

Telangana SIR: 18.12 lakh voters face exclusion from final electoral list

Hyderabad: As many as 18.12 lakh electors in Telangana risk losing their voting rights as they have yet to respond to notices issued during the Special Intensive Revision (SIR) of electoral rolls.A staggering 92,88,187 notices have been generated during the ongoing SIR process and 92,23,486 notices were served to the voters concerned, leaving 64,701 notices pending, as part of the ongoing SIR exercise. As per the information shared by the Telangana Chief Electoral Office, hearings of 82,11,205 electors have been completed. Of these, 74,62,851 voters have been found eligible for inclusion in the final electoral publication as of Friday.

Malkajgiri She Teams nab 198, including 31 minors, for harassing women in September

Hyderabad: The Malkajgiri She Teams have nabbed 198 persons, including 31 minors, for harassing women and girls during the month of September.Police received 215 complaints, registered 16 criminal cases, booked 66 petty cases and counselled 133 persons.In separate cases, three men accused of harassing and blackmailing women and minor girls were arrested and remanded to judicial custody. The cases involved Instagram harassment, demands for nude photographs, threats to circulate private images and stalking.

Bathukamma, Dasara rush: SCR announces 34 special trains with stoppage at Yadadri

Hyderabad: To clear the extra rush of passengers during the Bathukamma, Navaratri, and Dasara festivals, the South Central Railway has announced 34 daily special trains between Secunderabad-Sirpur Kaghaznagar-Hyderabad with an additional stoppage at Yadadri Railway Station.These special trains to be operated till October 25 with Train No. 07711 Secunderabad – Sirpur Kaghaznagar departing at 12.10 pm and arriving at 5.30 pm and Train No.07712 Sirpur Kaghaznagar – Hyderabad departing at 6 pm and arriving at 11.15 pm.



Telangana CM to hold meeting with ministers on drought conditions, relief

Hyderabad, Oct 9 (IANS) Telangana Chief Minister A. Revanth Reddy will hold a special meeting with the ministers on October 12 on the impact of El Nino and drought conditions in the state.

The meeting will discuss the conditions in areas where rainfall has decreased, the problems faced by farmers and the immediate measures to be taken by the government.

According to the Chief Minister's Office (CMO), the meeting will focus on agriculture, irrigation, drinking water supply, increased electricity demand and immediate needs. In the recent state cabinet meeting, there was a long discussion on the rainfall situation.

Due to the influence of El Nino, the state has recorded 17 per cent less rainfall than normal, and around 235 mandals have experienced drought conditions.

The state government has already passed a resolution in the Assembly and appealed to the Centre to provide adequate financial assistance along with the declaration of drought zones. Rs. It has requested a special

package of Rs. 20,000 crore.

The meeting is likely to discuss relief measures to be undertaken in the rain-affected areas, the activities already prepared by the ministerial sub-committee, the proposed all-party meeting, the advice and suggestions of farmers' associations and experts in various fields.

Officials had said on October 6 that the preliminary assessments indicate severe drought conditions across 320 mandals in 18 districts due to the El Nino effect.Telangana has a total of 621 mandals across 33 districts.Telangana Chief Secretary Sanjay Jaju has already directed officials to immediately prepare a comprehensive report on the drought conditions prevailing in the state.The Chief Secretary instructed officials to gather comprehensive data from various departments, including Planning, Revenue, Ground-water, Agriculture, Panchayat Raj, and Rural Water Supply, and to identify drought-affected mandals in accordance with established norms.

Telangana to cancel licences of shops selling synthetic manja

Hyderabad, Oct 9 (IANS) Licences of shops selling prohibited synthetic manja must be cancelled, Telangana's Head of Forest Force, Vinay Kumar, on Friday directed officials.

He asked officials to take stringent measures to curb the sale and use of synthetic manja and protect Indian rollers and other wildlife.

He was speaking at a review meeting with senior officials of various government departments held at Aranya Bhavan here on Friday to discuss these issues.

As synthetic manja is being supplied from other States, particularly Rajasthan and Gujarat, Vinay Kumar instructed officials to intensify surveillance on supplies originating from these States.

He directed Greater Hyderabad Municipal Corporation (GHMC) officials to issue instructions to shop owners not to sell synthetic manja and to take stringent action against those violating the rules.

According to an official release, the Head of Forest Force instructed the police to establish special surveillance to prevent the sale of Chinese manja through online platforms

He emphasised the need to identify sales of synthetic manja on e-commerce websites and coordinate with the concerned organisations to curb such sales.He also instructed officials to put up posters at all public places, including bus stations, railway sta-



tions, markets and other crowded locations, to create public awareness about the ban on synthetic manja.Vinay Kumar stated that the School Education Depart-

ment should create awareness among students and their parents about the dangers posed by the use of Chinese manja to human beings and birds.

Hyderabad Commissioner urges citizens not to come out on roads to celebrate birthdays



Hyderabad, Oct 9 (IANS) Following the death of a six-year-old girl and her relative during her birthday celebrations on Tank Bund in the wee hours of Monday, Hyderabad Police Commissioner on Friday appealed to people not to come out on the roads at midnight to celebrate birthdays.

Police Commissioner V.C. Sajjanar said on Friday that there should be no birthday celebrations or cake cuttings on Tank Bund or other roads.

"Don't come onto the roads at midnight and put lives at risk. We appeal to the city's residents, especially the youth and parents, not to hold birthday celebrations or cake cuttings at midnight hours near Tank Bund, as well as the city's major roads, lakes, and parks," he said in a video message.

The police chief said it was heartbreaking that birthday celebrations, which should be joyful, end up leaving families with irreparable grief due to momentary recklessness and negligence.

"Just three days ago, at 2 a.m., a six-year-old child and a family member met a tragic end on her birthday due to a road accident on Tank Bund, which has deeply shaken everyone. Even though our staff rushed to the accident site immediately, transported the injured to the hospital, and made every possible effort to save lives, we couldn't prevent the loss," said Sajjanar.

"To ensure such incidents don't recur in the future, we conducted an inspection of the accident-prone area on Tank Bund in collaboration with senior police officials, taking firm preventive measures. We also carried out a comprehensive review across various government departments on the accidents occurring there.

"We make it clear that a birthday is a personal family celebration and should only be held at homes or in any safe enclosed areas. Since there's no pedestrian traffic on roads at midnight,

vehicles speed by uncontrollably. Everyone must realise that bringing young children along and stepping onto the middle of the road at such times is utterly unwise."In fact, holding such celebrations on Tank Bund is completely prohibited under the regulations. GHMC has already issued clear orders on this in the past," the Police Commissioner said.

CHANGE OF NAME
I, BOGGULA GANESH, S/o MANOJ RAJARAM BHANGALE, Age: 6 years, Address: H.No. 2-52/16A, Near Hanuman Temple, Adilabad Mandal, Adilabad District, Telangana – 504001 hereby declare that my son's name has been wrongly entered in his Birth Certificate. Hence, as per his Aadhaar Card, his name shall hereafter be known as **BOGGULA ANIRUDH**, S/o BOGGULA GANESH, for all future purposes.

India deserves answers to two pressing questions, says Telangana Deputy CM

Hyderabad, Oct 9 (IANS) Telangana Deputy Chief Minister, Mallu Bhatti Vikramarka, said on Friday that India deserves answers to two pressing questions: Who safeguards the integrity of citizens' vote and who stands up for Indian professionals abroad.

He said in a post on 'X' that while at home, Rahul Gandhi and Priyanka Gandhi are raising serious questions over alleged 'Vote Chori', the Trump administration has suspended TCS, Infosys, Wipro and other IT giants from a key Green Card certification programme.

"At home, Shri Rahul Gandhi ji and Smt Priyanka Gandhi ji are raising serious questions over alleged 'vote chori' and electoral integrity, facing detention as they demand the Chief Election Commissioner's resignation. Meanwhile, in the US, the Trump administration has suspended TCS, Infosys, Wipro and other IT giants from a key Green Card certification programme," he said.

"Two different crises of confidence. Two pressing questions for the Centre. Who safeguards the integrity of our vote? Who stands up for Indian professionals abroad? India deserves answers on both," said the Congress leader.

The Deputy Chief Minister along with Chief Minister A. Revanth Reddy had joined Leader of the Opposition in the Lok Sabha, Rahul Gandhi and other Con-



gress and INDIA Bloc leaders in Thursday's protest at Raj Ghat in Delhi, demanding Chief Election Commissioner Gyanesh Kumar's resignation over alleged irregularities in Special Intensive Revision (SIR) of electoral rolls."Standing at Raj Ghat, on the sacred ground of the Father of the Nation, I reaffirm my solemn pledge to protect and preserve our democracy. My conviction remains unwavering, and my courage unyielding, as I dedicate myself to upholding constitutional values, championing justice, and serving the people with complete integrity," he said in a post on Thursday.

Another cop dies by suicide in Telangana, probe underway

Hyderabad, Oct 9 (IANS) A police constable allegedly died by suicide in Telangana's Jogulamba Gadwal district on Friday, officials said.

Venkateshwarlu (27), a constable of Telangana Special Police (TGSP), hanged himself at his residence in Erravalli.

According to police, Venkateshwarlu was serving in the 10th battalion of TGSP in Gadwal.

Preliminary investigation by the police revealed that the constable took the extreme step due to family problems.

The state has witnessed a series of suicides by police personnel. Last month, a 35-year-old police constable died by suicide at his residence in Hyderabad.

M. Chandrasekhar, who was working as a writer at

the Amberpet Police Headquarters, reportedly made a video call to a woman around midnight and told her that he was going to hang himself.

The woman alerted the police, but by the time the police reached his house, he had already hanged himself.

In August, a 25-year-old police constable died by suicide at the LB Nagar ACP office in Hyderabad. J. Sai Kumar, who was working at the e-cops desk at the ACP office, left two letters addressed to senior officials, stating that he did not like his present posting and wanted to return to his previous duties at the LB Nagar Police Station.In July, a head constable allegedly died by suicide after shooting himself with his service weapon at the Telangana Police Headquarters. Swamy (40), a native of Nalgonda district, was posted at the DGP office.



Gyanesh Kumar must go, nothing greater than Constitution: KTR

Hyderabad, Oct 9 (IANS) BRS Working President K.T. Rama Rao on Friday demanded the resignation of Chief Election Commissioner Gyanesh Kumar, saying nothing is greater than the Constitution of India.

The Bharat Rashtra Samithi (BRS) leader took to 'X' to demand the CEC's resignation over the alleged irregularities in Special Intensive Revision (SIR).

He reiterated the demand that the Supreme Court needs to take suo motu cognisance of the irregularities in the SIR process and order an independent investigation headed by a sitting judge.

"Nothing is greater than the Constitution of India. And no Indian citizen can be stripped of their right to vote. Gyanesh Kumar must go! No individual is above the institution This nation has seen many individuals come and go -and it has stayed strong, it has survived beautifully. So why this desperation to protect one man? How can one man be greater than the rights of 1.4 billion Indians?" asked Rama Rao."Time's up for Gyanesh Kumar and for anyone trying to build a quasi-system that destroys the soul of this great nation," he added.

Indian Chronicle

English Daily

Beyond fintech—the case for a Finternet

For decades, the internet has transformed how we communicate, travel, work and shop. Yet the most digital aspect of our lives—finance—remains fragmented, with a vintage architecture. A cross-border payment, loan disbursement, insurance claim or securities pledge may involve multiple databases, messaging systems, protocol checks, intermediaries, and clearing and settlement processes. What if finance could undergo a transformation like the internet, which has connected millions of separate and unrelated networks?

That is the core idea behind 'Finternet': a financial system that lets money flow across multiple intermediaries, along with the required data and adherence to the required protocols. The vision was conceptualised by Agustin Carstens of the Bank for International Settlements (BIS) and Nandan Nilekani in BIS Working Paper 1178 published in 2024. Finternet is not synonymous with cryptocurrency, fintech, digital banking or digital currency. While fintech helps digitise or improve one or a set of financial services, Finternet addresses a more fundamental question: can the architecture connecting the multiple cohorts of financial services be redesigned?

Internet is the obvious inspiration. Just as the internet connects multiple networks through acceptable protocols, Finternet envisages the interconnectedness among various ecosystems such as banks, insurance, payment mechanisms, wallets, capital markets, development agencies, and governments. The BIS paper argues that much of the financial infrastructure remains fragmented despite rapid advances in technology. For a layman, this can be understood through a simple example of being able to transfer, pledge or sell (fully or partially) a share, bond or an insurance claim like we do a transfer of money. India offers itself as a unique laboratory for advancing the Finternet. It already has a robust payment mechanism in the form of UPI, and we have seen a drastic change in consumer behaviour as a result. The full stack of digital payment infrastructure, ie, consent-based data sharing, digital documentation, e-signatures, Aadhaar-based identification, is present, and these need to be stitched together.

At the foundation is tokenisation, representing money and financial assets. A bond, share, bank deposit or any other financial asset can be digitally represented as a token. But merely converting an asset into a token is not enough; it is the sewing of each of them to a unified platform; that's the challenge! The BIS paper talks about a unified ledger. Built on tokenisation, unified ledgers and digital infrastructure, Finternet could reshape payments, insurance, credit and capital markets

Take farming, for example. Crop insurance travels from the field to the insurer, to the government official and the banker, requiring a lot of paperwork and follow-up. Imagine a crop insurance payout happening seamlessly in the event of crop loss, enabled by relevant data points such as the farmer's identity, crop details, weather information, credit details and insurance being appropriately linked. Consider MSMEs, for that matter. An invoice could act as a digitally verifiable asset linked with the buyer's credentials, bank account and credit history.

