five new mothers died in Kota in May, and several others were hospitalised in critical condition.

Telangana, Centre differ on urea supply during Vanakalam

Hyderabad: The State and Central governments have presented contrasting claims on availability of urea in Telangana during the ongoing Vanakalam season. While the State government has reported a fertiliser shortage, the Centre has maintained that urea supply has been adequate.On July 8, Agriculture Minister Tummala Nagewara Rao wrote to Union Minister for Chemicals and Fertilisers JP Nadda seeking additional urea allocation for July to offset the shortfall reported between April and June.The Minister maintained that the fertiliser demand had increased as sowing was completed in 55.52 lakh acres this season, compared to 52.04 lakh acres during the corresponding period last year. He said Telangana was facing a shortage of 45,000 tonnes of urea, 1.04 lakh tonnes of DAP and 2.53 lakh tonnes of complex fertilisers.Rao also urged the Centre to allocate more than 90 per cent of the urea produced at Ramagundam Fertilizers and Chemicals Limited (RFCL) to Telangana.

A subway under tracks: Surat’s Udhna station gets India’s first steel pedestrian underpass



GNS News Agency, July 22

The factory-fabricated steel structure is installed directly at the site, ensuring superior quality and minimising the duration of track blocks. The factory-fabricated steel structure is installed directly at the site, ensuring superior quality and minimising the duration of track blocks. In a major boost to passenger safety, Udhna railway station in Surat got the country’s first steel subway to connect platforms – built using the ‘track cut-and-cover’ method to save time for the construction of traditional infrastructure. As part of a pilot project of the Railways, a steel subway was on Friday installed underneath the tracks at the Udhna station where thousands of migrants from the textile industry wait long hours on the platforms — making night halts and running from one platform to another to catch trains to their home states. The station witnesses a footfall of around 10,000 passengers daily. After the start of the Iran war, the station saw a footfall of over three times its capacity in March to May when migrants began to leave Surat for their home states of Bihar, Jharkhand, Chhattisgarh, West Bengal and Odisha to escape the LPG crisis.

An official at Udhna Railway station said that during the peak vacation and Holi period, the average footfall at Udhna Railway station reaches up to 30,000 a day. To prevent accidents caused by passengers or porters walking across railway tracks to cross over, the Mumbai Division of Western Railway installed the ‘subway’ built by L&T under the tracks, to save time taken to build footover bridges or tunnels of Reinforced Cement Concrete (RCC). The

Protesters gather at Mumbai’s Shivaji Park over Sonam Wangchuk detention

GNS News Agency, July 22

The protest was shifted to Shivaji Park after organisers were denied permission to demonstrate at Azad Maidan or elsewhere in South Mumbai. Shiv Sena (UBT) chief Uddhav Thackeray, who had earlier extended support to the protests led by the Cockroach Janata Party in Delhi, joined the demonstration. Addressing the gathering, Thackeray said, “I saw a poster demanding the resignation of Dharmendra Pradhan. But that is a small issue. The fight now should be to change the government. This is not Sonam Wangchuk’s fight alone.”

Shiv Sena (UBT) chief Uddhav Thackeray at protest site (Express Photo by Akash Patil) Shiv Sena (UBT) chief Uddhav Thackeray at protest site (Express Photo by Akash Patil) Shiv Sena (UBT) MLA Aaditya Thackeray linked the protest to wider concerns over education and unemployment, alleging that students were repeatedly forced to agitate because of failures in the examination system. Explaining why permission was denied in South Mumbai, a senior police officer said protests are not permitted at Azad Maidan or elsewhere in South Mumbai on weekends under guidelines framed pursuant to Bombay High Court directions. “There were social media messages calling for a march from Girgaum Chowpatty to Churchgate railway station. We informed the organisers that permission could not be granted. They then shifted the protest to Shivaji Park, where Shiv Sena (UBT) had already planned a demonstration on the same issue,” the officer said.

On Saturday, Mumbai Police registered two FIRs in connection with demonstrations held in support of Wangchuk. One FIR was registered at Marine Drive police station against workers of the NCP (Sharadchandra Pawar) for protesting near Mantralaya. The second was lodged at Azad Maidan police station against members of Left organisations for protesting near the Press Club.

Protesters assembled at Shivaji Park in Mumbai (Express Photo by Akash Patil) Protesters assembled at Shivaji Park in Mumbai (Express Photo by Akash Patil) Seven persons, including Sudhir Dhawale, an accused in the Elgar Parishad case who was granted bail last year, were booked. They were charged with disobedience to an order promulgated by a public servant, wrongful restraint, unlawful assembly and other offences. Police issued notices to

Gurgaon court slams cop for ‘casual, unprofessional’ probe in property dispute case

The Gurgaon court has noted that this contradiction raises a “serious question” about the actual recipients of the funds. A Gurgaon court rapped an investigating officer for “casual and unprofessional conduct” after he failed to verify bank trails or original deeds in a Sushant Lok double-loan property fraud dispute. A city court in Gurgaon recently rapped an investigating officer (IO) over the alleged lapses during the probe into a high-stakes real estate dispute in Sushant Lok. The dispute arises from two parties allegedly securing bank loans against the same plot using conflicting documents.

While granting interim anticipatory bail to a 52-year-old woman accused in the case, Additional Sessions Judge Dr Gagan Geet Kaur pulled up the IO. In its order dated July 15, which was uploaded Saturday, the court said that it “is constrained to observe casual and unprofessional conduct on the part of the IO concerned that he did not enquire into original sale deed ... from complainant and no enquiry is made about the bank accounts of the seller and purchaser with regard to the transfer of consideration amount.” The case stems from an FIR registered at the Sushant Lok Police Station on May 19 this year, alleging encroachment and illegal construction on his plot.

The court noted that the matter “does not appear to be a matter of simple case of transfer of the same property,” but rather “is a matter of more serious concern as the loan has been obtained against the same property from two different banks by two persons”. When prompted by the court to verify the original documents, the IO’s submitted reports revealed that a private bank held the 1993 sale deed, which

project employs a ‘track cut-and-cover’ method which involves installing a pre-fabricated, arch-shaped steel tunnel beneath the tracks, said Divisional Railway Manager, W R Pankaj Singh. “During construction, the track is cut for a scheduled duration, excavation is carried out to position the steel arch, and the pit is subsequently filled to restore the track to operational status. The entire process is designed to be completed within a record eight hours to ensure minimal disruption to train operations,” said Singh. As planned, the installation at the station was completed within eight hours on Friday, marking another milestone in railway infrastructure, he said.

In the presence of Singh, and Principal Chief Engineer Amit Gupta, the existing railway tracks connecting Udhna in Gujarat to Jalgaon in Maharashtra from Platform number 6 of Udhna Railway Station were cut, and the earth below the tracks was excavated to make a big pit and later the steel arch shaped structure was inserted beneath the ground in the excavated area and it was covered with mud. The removed tracks were then refitted on its original location. No major train schedules were affected during such operations, railway officials said. “After seeing the outcome, we think this technology could be adopted at other railway stations and busy rail sections across the country in the future, a Western Railway official said. “At several locations, passengers cross railway tracks—an extremely dangerous practice, particularly in areas with curved tracks and limited visibility. A similar situation exists at the Udhna bypass line; consequently, this new technique has been adopted following approval from the Ministry of Railways,” the DRM said.

The subway at the station is around 12 meters long, 4.8 meters wide, and 2.7 meters high. Steel arches and precast concrete foundations are being used in its construction, significantly reducing the time required for traditional RCC methods. The factory-fabricated steel structure is installed directly at the site, ensuring superior quality and minimising the duration of track blocks. Once completed, the subway will eliminate the hazardous at-grade crossing on the bypass line, thereby reducing the risk of accidents, said an official with Western Railway, Mumbai Division.



all those booked and allowed them to leave.

Meanwhile, protest organiser Pranay Ahire alleged that he was placed under surveillance while on his way to seek permission for a peaceful demonstration at Azad Maidan police station on Saturday morning. “The police had stationed officers outside my house and kept me under surveillance. Several officers followed me discreetly, almost as if I were a criminal,” Ahire alleged. He claimed he was later detained at Dadar railway station for more than three hours by a team of 10 to 15 police personnel despite repeatedly requesting to be released.

Aamir Kazi, 32, Mumbai president of the All India Students’ Federation (AISF), was admitted to Gokuldas Tejpal Hospital after being detained during Saturday’s protest. Kazi alleged that despite suffering injuries, he and other protesters were first taken to Yellow Gate police station and later to Azad Maidan police station before being shifted to hospital for treatment. “These are tactics to intimidate us. We are only exercising our fundamental right to protest peacefully. We are students, not terrorists,” he said. The Shivaji Park protest drew college and university students, civil society groups and political leaders. Protesters waved the Tricolour and raised slogans including “Vande Mataram”, “Free Sonam Wangchuk” and “Dharmendra Pradhan istifa (resignation) do”. Several participants said the demonstration reflected growing concern over the state of education in the country. “This is our first step towards holding the government accountable for shortcomings in education,” said 17-year-old Aafreen Mohammed. Others said the issues extended beyond a single incident and called for structural reforms to the education system.



had been legally deposited by Suman Lata, the accused, in March. On the other hand, a public sector bank reported that the complainant had secured a loan last July using a certified copy of the 1993 deed, supplemented by a July 2024 police DDR (Daily Diary Register), claiming the original document was lost. Highlighting discrepancies between the two documents, the court observed that the accused’s copy bore an authentic treasury officer’s seal and date, while the copy submitted by the complainant lacked any such validation.

The certified copy retrieved by the IO from the tehsil office had a barcode instead of a traditional treasury stamp, prompting the Judge to declare, “This discrepancy raises a serious question on the genuineness and authenticity of the sale deed.” The Judge also questioned why the police did not investigate the alleged role of the registering Tehsildar.

‘No permission taken for protest march’: Delhi Police tighten security at Jantar Mantar



The Delhi Police are keeping a close watch on developments at Jantar Mantar after Cockroach Janta Party (CJP) chief Abhijeet Dipke and Sonam Wangchuk’s wife Gitanjali Angmo appealed to people to gather at the site for a march towards Parliament on the first day of the Monsoon Session on Monday. Police officers said CJP protesters at Jantar Mantar had neither obtained permission to continue their protest at the site nor applied for permission to hold a protest march. “Since Section 163 remains in force in the New Delhi district, they cannot be allowed to hold the march,” an officer remarked. The New Delhi district remains on high alert, with prohibitory orders under Section 163 (which prevents gathering) of the Bharatiya Nagarik Suraksha Sanhita (BNSS) in force around Parliament. Given the prevailing restrictions, the police officer said, there is little chance of the protesters being granted permission to march from Jantar Mantar to Parliament, which is located just about a kilometre away. Meanwhile, supporters of Sonam Wangchuk continued to arrive at the protest site from around 9 am on Saturday, with the crowd swelling to

How to kill, clean, and move bodies: Techie’s prompts reveal AI ‘accomplice’ in Bengaluru triple murder

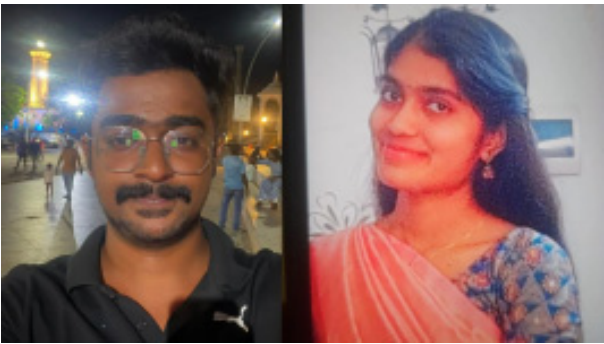
In a chilling revelation in the Bengaluru triple murder investigation, the police have discovered that a 25-year-old engineer, Kenneth, repeatedly consulted a popular search engine’s artificial intelligence (AI) tool to plan the execution and cover-up of his live-in partner’s family. Kenneth and his partner, Shwetha Somasundar, 25, were arrested by the K R Puram police for the brutal murders of Shwetha’s mother Muthulakshmi S. 48, father Somasundar, 54, and younger sister Supriya. 20. The killings took place on the evening of June 22 at the K R Puram apartment complex where the couple lived together.

According to police sources familiar with the probe, the AI tool acted as a roadmap over six months of meticulous planning, leading investigators to consider it an “accomplice” in the crime. The investigation has also spotlighted the dark side of severe social isolation among tech-immersed youth who lack real-world support systems.

Repurposing a cloud kitchen furnaceAs per police sources, Kenneth confessed during the interrogation that the idea of the murder stemmed from a trivial grievance. “He was planning on starting a cloud kitchen and built an iron furnace for this purpose. When the murder thought entered his head, he consulted the AI tool, which indicated the merits and demerits of incinerating bodies before disposal. He planned to repurpose that furnace to burn the bodies after the murders,” a police source said. The police noted that the lack of human interaction facilitated the crime. “He consulted the AI tool all along the course of planning the murder. If he had spoken to a human friend, they may have advised him against the dangerous course he had taken,” the police source added. Kenneth allegedly consulted the AI tool for advice on the method of killing three people, chemicals to be used to get rid of blood stains, packaging of the bodies after the murder, and moving them from the apartment he shared with Shwetha. The Bengaluru police have written to the parent tech company of the AI tool, requesting complete logs of Kenneth’s chat histories to substantiate the digital evidence for the prosecution.

Resentment towards motherPolice sources said the motive behind the killings appears to be rooted in financial strain and domestic resentment. Shwetha reportedly held deep animosity toward her mother for being “controlling”. Also, she feared being forced to return Rs 50 lakh that she had borrowed from her mother and subsequently squandered on Kenneth’s lifestyle. On June 22, Shwetha’s mother Muthulakshmi was allegedly lured to the K R Puram apartment first. Once inside, Kenneth allegedly stabbed her 26 times. When Shwetha’s father and sister arrived at the flat a short time later, they were also allegedly stabbed. Following the attack, the couple allegedly travelled to Shwetha’s parental home in southeast Bengaluru to steal cash and silver ornaments. They discarded her younger sister’s mobile phone near the scene before fleeing to

nearly 800 by the evening. Security arrangements were also intensified. A police officer said this was the largest gathering witnessed at the site in the past two weeks. “Around 200-300 personnel have been deployed, and senior officers are conducting regular ground inspections to monitor the situation,” the officer said. Multiple layers of security screening have been put in place. Those entering the protest site are required to send their bags through a conveyor-belt scanner, following which police personnel paste a security sticker on them. Visitors are then subjected to two rounds of frisking and body scanner checks. The DCP and additional DCP level officers have been deployed round the clock at the protest site, sources said. Outside the barricaded area, a riot control vehicle remained on standby, while groups of police personnel were stationed near the stage. Police personnel have been instructed to remain on standby and closely monitor every development at the protest site. The Delhi Police have also alerted their counterparts in neighbouring states to keep a watch on any gatherings of people heading towards the national capital. Abhijeet Dipke began a protest at Jantar Mantar on June 20, demanding the resignation of Union Education Minister Dharmendra Pradhan over the NEET paper leak issue. “He had obtained permission for only one day, but they continued the protest without permission,” another officer said. The protest gained national attention when activist Sonam Wangchuk announced that he would begin an indefinite hunger strike demanding Pradhan’s resignation. On Saturday, the Delhi Police shifted Wangchuk to Safdarjung Hospital after his health condition deteriorated. His wife, however, alleged that the government and the administration were not providing her with accurate information about his health condition.