A Finternet architecture could reduce the time between 'raising an invoice' and 'receiving capital'. The government of India has many social schemes for the benefit of the masses, including subsidies, student scholarships, direct benefit transfers (DBT), maternity benefits, interest subvention, ex gratia payments and research grants, all of which could be brought into a programmable frame. Municipal bonds, green bonds, InvITs, REITs, carbon credits, and renewable-energy assets could also be tokenised, ensuring smaller denominations, wider participation and transparency. In a country that is economically diverse and complex, the number of possible applications could be huge. Finternet as a concept is not just a theoretical aspect. It has seen adoption in the form of Project Agora, where seven central banks and 40 financial institutions have developed a program for cross-border payments. The program intends to join tokenised central bank reserves with tokenised commercial deposits, smart-contract programmability and create a shared multi-currency ledger.

Awareness Needed on Tooth Sensitivity : Dr Sonia Dutta



"Hyderabad, October 09 (Indian Chronicle) : Seasonal changes may increase tooth sensitivity when consuming hot and cold beverages, said Dr Sonia Dutta, Professor of Public Health Dentistry (MDS, PhD), in a statement on Friday. She appreciated Dabur Red Toothpaste for conducting awareness campaigns on tooth sensitivity. She said Dabur Red Toothpaste, which contains Ayurvedic ingredients such as clove and ginger and is approved by the Indian Dental Association (IDA), can be used as part of daily oral care to maintain dental and gum health.

Divisional Commissioner Presents Detailed Overview of Drought Situation to Central Team



"35% rainfall deficit; dam storage at 30.7%; crops and drinking water supply at risk""Report to be submitted after on-ground verification of data – Muktanand Agrawal" (Ananthoji kalidas)"Chhatrapati Sambhajnagar, 8th:indian chronicle Divisional Commissioner G. Srikanth presented a detailed overview of the drought situation in the region to the visiting Central Government team at the Divisional Commissioner's office today. The presentation covered rainfall patterns, dry spells, the status of Kharif crops, crop damage, drinking water availability, dam water levels, fodder availability, and satellite-based crop condition indices.""The Central team, led by Muktanand Agrawal (Joint Secretary and CEO, Department of Agriculture and Farmers Welfare), includes Sunil Kumar Dubey (Deputy Director, Mahalanobis National Crop Forecast Centre), Dr. Jaspal Singh (Consultant, NITI Aayog), and Dr. Sakshi Bhaduria (Livestock Officer, Department of Animal Husbandry and Dairying). Parimal Singh, Secretary of the State Agriculture Department, was also present on the occasion.""Rainfall deficit across 8 districts and 76 talukas""The Chhatrapati Sambhajnagar division comprises 8 districts and 76 talukas. While Kharif season sowing was completed on nearly 100% of the planned area—approximately 52 lakh hectares—sowing for the Rabi season has so far covered only 6,800 hectares.""The division is facing a rainfall deficit of approximately 35% compared to the average, having received 65.35% of the average rainfall to date. After satisfactory rainfall in June, precipitation levels dropped during July, August, and September. Crops have been particularly affected by the prolonged dry spell in August. Out of the 496 revenue circles in the division, 37 recorded a dry spell exceeding 30 days, while 155 circles experienced a gap in rainfall ranging from 21 to 30 days.""*Impact on Soybean and Cotton Crops""Soybean has been cultivated on approximately 56 percent of the total Kharif sowing area. Due to the lack of rain, cotton growth has been stunted, leading to increased shedding of squares and flowers, alongside pest infestations. Grain filling in soybean pods has been poor, and crops such as maize, pearl millet (bajra), and black gram (urad) have also been adversely affected. Crop-cutting experiments in

Jalna district revealed a yield reduction of more than 50 percent.""*Dam Water Storage at 30.7 Percent""Current water storage in the division's dams stands at only 30.7 percent. As water reserves must be set aside for drinking purposes until August of next year, sowing operations for the current Rabi season are also likely to be impacted. Reports indicate that, with the exception of Nanded and Hingoli, groundwater levels in Jalna, Dharrashiv, and Latur districts have dropped by 4 to 5 meters below the five-year average.""In anticipation of a potential drinking water shortage, special attention is being focused on areas that have experienced a rainfall deficit exceeding 20 percent and a groundwater level drop of more than 3 meters. Currently, water is being supplied via tankers to 190 villages and 157 hamlets, and 603 wells have been requisitioned. Plans are in place to utilize 5,136 tankers and 6,960 wells to tackle the anticipated scarcity. Fodder sufficient for 121 days is currently available for livestock, and plans are being made to set up fodder camps in anticipation of a potential fodder shortage.""*Assessing Drought Severity via Satellite-Based Indices""Satellite-based indices—specifically the Vegetation Condition Index and the Water Availability Index—were reviewed to assess crop and water conditions. The presentation noted that, according to the Water Availability Index, 34 talukas fall into the severe and moderate categories; meanwhile, the Vegetation Condition Index classified 10 talukas as severe and 34 as moderate.""It was highlighted through these indices that although crops appeared green on the surface, the prolonged dry spell had adversely affected actual growth and productivity.""Of the approximately 40 lakh farmers in the division, 65 percent have registered for crop insurance; data regarding crop conditions and losses will be instrumental in securing insurance benefits.""*Report to be Submitted After On-Ground Verification""At the conclusion of the meeting, Muktanand Agrawal—head of the central team and Joint Secretary of the Department of Agriculture and Farmers Welfare—stated that a report would be submitted following on-ground verification of the data provided by the state. He instructed officials to prepare a comprehensive, accurate, and objective report covering the current drought situation, available water reserves, crop losses, and future requirements for water and fodder. He further emphasized the need to submit data—supported by necessary evidence—regarding fodder camps, drinking water, and employment guarantee scheme works, ensuring timely assistance reaches drought-affected villages. Officials present at the Divisional Commissionerate included District Collector Vinay Gowda G.C., Joint Commissioner (Revenue) Rita Metrewar, Joint Director of Agriculture Sunil Wankhede, the Joint Commissioner of the Animal Husbandry Department, and Geologist Soham Dalvi. District Collectors from all eight districts of the division participated via video conferencing.

42 Workers Join CITU from AITUC at Ankusapur Medical College



"New District Committee Elected for Telangana United Medical and Health Employees and Workers Union""Workers Must Unite and Fight for Their Rights: CITU District Secretary J. Rajender""Kumrambheem, Asifabad, District. Reporter "Indian Chronicle" October. 10.""Ankusapur: In a significant development, 42 workers employed at Ankusapur Medical College in Kumram Bheem Asifabad district have joined the Telangana United Medical and Health Employees and Workers Union affiliated with CITU, leaving AITUC. Union leaders stated that the workers decided to join CITU after being inspired by its struggles for the resolution of workers' issues and the protection of their rights. On the occasion, CITU District Secretary J. Rajender and District Assistant Secretary Velishala Krishnamachari welcomed the workers into the union by presenting them with CITU scarves. Subsequently, a meeting was held during which the new district committee of the Telangana United Medical and Health Employees and Workers Union was unanimously elected. Speaking at the meeting, CITU District Secretary J. Rajender said that collective struggles were essential for protecting workers' rights and resolving their problems. He called upon workers to unite and fight for fair wages, job security, and statutory benefits such as Employees' State Insurance (ESI) and Provident Fund (PF). He emphasized that unity among workers was important irrespective of their union affiliations. He stated that CITU was committed to continuously fighting for work-

ers' rights and standing by them in addressing their grievances. He described the joining of 42 workers from Ankusapur Medical College as a sign of workers' unity and urged the newly elected committee to identify workers' problems and work towards their resolution. CITU District Assistant Secretary Velishala Krishnamachari stated that the union would support workers employed at medical colleges in resolving their grievances. He demanded that the concerned managements ensure fair wages, job security, and all legally mandated facilities for workers. He also called upon workers to remain united and prepare for struggles to secure their rights.""Details of the Newly Elected District Committee""The following members were unanimously elected to the new district committee of the Telangana United Medical and Health Employees and Workers Union:""- President: Swathi"- Secretary: Siddhartha"- Treasurer: Bhagya"- Vice Presidents: Swamy, Sushila, Shailu"- Assistant Secretaries: Venkatesh, Soundarya, Ravinder"- Social Media In-charge: Rajesh"- District Committee Members: Suguna, Radhika, Mounika, Harika" CITU district leaders congratulated the newly elected committee members and expressed confidence that they would work towards resolving workers' issues and strengthening the union further. The leaders stated that the joining of 42 workers from Ankusapur Medical College and the election of the new district committee would provide fresh momentum to the collective movement for workers' rights.

Mitra John Bunyan Honoured with Gandhi Peace Award-26

"Hyderabad, October 9 (Indian Chronicle) : Eminent educationist and social worker Mitra John Bunyan, advisor to St. Paul's High School, Gandhinagar, was conferred the Mahatma Gandhi Peace Service Award-2026. The award was presented at a programme organised by the Telangana Medhavula Forum's state unit under the leadership of its president, Dr. Raj Narayana Mudiraj, at the Telangana Saraswata Parishath Auditorium in Bugulkunta. Telangana Council of Education Chairman Prof. V. Balakrishna Reddy, former High Court judge Justice Vaman Rao, and Prof. Surya Dhananjaya, Vice-Chancellor of Veeranari Chakali Ilamma Women's Univer-



sity, felicitated him. Teachers, lecturers, students and social workers attended the programme.

Review Meeting with GHMC Officials on Bathukamma and Dussehra Festival Arrangements



"Tarnaka, October 09 (INDIAN CHORNICLE).""Former Greater Hyderabad Deputy Mayor Mothe Sripatha Shobhan Reddy directed GHMC officials to make all necessary arrangements in Tarnaka Division to ensure that people celebrate the Bathukamma and Dussehra festivals, symbols of Telangana's culture and traditions, in a peaceful and joyful atmosphere."She held a review meeting with GHMC officials along with Mothe Shobhan Reddy, member of the Telangana Government Movement Activists Recognition Committee. During the meeting, she instructed officials to make arrangements for Bathukamma pandals at various locations across Tarnaka Division and take advance measures to ensure that residents do not face any inconvenience during the festivities."She also directed the officials to pay special attention to street-light maintenance, sanitation, road cleanliness, garbage removal and drainage-related issues in the division. Necessary arrangements should be made at Bathukamma immersion points, while ensuring smooth movement of devotees and the general public."Srilatha Shobhan Reddy further instructed officials to ensure the availability of sanitation workers throughout the festival period and asked the concerned departments to conduct regular field visits and resolve public grievances promptly."She stressed the need for coordination among all concerned departments, with priority given to the safety and convenience of the public. She urged officials to complete all festival-related arrangements well in advance so that Bathukamma and Dussehra celebrations in Tarnaka Division are conducted peacefully and amid festive spirit."She appealed to the GHMC authorities to take all necessary steps to ensure that residents face no difficulties and that the festivals are celebrated with happiness, enthusiasm and communal harmony.

A Beacon of Lifesaving Patronage: MLA KP Vivekanand Secures 10 Lakh Relief Fund for Cancer Patient.



"Chintal" October 9, 2026"Reaffirming an unwavering commitment to public welfare and healthcare accessibility, the Office of the BRS LP Whip and Quthbullapur Member of Legislative Assembly (MLA), Shri KP Vivekanand, facilitated crucial financial assistance for a local resident battling a life-threatening illness. Through strategic interventions under the Chief Minister's Relief Fund (CMRF), a Letter of Credit (LOC) totaling 10,00,000 was sanctioned across three systematic tranches to guarantee uninterrupted, high-caliber medical intervention."The beneficiary, Kodavati Lakshmi Narsimha (son of K. Srinivasa Rao), a resident of Suraram within the 130 – Subhash Nagar Division, has been enduring a prolonged battle with cancer. Upon being appraised of the family's severe distress by local community representatives, MLA KP Vivekanand initiated swift executive advocacy to mobilize relief funds. The relief package was disbursed in three structured phases: an initial allocation of 3,00,000, followed by a second installment of 4,00,000, and culminating in the final sanction of 3,00,000."In a formal presentation ceremony convened at the MLA Secretariat in Chintal, former civic representatives and senior party functionaries handed over the final official LOC documentation directly to the patient's family members."Addressing the media during the ceremony, attending community leaders lauded the legislator's proactive governance and philanthropic oversight. They emphasized that MLA KP Vivekanand consistently exemplifies a dedicated custodian of public health, tirelessly championing the well-being and social security of Quthbullapur's populace."The event witnessed the presence of notable dignitaries and civic leaders, including Former Corporator Suresh Reddy, Division President Pole Srikanth, along with senior organizers Gubbala Lakshminarayana, Katta Sundar, Sukumar, Vijay, Prabhakar, Shiva Goud, and Prem, among other prominent local figures."[Telangana Development & CMRF Initiatives - KP Vivekanand](https://www.youtube.com/shorts/ap9zYI3qlwI)"This video highlights MLA KP Vivekanand's active role in Quthbullapur and his ongoing efforts to deliver Chief Minister's Relief Fund benefits to residents in need.

Telangana Poultry Federation, NECC celebrate World Egg Day

Hyderabad: The Telangana Poultry Federation and the National Egg Coordination Committee (NECC), Hyderabad Zone, jointly organised World Egg Day celebrations here on Friday to raise public awareness about the nutritional value and health benefits of eggs. The programme, supported by the Indian Poultry Equipment Manufacturers' Association (IPEMA)—Poultry India, was attended by Animal Husbandry Minister Dr Vakiti Srihari, Ibrahimpatnam MLA Malreddy Ranga Reddy, and representatives of the poultry industry, farmers and others.

Ch. Anvitha, a student of StemSpark Resonance, selected for the 12th National Level Science Project Exhibition Competition in New Delhi.



“StemSpark Resonance School's project—a 'Foot-Press Pneumatic Lifter Jack'—selected for the national level from Khammam district."Ch. Anvitha, a student of StemSpark Resonance School in Srinagar Colony, Khammam, has brought honor to the district by being selected for the national-level science exhibition and project

competition. School Director Konda Sridhar Rao played a key role in the development of the 'Foot-Press Pneumatic Lifter Jack,' an innovation designed to address social issues using technology."Speaking at the event, School Director Konda Sridhar Rao expressed his happiness that the StemSpark Resonance project was the only one from Khammam district selected for the 12th National Level Science Project Competition in New Delhi. He noted the project's prior success at the district and state levels of the INSPIRE-MANAK program, as well as the awards received from the Centre for Innovation at NIT Warangal and NIF INSPIRE-MANAK. He congratulated student Ch. Anvitha and blessed her to achieve even greater heights in the future. It was stated that a nation develops most rapidly when education is utilized to solve social issues; accordingly, STEMSpark Resonance School aims to serve as a gateway to innovation by providing students with quality technical education."Speaking on the occasion, Director Konda Krishnaveni congratulated the student and the teachers, noting that the school's approach—which emphasizes experiential and activity-based learning and encourages students to demonstrate concepts through practical experimentation—was instrumental in the student's selection at the national level."The principal, teachers, and students participated in the event.

PARAMESWAR REDDDY Assures Residents of Action on Local Issues

Residents Raise Drainage, CC Road and Streetlight Issues; Invitations Extended for Bathukamma and Sharannavaratri Celebrations"

“UPPAL, OCTOBER 9 (INDIAN CHRONICLE):“Uppal Constituency Congress Party In-charge Mandumula Parameshwar Reddy has assured residents that necessary steps would be taken to address local issues in colonies and apartment complexes across Uppal and Habsiguda divisions. Representatives of various colony and apartment associations met him on Friday, explained their problems and submitted representations seeking their resolution.“Drainage Issue in Venkateswara Colony“Representatives of Venkateswara Colony in Uppal Division requested Parameshwar Reddy to address the drainage problem in their locality. Responding promptly, he spoke about the issue with the concerned officials and urged them to take immediate steps to resolve it.“Civic Issues at NSL Arena Apartments“Representatives of NSL Arena Apartments in Habsiguda Division brought several civic issues, including drainage problems, the need for CC roads and inadequate street lighting, to his attention. Parameshwar Reddy responded positively and assured them that necessary measures would be taken at the earliest to address their concerns.“Invitation to Sri Devi Sharannavaratri Celebrations“Representatives of Sri Mallikarjuna Swamy Devasthanam at Veluguttaga



in Habsiguda Division met Parameshwar Reddy and invited him to attend the Sri Devi Sharannavaratri celebrations to be held at the temple. They presented him with an invitation card on the occasion.“Invitation to Bathukamma Celebrations“Representatives of the Kakatiya Nagar Women's Association in Habsiguda Division also invited Parameshwar Reddy to attend the Bathukamma festival celebrations being organised by the association. They handed over an invitation card to him.Parameshwar Reddy reiterated that he would bring local residents' problems to the attention of the concerned officials and work towards their early resolution.

Review of Government Development and Welfare Schemes at DISHA Committee Meeting



UPPAL MLA BANDRI LAKSHMA REDDY Participates""UPPAL, OCTOBER 9 (INDIAN CHRONICLE):“Uppal MLA Bandari Lakshma Reddy participated in the DISHA Committee review meeting held at

the Medchal–Malkajgiri District Collectorate under the chairmanship of District Collector Manu Choudary.DISHA Committee Chairman Etela Rajender, Malkajgiri MLA Mari Rajashekar Reddy and Medchal MLA Malla Reddy also attended the meeting.During the meeting, the progress of development works and welfare programmes being implemented through various government departments in the district was reviewed. Discussions were held on the delivery of public services, the performance of the concerned departments and the effective implementation of government schemes."The participants reviewed whether government welfare schemes were reaching eligible beneficiaries and stressed the need for coordinated efforts among officials of various departments to address public grievances and ensure that welfare benefits reach all eligible people.The meeting also discussed identifying obstacles affecting the implementation of development projects and giving priority to resolving them to ensure the timely and effective delivery of government services and development programmes.

BRS Senior Leader Chandrasekhar Reddy Participates in Bathukamma Celebrations



“LB Nagar, October 9 (Indian Chronicle)“BRS senior leader Chandrasekhar Reddy participated as the chief guest in the Bathukamma celebrations held on Friday at the New Dilsukhnagar Community Hall in Chaitanyapuri Division."On the occasion, Chandrasekhar Reddy joined women who had successfully completed

tailoring, beautician, and mehendi courses and participated in cake-cutting celebrations. The programme was organised to mark the successful completion of the courses, and the participants celebrated the occasion with enthusiasm."Senior woman leader Shobha Rani, senior leader Santosh Yadav, Archana, Shivabindu, and several women from the division attended the programme.

Gujja Satyam Deserves MLC Nomination Under Governor's Quota: Gurram Raghavender



“HYDERABAD, OCTOBER 9 (INDIAN CHRONICLE):“National BC Welfare Association Greater Hyderabad Secretary Gurram Raghavender has demanded that Gujja Satyam (Gujja Satyanarayana), National Vice-President of the National BC Welfare Association and State Coordinator of the BC JAC, be nominated as a Member of the Telangana Legislative Council (MLC) under the Governor's quota in recognition of his long-standing struggle for BC rights and his services in the fields of education and healthcare.Speaking at a press conference, Raghavender said that Gujja Satyam had been fighting for the rights of

Backward Classes for several years, following in the footsteps of BC movement leader R. Krishnaiah. He said Satyam had consistently raised issues such as political representation for BCs in proportion to their population, reservations in local bodies, caste census, educational and employment opportunities, release of pending fee reimbursement dues, scholarships and strengthening of BC corporations."Raghavender stated that Satyam had actively participated in BC movement programmes at both state and national levels, working towards social justice for disadvantaged communities. He stressed that BCs should be provided not only with welfare schemes but also with political empowerment and adequate representation in decision-making bodies."He opined that leaders with a strong background in social movements should be given opportunities in the Legislative Council to effectively raise the concerns of BC communities."Highlighting Satyam's contribution to education, Raghavender said he had been serving the education sector for the past 20 years, striving to provide quality education to thousands of students, particularly those from poor and middle-class families. He also noted that through Satyam Homeopathy, he had been providing affordable healthcare services to ordinary people.As a member of the Padmashali community, Gujja Satyam also had a special understanding of the problems faced by handloom workers, Raghavender said. He urged the government to give priority to employment security, protection of the traditional profession, financial assistance and better market access for handloom products.Recognising Satyam's contributions to the BC movement, education, healthcare and the welfare of handloom workers, Raghavender appealed to Chief Minister A. Revanth Reddy to take the initiative to recommend his name for an MLC position under the Governor's quota."He expressed confidence that Satyam's presence in the Legislative Council would help strengthen the voice of BCs, poor students, handloom workers and ordinary citizens on the legislative platform.Raghavender urged the government to recognise leaders committed to securing BC rights and promoting social justice by recommending Gujja Satyam for the Governor's quota MLC position.

AKARAPU ARUN PATEL Participates in Goddess Arrival Celebrations, Performs Special Pujas



“VENKAT REDDY NAGAR OCTOBER 9 (INDIAN CHRONICLE):Akarapu Arun Patel, Uppal Constituency Youth Congress President and young leader, participated in the Goddess arrival ceremonies organised as part of the Devi Sharannavaratri celebrations in various colonies of Venkat Reddy Nagar Division and performed special pujas to the Goddess."He took part in the celebrations held in Venkat Reddy Nagar, Madhura Nagar, Srinivasapuram and Vasavi Nagar colonies and offered prayers with

devotion."On the occasion, Arun Patel prayed for the blessings of the Goddess to be bestowed upon all people and wished everyone good health, prosperity, happiness and well-being."Local leaders and friends, including Harish, Bapireddy, Ambati Prabhakar, Bhasha, Mettu Nagesh and Akhil, participated in the programme along with Arun Patel. A large number of residents and devotees from the respective colonies also attended the celebrations and took part in the Goddess arrival ceremonies with religious fervour.

Three girls Students injured

“On Friday three girls students injured in Jamuyi district of Bihar when a blast occurred in the battery of an E Rickshaw on which they were traveling.As firstly the smoke came out from the battery but the driver could not realised it seriously and could not stop.After that the blast occurred.In the E Rickshaw about 9- 10 students were sit during the period of the incident.A team if fire brigade rushed to the spot and doused the flame.”

Bus services start"“To see the forth coming season of festivals the Transportation Department has launched a plan to start inter state bus services on 10 Oct.2026 from four important cities of Bihar to other states.As the services will be provided from Patna,Purnia,Gayaji and Muzaffarpur to Jharkhand, Delhi,Varanasi,Haryana ,Kolkatta, Siliguri and other areas of the country. As 40 buses will come on the road under this planning.The services will be continued after one week of Chhath festival. As in Bihar during the period of Deepawli and Chhath several migrated persons return their home to celebrate the function. To provide them

better facilities by road services the state government has take a decision to start inter state bus services. "

Solar Fair Organises "On Friday a Solar Fair was organised by the Electricity Department of West Champaran, Bettiah under the scheme of 'Prime Minister Suryaghar Mufta Bijuli Yojna' in which the DDC West Champaran Kajle Baibhav Nitin participated and inaugurated the function."He urged the people of the District to get the benefit of such schemes of the government. They should come forward and get the benefit. They should establish Solar plates on the rooftop of their houses ans save money as well as they could earn money to supply Electric power to ot others.Thw banks should also show interest in this regard to sanction the loan of the applicants.As the Executive Engineer of the Electricity department Bettiah said that 3,458 applications had reached in this regard ,the selection of 3253 vendors had been completed, As it is noted that PM Suryaghar Mufta Bijuli yojna is one of the ambitious schemes of both the central and state government. "

Power Supply Disruption in Habsiguda Section on October 10: Assistant Engineer V. Ganesh“

“HABSIGUDA, OCTOBER 9 (INDIAN CHRONICLE):“Power supply will be interrupted in several areas under the Habsiguda electricity section on Saturday, October 10, due to maintenance and other works on 11 KV feeders, Telangana State Southern Power Distribution Company Limited (TGSPDCL) Habsiguda Assistant Engineer V. Ganesh announced in a press release."-----HMT Nagar Feeder"Power supply from the 11 KV HMT Nagar feeder emanating from the NGRI 33/11 KV substation will be suspended from 11:00 AM to 11:30 AM to carry out service release-related works."The affected areas include HMT Nagar, from Street Nos. 1 to 12, Saraswathi Nagar, Bapuji Nagar, CCMB Quarters and surrounding localities."-----Ravindra Nagar Feeder"Power supply from the 11 KV Ravindra Nagar feeder emanating from the Street No. 8 substation will be suspended from 11:00 AM to 1:00 PM."During this period, maintenance works, including tree branch trimming and repairs to AB switches, will be carried



out."The affected areas include SS Nagar, JSN Colony, Maheshwari Nagar, Ravindra Nagar from Lane Nos. 1 to 18 and surrounding localities."Assistant Engineer V. Ganesh requested electricity consumers in the affected areas to take note of the scheduled interruption and cooperate with the electricity department.

What Happened to the Advance Bathukamma Celebrations at Neemgaon School?



"School locked by afternoon.. Headmistress reportedly went to another school""Explanation cites low student attendance.. Questions raised over school management""Kumrambheem, Asifabad, District Reporter "Indian Chronicle"October. 10.""Wankidi: Advance Bathukamma celebrations are being organized in government schools to mark Bathukamma, a festival that symbolizes Telangana's culture and traditions. Cultural programs are being conducted to educate students about the significance of festivals. However, the failure to organize advance Bathukamma celebrations at the Neemgaon Mandal Parishad Primary School in Wankidi mandal has become a topic of discussion.Usually, during the Bathukamma festival, students arrange Bathukammas with

flowers and celebrate by singing traditional songs. Such programs help young children understand Telangana's culture and traditions. However, several people are raising questions about the absence of such celebrations at Neemgaon School."When the school headmistress, Rajeswari, was contacted by phone regarding the matter, she reportedly stated that the school was locked by afternoon because of the low number of students and that she had gone to another school."Can't Celebrations Be Held When There Are Fewer Students?"Several people believe that even if the number of students is low, a small program could have been organized with the students available. They said that, along with education, importance should also be given to the cultural development of students.Meanwhile, reports that the school was locked by afternoon have raised questions about its management. Were students present at the school at that time? Were higher authorities informed about the closure? Was permission obtained to go to another school? Clarity is needed on these issues."Education Department Officials Must Respond"Local residents have urged education department officials to monitor student attendance, teaching hours, and the implementation of cultural programs in government schools. They have called for an inquiry into why student attendance at Neemgaon School is low, what measures are being taken to improve attendance, why advance Bathukamma celebrations were not organized, and whether rules were followed while closing the school during the afternoon.However, the response of the concerned education department officials and details of any field-level inspection are yet to become available. The complete facts may emerge after the officials provide their explanation.

DLSA organises medical camp, legal awareness programme for children with intellectual disabilities

Senior Civil Judge stresses need to uphold rights and dignity of children with special needs.