Puducherry for a brief getaway, said the police.

“They had gone to Puducherry around 15 days before the murder for a holiday as well,” sources said. Shwetha’s father Somasundar managed to crawl out of the flat. At around 9 pm on June 22, neighbours found him lying in a pool of blood on the staircase of the Sai Green apartment complex. Before succumbing to injuries at the hospital, Somasundar gave a crucial dying declaration to responding police officers. He stated that he had been attacked by his daughter Shwetha and her friend Kenneth, and begged officers to rescue his wife and younger daughter who were still trapped inside the flat. The police arrested Shwetha from Puducherry on June 24 and Kenneth within the next two days.

Social isolation and judicial custodyBoth accused hail from well-to-do, middle-class families of first-generation migrants in Bengaluru. Kenneth’s father is a retired employee of a major defence public sector undertaking involved in aircraft manufacturing, while Shwetha’s late father worked for a global IT firm. Kenneth’s father has since completely distanced himself from the case, telling his son to handle the legal consequences alone. Police sources said psychological evaluations during the probe highlighted deep social isolation. Shwetha, who previously held a high-paying job at a multinational social media news forum, lost her job after becoming heavily dependent on Kenneth. Police sources described their relationship as a transactional friendship in which she funded his lifestyle and he was completely cut off from other friends. The police added that the two displayed a lack of social responsibility, processing real-world consequences as if they were playing a video game. Following the conclusion of her police custody, Shwetha was remanded to judicial custody on July 10, where she has reportedly offered to make a full confession statement in exchange for a pardon. Kenneth, who underwent polygraph and scientific testing during his nine days in police custody, was formally remanded to judicial custody by a Bengaluru magistrate court on Saturday.

‘Lost faith in Safdarjung’: Sonam Wangchuk’s wife seeks urgent hearing to shift him to private hospital

Sonam Wangchuk hunger strike 2026, Sonam Wangchuk, Sonam Wangchuk strike, Sonam Wangchuk Pradhan resignation demand, Delhi High Court Jantar Mantar protest, Dharmendra Pradhan resignation demand, NEET UG paper leak row, Cockroach Janta Party CJP, Chief Justice DK Upadhyaya, Solicitor General Tushar Mehta court hearing, public interest litigation force feed, government doctor medical checkup, student protest education minister Gitanjali J Angmo (right) has sought urgent hearing to shift Sonam Wangchuk (left) to a private hospital.

Gitanjali Angmo, wife of activist Sonam Wangchuk, on Sunday sought urgent hearing before the Delhi High Court to shift the fasting activist from Safdarjung Hospital to a private hospital of their choice. Wangchuk, who had been on a hunger strike for three weeks at Jantar Mantar, was shifted to Safdarjung Hospital on Saturday morning.

Angmo said she has lost faith in Safdarjung Hospital and flagged authenticity of medical test reports conducted on Wangchuk. “I have lost faith in Safdarjung Government Hospital. The hospital told us @Wangchuk66’s potassium had dropped to 2.9, describing it as alarming and life-threatening. Yet, in its public health bulletin, it conveniently omitted the actual number, referring only to “decreasing potassium levels.” An independent laboratory test reported 3.5, well within the normal range,” she said in a social media post.

I have lost faith in Safdarjung Government Hospital The hospital told us @Wangchuk66’s potassium had

dropped to 2.9, describing it as alarming and life-threatening. Yet, in its public health bulletin, it conveniently omitted the actual number, referring only to “decreasing... Officials at the Safdarjung Hospital said Wangchuk remains “conscious and clinically stable”, but is showing signs of dehydration and continues to refuse oral and intravenous fluid therapy despite repeated counselling. Delhi: Activist Sonam Wangchuk’s health update as on 8.30 AM | Sonam Wangchuk is being given the required medical intervention at VMMC & Safdarjung Hospital. His vital parameters are stable at present; however, his blood parameters remain marginally altered, and considering the...

Meanwhile, Angmo claimed that the hospital has refused to discharge Wangchuk or allow the family to shift him to a private hospital of their choice. “With around 30 police personnel stationed on our floor and well over 100 across the hospital, our movement is severely restricted. It is not medical care. It is illegal detention,” she said, adding, “If anything happens to Sonam, the hospital authorities and the government must bear full responsibility.” She said she has sought an urgent heading and “moved the High Court” seeking permission to shift the activist to a private hospital “before his health deteriorates further”. On Saturday, Angmo said that nothing should be given to her husband orally or intravenously without her consent. She said that doctors who have been attending to Wangchuk through the period of his fast were being denied access to him. In a message shared by Angmo, Sonam Wangchuk has reiterated his support for the July 20 march, calling it “India’s 2nd Freedom Movement”. “

Does your risk of fatty liver go up after gallbladder surgery? Top gastro explains



For nearly a year after her gallbladder surgery, 46-year-old Meera (name changed) blamed herself for the bloating that refused to go away. She developed chronic diarrhoea and reflux issues. Fried food made her uncomfortable, her digestion seemed unpredictable and a routine health check-up brought another surprise: she had fatty liver disease. “I thought the surgery had fixed one problem only to create another,” she recalls. Was losing her gallbladder the reason her liver was now accumulating fat?It’s a question that gastroenterologists are hearing more often. While the gallbladder does not make bile — the liver does — its removal permanently changes how bile reaches the intestine. The altered flow can affect fat digestion and, in some people, change the gut microbiome and digestive patterns. Some studies have suggested that people who undergo gallbladder removal may have a slightly higher risk of developing metabolic dysfunction-associated steatotic liver disease (MASLD), commonly known as fatty liver. “But surgery itself is rarely the culprit. Obesity, diabetes, insulin resistance, unhealthy diets and physical inactivity remain the major drivers of fatty liver, with gallbladder removal acting, at most, as one piece of a much larger metabolic puzzle,” explains Dr Sudeep Khanna, senior consultant, gastroenterology, Indraprastha Apollo Hospital, Delhi. Excerpts:

What changes after the gallbladder is removed?

The gallbladder is a small organ located beneath the liver whose primary function is to store and concentrate bile, a digestive fluid produced by the liver. Whenever we eat, particularly foods rich in fat, the gallbladder contracts and releases a concentrated burst of bile into the small intestine. This helps break down fats efficiently and aids the absorption of fat-soluble vitamins.After a cholecystectomy, or gallbladder removal, the liver continues to produce bile exactly as before. What changes is the way bile reaches the intestine. Instead of being stored and released in response to meals, bile continuously trickles into the digestive tract throughout the day. This altered pattern is something most people adapt to remarkably well. Most patients recover completely and lead perfectly healthy lives after gallbladder removal. However, some do notice digestive changes, especially after eating fatty meals.

Does this affect fat digestion?

Because bile is no longer stored and released in concentrated amounts during meals, digesting large quantities of fat may become slightly less efficient in some patients. As a result, they may experience bloating, indigestion, loose stools, diarrhoea or abdominal discomfort, particularly after

eating fried or greasy foods. These symptoms are generally mild, tend to improve over time as the digestive system adapts, and are rarely severe enough to require long-term treatment.

Is there really a link with fatty liver?

There is no definitive evidence that gallbladder removal itself causes fatty liver. Gallstones and fatty liver frequently share the same underlying risk factors. Obesity, type 2 diabetes, insulin resistance, abnormal cholesterol levels and unhealthy eating habits increase the likelihood of developing both conditions. In many patients, these metabolic abnormalities already exist before gallbladder surgery, making it difficult to determine whether the operation contributes independently to liver disease.

Why do researchers think there could be a connection?

One possibility relates to the altered flow of bile. Continuous bile flow rather than meal-triggered release may reduce the efficiency of fat digestion in some people, particularly after heavy meals. Long-term changes in digestion may subtly influence metabolism. Researchers are also paying close attention to the gut microbiome. Bile performs functions beyond digesting fats; it also helps regulate the balance of bacteria living in the intestines. When bile flow changes after surgery, the composition of the gut microbiome may also change. Some patients consequently experience bloating, diarrhoea, constipation or bacterial overgrowth. Increasing evidence suggests that disturbances in the gut microbiome can contribute to liver inflammation through what scientists call the “gut-liver axis,” an intricate communication network between the digestive tract and the liver.Another area attracting scientific interest is bile acid signalling. Scientists now know that bile acids function not only as digestive fluids but also as hormones that regulate glucose metabolism, insulin sensitivity, cholesterol balance and fat storage. Altering the normal circulation of bile acids after gallbladder removal could theoretically influence these metabolic pathways. However, these mechanisms remain under investigation, and researchers stress that they do not establish a direct cause-and-effect relationship.

How can you protect your liver after gallbladder removal?

Fortunately, most people do not require any special medicines after gallbladder surgery. Instead, doctors recommend adopting healthy lifestyle habits that benefit both digestion and liver health. Eating smaller, balanced meals instead of very large, fatty meals often helps reduce digestive discomfort. Limiting fried foods and ultra-processed foods, consuming adequate fibre, drinking enough water and gradually resuming regular physical activity all support healthy digestion.Maintaining a healthy body weight remains one of the most effective ways to prevent fatty liver. Equally important is keeping diabetes, blood pressure and cholesterol under good control. These measures have a far greater impact on long-term liver health than the surgery itself.Gallbladder removal remains one of the safest and most successful abdominal operations performed worldwide. For the overwhelming majority of patients, it provides permanent relief from painful gallstones with little effect on long-term health.

Your BP may be high even when you feel normal: Why you must begin screening at 18

A 38-year-old software engineer from Bengaluru considered himself healthy. He rarely fell sick, exercised moderately and had never experienced severe headaches or dizziness. During a routine health check organised at his workplace, however, his blood pressure was measured at 156/96 mmHg (normal being 120/80 mmHg). Assuming it was simply stress from an important meeting, he ignored the result. When his physician advised him to monitor his blood pressure at home for a week, the readings remained consistently high. Further evaluation revealed early changes in his heart and kidneys — damage that had been developing quietly for years despite the lack of obvious symptoms.Rajesh’s story is far from unusual. Across India, millions of people unknowingly live with hypertension because they continue to believe a dangerous myth: if I feel fine, I must be healthy. The most significant knowledge gap in the Indian context is the belief that high blood pressure triggers obvious distress, such as nosebleeds or intense headaches. While these occur in emergencies, millions of Indians live with Stage 1 hypertension (blood pressure readings between 130–139 mmHg systolic or 80–89 mmHg diastolic) and feel remarkably energetic.

Blood pressure is the measurement of the force exerted against your arterial walls. When this pressure remains chronically elevated, the arteries become stiffer and thicker to withstand the force. Because this process is gradual and occurs at a cellular level, your brain often adapts to the “new normal,” leaving you unaware of the strain on your heart and kidneys. This is particularly concerning for the youth. Hypertension affects 12.1 per cent of young Indians, who face a heightened risk of premature cardiovascular events and impaired productivity.Subtle signals we often dismissWhile hypertension is asymptomatic in the traditional sense, it often leaves subtle physiological signals that modern Indians frequently dismiss as signs of ageing or a busy lifestyle. Peer-reviewed clinical observations suggest we should be more attentive to these overlooked indicators: Nocturia (Waking up to urinate): Frequent nighttime urination can be a sign that high blood pressure is straining the kidneys, forcing them to work overtime during rest. Pulsatile Tinnitus: A rhythmic thumping or “whoosh” sound in the ears that keeps pace with your heartbeat, often caused by turbulent blood flow through narrowed arteries. The “Heavy” Neck or Shoulders: Chronic tension at the base of the skull or on top of the shoulders can be a secondary response to vascular strain, rather than just poor posture.Unexplained Sleep Disturbances: Research in the Journal of Clinical Sleep Medicine indicates a strong correlation between hypertension and fragmented sleep.Subconjunctival Haemorrhage: A painless red spot in the eye can be a visual cue that small, fragile capillaries have ruptured due to high systemic pressure.What triggers high blood pressure?

In India, excessive sodium intake remains one of the biggest culprits, with salt hidden not only in traditional foods such as pickles and papads but also in packaged “diet” snacks, ready-to-eat meals and fast food. Rising rates of obesity, increasingly sedentary lifestyles and chronic emotional stress further compound the problem. A clinical analysis of more than 8,600 Indian patients found that excess salt intake (39%) was the most common risk factor for hypertension, followed by obesity (32.9%), a sedentary lifestyle (28.6%), and emotional stress (20.7%). Adding to these lifestyle challenges is the South Asian phenotype, which makes Indians more susceptible to strokes and heart attacks at comparatively lower blood pressure levels than many Western populations.We are seeing a rise in masked

hypertension, where blood pressure appears normal in a clinic but spikes during work or sleep. Use the Rule of Three. Measure your BP at home at the same time for three consecutive days. If the average is consistently above 135/85 mmHg, your body is telling you the truth that your symptoms aren’t. A 24-hour ambulatory blood pressure monitoring test will give valuable data on the blood pressure readings throughout the day and night. This not only helps in diagnosing hypertension, but also helps in identifying specific triggers and managing hypertension.Measure before dinner or at least 2 hours after dinner.It is also advisable to avoid drinking any sort of caffeine, alcohol and exercise for at least 30 minutes before readings. Similarly, it is important to take two or three readings and average them out, and do this for seven consecutive days. When there is persistently high blood pressure in the early morning (morning hypertension), it is important to screen for the following conditions: Inadequate 24-hour blood pressure control (most common) Exaggerated morning blood pressure surge Nocturnal hypertensObstructive sleep apnea (OSA)High dietary sodium intake or fluid retentionSecondary hypertension from possible kidney disease.When should Indians begin screening for BP?Indians should begin monitoring their blood pressure from the age of 18, even if they are healthy.Ages 18–39: If your blood pressure is below 120/80 mmHg and you have no risk factors, get it checked at least once a year. If your readings are 120–139/80–89 mmHg or you have risk factors such as obesity or a family history of hypertension, monitor it more frequently — typically every three to six months, or as advised by your doctor.Age 40 and above: Have your blood pressure checked every six to 12 months, even if previous readings have been normal. People with hypertension, diabetes, chronic kidney disease (CKD), obesity, cardiovascular disease, or during pregnancy: Follow your doctor’s advice, which may include regular home blood pressure monitoring in addition to clinic visits.

Regular physical activity is one of the most effective non-pharmacological ways to lower blood pressure. Do aerobic exercises like brisk walking, cycling, swimming, jogging and dancing. About 150–300 minutes/week of moderate-intensity activity (brisk walking) or 75–150 minutes/week of vigorous-intensity activity is recommended. Go for strength training thrice a week; I recommend weights, dumbbells, resistance bands, and bodyweight exercises (push-ups, squats, lunges). Do isometric exercises, which involve sustained muscle contractions without joint movement, like wall sits and handgrip exercises. For flexibility and balance training, opt for yoga and tai chi.