Karimnagar October 09, Khaja Sikandar Mohiuddin (Correspondent): The District Legal Services Authority (DLSA) organised a medical camp and legal awareness programme for children with intellectual disabilities at Manovikas Kendra here on Friday, ahead of World Mental Health Day on October 10.The programme was organised in accordance with the directions of the National and State Legal Services Authorities, with the approval of DLSA chairman and Principal District Judge S. Sivakumar. DLSA secretary and Senior Civil Judge Yashwanth Singh supervised the programme.

Addressing the gathering, Mr. Yashwanth Singh emphasised the need to protect the rights, welfare and dignity of children with intellectual disabilities. He called upon parents, teachers, medical professionals and voluntary organisations to work together to support their development and future.Intellectual disability should not be seen as a limitation on a child's potential, he said, stressing that appropriate education, training, family support and equal opportunities could help children excel in education, employment,

sports and the arts. He urged parents and teachers to recognise individual abilities and nurture self-confidence among children.

He appreciated the services provided by the PEMAN Camp organisation at Manovikas Kendra in education, training and care for children with special needs. He also called upon parents to make effective use of government welfare schemes, educational facilities, rehabilitation services and skill-development programmes.Doctors examined the students during the medical camp and advised parents on measures to safeguard their physical and mental health.

At the legal awareness session, DLSA members and advocates explained provisions of the Rights of Persons with Disabilities Act, 2016, educational rights, equality, legal safeguards against discrimination, welfare schemes and access to free legal aid. Eligible students and their parents could approach the Legal Services Sadan for legal advice and assistance, they said.Mr. Yashwanth Singh assured the gathering that the DLSA would extend support towards protecting the rights of children with intellectual disabilities and promoting their empowerment.The participants observed a minute of silence in memory of Manovikas founder K. Balakishan Rao.DLSA members and advocates A. Kiran Kumar, C.H. Chandra Prakash Reddy, P. Rangaiah, B. Samatha Rani and K. Mounika; doctors M. Bharat Raj, Mohammed Haris, Venu Madhav and M. Sahana Reddy; Manovikas principal D. Umarani, treasurer B. Parameshwar, vice-president C.H. Ramarao, executive committee member M.D. Abdul Kareem and psychiatrist Dr. Galipelli Nageshwar, besides students and parents, participated.

HCA Makes Elaborate Arrangements for India–West Indies T20 Match

"---Fourth T20 to be held at Uppal Stadium on October 14; ticket prices start at ₹750/34,000 tickets available; 12,000 sold so far""UPPAL, OCTOBER 9 (INDIAN CHRONICLE):"The Hyderabad Cricket Association (HCA) has completed extensive preparations for the fourth T20 match between India and the West Indies, scheduled to be held at the Rajiv Gandhi International Cricket Stadium in Uppal on October 14. The association is coordinating with various government departments to ensure smooth match operations and provide better facilities for spectators."HCA Secretary M. Jeevan Reddy said that necessary measures were being taken after reviewing the stadium's infrastructure, pitch preparations, floodlights, fire safety systems and facilities for players. He shared the details at a press conference held on Friday along with sports personality Shashi Narayan and CEO Imtiaz Khan."---Ticket Prices Range from ₹750 to ₹20,000"Jeevan Reddy said approximately 34,000 tickets had been made available for the match, with prices ranging from ₹750 to ₹20,000. Around 12,000 tickets had been sold so far. The remaining tickets will be made available online two days before the match. Each person will be allowed to purchase a maximum of four tickets. He also said that 5,000 tickets had been allocated under the complimentary entry pass category."---Free Entry for Students"To encourage interest in sports among students, the HCA is providing free entry to 2,500 school students to watch the match. In addition, 250 complimentary entry passes have been allocated for students of Army personnel, Jeevan Reddy said."New Pitches and Parking Facilities"The HCA secretary said two new pitches had been prepared for the match. The association is also reviewing the floodlighting and fire safety systems while improving facilities for spectators."A ramp has been constructed to provide access from the ground level to the first floor. Apollo Hospitals has been appointed as the medical partner to provide healthcare services, and a dedicated access route has been arranged for emergency medical assistance."Parking facilities are also being arranged to accommodate approximately 4,500 vehicles, he added."Environment-Friendly Match Management"The HCA is taking steps to keep the stadium premises clean, reduce plastic usage and conduct the match in an environmentally responsible manner, Jeevan Reddy said."He stated that the association was working in partnership with the United Nations Environment Programme (UNEP) as part of the Clean Cricket Initiative. In collaboration with GreenMania, measures will be taken to segregate waste, promote recycling and ensure responsible waste disposal. The objective is to prevent waste from being sent to landfills, he explained."Special Focus on Security and Traffic Management"The HCA is coordinating with the Malkajigiri Police Commissionerate, the Malkajigiri Municipal Corporation and other government departments to



ensure proper arrangements for the match."Security, traffic management, sanitation and spectator safety are being given priority. Jeevan Reddy expressed his gratitude to the police department, the Board of Control for Cricket in India (BCCI) and other government agencies for their cooperation in making the arrangements."Spectators Advised to Arrive Two Hours Early"Jeevan Reddy advised spectators to reach the stadium at least two hours before the scheduled start of the match. Arriving at the last minute could lead to inconvenience due to traffic congestion and security checks, he warned."He also urged spectators to use the Hyderabad Metro Rail to reach the stadium and help reduce traffic congestion.The HCA is committed to providing a safe, comfortable and enjoyable cricketing experience for all spectators, he said.

18.12 lakh voters face exclusion from final electoral list

Hyderabad: As many as 18.12 lakh electors in Telangana risk losing their voting rights as they have yet to respond to notices issued during the Special Intensive Revision (SIR) of electoral rolls.A staggering 92,88,187 notices have been generated during the ongoing SIR process and 92,23,486 notices were served to the voters concerned, leaving 64,701 notices pending, as part of the ongoing SIR exercise. As per the information shared by the Telangana Chief Electoral Office, hearings of 82,11,205 electors have been completed. Of these, 74,62,851 voters have been found eligible for inclusion in the final electoral publication as of Friday. A total of 12,969 electors have been found ineligible and they will be excluded from the final list.

Administrative Approval Accorded for New Infrastructure at Bhowrampet Government School Under CURE Framework.



BHOWRAMPET: In a major impetus to public education infrastructure, financial sanction has been officially ac-

corded for the construction of a state-of-the-art facility at the Bhowrampet Government School, located within the Dundigal Circle of Quthbullapur Constituency. The development initiative is being funded under the specialized CURE (Collaborative Urban Renewal & Expansion) framework dedicated to upgrading public learning environments."In light of this milestone, former Bhowrampet Municipal Councilor Narsareddy Srinivas Reddy undertook an official site inspection to evaluate the site layout and foundational parameters for the upcoming expansion."During his visit, Mr. Srinivas Reddy presided over a comprehensive consultative session with the school's instructional faculty. The agenda centered on optimizing structural designs, integrating modern instructional amenities, and establishing robust physical infrastructure. Emphasizing a forward-looking paradigm, he urged stakeholders to align the construction process with the immediate logistical demands and long-term developmental interests of the student body. He underscored that the completion of the new facility would yield a superior, modern, and academically conducive environment."Following the infrastructural review, Mr. Srinivas Reddy formally inaugurated the traditional Bathukamma cultural festivities hosted by the institution ahead of the annual Dussehra recess. The event witnessed spirited participation from both educators and students, celebrating the quintessential cultural heritage and living traditions of Telangana.

Box Drain Works Worth 70 Lakh to Provide Permanent Relief from Rainwater Stagnation:

BRS STATE LEADER BANNALA PRAVEEN MUDIRAJ""



"CHILKA NAGAR , OCTOBER 9 (INDIAN CHRONICLE):BRS party state leader Bannala Praveen Mudiraj, along with MMC Engineering Department officials and the contractor, inspected the ongoing box drain construction works from Bank Colony towards Raghavendra Nagar Colony in Beerappagadda Division. The project is being undertaken at an estimated cost of ₹70 lakh to address rainwater stagnation in the area."Speaking on the occasion, Bannala Praveen Mudiraj said he was monitor-

ing the progress of the works along with MMC Assistant Engineer Raj Kumar and Work Inspector Kedar. He stated that the contractor was expediting the construction while making alternative arrangements to ensure that residents did not face inconvenience during the execution of the project.He appreciated the Engineering Department officials for regularly inspecting the works and taking steps to complete the project at the earliest.Mudiraj explained that once the box drain is completed, it will facilitate the smooth flow of rainwater from Pista House to the irrigation nala near Srinagar Colony. The project has been designed to ensure that rainwater is channelled into the irrigation nala, preventing water from accumulating on roads even during heavy rainfall.Keeping long-term requirements in mind, he said the drain was being constructed with a strong and durable structure intended to serve for approximately 50 years without requiring another box drain project."He expressed confidence that the completion of the works would provide significant relief to residents of the surrounding colonies from the recurring problem of rainwater stagnation during the monsoon season.BRS leaders Edulla Kondal Reddy, Kokkonda Jagan, Balakrishna Goud, Muddam Srinivas Yadav, Shyam and others participated in the inspection along with MMC officials and the contractor.

Grand Bathukamma Celebrations at Gayathri Vidyanikethan High School..



"Peddapalli, OCT 09 (Indian Chronicle): Gayathri Vidyanikethan High School transformed into a vibrant hub of cultural fervor as management, staff, and students came together to celebrate the pre-Bathukamma festival with immense enthusiasm and grandeur."Embracing Telangana's rich heritage, young schoolgirls arrived in traditional attire, meticulously arranging colorful local blossoms into ornate Bathukammas. The campus resonated with joy as students sang time-honored folk songs, clapped in unison, and circled the floral arrangements in a captivating display of unity and reverence."Addressing the gathering, Allenki Srinivas, Chairman of Gayathri Educational Institutions, highlighted the cultural significance of the festival of flowers. He emphasized how traditional Bathukamma songs historically served as a medium for women to share their life experiences and emotions. "Passing these rich customs down to the younger generation is essential to keeping our roots alive," he remarked. He also elaborated on the spiritual essence of the Durga Navratri festivities, detailing the symbolism behind worshipping the Goddess in her nine distinct avatars."A major highlight of the event was a spell-binding dance drama presented by students of Classes 8, 9, and 10. Dressed exquisitely as the Nava Durgas (nine incarnations of Goddess Durga), the students delivered powerful performances explaining the spiritual significance of each form, earning widespread praise from the audience."Echoing these thoughts, Gayathri Vidyanikethan Correspondent Rajani Devi and Telugu teacher Srujana spoke on the legendary origin and cultural weight of Bathukamma and Navratri. The teaching faculty actively joined the celebrations, warmly congratulating the students for putting on an unforgettable, culturally enriching showcase. The grand event ended on a triumphant note, immers-

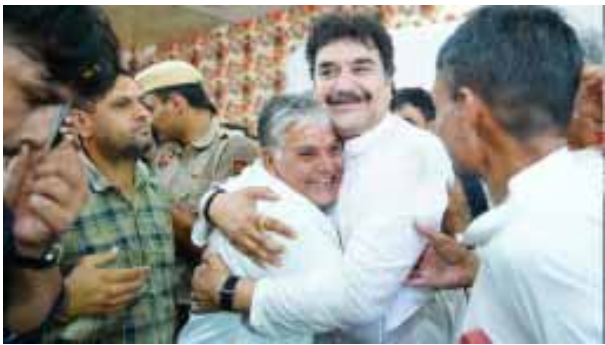
ing the entire school community in a deeply festive and joyful spirit.Principal Vijay participated

Suda Chairman Puvvalla Durga Prasad who participated in the Peddakarma program of Bandarupalli Lilavati and paid his respects



"Khammam Suda Chairman Mr. Puvvalla Durga Prasad attended the Bandarupalli Lilavati Dashadaya Peddakarma program organized today at Swarna Bharati Kalyana Mandapam in Khammam city and paid tribute to Lilavati by placing flowers.""Former legislators Kondabala Koteswara Rao, leaders, family members and relatives participated in this program.

Ex-MP Kuldeep Bishnoi's 'Sneh Milan' without BJP flags sets Haryana abuzz



GNS News Agency, Oct 9

For the past three months, former MP Kuldeep Bishnoi, younger son of three-time former Haryana chief minister Bhajan Lal, has been on an intensive public outreach across Haryana—but without BJP flags, banners, or other party symbols. Since launching the campaign from Sirsa on July 21, Bishnoi has held gatherings in parts of Panipat, Kurukshetra, Jind, Kaithal, and Dadri districts, drawing political attention and triggering speculation about his next move, particularly after he was not nominated to Rajya Sabha a few months ago. While Bishnoi has maintained that he continues to be with the BJP, the events have nevertheless been seen as a show of strength. Bishnoi's gatherings have been named Sneh Milan. The manner in which these programmes are being held across districts, with old political associates and supporters seen alongside him, has raised questions about their political significance. There are no party flags on the stage, no formal political rally format, and no indication of any major political announcement.

A close associate said he was reaching out to old contacts and supporters separately from the BJP's formal programmes. "Old political relationships associated with the Bhajan Lal family, former associates and people from various social groups are being seen at these gatherings. It would not be appropriate at present to view these programmes as a sign of his distance from the BJP," the aide said. Bishnoi himself has given no indication of breaking away from the BJP and has reiterated that he remains with the party. Addressing his supporters in Dadri on Friday, Bishnoi said, "Struggle has taught me not to bow down,

but to keep moving forward. With your faith and support by my side, my courage is high, and my resolve is strong. Dadri has given this journey new energy today; now the caravan will move forward." Expressing gratitude to his supporters for the gathering, Bishnoi said he viewed the honour as a reflection of the people's continued support and blessings throughout his long political journey, including during difficult times. He said, "In politics, I have seen both good times and difficult times. Circumstances changed, paths changed, but I never stopped trying to remain honest to my principles, my colleagues and my relationship with the people. I never let go of the hands of my people, and you too never withdrew your hand of affection from my shoulder." Nothing anti-party about Bishnoi's programmes: BJP However, BJP leaders point out that Bishnoi currently holds no post in the party organisation, while his son and former MLA Bhavya Bishnoi is the party's state vice-president. Haryana BJP media head Bhupeshwar Dayal said, "All political programmes being done by Bhavya are held under the banner of the BJP. Kuldeep Bishnoi is a very senior leader who is doing a lot of social activities. There is in no way anything anti-party about it, as social outreach is the right of any political leader." The ongoing outreach comes a few months after Kuldeep Bishnoi expressed anger over remarks made by BJP Rajya Sabha MP Rekha Sharma about Bhajan Lal on April 25. Her remarks drew a sharp reaction from Bishnoi, his supporters and members of the Bishnoi community, who sought an apology. Sharma expressed regret, saying she would withdraw her statement if it had caused pain to Bhajan Lal's family and supporters. In an apparent effort to ease tensions, Chief Minister Nayab Singh Saini visited Adampur in Hisar district in June to attend Bhajan Lal's birth anniversary programme. Bishnoi has also been a prominent Congress leader, a four-time MLA, and a two-time Lok Sabha MP. He eventually fell out with the Congress leadership after he was not considered for the post of the state party chief and joined the BJP in 2022 after resigning as an MLA. Later that year, his son Bhavya was elected MLA from Adampur on a BJP ticket but, contrary to expectations among their supporters, was not inducted into the Cabinet. In the 2024 Lok Sabha elections, the BJP chose Ranjit Singh Chautala over Kuldeep Bishnoi for the Hisar seat. Later that year, Bhavya lost the Adampur Assembly election.

Canadian vlogger's post prompts footpath repair in Bengaluru's Indiranagar



GNS News Agency, Oct 9

Bengaluru footpath viral video Canadian vlogger Canadian vlogger Caleb Friesen posted videos before and after the footpath was repaired. A day after a Canadian vlogger's video on the poor condition of a footpath in Bengaluru's busy Indiranagar went viral and the Lokayukta took cognisance of it, the civic authorities swung into action to repair the footpath on Saturday. Vlogger Caleb Friesen posted a video on Friday highlighting that the damaged footpath on 12th Main Road inconvenienced pedestrians. Such footpaths would be totally unacceptable in any other country, he added. On Instagram, he posted, "Indiranagar shouldn't be like this. The footpaths should be walkable, safe, pedestrian-friendly, impressive, and a reflection of all the innovation that happens in the city. Instead, they're a mess. 12th Main in Indiranagar features rubble to rival a conflict zone, holes so big they look extraterrestrial, slabs that seem like they could give way at any moment, and trees that double as dustbins. Why are the footpaths at the centre of India's tech ecosystem so pathetic? Why doesn't Bengaluru seem to care about its reputation (both locally in India and internationally)? I don't have answers to these questions. All I know is what I see, and what I experience as a pedestrian any time I'm in the city. I think it's high time for a footpath upgrade in Bengaluru. Something bigger and more comprehensive than the city has ever seen in all its centuries of existence. Something that Bengaluru can be proud of. Something that sets an example for the rest of the country. I do wonder if the city will rise to this challenge, or continue to be a national and international pedestrian infrastructure embarrassment the way that it is currently. Let's see." While the video garnered more than 2.1 million views, the Lokayukta took up a case suo motu and directed its police officers to visit the place. The officials found that con-

struction debris had been lying there for three days. Lokayukta warning for engineers Later, the Lokayukta issued directions for the chief engineer of Bengaluru Central City Corporation and other engineers concerned. The officials informed the Lokayukta that they initiated action on Saturday evening, but not against the person who put construction debris on the footpath obstructing the road.

The Lokayukta was not satisfied with the response and stated, "This clearly shows that, despite this matter being taken very seriously by this authority and the case regarding waste disposal in the city in different zones is being monitored intensively for the last more than 2 years, the concerned officials of the Bengaluru Central City Corporation, are showing such apathy. Therefore, all the engineers are hereby cautioned and instructed to ensure that no such incident occurs or recurs again. This shall be treated as a final warning before initiating any action against them personally for their dereliction and resultant maladministration." The Lokayukta also directed its police team to carry out random inspections of the area under the Bengaluru Central City Corporation and report any such lapses before September 9. Caleb Friesen later posted another video on Instagram and said, "So glad to see the rapid response from GBA! Like so many in the comments, I too wish that the city authorities were more proactive instead of reactive (fixing things before anyone needs to complain). That said, I commend their effort and the ongoing work they're doing to fix up the problematic spots. Also I have said this before and will continue to say it: my skin colour/nationality plays a role insofar as it acts as masala, helping my content to go viral. But anyone can create their own personal masala as a creator/voice. Baadal Nanjundaswamy dressed up as an astronaut to highlight moon crater-like potholes. Residents of Cox Town organised a "pothole pooja" to raise awareness. Anyone can complain creatively to get things done — very few people do though. They believe that if they pay taxes and vote, that's enough. It isn't. If you want positive change to happen, you need to. 1. Make it known that you're not satisfied with the status quo (in a respectful, peaceful way), and 2. Do whatever is within your power to make a positive change. Virendra Suryawanshi placed many calls before and while this video went live, and has been working alongside GBA. Arun Pai mobilises volunteers to beautify spaces and discourage further neglect and degradation. Please think about how you (the reader of this comment) can contribute to positive change. India isn't going to improve on its own."

Punjab Congress's September jinx, AAP's 'Imaandaar CM' shift and cash crunch

GNS News Agency, Oct 9

September has not been particularly kind to the Congress in Punjab. In September 2021, barely five months before the Assembly elections, the party removed then chief minister Captain Amarinder Singh and handed the reins to Charanjit Singh Channi. What followed in February 2022 is history. The Congress lost power and the Aam Aadmi Party (AAP) swept the state. Cut to September 2026. Again, barely five months before the 2027 Assembly election, the Congress has changed its state president, replacing Amarinder Singh Raja Warring with Pargat Singh. The move followed months of differences and consultations within the party. The similarity is hard to miss: a major leadership change just months before an election, after prolonged internal uncertainty. Whether the change turns the jinx into a blessing remains to be seen. Officers discover disappearing message

After the Enforcement Directorate's 50-hour-long questioning of Greater Mohali Area Development Authority (GMADA) officials and the confiscation of their phones during the searches, Punjab's bureaucracy appears to have discovered a new favourite feature on messaging apps: disappearing messages. Bureaucrats who once happily exchanged long messages, documents and political gossip on WhatsApp are suddenly becoming rather conscious of what remains on their phones. "Times are unpredictable. We don't know which chat will spell doom," an officer said, summing up the new mood in the corridors of power. The GMADA episode has clearly had a chilling effect. For bureaucrats, a casual message written months ago suddenly acquired significance it never had when it was sent. So messages are now being made to disappear. Whether that will make conversations disappear too is another matter. Decisions still have to be taken, files still have to move and, sooner or later, somebody has to put something in writing.

Government vehicles run short of fuel amid cash crunch Punjab government's cash crunch was reflected in an unusual way in September, when official vehicles of several government functionaries were left without fuel for a few days as petrol pumps stopped supplying fuel over non-payment of dues. With the government unable to clear the pending bills, some secretaries were forced to pay for fuel



out of pocket to keep their official vehicles running, sources said. The issue was eventually resolved after the Finance Department released the pending payment to the petrol pumps. An official put the amount released at "less than Rs 1 crore". The episode has once again highlighted the government's cash-flow problems, with departments facing delays in clearing even relatively small routine payments. The fuel supply to government vehicles resumed after the payment was released.

For officials, however, the episode offered a glimpse of how the government's financial constraints are beginning to affect day-to-day functioning. A spokesperson said the fuel issue was not due to a funds crunch but a glitch. 'Kattar Imaandaar' AAP, now an 'Imaandaar' CMPunjab's AAP had built much of its political messaging around the title 'Kattar Imaandaar'. The epithet is meant to describe its claim to maintain a clean image in public life. Now, with the Assembly elections only a few months away, the phrase appears to have taken on a new, more personalised form in Punjab. Billboards describing Chief Minister Bhagwant Mann as an 'Imaandaar CM' have come up across the state over the past few days. The timing has naturally drawn attention, coming months before the 2027 Assembly elections, with the Opposition mocking the 'self-certification'. The message is simple: the party's earlier 'Kattar Imaandaar' branding is now being attached directly to the Chief Minister. As elections approach, the AAP is turning to its old-school image plank.

Stalker attacks Pune corporate employee, smashes her phone for refusing marriage



GNS News Agency, Oct 9

A 29-year-old man allegedly intercepted a 24-year-old woman, assaulted her and destroyed her mobile phone in Pune's Chinchwad area Saturday after she refused to marry him. The woman, who works at a corporate firm, lodged an FIR at the Chinchwad police station following the assault. The police identified the accused as Rohan Rajendra Kamble, also a resident of Chinchwad.

According to a press release issued by the police on Sunday, the accused allegedly stalked the victim both physically and over phone calls to pressure her into marriage. When the woman rejected his advances, the accused allegedly grew upset and attacked her. The incident occurred around 3 pm in Bijli Nagar, Chinchwad. The police said that Kamble intercepted the woman, thrashed her, and smashed her cell phone against a hard surface to destroy it. Following the attack, the victim approached the police to file a

complaint. Sub Inspector Mohini Dongre, the investigating officer, confirmed that the police have launched a search to locate the accused. "The complainant works with a corporate company. The accused and complainant are residents of the same area; hence, they know each other. Prima facie probe revealed that the complainant was not willing to marry the accused, so he committed the offence. Further investigation is on," Sub Inspector Dongre said. Kamble has been charged with stalking, voluntarily causing hurt, and mischief causing property damage.

Adilabad women stage rasta-roko over drinking water crisis

Adilabad: Women staged a rasta-roko with empty vessels at Hanumannagar Colony in Muthnoor village of Indrevelli mandal on Sunday, protesting against the drinking water shortage in the area.

The protesters blocked the Utnoor-Adilabad road and raised slogans against local public representatives and officials, alleging that they had failed to address the water crisis. Traffic on the busy road remained disrupted for nearly two hours.

Muthnoor vice-sarpanch Rahul Bhonsle reached the spot after being informed about the protest and held discussions with the women. He subsequently persuaded them to speak to local MLA Vedma Boiju over the phone.

Inside Lahore-Amritsar ceasefire talks and mind games

GNS News Agency, Oct 9

An interesting postscript to the 1965 India-Pakistan war was the series of joint military meetings held in Lahore and Amritsar, where delegations from both nations discussed the fine print of the ceasefire and coordinated the withdrawal of forces. Held under the auspices of the United Nations and in accordance with the Security Council resolution of November 5, 1965, the talks alternated between the two cities and were coordinated by Brigadier-General Tulio Marambio, the UN Secretary-General's representative.

The Indian delegation was led by Lt Gen Harbaksh Singh, General Officer Commanding-in-Chief of Western Command, accompanied by Lt Col TS Padde (GSO-1, Western Command) and Captain Amarinder Singh, ADC to the Army Commander. The Pakistani side included Lt Gen Bakhtiar Rana (GOC 1 Corps), Lt Col SA Hasan, Lt Col Riaz Azim, and Brigadier Gul Hassan Khan. Initially, the UN representative proposed meeting at a neutral camp midway between Lahore and Amritsar. However, Lt Gen Harbaksh rejected the site as barren and inhospitable, suggesting instead that the Indian team visit Lahore first, followed by the Pakistani delegation visiting Amritsar. When the UN envoy asked whether he had the Indian government's permission to go to Lahore first, Harbaksh replied that he did not need to seek permission and that his decision was final, as he wrote in his book *In the Line of Duty-A Soldier Remembers*.

Diplomatic protocols in Lahore The Indian delegation arrived in Lahore in February 1966 aboard a UN aircraft with General Marambio. Upon arrival, Lt Gen Harbaksh inspected a Pakistan Army guard of honour. At the airfield, a personal connection surfaced: the Indian Army Commander recalled seeing his ADC, Captain Amarinder Singh, scion of the Maharaja of Patiala, embracing the young Pakistani Captain commanding the Guard of Honour. Amarinder later explained that the officer was the son of Colonel Majeed, his father's former Military Secretary, and that the two had played together as children on the Patiala palace grounds. While guiding Lt Gen Harbaksh through Lahore to refresh his pre-partition memories, Pakistani officials attempted psychological one-upmanship. Banners in Urdu were put up across the road advertising rides in a captured Indian vehicle for eight annas. The vehicle was the Jonga jeep of Maj Gen Niranjan Prasad, GOC 15 Infantry Divi-



sion, which had been captured in a sugarcane field on Lahore's outskirts after the officer narrowly escaped an ambush, leaving behind his starred plate, flag, and personal papers. Lt Gen Harbaksh objected to the provocative banners and urged his hosts to turn the car around. When the Pakistani counterpart mentioned making over Rs 10,000 from the rides, Harbaksh denied losing a Jonga jeep and warned that if such trickery continued, he would produce ten Jongsas adorned with Pakistani flags for inspection when the Pakistani delegation visited Amritsar. When the Pakistani delegation made its reciprocal visit to Amritsar, Lt Gen Harbaksh arranged a tour of the Golden Temple. The visit occurred while Akali leader Sant Fateh Singh was staging a protest inside the shrine premises, preparing for a fast unto death and self-immolation to demand Punjabi Suba

Despite the political tension, locals were informed in advance. "The reception given to us was tremendous. The shopkeepers of Amritsar were all standing in front of their shops and showered us with flowers. On arrival at Harmandir Sahib's gate, we were received by the whole Prabandhak Committee (Shiromani Gurdwara Prabandhak Committee), which had lined up with garlands of flowers, to be presented to every member of the delegation, and the United Nations officers," wrote Lt Gen Harbaksh. Towards the end of the tour, the Pakistani General requested a meeting with Sant Fateh Singh, expecting the leader to make critical remarks about the Indian government. Instead, speaking in Punjabi, Sant Fateh Singh stated that the people of India and Pakistan should not fight each other, offered a discourse on the principles of the Sikh faith, and presented sets of Punjabi religious books to the leaders of the Pakistani and UN delegations.