Oxford’s new Ebola vaccine enters first human trial: Serum Institute making over 6,20,000 doses



In a major milestone in the global response to the ongoing Ebola outbreak in Africa, a vaccine candidate developed by the University of Oxford has become the first vaccine against the Bundibugyo strain of the Ebola virus to enter Phase 1 clinical trials. The development comes just 57 days after the outbreak was declared.Backed by the Coalition for Epidemic Preparedness Innovations (CEPI), the vaccine candidate — known as ChAdOx1 BDBV — will be tested in 50 healthy adults aged 18 to 55 years in Oxford, UK. The study will evaluate the vaccine’s safety and its ability to trigger an immune response. Recruitment has begun, and vaccinations are expected to start in the coming weeks, subject to regulatory approval. The Serum Institute of India Pvt. Ltd. (SII) has played a key role in accelerating the programme. The Pune-based vaccine manufacturer produced and stockpiled around 620,000 doses of the investigational vaccine within just two weeks for potential emergency use and supplied 4,000 doses for the Phase 1 trial. “During outbreaks, speed, preparedness and global collaboration are essential to advancing vaccine candidates quickly and responsibly,” Adar Poonawalla, CEO of Serum Institute of India, said. “We are proud to contribute to this

effort alongside CEPI, the University of Oxford and our other partners.”

The ChAdOx1 BDBV vaccine was developed by scientists at the Oxford Vaccine Group and the Pandemic Sciences Institute. It uses the same chimpanzee adenovirus (ChAdOx) viral vector platform that underpinned the Oxford-AstraZeneca COVID-19 vaccine, which is estimated to have saved more than six million lives during its first year of global use. “The ongoing Bundibugyo ebolavirus outbreak continues to devastate affected communities, underlining the urgent need for effective vaccines and treatments,” said Professor Teresa Lambe OBE, Calleva Head of Immunology at the Oxford Vaccine Group and Pandemic Sciences Institute, who is leading the study.Calling the development a significant step forward, Dr Nicole Lurie, Executive Director for Preparedness and Response at CEPI, noted that the current epidemic has already become the third-largest Ebola outbreak on record, with cases continuing to rise. “Every step brings a safe and effective vaccine closer and strengthens our ability to protect vulnerable communities, save lives and help bring this outbreak under control,” she said.Just two weeks after the outbreak was declared, CEPI, the University of Oxford and the Serum Institute launched a \$8.6 million partnership to fast-track the vaccine’s development and move it into human clinical trials. Subject to regulatory approvals, preparations are also under way for additional clinical studies in Uganda in collaboration with the Medical Research Council/Uganda Virus Research Institute and London School of Hygiene & Tropical Medicine Uganda Research Unit.According to CEPI, the vaccine has reached its first human trial just 57 days after the World Health Organization declared the outbreak a Public Health Emergency of International Concern, underscoring one of the fastest vaccine development responses to an emerging infectious disease in recent years.

Weight-loss drugs can help but they won’t solve India’s obesity crisis



The arrival of modern anti-obesity medicines has transformed obesity treatment. For the first time, drugs such as semaglutide and tirzepatide can produce weight loss approaching 15–20 per cent in many patients—results previously achievable mainly with bariatric surgery. Millions of people living with obesity, type 2 diabetes and related metabolic disorders now have genuine hope. In India, clinicians have been using these medicines for several years, with their use accelerating over the past year following the availability of tirzepatide.Two major systematic reviews published recently in The BMJ together provide perhaps the most balanced assessment yet of these medicines. One, published only a few days ago, involving nearly 100,000 participants across 262 clinical trials, confirms their impressive efficacy and cardiovascular benefits. The second, analysing 37 studies involving more than 9,300 participants, examines what happens after treatment is stopped. Together, they remind us that while these medicines represent a major therapeutic advance, obesity treatment cannot be judged by kilograms lost alone. For India, where obesity coexists with relatively low muscle mass and limited healthcare resources, the lessons are especially important.

Quality of life: Less dramatic than expectedOne of the more surprising observations in the recent BMJ review is that despite substantial weight loss, improvements in quality of life were relatively modest. Across more than 45,000 participants, none of the available medicines produced improvements that met accepted thresholds for clinical significance on standard quality-of-life scales.This does not mean patients fail to benefit. In everyday clinical practice, many individuals experience dramatic improvements. Patients who previously struggled to walk even a few steps often regain mobility. Those with obstructive sleep apnoea frequently report refreshing sleep after years of disturbed nights. Many patients also report greater self-confidence as they lose weight. Everyday activities become easier. Nevertheless, the findings remind us that losing weight does not automatically translate into proportional improvements in overall wellbeing for every patient.

Muscle loss: An important concern for IndiansAn issue of crucial importance is muscle loss. The medicines producing the greatest fat loss also result in measurable reductions in lean body mass. Tirzepatide appears to produce greater reductions in lean mass than most other therapies, while semaglutide also results in significant muscle loss. Some loss of lean tissue accompanies virtually every form of weight reduction, whether achieved through dieting, surgery or medication. However, preserving muscle is essential because it determines strength, mobility, metabolic health and healthy ageing.This concern assumes particular importance in India. Indians typically possess lower skeletal muscle mass and strength than many Western populations, even at similar body weights. Loss of muscle mass and strength (sarcopenia) is increasingly recognised among older adults and people with diabetes. Reducing body weight without simultaneously protecting muscle may increase frailty, falls, disability and hospitalisation, particularly among older patients. The answer is not to avoid these medicines but to prescribe them more intelligently. Every prescription for an anti-obesity medicine should be accompanied by advice on adequate protein intake, regular resistance exercise and periodic assessment of muscle strength—not merely body weight.

Perhaps the greatest challenge starts after successful weight loss. The second BMJ meta-analysis provides sobering evidence on what happens when treatment stops. Across 37 studies involving more than 9,300 participants, patients regained weight at an average rate of approximately 0.4 kg every month after discontinuing medication. Interestingly, those receiving newer incretin-based therapies such as semaglutide and tirzepatide regained weight even faster, with modelling indicating that most patients returned

to their baseline body weight within 1.5–1.7 years. At the same time, improvements in blood sugar, blood pressure and cholesterol gradually disappeared, with most cardiometabolic benefits returning close to baseline within about 1.4 years.These findings reinforce an increasingly accepted concept: obesity behaves much like hypertension or diabetes—a chronic, relapsing disease requiring long-term management rather than a short therapeutic course.The cost of long-term treatment: Are generics the answer?This raises uncomfortable questions. Can patients remain on these medicines for many years? Will they continue injections indefinitely? Can healthcare systems afford lifelong treatment? More importantly, can individual patients?These questions become even more relevant in India. Generic semaglutide is expected to substantially reduce treatment costs and improve access. Even then, long-term therapy is likely to remain expensive for large sections of the population. As generic versions become available, ensuring consistent quality and bioequivalence will be important. Newer medicines such as tirzepatide and future dual- or triple-agonists may remain beyond the reach of many families for years. Given limited healthcare resources, these medicines should be prioritised for patients most likely to derive substantial clinical benefit rather than used indiscriminately for cosmetic weight loss. Cost-effectiveness, therefore, cannot be ignored while framing India’s obesity strategy. Every kilogram of weight lost must be considered alongside treatment duration, affordability and long-term sustainability.India’s obesity epidemic cannot hide behind weight-loss drugs

The latest generation of anti-obesity medicines represents one of the most important advances in metabolic medicine. They should neither be dismissed because of their limitations nor promoted as miracle solutions.Patients with severe obesity, or obesity accompanied by major obesity-related complications such as type 2 diabetes, metabolic dysfunction-associated steatotic liver disease (MASLD), obstructive sleep apnoea or established cardiovascular disease, are likely to derive substantial benefit from these medicines. For those with milder obesity, or whose primary goal is cosmetic weight loss, careful discussion about expected benefits, possible risks, costs and the likelihood of long-term treatment becomes essential.However, India’s obesity epidemic will not be solved by injections alone. Healthier food environments, greater physical activity, prevention beginning in childhood and better public awareness remain indispensable. Anti-obesity medicines should complement—not replace—these measures.The latest evidence reminds us that the true goal of obesity treatment is not simply to lose weight. It is to preserve muscle, improve physical function, improve physical fitness, reduce complications, sustain a healthier body weight and ultimately help people live longer and better.The true measure of success is not the maximum weight lost during treatment, but whether a healthier weight, muscle strength and metabolic health can be maintained years later. For Indians, who face the dual burden of excess body fat and relatively low muscle mass, this balanced perspective may prove even more important than the excitement surrounding these remarkable new medicines.

A brief history of popcorn and its cinema snack sidekicks

Waikato: An outing to the cinema isn’t just about seeing a movie, it is a full sensory experience, with a big screen and big snacks. An epic film demands the panoramic widescreen, thunderous surround sound, embarrassingly large boxes of lollies and giant buckets of popcorn that never taste the same at home.Throughout the history of cinema, however, popcorn has been both scorned as a messy low-brow distraction and hailed as a profit-making saviour for a floundering film industry.Popcorn is one of the oldest foods we still consume as a snack, with archaeological evidence from Peru, circa 6,700 years ago.Bernabe Cobo, a Jesuit missionary in Peru in the early 17th century, observed pop-

corn being made by the local people, toasted until it burst â€œeaten as a confection called Pisanacalla.French explorers in the Great Lakes region of North America in 1612 saw the Iroquois people heating corn kernels in a clay pot filled with hot sand until they popped â€œ and added them to a soup.Colonists adopted the practice in the Americas, either using an enclosed wire mesh basket over open flame, or a horizontally mounted thin metal cylinder turned with a hand crank in front of a fireplace.In 1885, a new steam-powered automatic popcorn machine was invented in Chicago by Charles Cretors cooking kernels in a combination of vegetable oil and animal fat.

Alcohol and antibiotics: Why doctors call this the most avoidable recovery mistake



You might be tempted to have a drink while recovering from an infection, especially if you’re feeling slightly better. But doctors say mixing alcohol with antibiotics is one of the most common — and avoidable — mistakes people make during treatment. Dr Manjusha Agarwal, Senior Consultant Internal Medicine, Gleneagles Hospital, Parel, Mumbai, clearly advises against it. “Alcohol can reduce the effectiveness of some antibiotics and increase side effects like nausea, dizziness, and liver strain,” she explains. “When taken together, alcohol can interfere with how the body breaks down medicines, making recovery slower and increasing the risk of unwanted reactions.” Some combinations can be especially dangerous

While alcohol is best avoided with all antibiotics, cer-

tain medicines can trigger particularly unpleasant reactions. “Antibiotics like metronidazole, tinidazole, and some cephalosporins can cause severe reactions with alcohol, including vomiting, headache, and rapid heartbeat,” says Dr Agarwal. “It’s safest to avoid alcohol until the full course of these medicines is completed.” These reactions happen because alcohol and the antibiotic compete in the liver, disrupting normal breakdown and leading to a buildup of toxic by-products in the body.

Can consuming alcohol during antibiotic treatment slow down recovery?

Beyond immediate side effects, alcohol can also affect how well the treatment works. “Alcohol can reduce how well antibiotics work by weakening the immune system and slowing healing,” Dr Agarwal notes. “It can also affect how the body absorbs and processes the medicine, leading to lower drug levels and delayed recovery. This means that even if symptoms seem to improve, the infection may take longer to clear — or could return. Many people assume that a small amount of alcohol won’t matter, but that isn’t always true. “The risk depends on the antibiotic and the amount of alcohol, but even one drink can cause problems with certain medicines,” she cautions. Her advice is simple and firm: “As a simple rule, avoid alcohol completely while taking antibiotics and for at least 48 hours after finishing the course. This helps your body heal faster and prevents unwanted side effects or even treatment failure.”

Can you really become a morning person in just three days?

If you have ever dragged yourself out of bed after hitting snooze for the fifth time and wondered whether “morning people” are simply a different species, neuroscientist Dr Andrew Huberman has a bold claim: it takes just three days of pain to become one. Speaking on a podcast with Chris Williamson, Huberman suggested that shifting your body clock may be less about forcing an early bedtime and more about aggressively resetting your mornings.

His prescription? Wake up at the same early hour—say, 5 am—even if you slept late the previous night. Then immediately expose yourself to sunlight, get some exercise, have caffeine (carefully), eat if you wish, and engage in social interaction. The theory is that these cues, known as zeitgebers—German for “time givers”—help align your circadian rhythm, the body’s internal clock, with an earlier schedule.

But can your body really transform from night owl to early bird in just 72 hours?

Not exactly, says Dr Pankaj Agarwal, Director of Neurology, Stroke and Neurocritical Care at Gleneagles Hospital, Parel, Mumbai. “Three days can start the shift, but full adaptation usually takes longer,” he tells indianexpress.com. While you may feel less uncomfortable after a few days of consistent cues, “stable circadian re-entrainment” often takes one to two weeks, depending on how far you’re shifting. That said, Huberman’s broader framework is rooted in sleep science. “Light is the strongest zeitgeber,” Dr Agarwal confirms while also affirming that the morning sunlight tells the brain’s central clock that the day has started and helps set melatonin timing. “Exercise, meal timing, and social activity also help reinforce wakefulness and synchronise the body’s internal rhythms.” Caffeine, however, comes with conditions. “It boosts alertness, but it works best early in the day. Late caffeine can interfere with sleep

What explains Kwality’s shift from frozen desserts? Dietitian reveals hidden health risks



For years, frozen desserts have occupied a large share of the Indian frozen treats market. While often positioned as affordable alternatives to ice cream, many frozen desserts are made using vegetable oils instead of milk fat and may contain high levels of added sugar, artificial flavours, colours and stabilisers.

For years, frozen desserts have occupied a large share of the Indian frozen treats market. While often positioned as affordable alternatives to ice cream, many frozen desserts are made using vegetable oils instead of milk fat and may contain high levels of added sugar, artificial flavours, colours and stabilisers. Health experts now warn that regular consumption of such products could have long-term consequences for public health. Kwality’s decision to transition towards dairy-based products instead of frozen ones by next year follows such nutritional concerns. According to Zamurrud Patel, Chief Dietitian at Gleneagles Hospital, Mumbai, frequent consumption of frozen desserts can contribute to a range of health concerns, including weight gain, insulin resistance, poor gut health, constipation, elevated cholesterol levels, metabolic disorders and an increased risk of cardiovascular disease. “Regular consumption of frozen desserts can have a detrimental impact on overall health as they are often loaded with excessive sugar, unhealthy fats, and artificial additives,” Patel notes.

Why frozen desserts are under the spotlight Patel points out to several factors that make frozen desserts less desirable as an everyday indulgence: 1. High sugar content Many frozen desserts contain significant amounts of added sugar, which can contribute to obesity, insulin resistance and an increased risk of Type 2 diabetes when consumed regularly. Excess sugar intake is also linked to fatty liver disease and chronic inflammation.

For Jaspal Rana, why a stent couldn’t stop a heart attack



Shooting legend Jaspal Rana had undergone an angioplasty (an emergency procedure to open up a blocked artery that reduces blood flow to the heart) after he came to the hospital with a heart attack. Given that his heart function was low, cardiologists decided to do a similar procedure in another partially blocked artery later. In fact, he was being prepared for discharge when he suffered a fatal cardiac complication, underlining the risks that can persist in patients who present late after a heart attack. According to Dr Balbir Singh, Chairman, Cardiac Sciences, Max Hospital, Saket, Rana was brought to the hospital in a critical condition and was a “late-stage presenter” — a category of patients who seek medical attention several hours after the onset of a myocardial infarction or heart attack. Doctors found a blocked artery and performed an emergency stenting procedure to restore blood flow. However, despite the successful intervention, Rana remained in a high-risk category because the heart muscle had already sustained significant damage by the time treatment was initiated. “He came to us in a sick condition. One artery was blocked, so we carried out a stenting procedure. He was a late-stage presenter, and the risk of sudden death is high in such patients. His heart pumping function was weak and he was in heart failure. In such a condition, the patient remains vulnerable to a secondary plaque rupture. That risk remains up to a month,” Dr Singh told The Indian Express. Excerpts:

Why patients are at risk despite angioplasty While angioplasty and stenting can reopen a blocked artery, they do not immediately reverse the damage already inflicted on the heart muscle. In patients who arrive late after a heart attack, prolonged deprivation of blood supply can permanently weaken sections of the heart, reducing its ability to pump blood effectively. This condition, known as heart failure, is one of the strongest predictors of sudden cardiac death after a major myocardial infarction. Heart failure pa-

tients are particularly vulnerable because damaged heart muscle can disrupt the heart’s electrical system, triggering potentially fatal rhythm disturbances or irregular heartbeats. This can lead to sudden cardiac arrest. The weakened heart is also less capable of responding to sudden physiological stress, making patients susceptible to abrupt collapse even when they appear clinically stable. That’s why a patient continues to be at risk despite successful stenting. A previously untreated blockage may worsen or even a mild, unstable plaque may dislodge and rupture, forcing blood to clot over it and form a bigger blockage. Additional coronary lesions that initially appeared stable may also become unstable and compromise blood flow to the heart muscle.

Can there be a problem with the stent itself?

Another risk is stent thrombosis — the formation of a clot within the newly implanted stent. The complication can result in a sudden and often severe heart attack, particularly if prescribed anti-platelet medications are interrupted. That’s why strict adherence to post-procedure medication schedules is important for every heart attack patient. The heart’s oxygen requirements can also play a role. Conditions such as uncontrolled blood pressure, infection, severe anaemia, intense physical exertion or other physiological stressors can increase the heart’s demand for oxygen at a time when blood supply remains compromised by underlying coronary artery disease. This mismatch can precipitate further cardiac events. Why aren’t all stents implanted together in case of multiple blocks? Depending on the patient’s condition, the complexity of the blockages and the risks associated with a prolonged intervention, we usually opt for a staging procedure. So, the most critical blockage is treated first while additional stenting is planned for a later date once the patient has stabilised. The approach is aimed at reducing procedural risks, limiting exposure to contrast dye and radiation, and allowing doctors to reassess the patient’s condition before undertaking further intervention. However, the period between procedures can still be a challenge as patients remain vulnerable to complications until all significant blockages are addressed and the heart has recovered as much as possible from the initial injury. The first few weeks after a major heart attack represent a particularly vulnerable period. Plaque instability, clot formation, progressive heart failure, life-threatening arrhythmias and mechanical complications such as cardiac rupture can all occur despite apparently successful treatment of the initial blockage. Whenever you sense unease, pain and discomfort in the heart, do not delay, just rush to the nearest hospital.

Diagnosed with brain tumour at 38, he returned to cricket, work and normal life

At 46, Amit Mehra is doing what he loves most — playing cricket, travelling with his family and maintaining a busy professional life as a chartered accountant. Looking at him today, it is difficult to imagine that eight years ago he was diagnosed with a tumour in one of the most critical regions of his brain. “At 38, my whole world had come crashing down. Now I look forward to my weekend cricket match and know when to log out of work,” he says. Mehra is one of the young Indians reporting brain and Central Nervous System (CNS) tumours in India which have an estimated incidence of 30 cases per 100,000 population. Roughly 30% to 35% of these tumours are malignant (cancerous), while the majority are benign (non-cancerous).

Mehra began noticing brief episodes of weakness and numbness in his left hand while playing cricket. Sometimes he would struggle to hold on to objects. The episodes lasted only a few seconds before disappearing. He attributed them to physical strain, poor posture or fatigue. “It felt like numbness from sleeping awkwardly or overexertion,” he recalls. “The symptoms were so generic that I never imagined they could be related to brain tumour.” Mehra was worried because he kept to a good fitness discipline, ate clean, had no diabetes or hypertension and wasn’t a smoker or alcohol drinker. That’s the reason he paid attention to his symptoms, which though fleeting in nature, were replicative. An MRI scan revealed a tumour located in the brain’s eloquent cortex — a region responsible for critical functions such as movement and sensation. What appeared to be transient weakness was actually focal motor seizures triggered by the tumour. A surgery and eight years later, there has been no recurrence. His medications have been significantly reduced and he remains active. “I just got a promotion at my firm for high productivity,” he says. His story reflects a larger shift in brain tumour care. Increasingly, a diagnosis that once carried an almost universally grim prognosis is becoming a condition that can often be treated successfully, with many patients returning to work, family life and even sports.

More cases or better detection?

Brain tumours are being diagnosed more frequently in India than ever before. While the incidence remains relatively low compared to other diseases, neurologists say awareness and access to advanced imaging have transformed diagnosis. “Brain tumours are not necessarily increasing dramatically because of new environmental exposure,” says Dr Kapil Singhal, director, Neurology, Medanta, formerly of AIIMS, Delhi. “What has changed significantly is our ability to detect them. MRI scans are more accessible and people are getting evaluated earlier.” He acknowledges seeing more young and middle-aged adults with brain tumours. Unlike diabetes or heart disease, most brain tumours do not have clearly identifiable lifestyle-related causes. The uncertainty surrounding why they occur often makes the diagnosis unsettling for younger patients who otherwise consider themselves healthy.

Understanding brain tumours A brain tumour occurs when cells within the brain begin dividing uncontrollably. “It develops when cells in the brain or surrounding tissues acquire genetic mutations that disrupt their normal growth controls. These mutations alter the instructions encoded in DNA, causing cells to multiply and survive longer than they should. As these abnormal cells accumulate, they can form a mass or tumour,” says Dr Singhal. In most cases, the exact reason behind these genetic changes remains unknown. While some mutations arise spontaneously during a person’s lifetime, others may be inherited from a parent, increasing the risk of developing certain types of brain tumours. “And we need to bust the myth that routine mobile phone usage causes brain tumours. There is no scientific evidence. Also, most brain tumours are not hereditary. They can happen due to random cellular mutations,” explains Dr Singhal.

Contrary to popular belief, not all brain tumours are cancerous. “Many are benign or low-grade lesions that grow slowly and can be completely removed. Modern surgical methods have made longevity and quality of life possible. Low-grade tumours (Grade 1 and Grade 2), which tend to grow slowly have lower recurrence rates. High-grade or



malignant tumours (Grade 3 and Grade 4) are more aggressive, have high recurrence chances and require surgery, radiation and chemotherapy,” adds Dr Singhal. Mehra’s tumour was classified as a Grade 2 lesion — a category associated with relatively favourable outcomes when detected early and removed effectively. “The words ‘brain tumour’ immediately make people think of death or severe disability. But that is simply not true for a significant proportion of patients. Many tumours are treatable, and some can be cured completely,” says Dr Singhal. Apart from primary brain tumours, there are metastatic tumours, too, which spread to the brain from cancers elsewhere in the body.

A revolution in the OR Perhaps the biggest change over the past decade has been technological. Modern neurosurgery is being driven by sophisticated imaging, computer-assisted planning and real-time monitoring. Before surgery, doctors perform brain mapping using advanced MRI techniques and tractography, which identifies critical nerve pathways responsible for movement, speech and sensation.

“We perform the surgery virtually before doing it real-time,” explains Dr Manish Vaish, director of neurosurgery, Medanta. The imaging data is fed into specialised navigation systems that allow surgeons to plan the safest possible route to the tumour. “The tumour’s location in Mehra’s case made surgery particularly challenging. It was situated in the eloquent cortex, the part of the brain that governs movement and sensation. Even a few millimetres of error could potentially result in permanent neurological impairment,” says Dr Vaish. Inside the operating theatre, multiple technologies work together. Special dyes can be administered that are absorbed preferentially by tumour tissue, causing the tumour to fluoresce under specialised microscopes. Four-dimensional ultrasound helps distinguish tumour tissue from normal brain tissue in real time. Electrophysiological monitoring continuously assesses the function of critical brain regions during surgery. In selected patients like Mehra, surgeons may even perform an awake craniotomy, allowing communication with the patient during the procedure. “We engaged Mehra by talking about cricket and its statistics. Anything incoherent is a red flag,” recalls Dr Vaish. He also describes how advanced ultrasonic aspirators have made a delicate surgery procedure easier over the last decade or so. “In simple terms, this surgical tool has a tip that vibrates at very high frequencies (ultrasound), which breaks soft tumour tissue into tiny fragments. At the same time, the device gently suctions away the broken pieces. This is especially useful in brain surgery because tumours are often located close to critical structures that control movement, speech, vision, or memory,” says Dr Vaish. Depending on the complexity of the case, surgeries may last anywhere from three hours to more than 12 hours. Changing outcomes

One of the most significant advances in neuro-oncology has come not from the operating room but from the laboratory. In the past, doctors relied on what tumours looked like under a microscope. Today, molecular profiling and immunohistochemical (IHC) analysis provide a far deeper understanding of tumour behaviour. Following surgery, tumour samples are analysed for specific molecular markers and genetic alterations that help doctors predict aggressiveness, recurrence risk and likely response to treatment. “

Making of the Trinamool rupture: How rebel MPs chose moment to strike



The breakaway faction of Trinamool Congress (TMC) MPs that wants to form a separate bloc and align with the BJP-led National Democratic Alliance (NDA) had been planning its revolt for the past few weeks, according to leaders with knowledge of the developments. While the leaders loyal to party chairperson Mamata Banerjee tracked their movements, on the morning of June 8 they too appeared to have been caught off guard. While the rebels claim the support of 20 of the TMC’s 28 Lok Sabha MPs — several of them attended a meeting at Union Minister Bhupender Yadav’s home on Monday — the TMC organisational leadership claims they number no more than 10 or 12. To avoid the provisions of the anti-defection law, two-thirds of the MPs in the Lok Sabha, or 19, need to come together.

Leaders with knowledge of the development said the BJP first reached out to Barasat MP Kakoli Ghosh Dastidar, who claimed to have sent a letter to Lok Sabha Speaker Om Birla’s office with the signature of 20 MPs, last month after Mamata Banerjee replaced her as the party’s Lok Sabha chief whip and reinstated Kalyan Bandyopadhyay. Following the decision, taken at a meeting at Mamata’s Kalighat residence on May 14, Ghosh Dastidar began distancing herself from the party and posted on social media, “76 theke chena, 84 theke path chala, char doshoker anugatter janne aaj puraskrita holam (Knew since 76, started walking together in 84, rewarded for four decades of loyalty)”

TMC sources said soon afterwards the BJP reached out to Ghosh Dastidar. A few days later, the government accorded her the Y-category security, which she accepted, while the security cover of many other TMC leaders, including that of Abhishek, was curtailed. How the rebels organised themselves

Asked for the reasons for her revolt, Ghosh Dastidar told the media that the BJP initiated contact with the rebels. “I have been with Mamata Banerjee for 42 years. I am not a newcomer. However, I am hurt since corruption and wrongdoings (in our party) are rampant. When we saw such sadness in our colleagues, we made a decision that we will work for the development of our area and the state, cooperating with the Central and state governments. Our CM Suwendu Adhikari contacted everyone. Side by side, hearing the sadness in my heart, our colleagues (the rebel MPs) contacted me.” Calls went out to many TMC MPs from Ghosh Dastidar, who resigned from all party posts on May 24, as well as BJP leaders. TMC’s Dum Dum MP Sougata Roy told The Indian Express, “I received a call from a BJP

leader in Delhi. I politely said no. In my opinion, what is happening is not unprecedented. It has happened before. When Mamata Banerjee left the Congress, how many people were with her?” The rebel MPs began coordinating by then while simultaneously a rebellion was underway in the West Bengal Assembly. In the end, a breakaway group led by Ritabrata Banerjee claimed the support of 60 of the party’s 80 MLAs and took control of the TMC Legislative Party. The TMC’s Purba Bardhaman MP, who was seen at the meeting at Yadav’s home, told The Indian Express that she decided to jump ship because the leader appeared paralysed and out of reach.

“When I was approached, I gave it a good thought. I will not tell you who approached me. Thereafter I connected with others and made a decision. For two days, we deliberated. Then finally we all came to a decision. The party brass was directionless. I was part of the fact-finding committee that the party set up after post-poll violence. I went to the villages and saw how our workers were under pressure. That was the last initiative taken by the party and the communication I received,” said Sarkar. “I submitted my report with details of post-poll violence and the plight of workers. But no direction, advice or anything came from the higher-ups. After the Assembly poll defeat, the party seemed to be in a limbo. I did not know what to do. No one even communicated with me,” she said. “Moreover, the new government is doing a wonderful job. In this short time land has been handed over to the BSF for fencing at the Bangladesh border. It was a long-pending question of national security. See how within a couple of days the Chingrighata metro stretch (in Kolkata) was completed. Earlier, it was stalled for months. This is impressive. I wanted to be part of this development. Without the state government’s help, how will I develop my area?” said Sarkar.

The MLAs’ revolt bolstered the rebel MPs, with more switching sides after that, said Sarkar. “I got calls from Kakoli di. We deliberated over the issue. We all know that the party is steeped in corruption and a section of MPs like us never get the due respect. So we decided that it’s time we take a stand. Slowly, more MPs joined us. Sixty MLAs revolted against the party and Abhishek Banerjee further bolstered us. The timing of June 8 coinciding with the INDIA alliance meeting was also fixed before. We were also aware that Sukhendu Shekhar Ray would resign the same day,” said another senior MP who joined the rebel camp but refused to be identified.

The TMC’s Murshidabad MP Abu Taher Khan refused to comment on his decision to attend the meeting in Delhi, but sources close to him said he was under pressure back home from his constituents. Sources in the TMC said they were aware of the manoeuvrings by the rebels but did not anticipate the number would be so high, close to two-thirds. Since June 3, they were told to talk to the suspected rebels and keep the ranks intact. Some were even tasked with calling each of the suspected rebel MPs individually and asking them to send photos of their whereabouts. “We had information that around 10 to 12 MPs are with Kakoli Ghosh Dastidar. We did not imagine that those who won with tickets given by Mamata Banerjee would jump ship just after one electoral setback. They will have to answer to people,” said a senior MP.

Over 5 decades on, recalling Allahabad HC verdict against Indira Gandhi that paved way for Emergency

Late on the night of June 25, 1975, President Fakhruddin Ali Ahmed, acting on the recommendation of Prime Minister Indira Gandhi, proclaimed a state of Emergency, citing threats to the nation’s internal security. But the trigger, according to historians, was a June 12 judgement of the Allahabad High Court, upholding a petition that charged Gandhi with corrupt practices in her 1971 election. We examine the judgment, the findings against Gandhi, and the role it played in triggering the Emergency.