Meerut man arrested after wife allegedly carried on car bonnet

Meerut: Police have arrested a man and a woman following a confrontation in Meerut in which the man's wife was allegedly carried on the bonnet of a moving car, officials said on Sunday.

The incident was reported in the Lohianagar area on Saturday evening after Sunita allegedly spotted her husband Mayank with another woman, identified as Mahi, in a car. A confrontation followed, during which Mayank allegedly attempted to leave the spot. According to the police, Sunita tried to prevent the vehicle from moving and ended up on its bonnet. The car was allegedly driven for about 100 metres before it was stopped after people at the spot intervened. A video purportedly showing the incident has also surfaced online. Police are examining the footage as part of their investigation. Sunita later approached the police and accused her husband of assault, dowry harassment and maintaining relationships with other women. She also alleged that he had tried to run her over. Police subsequently arrested Mayank and Mahi in connection with the case and seized the vehicle allegedly involved in the incident. Officials said further investigation is underway to establish the sequence of events and the circumstances leading to the woman being on the moving car's bonnet.



Police in Meerut arrested a man and a woman after his wife allegedly ended up on the bonnet of a moving car during a confrontation. A case was registered on her complaint, while police are investigating the incident and video footage

AI boom may bring productivity gains but painful job market transition



GNS News Agency, Oct 9

New Delhi: The rapid rise of artificial intelligence is seen as a game-changer, ushering in a new era with the technology's potential for unprecedented productivity gains through automated customer service and advanced medical diagnostics, to generative AI systems capable of producing text, code, and images within seconds – but history suggests that technological revolutions do not always translate immediately into broad-based social prosperity. In fact, AI could potentially trigger a contemporary version of what economic historians call “Engels’ Pause” — a prolonged period in which productivity and wealth rise sharply while wages and living standards for ordinary workers stagnate, according to an article in India Narrative.

It cites the example of Britain's Industrial Revolution, which led to a massive jump in production during the 19th century, but at the same time it took a long time for workers and ordinary people to improve their living conditions. The article highlights that historically, industrial revolutions generated broad employment because they created entirely new industries that absorbed displaced workers. The textile revolution created factory jobs. The automobile industry generated millions of manufacturing and service-sector opportu-

nities. The digital revolution created software engineering, e-commerce and platform economies. AI may also create new professions that are currently unimaginable. However, the transition period could still be painful and unequal.

The implications for developing economies such as India are especially complex. India has benefited enormously from labour-intensive service sectors including IT outsourcing, business process management, and customer support operations. Many of these industries now face potential disruption from AI automation. Tasks involving basic coding, data entry, customer assistance, and document processing can increasingly be performed by AI systems at lower cost and greater speed, the article stated. It further highlighted that at the same time, AI also presents major opportunities for India. It can improve agricultural productivity, healthcare delivery, logistics, education access and governance efficiency. Indian startups are actively integrating AI into sectors ranging from fintech to language technology. The challenge lies not in resisting AI adoption but in ensuring that productivity gains translate into widespread economic benefits rather than narrow corporate concentration. The lessons of Engels' Pause become critically relevant, it noted. During the Industrial Revolution, governments were initially slow to respond to worsening labour conditions and inequality. Only after decades of social unrest, unionisation, and political reform did industrial societies develop mechanisms such as labour protections, public education systems and social welfare policies. The article contended that the AI era may require a comparable institutional response. Policymakers must begin preparing for labour market transitions before disruption becomes socially destabilising. Investment in large-scale digital education and continuous reskilling programmes will become essential. Universities and vocational institutions must adapt rapidly to changing skill demands. Equally important is strengthening social safety nets for workers vulnerable to technological displacement.

No words of praise enough for them: Environment Minister extols scientists after Great Indian Bustards release

GNS News Agency, Oct 9

New Delhi: Union Minister for Environment, Forest and Climate Change Bhopender Yadav praised scientists, Dr Sutirtha Dutta, Dr Tushna Karkariya, and Hrishika Sharma, after witnessing them turning emotional during the release of Great Indian Bustards into the wild in Rajasthan. Taking to social media platform X, Yadav posted: “As they released the Great Indian Bustards into the wild in Rajasthan’s Sam Desert National Park, saw Dr Sutirtha Dutta, Dr Tushna Karkariya, and Hrishika Sharma got all emotional. One can only imagine how some dedicate their entire lives to so less causes.” “No words of praise are enough for them as the entire team that has made it possible,” he added.

Earlier in the day, Yadav released two male Great Indian Bustards in Sam Desert National Park in Rajasthan's Jaisalmer. After releasing the bustards, the Union Minister posted on X: “In a milestone move, released two male Great Indian Bustards in Sam, Desert National Park, Jaisalmer today morning. This landmark success has been made possible by the nearly decade-long unwavering dedication of our scientists, researchers and ground staff who have spent years to ensure GIB reclaims the deserts of Rajasthan.” The Union Minister also thanked Prime Minister Narendra Modi for his guidance, encouragement and constant support, and thank PM Shri @narendramodi ji for his continued guidance, encouragement and constant support in ensuring our scientific community can work for the conservation of all our



Species, including the GIB.” Earlier on Saturday, Minister Yadav visited the breeding facility at Ramdevra and lauded the efforts of young researchers and scientists working for the conservation of the iconic species. “The release of captive-bred GIBs represents the next critical step in the species recovery programme and will provide important scientific learnings for progressively developing and refining protocols for reintroduction of captive-bred birds into their natural habitat,” the Ministry of Environment, Forest and Climate Change said in a press release. The programme has involved captive breeding and conservation efforts aimed at improving the prospects of the GIB and eventually returning captive-bred birds to the wild.

Saints urge Akhilesh Yadav to seek blessings at Ayodhya Ram Temple



GNS News Agency, Oct 9

Ayodhya: Samajwadi Party (SP) chief and former Uttar Pradesh Chief Minister Akhilesh Yadav's scheduled visit to Ayodhya has drawn calls from local religious figures urging him to visit the Ram Temple and seek the blessings of Lord Ram. Speaking to IANS, Peethadhishwar of Tapasvi Chhawani, Jagatguru Paramhans Acharya, commented on Yadav's visit, and said he hoped the SP chief would visit the Ram Temple during his stay in Ayodhya. “SP chief and former UP Chief Minister Akhilesh Yadav is visiting Ayodhya, and we hope he will visit the Ram Mandir to seek His blessings.

In recent days, a financial irregularity occurred, and he tweeted about it. When asked how he found out, he claimed that Ram Ji told him. Therefore, he must touch Lord Ram's feet. If he doesn't, it will send a message that he wants to demean Sanatan Dharma,” Paramhans Acharya said. Devesh Acharya, a priest at Hanumangarhi, also welcomed Yadav's proposed visit and said he should visit the Ram Temple along with his family and seek Lord Ram's blessings. “Former UP Chief Minister Akhilesh Yadav is coming to Ayodhya on October 8, which is good news. We want him to visit the Ram Temple and seek the blessings of Lord Ram along with his family, since he is coming here to attend a religious event. He must apologise to Lord Ram for coming late. If he doesn't do so, it will reflect his party's anti-Sanatan ideology. Returning without doing darshan would be highly unfortunate for Akhilesh Yadav and his party,” Devesh Acharya said. Yadav is scheduled to visit Ayodhya on Octo-

ber 8 to attend the concluding session of the Shrimad Bhagwat Katha, a week-long religious programme organised by former MLA and SP leader Tej Narayan Pandey. The SP chief is expected to spend around an hour at the programme in Krishnaapur-Khanpur Rasoolabad. He is also expected to offer prayers and interact with devotees attending the gathering. Yadav's Ayodhya visit comes at a politically significant time for the SP, with political activity beginning to gather pace ahead of the 2027 Uttar Pradesh Assembly elections. The party has earlier announced Tej Narayan Pandey, popularly known as Pawan Pandey, as its candidate from the Ayodhya Assembly constituency for the 2027 polls.

After ‘black day’ over women’s safety, Ahmedabad university steps up security

Nirma University students hold Black day protest, Nirma University Black day protest, Nirma Black day protest, Ahmedabad news, Gujarat news, Indian express, current affairs The students said the matter was also taken up with the university administration, but no action has been taken.

Ahmedabad's Nirma University has “imposed stricter control” over construction workers’ movement on campus following a massive protest against alleged inaction after a worker engaged in objectionable behaviour towards women students. On Thursday, students observed a “black day” in protest against the private university’s administration over a complaint they had filed over the incident reported on September 29. A video of the incident was shared on social media, raising concerns about women students’ safety on campus. In the first official statement issued since the incident, the university’s executive registrar stated that the police registered an FIR after “the university immediately informed” them and that all “investigations and action regarding the incident are being carried out appropriately.” However, women residents of the hostel said that when they reported the incident to the female security staff, they were told not to wear shorts inside the hostel. They also alleged that the university administration ignored their complaint.

‘Was doing my duty’: BLO who stopped bulk submission of pre-printed SIR Form 7s in Hyd



His voice may have gained unlikely attention, with Telangana Congress sharing a now-viral video of him rejecting a bunch of Form 7s allegedly filed by a BJP booth-level agent (BLA), but this BLO from Hyderabad chooses not to make much of it, simply saying, “I was just doing my duty.” He was posted at Booth 173 in the Goshamahal constituency of Telangana Capital when the said Form 7s of the Special Intensive Revision (SIR) were filed by a BLA in September-end.

“It’s not possible to accept these Form 7s,” he is heard saying. Speaking to The Indian Express, the BLO, who works as a Junior Assistant at Osmania Medical College, said, “The forms had printed EPIC numbers. There were no names on them. I had no instructions to receive such forms from my superior officers. Hence, I decided not to accept these.” The video of this BLO rejecting the Form 7s went viral three days later, when Telangana Pradesh Congress Committee (TPCC) on Saturday released the video of pre-printed Form 7s of SIR surfacing in Hyderabad.

“I don’t know how that video went viral. I was only stating my point of view,” the BLO said. When asked whether he was scared to reject the forms, he said, “No, I was not. I was doing my duty.” He, however, did not want to be identified as he did not want “publicity for an act which was done as part of the BLO duty”. TPCC released the video two days after they complained to the Chief Electoral Officer (CEO) “about apprehensions of a larger conspiracy to bulk delete voters” as part of the ongoing Special Intensive Revision (SIR) of electoral rolls 2026. The forms, which the TPCC had accessed, had no names. “They were in the last stages of being filed by the BJP BLA,” a Congress source alleged.

Abhishek Banerjee objects to rebel TMC MP’s parliamentary panel chair post

GNS News Agency, Oct 9

Trinamool Congress MP and national general secretary Abhishek Banerjee wrote to Lok Sabha Speaker Om Birla Saturday, objecting to the appointment of MP Kakoli Ghosh Dastidar as chairperson of the Parliamentary Standing Committee on Chemicals and Fertilisers. Banerjee highlighted that Dastidar is among 20 Lok Sabha members of the Trinamool rebel faction facing pending disqualification petitions before the Speaker under the Tenth Schedule. “In my letters dated September 23, I expressly requested that these Members be kept out of consideration for DRSC (Department-Related Standing Committees) appointments until the petitions were decided,” Banerjee wrote in his letter to the Speaker.

Banerjee reiterated that in his earlier communication, the party had formally requested to retain the chairmanship of one Standing Committee in the Lok Sabha and submitted its nomination for the existing chairperson to continue. He stated that the recent appointment disregards both the party's explicit objections and its official nomination. Highlighting procedural anomalies, Banerjee noted, “The Digital Sansad website continues to show 28 Lok Sabha Members belonging to AITC (All India Trinamool Congress). The member appointed, however, claims affiliation with the Nationalist Citizens Party of India (NCPI) through a purported merger disputed in the pending disqualification proceedings.” He further questioned the party affiliation under which the chairmanship was allotted. “If it has been allotted to AITC, on what basis has the party's nominee been replaced against



its express wishes? If it has been allotted to NCPI, under what order has that affiliation been recognised, and on what basis has NCPI been given the chairmanship?” he wrote. Disputed affiliation Banerjee asserted that NCPI's reported association with the National Democratic Alliance (NDA) cannot resolve the Tenth Schedule affiliation issue while proceedings remain pending before the Speaker. Appointing a member to a chairmanship while leaving the member's disputed affiliation undecided is, in our submission, contrary to parliamentary propriety. This appointment cannot be treated as a chairmanship allotted to AITC,” Banerjee submitted. Banerjee urged the Speaker to withdraw Dastidar's appointment, restore the committee chairmanship to Trinamool's duly nominated member, and deliver an early decision on the pending disqualification petitions.

Kerala reopens probe against Gyanesh Kumar in 2006 graft case that saw Malaysian engineer’s suicide



The Kerala Home Department has ordered the reopening of a Vigilance probe into alleged corruption in a road-related work from 2006 — when Chief Election Commissioner Gyanesh Kumar served as the secretary of the state Public Works Department (PWD). Home Minister Ramesh Chennithala ordered a reinvestigation in the probe, which was launched against Kumar following the suicide of a Malaysian engineer, Lee See Been, who was then chief project manager of a major road work undertaken by PATI-BEL, an Indo-Malaysian venture, in the state. Kumar's name had allegedly figured in the suicide note.