The Allahabad High Court became the stage for a closely watched legal battle when Raj Narain, the socialist leader defeated by Indira Gandhi in the 1971 Rae Bareilly parliamentary election, challenged her victory. Known as the Election Case, the petition alleged that the prime minister had secured her win through corrupt practices, particularly by exceeding the legal limit on campaign spending and by using government officials and state machinery to support her campaign. The case dragged on through 1973 and 1974, with arguments and counterarguments presented before Justice Jagmohan Lal Sinha. On March 19, 1975, Gandhi became the first Indian prime minister to testify in court. She spent five hours in the witness box, answering questions about her election campaign. The judgment would be delivered in June. Justice Jagmohanlal Sinha Justice Jagmohanlal Sinha at the Allahabad HC on June 12, 1975. (Express Archives)

Historian Ramachandra Guha notes in India After Gandhi (2008): “On the morning of 12 June, in Room No. 15 of a court in which Mrs Gandhi’s father and grandfather had both practised, Justice Sinha read out his judgement in the case brought before him three years previously by Raj Narain. “Justice Sinha dismissed twelve of the fourteen charges against Gandhi. However, in his 238-page ruling, he upheld two findings. First, he ruled that Yashpal Kapoor, Gandhi’s former private secretary, had begun functioning as her election agent before formally resigning from government service. Second, he found that officials of the Uttar Pradesh government had assisted her campaign by preparing facilities for election meetings, including arranging electricity and erecting a rostrum from which she addressed voters. On these grounds, Sinha declared Gandhi’s 1971 election void and barred her from contesting elections for six years. However, he also granted her twenty days to appeal the ruling before the Supreme Court. Reactions to the June 12 judgement The day after the Allahabad High Court verdict, Opposition leaders protested outside Rashtrapati Bhavan, demanding that the president dismiss what they called a “corrupt” prime minister. Gandhi’s supporters, however, moved swiftly to counter this campaign. On June 13 itself, Haryana chief minister Bansi Lal began ferrying Congress workers and supporters into Delhi to publicly demonstrate their loyalty to her. Guha writes: “The roads outside the prime minister’s house were choked with her admirers. These shouted slogans in her favour and burnt effigies of Justice Sinha.” Gandhi emerged to address the crowds, alleging that foreign powers were conspiring with her domestic opponents to remove her from office. Her adversaries, she claimed, had “lots of money at their disposal”. Every day, more supporters gathered outside Mrs Gandhi’s house, and she came out to speak to them.

On June 20, Gandhi addressed a massive rally at



Delhi’s Boat Club lawns. Flanked by her sons and daughter-in-law Sonia Gandhi, she invoked the Nehru-Gandhi family’s tradition of public service and pledged to serve the nation “till her last breath”. On June 23, the Supreme Court began hearing Gandhi’s appeal. The next day, Justice V R Krishna Iyer issued a conditional stay on the Allahabad judgement; the prime minister could continue to attend Parliament, but she could neither vote nor draw a salary until her appeal was decided by the full Supreme Court bench. Interestingly though, Sinha noted that the High Court judgement might ultimately prove weak, since the violations it identified were not the “graver electoral vices” listed under the relevant law. At this point, some advised Gandhi to resign temporarily and allow a senior colleague, such as Jagjivan Ram, to serve as interim prime minister until the case was resolved. “But she was not convinced that this would be temporary,” writes historian Gyan Prakash in Emergency Chronicles (2019). “She was sure that a conspiracy was afoot against her. She suspected the CIA and Richard Nixon, citing the coup against Chile’s Salvador Allende.” Those urging her to remain in office included her son Sanjay Gandhi, West Bengal chief minister Siddhartha Shankar Ray, Haryana chief minister Bansi Lal, several Congress leaders and the Communist Party of India (CPI). The next day — June 25 — the Opposition held a large rally at Delhi’s Ramila Grounds. Jayaprakash Narayan (known as JP), who was leading the anti-government movement, announced a week-long protest starting June 29, demanding the prime minister’s resignation.

Proclamation of Emergency
Meanwhile, Prakash writes: “Having obtained the injunction, Indira swiftly moved to secure the proclamation of Emergency.” On June 25, Ray helped draft an ordinance declaring a state of internal Emergency, which was promptly signed by the President when placed before him. That night, the electricity supply to newspaper offices across Delhi was cut, preventing morning editions from appearing on June 26. By the next day, state-controlled radio informed the country that an Emergency had been declared and that civil liberties had been suspended. Police units then moved swiftly against Opposition leaders, arresting JP, Morarji Desai and many others.”

Most lawyers believed that the Supreme Court would reverse the Allahabad judgement. Yet, as one respected Delhi jurist put it, the prime minister forsook “the advantages of the ordinary judicial remedy of appeal and resorted instead to the extraordinary, undemocratic and unconstitutional measures of Emergency,” writes Guha

Indian industry is at a crossroads — it needs to look at longer horizons



COBALT enables users around the world to interact with robotic arms remotely, helping researchers gather valuable training data for AI systems. (Image for representation: unplash), industryA private sector that captures domestic demand but remains technologically dependent — a consumer of intellectual property rather than a generator of it — is one whose future profitability is under slow but accumulating existential threat. The first part of this article traced four structural roots of India’s chronic underinvestment in research and development. Apart from the four reasons mentioned, two further explanations remain — one chronological, one generational — before the case for a different calculus.

The fifth explanation is chronological. The last 15 years have been among the most volatile in living memory. The financial crisis of 2008, the Eurozone debt crises through 2015, India’s own balance-sheet reckoning as the infrastructure boom unwound, the Covid lockdowns, the Russia-Ukraine war’s supply and energy shocks, and now the Trump administration’s tariff turbulence — each arrived before the last had fully receded. To ask businesses to commit to decade-long R&D programmes in such an environment is to ask them to plant orchards in a forest fire. The rational response to compounding uncertainty is to preserve optionality and defer irreversible commitments. This does not excuse the deficit in Indian R&D, it contextualises it.

A more intimate explanation sits alongside the macro-economic ones. Indian business, like business elsewhere, is predominantly a family affair, and family firms tend to follow a recognisable trajectory: The founder builds with hunger, the second generation consolidates, and by the third, the urgency has often dissipated.

Morck, Wolfenzon and Yeung, in the Journal of Economic Literature in 2005, documented the tendency of multigenerational control toward economic entrenchment — preserving inherited wealth rather than risking it — while Pérez-González, studying CEO successions in 2006, found performance and investment efficiency declining when a family heir took over rather than a professional. In India, this has acquired a post-pandemic inflection: The exceptional returns of financial markets have given third-generation families an effortless alternative to the capital-intensive work of manufacturing and R&D. The aggregate consequence is a quiet withdrawal of entrepreneurial energy from the domain India where most needs it. Yet context, however illuminating, cannot be mistaken for exculpation. In-

Even more than unity, Opposition needs a paradigm shift in its politics

The meeting of the INDIA bloc on June 8 reminded us of the exigency of our times: The Opposition needs a reset. Not the kind debated over the last few days. We don’t need personalised blame games. Or a tired parade of loyalty. We don’t need to search for nirvana in every small opening. Or to drum up a conspiracy behind every opportunity. We need an Opposition that is at once positive and energetic, imaginative and proactive. Yes, we need a unity of the Opposition. But more than that, we need a renewal of the Opposition.

We need it now, more than ever before. Our republic could be facing the capture of democracy by seemingly democratic means. Constitutionally mandated democratic options are fast receding. Yet, a crack has opened at this moment of consolidation of total power. Loktantra offers a narrow but real opening: The simmering pot of lok has begun to bubble, just as the lid of tantra has been sealed tight. The future is unpredictable and uncharted. It is too early to judge how prepared the INDIA coalition is to face this challenge. This contradictory moment casts a historic responsibility on the Opposition. It calls for the highest form of integrity, statesmanship and political judgement. The politics of opposition needs a paradigm shift that goes beyond electoral competition, from a politics of regaining state power to a politics of reclaiming the republic. This requires a radical shift in approach — redefining the Opposition, rethinking Opposition unity, and reimagining what it means to do oppositional politics.

This demands recognising an operational shift in the site of politics to ground mobilisation at the grassroots. The first step in that direction is of course the reinvigoration of the INDIA bloc comprising the major Opposition parties. A challenge to this regime has to begin with the existing Opposition and its existing leadership. It is pointless to debate the merits or otherwise of this leader or that, unless there is a viable alternative on the horizon. The formation of the INDIA coalition was a big step forward towards checking the BJP in the run-up to the 2024 elections. It has been a downhill journey since then.

The BJP’s staggering victories in the state assembly elections, followed by wrecking of the opposition parties with the help of state machinery, have contributed to falling morale in the opposition camp, accentuated by some self-inflicted wounds. A meeting of INDIA leaders was thus long overdue. This has resulted in the easing of some avoidable internal tensions. The promise of regular meetings and daily parliamentary coordination is a step in the right direction. But the action plan announced after the meeting is clearly not sufficient. The opposition must build on its success in blocking the Delimitation Bill and evolve a strategy to check the dismantling of constitutional institutions.

This needs a meaningful connect with the opposition outside the INDIA bloc. The country is witnessing innumerable popular protests and peoples’ struggles. Some of these are led by peoples’ organisations of long standing that are ideologically opposed to the BJP-RSS. These include trade unions, farmers’ organisations and rights-based campaigns. Some of the more energetic ones are community-based movements — of Adivasis, Dalits, OBCs, nomadic communities and minorities — that may not be ideologically oriented. And then there are issue-based protests and struggles — against land acquisition, paper leaks, or corruption, for example — that may not be opposed to BJP rule as such. The challenge of building oppositional politics is not to filter these expressions of opposition for ideologi-

cal purity or political correctness but to string them together effectively. This could help define the Opposition’s approach to the “Cockroach Janta Party”. It is a very powerful and innovative expression of the youth unrest brewing in the country. No more and no less. It is naive to build messianic hopes of political redemption on this fledgling outfit. And it is self-defeating to turn one’s back to youth protest due to some imagined conspiracies. When the people are on the street expressing their disquiet and anger against the government, the Opposition must treat this as an opportunity, not as a threat.

History, however, is not without encouragement, and the pattern of transformation is not unprecedented. Germany’s Mittelstand — the dense ecosystem of mid-sized manufacturers with deep engineering capabilities — did not emerge spontaneously. It was forged through deliberate investment in technical education, patient capital from Hausbank relationships that insulated firms from quarterly market pressures, and a cultural commitment to Qualität. Japan’s post-war industrial miracle rested on long-horizon corporate strategies, state-guided but privately executed investment in technological capability, and a willingness to absorb short-run losses in pursuit of competitive positions in the industries that would matter in the future. South Korea’s chaebol, for all their well-documented governance imperfections, developed world-class semiconductor and shipbuilding capabilities through a willingness to invest at scale and over a duration that would have been impossible under the tyranny of the quarterly earnings cycle. Each of these transformations was preceded by a recognition, often born of crisis, that the existing trajectory was insufficient and that the path to national prosperity ran through industrial capability rather than around it. India is, arguably, at such a moment. The fracturing of the old globalisation, the imperative and the difficulty of supply-chain diversification away from China, the unprecedented window opened by a demographic dividend that is available but will not remain so indefinitely — these are not guarantees of transformation, but they are the conditions that make it possible. The short horizon has served Indian business reasonably well in the long era of low-hanging domestic demand. The next era will belong to those who learn, perhaps not too late, to look further.



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The renewal of the Opposition cannot stop at bringing together all existing energies. It must involve reimagining the politics of opposition. First of all, opposition cannot be limited to a critique of the government, however pressing and valid. The country deserves to know the agenda of the INDIA coalition. A full manifesto can wait. But some flagship ideas and proposals need to be placed in the public domain. Second, its communication must not remain limited to press conferences, parliamentary speeches and statements. Peaceful and non-violent street protests, used by opposition parties of late, are more effective modes of popular communication.

Third, the languages of communication need to shift from abstract constitutionalism to ones with cultural and emotional connect. For this, the Opposition needs to draw upon the rich legacy of Indian nationalism, our religious traditions and the multiple strands of cultural heritage embedded in our civilisation. Finally, the grammar of oppositional politics needs a radical shift. Factual refutation, logical critique and rational arguments are the bedrock of opposition to the empire of lies spawned by the ruling establishment. Yet memes, pranks, cartoons and satire are among the most effective tools of communication in abnormal times. History tells us that the bubble of authoritarian regimes bursts just when they think their domination is total. Provided there is someone ready to puncture it. The writer is member, Swaraj India, and national convenor, Bharat Jodo Abhiyaan. Views are personal

ICICI, Kotak, Axis, YES Bank post double-digit Q1 profit growth; HDFC Bank lags



Private sector lenders ICICI Bank, Axis Bank, and Kotak Mahindra Bank – three of the top-4 private banks in the country – all reported big increases in their net profit for the April-June quarter, beating analysts' estimates as their bottomlines posted double-digit increases on the back of healthy loan growth. YES Bank, however, was the private bank which saw the sharpest profit growth of 34% as its bottomline rose to Rs 1,071 crore, driven by 18% rise in net interest income (NII) even as provisions were 39% higher from last year. Meanwhile, HDFC Bank's performance failed to beat the consensus view, with its net profit up 5%.

All the above five private banks – as well as IDBI Bank, whose profits were also up 5%, like HDFC Bank – reported their Q1 earnings on Saturday. Among public sector lenders, Punjab National Bank reported a three-fold increase in its profit compared to last year to Rs 5,253 crore, primarily due to the year-ago period containing a Rs 5,083-crore tax provision, which had hurt profitability. In the first quarter of the current financial year, while PNB's profits rose sharply, its NII was up only 2%. Net interest margins (NIM), a key profitability metric, remained under pressure across banks as they continued to weather the effects of the Reserve Bank of India's 125 basis point repo rate cuts last year. HDFC Bank

The country's biggest private lender saw its net profit for Q1 rise by just 5% to Rs 19,060 crore, with NII – the

interest income going into the bank's kitty after paying out interest to all depositors – up nearly 7% at Rs 33,534 crore. However, the bank – which has been in the news in recent months due to the abrupt resignation of part-time chair Atanu Chakraborty in March – saw its NIM continue to decline to 3.26%. On the asset quality front, the gross and net non-performing asset (NPA) ratios rose by 2 basis points and 3 bps, respectively, from March-end to 1.17% and 0.41% as at the end of June. The NPA ratio measures the size of a bank's bad loans – loans that have gone unpaid – as a percentage of loans it has given out. While HDFC Bank's provisions were slightly higher in April-June compared to the previous quarter, they were substantially lower from last year when it had used a large part of the proceeds from subsidiary HDB Financial's IPO to clean and strengthen its balance sheet.

Kotak, Axis post 20%+ PAT growth Kotak's net profit jumped 26% to Rs 4,123 crore as it beat market expectations on the back of its provisions halving from the same period last year, although NII rose only 9% to Rs 7,928 crore. On the margin front, Kotak's NIM declined to 4.53%, down 12 bps from last year and 14 bps sequentially. Gross and net NPA ratios were up 2 bps each from March-end at 1.18% and 0.27%, respectively. Similarly, Axis Bank also beat Street estimates as its net profit surged 23% to Rs 7,114 crore, benefiting from a sharp decline in provisions. However, despite healthy loan growth of nearly 19%, NII rose 8% to Rs 14,646 crore. Like the others, Axis Bank's bad loan ratios were a few basis points higher at the end of June compared to the previous quarter at 1.28% (gross) and 0.39% (net). Its NIM fell by 16 bps sequentially to 3.46%.

ICICI Bank India's second-largest private bank posted a net profit that was up 16% from last year at Rs 14,805 crore. The better-than-expected bottomline was due to provisions being nearly a third lower than a year ago, while a robust 20% loan growth helped drive a 13% increase in NII to Rs 24,384 crore. ICICI Bank's NIM rose 4 bps sequentially to 4.36% during the quarter. Its gross and net NPA ratio increased by 2 bps sequentially to 1.38% and 0.35%, respectively.

Vessels to and from India among top applicants for Strait of Hormuz passage

MERCHANT VESSELS to and from India were among the top applicants for passage through the Iran-recommended routes to cross the Strait of Hormuz in the three weeks following the June 17 US-Iran peace MoU, as per Iranian data. According to Persian Gulf Strait Authority (PGSA), set up by Iran to regulate the flow of maritime traffic through the Strait of Hormuz, over 200 non-Iranian vessels coordinated with it to receive passage permits and insurance coverage during the three week period. Among the transit requests to exit the Persian Gulf received by the Islamic Republic's PGSA set up recently by Tehran, those bound for India had a 20% share, second only to China's 21%.

The share of the rest of Asia was 29%, while that for intra-region (in the Persian Gulf) movements was 22%. The share of the rest of the world was 8%. To enter the Persian Gulf, of all transit requests, India topped the list of origins with a 21% share, followed by China at 19%. Other Asian countries had a combined share of 20%, intra-region movement requests accounted for 24%, while the rest of the world had a share of 16%. The PGSA didn't provide the absolute number of transit requests received. This data also doesn't include vessels that crossed or attempted to cross the strait without seeking Tehran's permission.

Vessels to and from India among top applicants for Hormuz passage Source: Persian Gulf Strait Authority Post these three weeks after the MoU, tensions resurfaced in the region, leading to a significant drop in maritime traffic. While vessel movements have not completely stopped, they are sharply down following the resurgence of conflict around the critical trade artery. On its part, Iran and the PGSA maintain that the strait is closed. The data is in line with trade patterns considering India and China have traditionally been the major destination for cargo, particularly energy shipments, exiting the strait, with the rest of Asia making up a bulk of the remaining traffic. Around 40% of India's crude oil imports, 60% of its LNG imports, and a whopping 90% of its LPG imports came from West Asia through the strait. The country's dependence on imports stands at over 88% for oil, 60% for LNG, and about 50% for natural gas, which is imported as LPG.

Before the war broke out late February, the Strait of Hormuz usually accounted for a fifth of global oil and LNG flows. Given the high dependence on West Asia for energy and other imports like fertilisers, it was expected that vessel traffic between India and the Persian Gulf would pick up. What is now playing out in the Strait of Hormuz is a battle between Iran and the US to effectively control the waterway. The US and its allies have been encouraging vessels to use the strait's waters hugging Oman as an alternative to Tehran-designated lanes.

The stark differences in the MoU's interpretation and the vagueness in its terms have now emerged as the



flashpoints between Tehran and Washington. Maritime data shows that ever since last week's fare-up, which followed Iran's targeting of a few vessels taking the Omani route through the strait, even the vessels crossing the strait are mostly doing so using paths designated by Iran. During the war, Iran actively regulated the flow of vessels through the strait, allowing only a handful to pass, that too using routings dictated by it. Following the June MoU with the US, Iran continued to insist that vessels cross the strait only through the routings designated by it, and that too after seeking permission from the PGSA. Tehran also plans to impose a service fee for transits, but at a later date. Earlier this week, US president Donald Trump even proposed a 20% charge by the US Navy to facilitate safe passage of commercial ships through the strait, only to backtrack the very next day. According to the data released by the PGSA, of the 200-plus transit applications it received in the three weeks following the MoU, 53% were for exiting the Persian Gulf, while 47% were to enter the Gulf. The PGSA said that it approved 79% of the applications, while 14% were under process as of July 14. It said that the average time taken to process the transit applications was 50 hours. As for requests by type of vessels, tankers had the highest share at 41%, followed by bulk carriers at 27%. Container ships, LNG carriers, and service vessels accounted for 18%, 2%, and 1%, respectively, with other vessel types accounting for an 11% share. According to vessel tracking data from commodity market analytics firm Kpler, there were just 14 vessel crossings on Sunday (July 12), down from 24 on July 11 and 19 on July 10. As per data from S&P Global, the last time ship transits were lower than this level was on June 14, three days before the US and Iran inked their peace deal MoU. There are reports that transits have grown slightly over the past three days, but most pertain to Iran-linked vessels. Since mid-June, vessel movements through the strait had risen meaningfully, even crossing 90 on June 24, with the average being between 40 and 50 on most days in the three weeks that followed the MoU, industry data shows. But these were still lower than the pre-war levels of up to 140 daily transits.

Tata Electronics, which is setting up a chip fabrication plant in Gujarat, is getting the manufacturing technology from Taiwan's PSMC. These reconsiderations also point to the broader theme of India's shifting priorities under its new chip incentive scheme. The new policy is expected to place greater reliance on subsidising chip design, and the broader ancillary industry. "In terms of our priorities for the new scheme, first would be chip designing, then bringing the broader supply chain ecosystem to India, and then subsidising building of new chip manufacturing units," a second official said. On Wednesday, the Union Cabinet approved ISM 2.0 with an outlay of Rs 1.27 lakh crore. Under the first scheme, India managed to attract 12 chip making plants, including a fabrication facility being set up by the Tata Group. The country's foray into semiconductor production and packaging has been outlined as a strategic move by New Delhi to insert itself into the global chip supply chain and establish the sector to deepen domestic value addition in its electronics sector. Semiconductor — used to power devices from toasters to fighter jets — have become a critical resource amid heightened geopolitical tensions over the last few years. By 2029, India expects to achieve the capability to design and manufacture chips required for nearly 70-75% of domestic applications, and by 2035, the country aims to be among the top semiconductor nations globally. Compared to the first iteration of the ISM,

Smarter, not harder: 5 rookie gym mistakes beginners must avoid



You might have heard this countless times: If you want to lose weight, get toned, or finally achieve your fitness goals, just join a gym. While that's good advice, it's also a little half-baked. Many people sign up with great enthusiasm, only to get disheartened within weeks because of a few rookie mistakes. Then there's the internet—overflowing with fitness tips, tricks, and hacks, many of which contradict one another, making things even more confusing. To find out where beginners usually go wrong, we spoke to fitness coach and founder of Slow Burn Method Raj Ganpath, who broke down the biggest mistakes first-timers make and how to avoid them.

Without mincing his words, Coach Ganpath point out that the biggest mistake is trying to do too much, too soon. "They join a gym, train six days a week, copy advanced routines from social media, cut out half the foods they enjoy and expect themselves to suddenly behave like someone who has been exercising consistently for years," he tells indianexpress.com.

"Most people feel like, 'I've finally decided to get fit, so I need to make up for lost time.' And that's where expectations and reality don't always match," the coach says while adding that if one's bodHere's what Ganpath wants every first-time gym-goer to know.

gym "If your body hasn't been exposed to regular training for a while, why would it suddenly enjoy an hour and a half of intense exercise every day? The body needs time to adapt."

It's tempting to go all in when you feel motivated, but your body needs time to adapt. If you haven't trained regularly in a while, jumping into 90-minute intense workouts every day can increase your risk of burnout or injury. "I know this sounds simple, but most people don't need to do more. They simply need to do less, but do it consistently," Ganapath notes. Instead of doing everything at once, focus on building a routine you can stick to. "The body prefers gradual change. It adapts beautifully when you give it enough time," says Ganpath.

2. Three workouts a week are enough A common myth is that beginners need to work out every day to see results.

But consistency matters far more than frequency.

"For a complete beginner, three days a week of structured exercise is more than enough. In fact, I would much rather see someone train three days a week for the next three years than try to do everything at once," he says. On non-gym days, simple movement like walking, taking the stairs, stretching, playing a sport, or "simply finding reasons to move" still counts. As Ganpath points out, exercise is intentional, but staying active throughout the day is equally important.

3. Increase gradually

Progress doesn't have to be dramatic. If you're walking 4,000 steps a day, your next target doesn't need to be 10,000. If you're training twice a week, moving to three sessions is already progress. "A good goal should stretch you slightly, but it shouldn't overwhelm you," Ganpath says. As Ganapath recommends, think of fitness like adding weight to a barbell: small increases over time allow your body to adapt and build lasting strength. "You don't need perfection from day one. You simply need a starting point. Everything else can be built gradually."

4. Don't judge progress only by the weighing scale One of the earliest signs that your routine is working may have nothing to do with appearance, but how your "everyday life becomes easier." Beginners often notice better energy, improved sleep, easier recovery and more stamina before they see physical changes. "They climb stairs more comfortably, their energy improves, they sleep better, recovery gets better. Workouts that once felt challenging suddenly start feeling manageable." According to Ganpath, noticeable improvements in strength and fitness can happen within four to six weeks, while changes in body composition may take eight to twelve weeks or even longer.

5. Keep nutrition simple Pre- and post-workout meals don't have to be complicated. As Ganapath says, there's no "perfect pre-workout meal or some magical post-workout shake" that determines results. Before exercising, "you simply want enough energy to train well," which can easily be attained by a banana and curd, fruit and toast, oats, eggs, or even a regular meal if you're training later in the day. After a workout, recovery is the priority, which means getting enough protein. Eggs, milk, curd, paneer, chicken, fish, dal, tofu or even a protein shake, if needed, can all help.

"Protein powder isn't mandatory. It's simply a convenient way to fill a gap when real food alone isn't enough," says Ganpath. His advice is simple: focus on the basics. Eat well, move often, exercise regularly, sleep enough and manage stress. As he says, most long-term results come from doing these consistently, not perfectly. "I know people love dramatic before-and-after transformations. But in reality, sustainable progress often feels subtle while it's happening. You simply wake up after a few months and realise that things which once felt difficult have quietly become normal. That's usually how lasting change happens," Ganapath concludes.

Inside the feast served at Akansha Ranjan-Sharan Sharma's 'Enchanted Garden'-themed wedding

Gram Chikitsalay actor Akansha Ranjan tied the knot with Mr and Mrs Mahi director Sharan Sharma on July 11, in a mid-summer enchanted garden themed wedding ceremony. From childhood friend Alia Bhatt to fellow colleagues in the Bollywood film industry, the celebration was curated and catered by Mumbai-based brand Speciality Experiences. Taking to Instagram, they shared details about the event: "We didn't just cater — we curated a botanical-inspired tablescape where every detail was designed to evoke the feeling of wandering through a blooming garden. Because weddings aren't just remembered for the vows—they're remembered for the moments shared around the table." Think fresh flavours, intricate culinary artistry and a celebration that was visually stunning as it was delectable.

What were the guests served?

Here's everything that was served on the menu:

- Artisanal Cheese Board — aged cheddar & black olives along with feta, watermelon and balsamic vinaigrette pearls
- A vibrant trio of Mediterranean classics — silk bean hummus, crimson beet hummus & scarlet walnut Muhammara
- Burrata Pomodoro Salad — Hand-torn Burrata, heirloom tomatoes finished with basil & a drizzle of extra virgin olive oil
- Truffle Edamame Mousse — earthy, delicate aroma & texture punctuated with truffle notes.
- Truffle Mushroom Mascarpone Pâté — Layers of whipped infused with truffle & finished with flaky sea salt.
- Fig & Ricotta Crostini — Sweet, creamy and beautifully balanced.

Mediterranean favourites like bean hummus, beet hummus and muhammara, followed by truffle shiitake bao buns, dynamite bang bang prawn rolls, and red oil chicken wontons, were also a part of the culinary affair. Beloved Indian classics and desserts included tarts and gulab jamuns. Inspired by the couple's midsummer enchanted garden theme, the botanical-inspired tablescapes tied every detail together, proving that the most memorable wedding menus are as beautiful as they are delicious.

Indian weddings have become increasingly upscale, with themes that reflect individuality, and tablescaping is finding its space here. From intimate dinners to grand re-



ceptions, the demand for curated aesthetics is on the rise. It's not just about "decorating a table" but more about creating a better experience, visually and emotionally. Suramya Uppal from The Maison Pantry told indianexpress.com that tablescaping is an element that falls under the broader category of catering, and focuses on the hardware and styling aspect of the service. In contrast, grazing tables are more food-focused, with the ingredients and their complementary pairings being the highlight of the arrangement. Even though it finds itself at a very nascent stage in India right now, the customer base is usually very niche and elite for these businesses, which means it has a very select audience. Tablescaping has a promising future in the country as more people are embracing decor that combines elegance, sustainability, and personal meaning.

Wangchuk being given required medical intervention: Safdarjung Hospital

New Delhi: Activist Sonam Wangchuk is being given the "required medical intervention" at the Safdarjung Hospital here and a team of experts is closely monitoring his condition as his blood parameters remain marginally altered due to the physiological stress and systemic effects of prolonged fasting, the hospital said on Sunday. This comes a day after the hospital had stated that Wangchuk has refused intravenous fluids, oral rehydration solution and all medications despite repeated counselling by the treating team and an independent AIIMS expert, while his family is yet to provide consent for the recommended medical intervention.

Wangchuk was on Saturday taken forcibly to Safdarjung Hospital by the Delhi Police on the 21st day of his hunger strike. He has been on an indefinite hunger strike since June 28 in support of the CJP-led protest over al-

leged irregularities in the NEET examination and the reported deaths of students linked to the controversy.

In a health bulletin, the hospital said, "Sonam Wangchuk is being given the required medical intervention at VMMC and Safdarjung Hospital. His vital parameters are stable at present; however, his blood parameters remain marginally altered, and considering the physiological stress and systemic effects of prolonged fasting, he requires continuous medical care under the close observation of a multidisciplinary team of experts." The treating teams of doctors from VMMC and Safdarjung Hospital and AIIMS, New Delhi, are of the considered opinion that sustained medical intervention and round-the-clock clinical monitoring are essential to promptly detect and manage any potential complications that may arise despite his currently stable condition," the hospital said."

Nathan Smith wins ICC Men’s Player of the Month award for June 2026 after Test series heroics in England



GNS News Agency, July 22

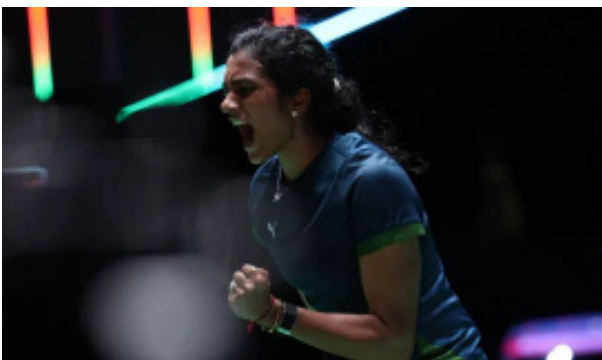
New Delhi: New Zealand seamer Nathan Smith was on Monday named the ICC Men’s Player of the Month for June 2026 following his superb performances during the 2-1 Test series victory over England. Smith, 27, played a pivotal role in New Zealand’s historic Test series triumph on English soil by picking 16 scalps at an average of 23. With several frontline New Zealand quicks sidelined due to injuries, Smith remarkably stepped up to lead a depleted bowling attack and delivered under pressure.

The Kiwi pacer claimed the prestigious monthly honour

ahead of fellow nominees, India captain Shubman Gill and Bangladesh all-rounder Mossadek Hossain. “This is really special. It was a great tour of England for the boys, and this is pretty cool. I don’t usually play for individual awards, but it’s nice to receive this recognition and, more importantly, to have contributed to a series win. “Personally, it was really satisfying to contribute to the win. That’s all I want to do for New Zealand – try as hard as I can and contribute in whatever way I can. Unfortunately, we had a few injuries during the series, so I had to step up and open the bowling.