The probe revives a 20-year-old corruption allegation against Gyanesh Kumar, who is now the Chief Election Commissioner. The earlier Vigilance inquiry was closed without reaching a conclusion. The Malaysian national had alleged that Kumar, then the secretary of the state PWD, sought a bribe for clearing payment for the work. The road project, known as Kerala State Transport Project (KSTR), was funded by the World Bank. Chennithala told the media on Sunday that he had received a complaint that the Vigilance probe held in 2006 had been compromised due to external compulsion. “I have directed the Vigilance to probe into the matter thoroughly. Gyanesh Kumar's name had figured in the suicide note of the Malaysian engineer. Been had clearly mentioned Kumar's name in his suicide notes addressed to his wife as well as the company director.” He said, “Vigilance

had examined the matter in 2006. However, the probe did not go ahead, although Kumar was transferred out of the PWD. Now, I have got a complaint from Congress leader Malayankkeezhu Venugopal regarding the issue. I had discussed the matter with Chief Minister V D Satheesan and decided to order a comprehensive probe in this regard.” Chennithala said that after being transferred out of the PWD, Kumar moved to Delhi on central deputation and never returned to the state cadre. “The Vigilance will conduct a comprehensive probe and will take all legal steps. The probe held in 2006 was abandoned midway. Based on the fresh complaint, it will be resumed. Vigilance is capable of taking the probe ahead after two decades. When I get a complaint as the minister in charge of the Vigilance, I am duty-bound to order a probe,” he said. PATI-BEL had undertaken the renovation of a few stretches of major roads in the state at a cost of Rs 216 crore. Construction of the assigned roads got delayed due to alleged laxity in land acquisition from 2001 to 2006, putting pressure on PATI-BEL and project engineer Been. A month after Been's death in November 2006, Kumar was moved out of the PWD by the then CPI(M) government. He was eventually posted in the Defence Ministry during the UPA-1 government.

Hyderabad delivery agent allegedly assaulted over late food order

Hyderabad: A food delivery agent was allegedly assaulted by a couple at Vasavi Nagar in Karkhana, Secunderabad, after an online order was delivered a few minutes late. The delivery agent, identified as Ashish, was allegedly attacked following a heated argument with the couple over the delay. According to reports, the order reached the customers late because an incorrect location had been provided for the delivery.

North Korea's Kim oversees hypersonic missile launch, calls for bolstering war deterrent



Seoul: North Korean leader Kim Jong-un has overseen the launch of an intermediate-range strategic missile and called for continued efforts to bolster the "fatality" of the country's offensive weapons, state media reported on Sunday. North Korea conducted a firing drill of the missile toward the East Sea at dawn on Saturday as part of efforts to train missile troops operating the "hypersonic strategic weapon system," reports Yonhap, quoting the Korean Central News Agency (KCNA). Kim said it is very important to demonstrate the counterattack means of the North's military in a "constant mobilisation posture," according to the report. "We must continue our responsible efforts nonstop to constantly and repeatedly make the enemy recognise the reliability and fatality of our strategic offensive means," the North's leader was quoted as saying by the KCNA.

"This is a form of exercising deterrent," he said, noting that such a missile launch is aimed at "more rapidly developing the country's nuclear war deterrent." Photos published by state media showed Kim overseeing the launch with his daughter, Ju-ae, and his wife, Ri Sol-ju. The KCNA said the missile, launched toward the northeast, hit a target 1,000 kilometres away from the East Sea. The South Korean military earlier said it detected North Korea firing a ballistic missile toward the East Sea early Saturday morning from the Wonsan area, and it flew over 700km.

Kim Yo-jong, the powerful sister of the North's leader, disclosed the missile firing Saturday in an unusually swift move. She claimed military authorities of South Korea and Japan failed to track the trajectory of the missile due to the limitations of their tracking capabilities. Experts raised the possibility of North Korea firing the Hwasong-16 Na hyper-sonic medium-range ballistic missile, citing North Korea's media report that the launched missile was capable of changing its flight orbit at a low altitude. The missile launch came amid heightened tensions over last month's land mine blast inside the Demilitarized Zone (DMZ) that injured three South Korean soldiers. The South Korean military blamed North Korea for the Sept. 21 mine blast and called it a "blatant" violation of the armistice agreement that ended the 1950-53 Korean War. Seoul demanded an apology and responsible measures from Pyongyang. North Korea has denied responsibility for the incident, accusing Seoul of fabricating the findings and warning of "merciless" retaliation if the South takes any corresponding actions.

Saudi airstrikes reported on Yemen's Houthi-held capital Sanaa

GNS News Agency, Oct 9

Riyadh: Loud explosions rocked Yemen's Houthi-held capital Sanaa, as the Houthi-run al-Masirah TV reported renewed Saudi airstrikes on the city. A Sanaa resident, speaking to Xinhua on condition of anonymity, said warplanes could be heard overhead as powerful blasts echoed across the capital, rattling windows and shaking buildings, late on Saturday (local time). "The blasts were so powerful that the ground shook beneath us," the resident said. "It felt like an earthquake. Our windows were rattling, and the children woke up terrified." Local residents believed that the airstrikes targeted Houthi positions. Earlier on Saturday, the Houthis said they had launched ballistic missiles and drones at an Aramco facility in the Saudi capital Riyadh in retaliation for what they described as intensified Saudi strikes on Yemen. Houthi military spokesperson Yahya Sarea said that 60 air and missile strikes had hit Yemen over the previous 24 hours, reports Xinhua news agency. Tensions between the Houthis and Saudi Arabia intensified after the group announced a maritime embargo against Saudi Arabia on July 20, followed by an escalation in cross-border missile and drone attacks and airstrikes.

The confrontation widened further in September amid



fighting between the Houthis and Yemeni government forces, largely backed by Saudi Arabia. The Houthis captured the Red Sea port city of Mocha on Sept. 10 and strategically located Mayyun Island the following day. Yemen's conflict began in late 2014, when the Houthis seized the capital Sanaa and much of northern Yemen, prompting a Saudi-led coalition to intervene in March 2015 in support of the internationally recognised Yemeni government.

Yemen leader announces major military operations against Iran-backed Houthis



ADEN, GNS News Agency, Oct 9 The leader of Yemen's Saudi-backed government announced the beginning of a major military operation against the Iran-backed Houthis on Sunday, aimed at seizing the territory under their control. Regional and western officials had previously told Reuters that Saudi Arabia and its Yemeni allies were planning to launch an assault on the Houthis, with the Saudis leading aerial combat and Yemeni forces fighting on the ground. Make sense of global markets with the Trading Day newsletter. Sign up here.

"Today, I announce the start of military operations to retake the remaining territory of the republic and extend the authority of the state and its institutions across the entire national territory," Yemeni President Rashad al-Alimi said in a televised address. Saudi Arabia entered neighbouring Yemen's civil war in 2015 at the head of an Arab coalition in support of the internationally recognised government, which the Houthis had driven out of the capital Sanaa. A truce agreed between the warring parties in 2022 largely held until this year, when the Houthis launched missile and drone attacks on Saudi shipping and oil infrastructure in a

Australia probes flydubai co-pilot links, police say

Australian police said on Sunday that authorities there were investigating the "links to Australia" of a flydubai co-pilot who attacked the captain on a flight to Tel Aviv. The co-pilot of the flydubai flight 1073, which was bound for Israel from Dubai, attacked the pilot with an emergency crash axe, the United Arab Emirates prosecutor general said on Saturday, calling the incident a "terrorist attack".

Make sense of global markets with the Trading Day newsletter. Sign up here. The co-pilot of the flydubai jet was identified as Hammam al-Hammami, an Omani national, two sources with knowledge of the investigation told Reuters. UAE authorities did not immediately respond to a request for confirmation of his identity. Reuters could not independently reach al-Hammami for comment. Omani authorities have not commented. Flydubai has said a full investigation is under way. Two sources briefed on the investigation said the co-pilot studied at a university in Melbourne, capital of the Australian state of Victoria. Local media reports said he studied at RMIT university. RMIT



told Reuters it had no comment. The Victorian Joint Counter Terrorism Team (VIC JCTT), comprising the AFP, Victoria Police and ASIO, can confirm it is investigating the man's links to Australia. An update will be provided at an appropriate time," an Australian Federal Police (AFP) spokesperson said, referring to the Australian Security Intelligence Organisation.

Iran says Strait of Hormuz will not reopen until conditions are met



DUBAI, GNS News Agency, Oct 9 The Strait of Hormuz will not reopen until seven Iranian conditions set out in a June interim agreement with the US are met, state media reported. Iran's parliament speaker Mohammad Baqer Qalibaf said on Sunday. Iran presented a proposal during the UN General Assembly under which the Strait of Hormuz waterway could be reopened and normal maritime passage restored within seven days if the conditions were met, with the US replying to this proposal last week via Qatari intermediaries.

The Reuters Iran Briefing newsletter keeps you informed with the latest developments and analysis of the Iran war. Sign up here. "The position of the Islamic Republic of Iran is completely clear and firm, and the Strait of Hormuz will not be opened until our seven conditions, based on the Islamabad Memorandum of Understanding, are met," Qalibaf, who is Iran's top negotiator, was quoted as saying. He said Washington "must understand that the period of dragging out the (diplomatic) process and dictating one-sided demands is over".

IRAN SAYS NO NUCLEAR DISCUSSIONS A Foreign Ministry spokesperson said on Sunday that Tehran had

clarified its broad positions via mediators to the US response but that additional points remained to be communicated to Washington. "The Americans' propositions are more or less in line with their previous positions, specifically on the nuclear issue. We told them our focus in this stage is the issue of the Strait of Hormuz and the return to security in this waterway requires clear steps from the US," spokesperson Esmail Baghaei said. He also denied Tehran had offered UN nuclear watchdog inspections of its nuclear facilities in exchange for US sanctions relief, saying Iran had not entered into nuclear discussions with Washington. The document being circulated outlines a seven-day period of trust-building aimed at returning the two sides to an enhanced version of the memorandum of understanding agreed in June, including concrete steps on Iran's nuclear programme, an official briefed on the talks said last week. The disagreement centres on the sequencing of the steps rather than the components of the plan, the official added. Qatar has been shuttling messages between Washington and Tehran in an effort to end the conflict and reopen the Strait of Hormuz, the conduit for a fifth of the world's oil and liquefied natural gas before the war that began at the end of February with US and Israeli attacks on Iran. The June memorandum of understanding led to a brief ceasefire and included provisions on the Strait and Iran's nuclear programme. Separately, Foreign Minister Abbas Araqchi told foreign ambassadors and diplomats in Tehran on Sunday that Tehran hoped Washington would choose diplomacy but warned that Iran was prepared to respond if the US again chose military action. Thursday, sources told Reuters that Iran was preparing a broader and more forceful response if Washington resumed large-scale military attacks. "If they again move towards military solutions, we are more prepared than before and will take whatever action is necessary to defend ourselves," Araqchi said on Sunday. Army spokesperson Mohammad Akraminia told Fars news agency on Sunday Iran would upgrade the range of its missiles.

Ukraine will hit Russian refineries in response to Moscow's 'new doctrine' of airstrikes, Zelenskiy says

KYIV, Ukraine will double down on attacking Russian oil refineries in response to a new policy of airstrikes by Moscow designed to force people to abandon Kyiv and other cities, but will not target civilians, President Volodymyr Zelenskiy said. Ukraine's intelligence services has obtained documents showing that Russian leader Vladimir Putin had issued a "new doctrine" of military attacks on a much broader range of civilian targets ahead of this winter, Zelenskiy said.

The Misinformation Monitor newsletter rounds up international misinformation narratives, with a "Real or Fake?" quiz in every edition. Sign up here. "We saw documents and we know that they allow them to attack infrastructure, logistics, and especially to attack in the cities, in the villages, everywhere, roads, schools, hospitals," Zelenskiy told Reuters in an interview. "To pressure people to leave the capital, leave different cities: this is the goal of the operation." Driving the shift in policy, Zelenskiy said, was Putin's desire to appear strong at a time when his military was losing ground in a key frontline region and sustaining higher levels of casualties. The Kremlin was not available to comment on Saturday. But in a statement urging foreign nationals to leave Kyiv, the Russian Foreign Ministry said Moscow would continue to systematically hit targets in what it said were retaliatory strikes for Ukrainian attacks on Russia in recent months. Zelenskiy said a successful Ukrainian counteroffensive, code-named "Vivaldi", had recaptured around 140 sq km (54 sq miles) of Ukraine's eastern Donbas region and was still ongoing. Russia has said it must control Donbas in its entirety as a condition for any peace deal.

In recent weeks, US President Donald Trump's administration has sought to revive talks to end the four-year-old conflict – Europe's bloodiest since World War Two. The US leader last month urged Ukraine to refrain from hitting Russian oil installations, saying that was sending global diesel prices surging. But Zelenskiy, speaking as air raid sirens blared outside the gilded halls of the presidential offices, said he had received no indications from Russia that Putin was interested in peace talks, or discussing a ceasefire on energy infrastructure.