“It’s something I’ve done in domestic cricket and a little bit for New Zealand before, but it was nice to shoulder the responsibility and bowl a few overs with the new ball,” Smith said in an ICC statement on Monday. His standout performance came during the opening Test at Lord’s, where he dismantled the hosts with a brilliant return of 6-70 in the second innings, concluding a memorable match with nine wickets. While Smith picked up just a solitary wicket in the victory in the second Test, the right-arm pacer chipped in with a valuable 38 runs with the bat, helping New Zealand tighten their grip in the second innings. In the crucial series decider, Smith’s impressive haul of 4-91 in the first innings handed New Zealand a vital 82-run lead. He followed it up by claiming two more wickets in the second innings to guide the visitors to a memorable series triumph.

“You can never write a champion off”: Saina Nehwal praises P.V. Sindhu’s Japan Open triumph



GNS News Agency, July 22

New Delhi: Indian badminton great Saina Nehwal is impressed with PV Sindhu’s improved attack, and said the Japan Open triumph showed the two-time Olympic medalist still has it in her to win more titles as champions can never be written off. The 31-year-old Sindhu clinched her maiden Super 750 title at the Japan Open after defeating three-time world champion Akane Yamaguchi of Japan in straight games in the women’s singles final in Tokyo on Sunday.

It was her biggest title since winning the 2019 World Championships. Her previous titles came at the 2022 Singapore Open Super 500 and the 2024 Syed Modi International Super 300. “The last 2-3 years were actually very tough. She was trying to come out of the injuries but the way she has come out of it... the Super Series win that she won yesterday after defeating three or four top players here. And quite comfortably, she has attacked very hard. Her attack has improved a lot,” Saina said. “So, that shows that, obviously, there are opportunities to win. But as you age, with injuries, you have to tackle it well. So, it is stressful when you play at that level. So, I am sure she is going through a little bit of stress and pressure.

“But I think after winning this, she has got her confidence back. And you can never write a champion off. She is always going to come back and do well. She has played at that level for so many years.” The 2012 London Olympics bronze medalist also hoped the younger crop of players would achieve consistency. “I think a lot of youngsters who are playing well, they have to come and win. Because consistency is very important in badminton,” she said on the sidelines of a Niva Bupa event. “That’s why I think we are the second most loved sport. Because there is a lot of consistency. So, just the juniors have to look forward to the next championship. And doing well there is important.” India will host the Badminton World Championships from August 17 to 23, marking the return of the event to the country after 17 years, and Saina said the hosts have players capable of winning medals at home. She also hoped the tournament

‘Give me a spell, Aaqib, you muppet’: Jason Gillespie hits back at Javed

Days after former Pakistan pacer and now Pakistan director of High Performance Aaqib Javed accused former Pakistan coach and Australian pacer Jason Gillespie of having no plan after Pakistan’s loss against England in the opening Test of the three-test series in 2024, Gillespie hit back. Pakistan had eventually won the series 2-1 after winning the second and third Test match at Multan and Rawalpindi respectively in the series with their spinners Noman Ali and Sajid Khan taking a total of 39 wickets in those two Test matches. While Gillespie quit the role of head coach of Pakistan two months post the series, Javed was the chief selector at that time.

“Aaqib, Aaqib, Aaqib. I quote Aaqib verbatim. ‘I asked him, ‘What was your plan after the first Test? We lost the first Test against England’. No, you didn’t ask Aaqib. You waited in, and you said, ‘This is what we’re doing.’ We’re changing the team. We are playing on the same surface that we just played a five-day Test on in four days’ time. So it was going to be a day 10 or 11 surface. And I asked them, ‘Why are we doing that?’ We’ve got other surfaces prepared because you’ve got to play on the best surface available. The reason we did not play spinners was because we were instructed before Aaqib and the new selectors came in that you could only pick players who passed the fitness testing criteria. So there were a number of players, who did not meet the criteria. So I spoke with Aaqib and he said, ‘Oh, no, no, I’ve spoken to the chairman and we can pick who we want’. What I had an issue with was the suggestion to sprinkle it with sand as well. Not only was it a 10 or 11-day pitch, but we also just sprinkled it with sand. What I also did not agree with, when we went to Rawalpindi, they had big industrial dryers on the pitch and men there scrapping with knives. I did not agree with that either. So give me a spell, Aaqib, you muppet,” Gillespie said while speaking with former Australian pair Glenn McGrath and on the ‘Fast Bowling Cartel’ podcast.

Gillespie was appointed as Pakistan’s head coach for red-ball cricket in April, 2024 with former South African cricketer Gary Kirsten being the white-ball coach of the Pakistan side. With Kirsten quitting the Pakistan role in October the same year, Gillespie too quit his role in two months after PCB sacked assistant coach Tim Nielsen. Last year, Gillespie had spoken about his decision and what led to the decision. “There were certainly challenges. I went into the job eyes wide open, I want to make that really clear. I knew that, you know, Pakistan had cycled through a number of coaches in a pretty short space of time. The straw that broke the camel’s back, I suppose, was, as a head coach, you like to have clear communication with your employer. I was completely and utterly blindsided by a decision to not have a high-performance coach. I felt I was basically hitting catches and that was about it on the morning of a game. You want to be able to have clear communication with all stakeholders, with selectors, for instance, knowing what the team is as head coach well before the game, or before at least the day before the game,” Gillespie had told ABC Sport. Earlier this week, Javed had spoken about how both Kirsten and Gillespie were not willing to listen to anyone. “Frankly speaking, they used to overrule every selector. They weren’t willing to listen to anyone,” Javed had told YouTube channel Public Sports and Public New. Speaking further, Javed had shared how Gillespie and then Pakistan skipper Shan Masood had no plans for England after the loss in the first Test at Multan. “I went to Multan and spoke with Jason and Shan. I asked them, What was your plan after the first Test against England? They had no plan. I said, This isn’t going to work. We need to change both the pitch and the team. We brought in the spinners, Pakistan won and that’s when things started to go wrong. He then said, “I don’t agree with that,” Javed added. Gillespie further stated how Kirsten was relieved of his duties. “Gary Kirsten was relieved of his duties after a Test match loss that we had.

Hyderabadi volunteer shares unforgettable FIFA World Cup experience



Hyderabad: At 60, he had the choice of staying relaxed at home and watching the FIFA World Cup on TV. But Hyderabad Korapati Mahender preferred to be there and grabbed the opportunity to become one of the 60,000 volunteers selected from about one million applicants for the World Cup, which ended on Sunday night with Spain emerging as the winner. Yes, it has been a remarkable journey for Mahender, who dabbled in many sports as a child in the bylanes of Panjagutta Colony in the city, to be part of the FIFA World Cup. “No doubt, it is a different kind of experience to be part of a sporting event of that magnitude. It is a way of giving back to the host country by serving the millions of fans who descended on the US to watch the World Cup,” said Mahender, a pharmaceutical consultant and resident of New Jersey since 1990.

“The year-long process of becoming a volunteer for the FIFA World Cup is not easy. There are quite a few stages

after you apply online. There are personality tests, language assessments and communication skill evaluations. Interestingly, I was asked which was my favourite position on a football field. When I replied ‘goalkeeper’, they were pleasantly surprised,” said Mahender, who is a frequent visitor to his hometown, in a chat with Telangana Today. “The volunteers are given the option to choose the matches they want to work at, and I chose four, including the World Cup final. I am naturally elated by the unforgettable experience,” he said, reflecting the sentiments of thousands of volunteers at the mega event.

“Frankly, it is not about getting any awards or seeking any favours. When we decide to be volunteers, it is purely for the love of the sport and the commitment to contribute in our own way to the success of the World Cup,” said Mahender. “For the smooth conduct of an event of this scale across all the host cities, it is the volunteers who make it happen,” he added. Interestingly, most of the volunteers were not able to watch the matches, though some were allowed to briefly catch a glimpse of the action. “I was not keen to breach the norms, though I did get a chance to see the action during the final. I preferred to stick to the rules,” said Mahender, who worked in the hospitality segment. “Yes, we did feel the pressure because VVIPs, including US President Donald Trump, were there. We had a really tough time because the whole event was conducted on a massive scale. But things settled down an hour before the final started,” he recalled. “Definitely, nothing beats the experience of being at a FIFA World Cup final. We are already getting ready to sign up as volunteers for the 2028 Los Angeles Olympics,” signed off the articulate sports enthusiast.

Sai Nachiketh Bhatraju creates history as first Indian to win U-19 All England title

Hyderabad: Former national champion B. Chetan Anand has every reason to feel happy. For his trainee, Sai Nachiketh Bhatraju, at the Chetan Anand Badminton Academy in the City, has created history by becoming the first-ever Indian to win the under-19 mens singles title in the prestigious 2026 All England championship in the UK. The top-seeded Bhatraju has defeated fellow India K. Suhaas 21-8, 21-15 in the final.

Earlier, in the semifinal, Bhatraju scored a 21-13, 21-14 win against third-seeded M. Manon Kurien and noched up a 21-10, 24-22 win against Sajan Sethuran in the quarterfinal. The top seed produced a dominant run to the championship, showcasing exceptional skill, composure, and consistency,” said Chetan Anand. Chetan, who was himself once ranked World No. 10 and renowned for his artistry on the court, said Bhatraju’s win was the end-result of disciplined training, relentless hard work and worldclass coaching.

“This landmark victory is not only a defining milestone in Sai Nachiketh’s career but also a proud moment for Chetan Anand Badminton Academy and Indian badminton,” Chetan said. Reflecting on Bhatraju’s game, Chetan said unlike others in contemporary sport who rely more on power-game, this young talent has been playing like himself. “Honestly, Bhatraju reminds me of my own game. Got very good strokes, his half-smash is impressive. He doesn’t have a fancy for those big smashes but yes definitely working more on jump smashes for sure to keep improving into a real champion,” Chetan informed ‘Telangana Today’. “Well, his soft play which is lacking in many con-



temporaries is pretty impressive. There is a lot of poise and grace in his game,” Chetan said. “We have been working on him for the last three years a bit more after he joined us six years back after an early stint with Bhaskar Babu sir,” the former India shuttler said. “With a world ranking of around 40, I am sure Bhatraju will go places with the kind of efforts needed to be in that elite group and given his passion, commitment and sincerity, I am sure he will really make it big as he is just 18,” Chetan concluded.

Saba Karim highlights pace dilemma and spin needs after India’s ODI series loss to England

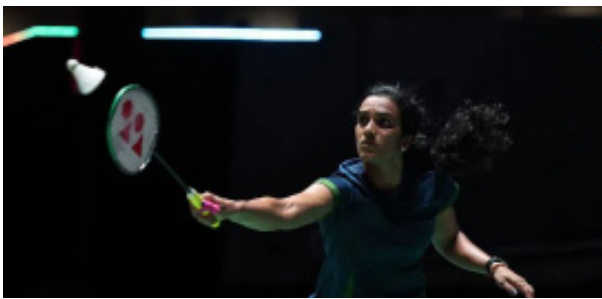
New Delhi: Former India wicketkeeper-batter Saba Karim believes India’s batting unit emerged with plenty of positives from the ODI series against England, but says the team’s immediate priority should be settling on a pace attack capable of delivering in Jasprit Bumrah’s absence and fine-tuning combinations ahead of future assignments. Assessing India’s performance after England claimed the three-match series 2-1, Karim said the top order had answered several important questions, with Rohit Sharma and Shubman Gill both making significant contributions.

“India have ticked several boxes. Rohit’s century put an end to all the speculation surrounding him. Shubman Gill scored runs, batted with great positivity and showed impressive leadership. So, I don’t see any major issues with the batting,” Karim told JioStar. While expressing confidence in the batting group, Karim said India’s bowling department still requires greater clarity, particularly regarding the pace attack if Bumrah is unavailable. “India’s focus now should be on identifying the pace bowling attack if Jasprit Bumrah isn’t available. In these conditions, our young and inexperienced pace bowlers struggled a bit. That’s why the upcoming five-match ODI tour of New Zealand will be a real test to evaluate these combinations,” he added. Karim also stressed the importance of having a wicket-taking wrist



spinner in the side and urged the team management to adopt a more conditions-based approach while selecting the playing XI. “You need a wrist spinner who can provide wickets in the middle overs, whether that’s Kuldeep Yadav or someone else is a different discussion. India need to dive deeper into their planning according to the opposition, the conditions and the ground dimensions and then take the field with the right resources and the right combination,” he stated. India’s bowling attack came under pressure throughout the deciding ODI at Lord’s as England amassed 387/5 before defending the total to seal the series.

P.V. Sindhu leads Indian challenge at China Open Super 1000; Satwik-Chirag skip event



Changzhou (China): Bolstered by her Japan Open triumph, India’s PV Sindhu will spearhead the country’s challenge at the China Open Super 1000 tournament starting on Tuesday, but Satwiksairaj Rankireddy and Chirag Shetty will miss the event as the former continues to recover from a shoulder injury. India’s badminton contingent will look to build on a productive week on the BWF World Tour, with Sindhu returning to China in red-hot form after capturing her first title in nearly two years. The two-time Olympic medalist enjoyed a flawless campaign in Japan, defeating three-time world champion Akane Yamaguchi in the final and win-

ning all her matches in straight games. The 2016 China Open champion will look to carry that momentum into the tournament, where she opens her campaign against compatriot Unnati Hooda. Sindhu could face fourth seed Chen Yu Fei of China in the second round. The Tokyo Olympic champion retired with a hamstring injury during her Japan Open semifinal last week and is scheduled to begin her campaign against Japan’s Natsuki Nidaira, provided she recovers in time. Devika Sihag is the other Indian in the women’s singles draw and will begin her campaign against Thailand’s Busanan Ongbamrunphan. Satwik and Chirag, who won the Singapore Open Super 750 last month but withdrew from the Japan Open after Satwik’s recurring shoulder injury flared up, have opted to skip the China Open to focus on regaining full fitness ahead of the World Championships, which return to India after 17 years. The men’s singles draw features Lakshya Sen, Paris Olympics semifinalist, world No. 24 Ayush Shetty and experienced campaigner HS Prannoy. Lakshya will look to bounce back from his opening-round exit at the Japan Open when he takes on Japan’s Yushi Tanaka. Ayush faces Indonesia’s Alwi Farhan, while Prannoy, the 2023 World Championships bronze medalist, will meet Malaysia’s Leong Jun Hao.

Madhavan says wife Sarita’s decision to move to Dubai for son Vedaant: ‘I am 6/10 as a dad’



Unlike other star kids, actor R Madhavan and his wife Sarita Birje's son Vedaant Madhavan decided to choose the swimming for his career path. He is almost 20 now, and is a national-level freestyle swimmer, who has won several medals for India. In fact, Madhavan and his family had relocated to Dubai during Covid-19 pandemic, to support Vedaant's swimming career and training. In an interview from last year, the actor had rated himself 6 on 10 as a parent. He also opened up about his desire to keep Vedaant away from the 'passing phase' of recognition.

During a conversation with The Hindu, he recalled his wife's decision to move to Dubai and said, "It was an essential decision taken at the right minute because Vedaant was going through his growth spurt as a teenager. Not having a pool to swim would have been the end of his international swimming career. So, Sarita and I were very hassled because all the pools in Bombay, even India, were closed." His son Vedaant has already won a silver medal for India at the Asian Age Group Swimming Championship at the time. The actor shared that the shift to another country was important for his swimming career. "At the same time, countries like Germany, France, and China had opened up their swimming pools, quarantined them off, and made it a Covid free zone. They were asking the students to stay there for months together and train. Some of them

broke the world record during the Covid period. It was something that Vedaant couldn't afford to miss out on.

Madhavan continued, "So, when we came to know that Dubai was open for swimming and people were conducting classes under strict supervision. Sarita just upped and left. I followed her, and it was a good decision because Vedaant excelled after that. The Indian team was training there as well." When asked about the rating he would give himself as a parent. "I think about 6 on 10. There are things that I want to do as a father but I am unable to do because of my profession. And, my wife is a much more hands-on parent than I am. I do the philosophical and guidance part of telling Vedaant what has to be done. But at the same time, both of us are also very nervous because he has attained recognition to an extent that it maybe disproportional to his achievement till date and at a much younger age," he said. Madhavan further added that both him and his wife Sarita want Vedaant to focus on his personal goals, instead of getting deviated by the public attention. "So, I am not worried about whether he will make it bigger or not, I am more worried about whether he has the smartness to understand that this recognition will soon fade. One has to take that as a passing phase and earn all the other accolades that he has in mind and then make his own name," he concluded. Earlier, during Ranveer Allahbadia's podcast, he had said that Vedaant's medals and achievements are more known because he is an actor's son. "Yes, I am not going to take away from what he has achieved. He's done what it takes to get the medals that he's got. Being a celebrity's child is not easy. He's going to get a lot more attention than most of his friends, who might have achieved greater success at the same age as Vedaant. So, we do our best to try to promote the other guys as well. He isn't the best in the country, but he's definitely an actor's child who has managed to create a national record," he expressed. R Madhavan and Sarita Birje tied got married in 1999, after being in a relationship for nearly eight years. After 6 years of marriage, they got blessed with their first child, son Vedaant, in 2005. Meanwhile, on the work front, Madhavan was last seen in Aditya Dhar's Dhurandhar franchise, which earned over Rs 3000 crore at the global box office. The actor will start shooting for Tanu Weds Manu 3 with Kangana Ranaut, this year.

Raghubir Yadav recalls surviving on Rs 2.5 a day: ‘Would eat roti with chutney’



There are very few actors who bring the kind of effort-less depth and lived-in realism to the screen that Raghubir Yadav does. While a newer generation may recognise him instantly from his memorable turn in the acclaimed Prime Video series Panchayat, his body of work stretches far beyond one role. With a career spanning over five decades, he has remained one of those rare performers whose craft continues to evolve. Yet, the journey to widespread recognition has been anything but straightforward. 'I never considered my life a struggle'

Recently, the veteran actor reflected on that long and often difficult path. He spoke about surviving on as little as Rs 2.5 a day, sleeping hungry, and spending nearly two decades away from home as he navigated the uncertain world of the film industry. Despite the hardship, he resists framing it as suffering. In a chat with ABP Live, he said, "Acting is not easy, but it is enjoyable. People call it a struggle, but I never considered my life a struggle. I worked hard and enjoyed the process." Expanding on that thought, he also addressed how the idea of "struggle" is often romanticised when it comes to artistes. "Every art form demands practice. Whether you are a musician, dancer or actor, you have to keep learning and rehearsing. Even today, I feel there is so much left to learn. For me, life has always been a school, a place of learning," He also revealed how his academic journey took an early turn that would eventually redirect his life entirely. Pressured to pursue science in the hope of a stable future, he soon realised he

was unlikely to clear his board examinations. That realisation led him to make a decisive move. "I already knew I was going to fail," he recalled. Worried about the outcome, he decided to leave home with a friend and eventually landed in Lalitpur, where a theatre company run by actor Annu Kapoor's father was performing. What followed were his earliest days in theatre. He was taken into the company run by Madanlal Kapoor for Rs 2.5 a day. Even that modest amount, however, was not always consistent. "I was supposed to earn Rs 2.5 a day, but sometimes I received even less. We would buy flour and tomatoes, make rotis and chutney and survive," he said. On certain days, circumstances became even harsher, when someone would steal their food and leave them with nothing. Yet, he does not describe the period with bitterness. Instead, he sees it as foundational. Those years, he says, shaped his understanding of the medium. It was during this time that he learned Urdu, refined his pronunciation, and immersed himself deeply in music and theatre. He also recalled a deeply personal moment from that phase of life, when he wrote to his father after leaving home, assuring him that he would never bring shame to the family. Although he briefly returned after six months, a remark from a relative altered his course once again. "He said, 'We thought we'd only see you on a cinema screen.' I felt so embarrassed that I left again the same night," the actor recalled. After that, he stayed away from his village for nearly 20 years. He continues to reinterpret what many would call struggle through a very different lens. For him, even failure carried its own direction.

"Even today, I consider failing in science one of the greatest blessings of my life. Had I not failed, I might never have become an actor," he said. Few years ago, Rohit Roy shared an inspiring video featuring Raghubir Yadav, where he said, "What is a struggle? There is no struggle in life. The struggle was when you had to go to school. If you would have thought that that was a struggle, you would have never learnt anything in life. This is not struggle, this is your hard work and you are learning with it. If you will not do it, you will not reach anywhere. So, if you call learning something a struggle, then it's unfair." About Raghubir Yadav, Raghubir Yadav is best known for his work in films like Salaam Bombay, Lagaan, Peepli Live, Piku, Newton, among others. He first gained fame with the Doordarshan show Mungerilal Ke Haseen Sapne in 1989.

Amitabh Bachchan, Govinda’s inspiration, Bhagwan Dada went from ‘millionaire to pauper’

A man who rose from nothing, became a millionaire, and then lost it all – this could be the story of a Hindi film, but in real life, this was the story of the yesteryear superstar Bhagwan Dada. The star, who was known for his unique dancing style, and starred in the film Albela, which had songs like "Shola Jo Bhadke," "Bholi Surat Dil Ke Khote," among others, was the son of a textile mill worker and grew up with practically nothing. He eventually got everything he could have dreamed of – a 25-bedroom bungalow, a studio, seven imported cars – but lost everything due to his vices, his bad company, and his bad luck. 'Became a lakhpatri after Albela' Bhagwan Dada started working in the movies in the silent era in the 1930s where he was working as a junior artiste. He eventually found himself a job in film production, and in a few years, he started producing films. Since he had worked in a few films by then, he knew most of the stars of the era and after getting some encouragement from Raj Kapoor, Bhagwan produced his first major film, Albela, co-starring Geeta Bali. The film was a massive hit and ran for almost 50 weeks. In a chat with The Illustrated Weekly of India, he recalled that he "became a lakhpatri" after the film became a hit, and bought everything that he ever wanted. "I owned a studio, I bought seven imported cars for each day of the week. I had a 25-room bungalow at Juhu in my possession," he recalled with pride. 'Do the Bhagwan Dada step' His unique dancing style is said to have inspired many who came after him, even Amitabh Bachchan and Govinda. In a chat with Khalid Mohamed, he shared, "I am flattered that Amitabh Bachchan, Mithun Chakraborty and Govinda



have said that they imitate my dance moves. Waah, unko thank you bolna." Rishi Kapoor, in a chat with The Quint, remembered his glorious days. "You know Awaara and Albela released on the same day and both were big hits. Yes, he fell on bad times and later did a lot of small parts in many films as well. He was a very senior actor and came from the silent times. I am indebted to him for the dance steps. Much later, many dance masters told me, 'Do the Bhagwan dada step'," he said. Bhagwan Dada, before producing Albela, had made a name for himself as an actor and in 1942, while filming a scene with a fairly new Lalita Pawar, he caused her a major injury.

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injury. The scene required that he slap her character. In the movies, actors don't actually hit each other but make it seem like the slap is real. But for some reason, he hit Lalita on her face so badly that it led to her facial paralysis. A vein in her left eye burst, and after this, she had a permanent squint. Her career as a leading lady was over.

She later told Doordarshan, "For two years, I was jobless. I was fired from many films." Many years later, Bhagwan Dada expressed his regret in a chat with Khalid Mohamed, "I regret the fact that I was responsible for Lalita Pawar's facial paralysis. For a scene in one of our early films, I had slapped her so hard that her left eye was damaged. That is unforgivable." The good times ended even before he could blink. After Albela, Bhagwan Dada produced films like Jhamela, and lost everything. But it just wasn't the failure of the film that led to his bad times, it was also his vices. "I became a sharabi kababi, gambled at cards and the race course. Drinks and women were my weakness. I was unfaithful to my wife. The truth is, I had ignored my family. Maybe it was God's way of punishing me. From a mazdoor millionaire, I became a pauper," he told Illustrated Weekly of India. His business partners cheated him, and in the end, he did not even know who owned the rights to Albela, for the rights could have been enough to save him from his poverty. "Who knows whom the rights of Albela or any of my films belong to? Bas khel khatam, paisa hazam," he said. After he lost it all, Bhagwan Dada and his family moved to a chawl in Dadar, Mumbai, and he started appearing in smaller roles in films. "To keep this house going, I continue to accept every role, even if it's one scene," he said, adding that his only request was that they send a taxi for him. "I'm exhausted at the end of the shooting. I return home, drink my navtaak (quart) and go to sleep. Whatever food is served at the studio, I have," he said. Through his career, he acted in over 600 films, but is still celebrated and remembered for his dance moves in the songs of Albela. Even when bad times came upon him, he refused to ask for help. "I haven't asked for monetary help from any of the film industry's welfare associations. I'm too proud to do that," he said. Although in his last years, cine-associations CINTAA and IMPAA sent him Rs 3000 and Rs 5000 per month, respectively. In a chat with Filmfare, he shared that many of his colleagues had cut ties with him, but Dilip Kumar continued to visit him, despite his bad times. "There was a time when the top industry people were my friends, especially Dilip Kumar. Even today, whenever he passes by my window, he stops the car and honks. He moves on only after we have greeted each other," he recalled. 'It would have been good to go in a Chevrolet' Bhagwan Dada died at the age of 88 in 2002 in the same chawl in Dadar. "It would have been good to go in a Chevrolet but rehne do, how will I know what's happening when I'm no more. No one cares," he said. His story was presented in the 2016 Marathi film Ekk Albela, directed by Shekhar Sartandel. Mangesh Desai played Bhagwan Dada and Vidya Balan appeared in a cameo as Geeta Bali.

Imtiaz Ali’s Main Vaapas Aaunga chronicles a country in danger of forgetting itself



So when you meet the 95-year-old Keenu (a terrific Naseeruddin Shah) in Main Vaapas Aaunga, a man longing for a lost love, a lost time, a lost life, and desperate to return to all three, you are immediately reminded of Veera (Alia Bhatt) from Highway.

If one were to distil the nomadic worlds of Imtiaz Ali into a simple idea, it would come down to two things: stories and journeys. Across the ten films he has directed, these themes have resurfaced time and again, each time taking on a different form. Sometimes it is the journey of storytelling itself (Tamasha), and at others, the journey towards storytelling (Rockstar). Sometimes the journey becomes the story (Highway), while at other times, stories unfold across journeys (Love Aaj Kal). Binding these journeys and stories together is a force that has always sat at the heart of Ali's cinema: love. Love in all its unruly forms, unconditional, obsessive, reckless, transformative. His films have long followed people who are searching for meaning, belonging, or simply a way to become themselves. It feels fitting, then, that the filmmaker who has spent a lifetime chronicling lost souls in search of their stories has now turned his gaze towards a nation searching for its own. A nation trying to find itself in one of the most tragic moments of its history.

So when you meet the 95-year-old Keenu (a terrific Naseeruddin Shah) in Main Vaapas Aaunga, a man longing for a lost love, a lost time, a lost life, and desperate to return to all three, you are immediately reminded of Veera (Alia Bhatt) from Highway. At one point in the film, staring at the mountains, she tells Mahabir (Randeep Hooda) that they are calling her. Keenu, too, is being called. Not by the mountains, but by the mustard-yellow fields of an undivided Punjab that refuse to leave his memory. These are the same fields that Ali has returned to time and again, the fields he evokes in the closing moments of Rockstar, the fields through which Ved (Ranbir Kapoor) and Tara (Deepika Padukone) wander in the early stretches of Tamasha. After all, in Ali's cinema, landscapes are rarely just landscapes. They, eventually, are repositories of memory, desire, and longing. Quite similarly, in Ali's films, love is rarely contained within people. It very much spills into the sky, into the sea, into the body itself. So, when the young Keenu (Vedang Raina) etches Afsana's (Sharvari) name onto his hand, it feels like another variation of a familiar Ali motif. You think

of Harry (Shah Rukh Khan) standing before the sea and screaming Sejal's (Anushka Sharma) name, (meaning river water), into the waves. You think of Ved looking up at the stars when he misses Tara. You think of Aditya (Shahid Kapoor) in Jab We Met, naming a project after Geet (Kareena Kapoor). Because, again, after all, Ali's characters spend their lives longing for their lovers, returning again and again to their names, as though saying them might somehow bring them closer. And then there is the confusion, the restlessness, the existential ache that has long defined Ali's protagonists. Keenu, even after a lifetime of living, finds himself wrestling with questions of belonging and identity. In many ways, he belongs to the same lineage of lost souls that has populated Ali's cinema for two decades. Yet, for all the familiar trademarks, Main Vaapas Aaunga may also be Ali's most evolved film. For perhaps the first time, he is less interested in leaving home than in returning to it. He is less interested in escape than in embrace. His cinema has long been populated by people in motion, here, however, the journey points in the opposite direction. After years of following characters on the move, Ali finally wants them to settle. Transit, in Main Vaapas Aaunga, is no longer necessarily a vehicle for self-discovery. It is, in fact, very much, a condition for survival. And this is where Ali returns to one of the central preoccupations of his cinema: storytelling itself. An ageing Keenu, lying on his deathbed, feels less like a protagonist and more like an old grandfather determined to pass on a story before it disappears forever. A story of a time when plurality stood on the brink of polarisation. A story of a love slowly corroded by the machinery of hate. A story about yesterday, but one that speaks directly to today.

This is where what begins as a personal story expands into something larger, into something deeply affective. Ali understands that love is not simply an emotion but a form of inheritance. If the people who carried love through the most difficult of times disappear, and their stories disappear with them, what remains for times such as ours is not remembrance, but resentment. It is fitting, then, that Keenu spends much of the film battling memory loss. His struggle is not simply to remember a lost love; it is to preserve a way of seeing the world before it vanishes. His fading memory becomes a metaphor for a society losing touch with its own humanity. As Keenu struggles to remember, the film asks whether a nation can do the same? Whether it can recover a memory buried beneath years of division and distrust. Because, what Keenu fears losing is not just Afsana, but the world in which Afsana was possible. And in trying to remember her, he is also trying to remember a country that is in danger of forgetting itself.

Anas Arif is a prolific Entertainment Journalist and Cinematic Analyst at where he specializes in the intersection of Indian pop culture, auteur-driven cinema, and industrial ethics. His writing is defined by a deep-seated commitment to documenting the evolving landscape of Indian entertainment through the lens of critical theory and narrative authorship. Experience & Career As a core member of The Indian Express entertainment vertical, Anas has cultivated a unique beat that prioritizes the "craft behind the celebrity." He has interviewed a vast spectrum of industry veterans, from blockbuster directors like Vijay Krishna Acharya, Sujoy Ghosh, Maneesh Sharma to experimental filmmakers and screenwriters like Anurag Kashyap, Vikramaditya Motwane, Varun Grover, Rajat Kapoor amongst several others. His career is characterized by a "Journalism of Courage" approach, where he frequently tackles the ethical implications of mainstream cinema and the socio-political subtext