Over the past week, the Ukrainian capital has come under persistent attack by Russian drones and missiles targeting energy and telecom assets, road and rail infrastructure. For the first time, Russia has targeted the bridges across the Dnipro river connecting east and west Kyiv. Zelenskiy said Ukraine would react to the change in tactics by Moscow, but would not target civilian infrastructure indiscriminately. "We have to respond in any way (we can). With their attacks on our energy, we have to respond on their energy. First of all, oil refiners etc: what gives money to them for this war," Zelenskiy said in English. "But we will not respond, of course, just like them, on any civilian objects." SUPPORT FROM EUROPE

After the Trump administration invited Putin to attend a G20 summit in Miami in December and discussed business deals with Russian envoys, Zelenskiy urged Washington not to normalise relations with Russia before ensuring a return to peace. Zelenskiy said he would be happy to meet Putin for peace talks at the G20, but he warned the US not to believe in "illusions" that Russia would simply end hostilities if it gained control of Donbas. "It's not fair just to normalise," said Zelenskiy, dressed in his trademark black T-shirt and military-style jacket. Any resumption of economic and diplomatic ties with the West had to be in return for Russia ending hostilities, he said. "Because peace is more important than any kind of economy." While the US has proposed a resumption of trilateral talks in the coming weeks in the UAE, Zelenskiy noted that an exact date and location for the technical-level conversations had still not been set.

Ukrainian officials warn that Russia has stockpiled hundreds of ballistic missiles ahead of an expected winter onslaught against electricity and water infrastructure. Last winter, the worst of the war, Russian strikes left swathes of the country without electricity and heating for days at a time. Since the summer, Moscow has also begun launching dozens of fast and relatively cheap jet-powered Shahed drones a day at Ukraine, whose air defence teams have struggled to cope because their interceptor drones were too slow to catch them. Zelenskiy said Ukraine had been forced to rely heavily on its fighter aircraft – F-16s and MiGs – to down around 60% of the Russian jet-powered drones, but supplies of 20 mm ammunition for the planes were running low.

Kyiv was urgently working on other solutions – includ-



ing boosting its electronic jamming capabilities, he said. In the second half of October, it would receive the first shipment of small, cheap air defence missiles capable of hitting the new Shaheds. Last week, Zelenskiy said Ukraine was developing five models of new interceptor drones capable of downing the jet Shaheds. Fresh from a meeting with his defence chiefs, he said tests on two of those models showed a modest success rate of around 30%. "We'll have to scale it," he said. "I hope that with all these things, with all these elements, we'll find a way." Ukraine announced the first combat use this week of its own domestically made ballistic missile, the FP-7, which has a range of around 250 km (155 miles).

Zelenskiy said he had called the manufacturer Fire Point to pressure executives to finish a longer-range model, the FP-9, which the company has said could hit Moscow. "I said to them, where is my FP-9?" said Zelenskiy, with a grin. "We need the FP-9. And the FP-9 will be (ready) this autumn, I'm sure." Zelenskiy said a recent spate of Russian drone incursions and hybrid attacks in Europe were an effort to intimidate European populations and to undermine support for Ukraine. Some European leaders were starting to understand this, he said, and toughen their position. Russia says such accusations are baseless and the result of anti-Russian hysteria. After talks with European officials in Brussels this week, Ukraine had unlocked funding to order the drones that it needs to keep fighting at the start of 2027, Zelenskiy said. Ukrainian officials had worked on plans with European partners to plug a \$27 billion hole in Kyiv's defence budget this year. The plans involve a combination of the reallocation of Ukraine's own budget resources, bilateral assistance and using "money credits" from next year's portion of a €90 billion EU loan, Zelenskiy said. "We will close this (gap). I think this is absolutely a big success for our country," he said.

US urges Ethiopia, Eritrea to show restraint

Washington: The United States on Saturday urged Ethiopia and Eritrea to exercise "maximum restraint" amid increasing cross-border tensions, warning that another conflict could trigger a new humanitarian crisis in the Horn of Africa.

The State Department said the rising tensions between the two neighbouring countries had implications beyond their borders and could affect the wider region. "Increasing cross-border tensions between Ethiopia and Eritrea have the potential to affect the entire region," State Department spokesman Tommy Pigott said in a statement. "The Horn of Africa cannot sustain another military conflict and humanitarian crisis. A conflict jeopardizes ongoing US collaboration on shared interests with both countries," he said.

Washington called on Ethiopia and Eritrea to respect the sovereignty and territorial integrity of neighbouring countries and avoid actions that could further escalate tensions. "We strongly urge Ethiopia and Eritrea to respect the sovereignty and territorial integrity of their neighbors, exercise maximum restraint and return to dialogue and cooperation as agreed in their 2018 peace framework," Pigott said. "Peace through dialogue is the only path toward sustainable security, economic growth, and prosperity," he added.

Can you live forever like Bryan Johnson wants to?



Who doesn't want to live forever? The idea of living a long, healthy life appeals to almost everyone. The quest for immortality has fascinated humans for centuries, serving as a central theme in numerous Bollywood and Hollywood films. But one man is taking this dream seriously—Bryan Johnson, a millionaire from the US, is actively trying to reverse his biological age and achieve what many fictional characters have only dreamed of: living forever. In fact, he believes it's possible. Bryan even shares his daily routine on his website, offering people the chance to "subscribe" to his "Blueprint" if they want to follow in his footsteps. But is it really possible to extend your lifespan or, better yet, live forever? What do experts have to say about Bryan's lifestyle? And could you apply his routine to your own life? Before diving into these questions, let's explore exactly what Bryan Johnson is doing in his pursuit of immortality.

Bryan Johnson's blueprint In 2013, after selling his company to eBay's PayPal for \$800 million, Bryan had plenty of options on how to spend his fortune. He could have travelled the world, bought a mansion, and lived a life of luxury. But instead, he decided to dedicate his life to chasing immortality — a quest that has earned him significant attention, especially after making headlines with his "Project Blueprint", a protocol-based lifestyle designed to help people live longer. The Blueprint, which is available for free, outlines Bryan's daily routine and how it has allegedly helped him achieve the biological age of an 18-year-old. For context, biological age refers to how old your cells are, and some experts consider it a more accurate measure of ageing than chronological age. Recently, Bryan visited India to promote his "Blueprint", and since it's starting to create a buzz, we decided to decode his routine. A day in the life of Bryan Bryan starts his day at 4:30 am, and by 11:30 am, he's done with dinner. His daily routine includes light therapy, and taking 111 supplements, including the widely discussed 'Rapamycin' (he paused taking it after a few years).

Good sleep and daily workouts are also a few key aspects of Bryan's lifestyle. He consumes precisely 1,977 calories a day and eats 70 pounds of vegetables per month. His breakfast consists of a standard mix of broccoli, cauliflower, black lentils, mushrooms, garlic, and ginger. His next meal is "nutty pudding" with nuts and berries, and his final meal includes vegetables, berries, nuts, seeds, 15 grams of 100% dark chocolate, and 30 millilitres of extra virgin olive oil. He also allows himself 'three' ounces of wine to end his day. Managing stress is vital for him, and he claims it plays a key role in living longer. PS: Although Bryan's Blueprint is technically free to access, he also sells products like protein powder and (soon-to-be-released) sunscreen under the guise of promoting health and longevity.

What has Bryan achieved so far?

Bryan claims his lifestyle has helped him reverse his biological age by over 5 years, and his blood transfusion has helped his father do the same. After having poor health habits as a kid, running myself into the ground from 20 years of building companies, and a decade of chronic depression, now, at the chronological age of 46, my health biomarkers are in the top 1% Bryan on his Blueprint website His website further claims that his lifestyle has placed him in the top 1% of 46-year-olds and, in some markers, even in the top 1% of 18-year-olds.

But can you escape death with his routine?

India Today spoke to various experts to evaluate Bryan's routine. Here's what they had to say about its key components. 1. Working out

Bryan prioritises workouts, recommending three days of strength training and three days of cardio each week. Dr Aijaz Ashai, a physiotherapist and celebrity fitness expert,

supports this, stating that exercise can delay age-related diseases, preserve mobility, and enhance mental sharpness.

On a cellular level, regular exercise helps maintain the length of telomeres—protective caps on DNA—which slow down the ageing process. "While no one lives forever, a regular exercise routine can certainly add to your lifespan and improve the quality of your remaining years," says Dr Ashai.

2. Mental health According to Bryan's Blueprint, if you buy his products — especially his "Best-selling longevity kit" with 70+ health actives — you'll be able to manage daily challenges "with ease as stress-reducing ingredients promote calm and balanced emotions". While managing stress is undoubtedly a priority for Bryan, can it help you live forever? According to mental health expert Shreya Kaul, the answer is a firm no. "Our bodies naturally start to deteriorate after a certain point. Our cells, organs, and genetics all begin to disintegrate. No living being is truly immortal," she says. However, she does agree that managing stress is essential for leading a better, healthier life. She highlights that mental and physical health are deeply connected, with better mental health leading to improved immunity, energy, and agility.

3. Clean diet and supplements One of the biggest pillars of Bryan's Blueprint is his ultra-clean diet and daily consumption of 111 supplements. While research does show that healthy eating can reduce the risk of premature death by nearly 20%, it's unlikely to guarantee immortality. Dr Nivedita Pandey, a senior gastroenterologist and director of Dr Good Deed Clinic, Patna, agrees. She highlights that free radicals (unstable molecules generated during digestion) damage our organs, leading to ageing. Eating natural, whole foods can help reduce free radicals, promoting longer and healthier lives. Now let's talk about supplements. When it comes to supplements, dietician Sohom Singh Roy says they can bridge nutrient gaps in our diet. Targeted supplements can support immunity, brain function, and overall health. However, Kumaar Bagrodia, a neuroscientist from Mumbai and founder of various companies like HALE, NeuroLeap, Arkni and PhotoBioLife, tells us, not all supplements have enough scientific evidence as to their benefits. He notes that while calcium, iron, Vitamin D, folic acid, and omega-3 have strong evidence supporting their benefits, supplements alone can never replace a balanced diet.

4. Sleep, sleep, sleep Bryan treats sleep as a non-negotiable part of his day. Experts agree. Kumaar calls it the "golden hour" for mental health, as it helps with memory consolidation, emotional processing, and tissue repair. Good sleep is essential for a healthy living. "Sleep is crucial for mood regulation. It reduces symptoms of anxiety and depression and promotes emotional balance. It also supports biological well-being by enhancing energy levels and strengthening immunity," he says. 5. Light therapy Bryan's routine also includes light therapy - a growing trend, with even celebrities like Kim Kardashian adopting it. "It naturally improves cellular mitochondria function. The therapy is non-invasive and promotes cellular repair, similar to how sunlight influences vitamin D synthesis," he says.

The final breath: Can you live forever?

After speaking with various experts, one thing becomes clear - biological immortality is still a fantasy. While Bryan's lifestyle may help him maintain youthful biomarkers, there's no scientific evidence that it will prevent death. Biologically, the human body is subject to the processes of ageing and senescence," says Kumaar. "Cells accumulate damage over time due to oxidative stress, DNA mutations, and telomere shortening. Despite advances in regenerative medicine and anti-ageing therapies, these natural constraints make true immortality unlikely," he adds. Shreya also points out that discussions on health and longevity are often rooted in privilege. "Bryan Johnson's 'Don't die' movement is great. Everyone wants to live longer and healthier, so why not? But not everyone has the luxury of prioritising longevity," she explains. "For people struggling to survive day to day, thoughts like 'This is killing me faster' don't even cross their minds. Their main concern is, 'How will I get food on the table tomorrow?'" Shreya adds. While Bryan Johnson's efforts are admirable, the idea of living forever remains a distant dream. For now, the best we can do is strive for a healthier, longer, and more meaningful life, so think twice before investing in someone's blueprint of living forever.



often throws over long overcoats. Deepika Padukone is the quintessential poster girl for turtleneck sweaters. Whenever the temperatures dip in Mumbai, she turns to her trusted turtlenecks — especially for her airport looks. Deepika Padukone wears her love for turtle-necks sweaters every winter. Sonam Kapoor, the OG fashionista, loves her turtlenecks too. A stylish skirt is her usual choice to serve an edgy winter fashion moment. Here are some celeb-approved ways to rock a turtleneck that are sure to inspire your winter wardrobe: Turtleneck blouses make for great winter blouses to go with your sarees. Here's Shilpa Shetty proving the same. Winter brings with it a series of parties to attend. Take a cue from Hailey Bieber on how to keep it cute and stylish.

Hailey Bieber styled a classic black turtleneck with a checkered mini skirt. Shorts for parties is a good idea! But in winter, rock it with a turtleneck and a long fur coat like Beyoncé did. You can take Ananya Panday's turtleneck + blazer + skirt set easily to your office as well as to a winter holiday. Invest in basic turtlenecks like black, beige, fawn, and maroon first. To give a glam makeover to a turtleneck, add a statement piece — it can be a skirt, a stunning jacket, or a quirky jewellery piece Turn to vibrant or multi-coloured turtlenecks to make winter fashion look edgy. Pair an oversized turtleneck with your favourite jeans and sneakers for a relaxed look. Layer a neutral-coloured turtleneck under a tailored blazer or a coat to ace the 'office chic' vibe A black or metallic turtleneck paired with a leather skirt and knee-high boots is the ultimate party combo To keep it sporty and athleisure, style a loose turtleneck with tights and chunky sneakers.

Pilates vs weight training: Which one helps you lose weight faster?



If there's one thing Bollywood icons like Kareena Kapoor Khan, Alia Bhatt, and Janhvi Kapoor all have in common in their fitness routines, it isn't a magical elixir for their youth and glamour - it's their dedication to Pilates. In the past few years, Pilates has become quite the buzzword in the fitness industry. Though in India, it is gaining prominence now, Bollywood celebs have been obsessed with pilates for some time now. But if you're not aware, let us give you a crash course. What exactly is Pilates? Pilates is a form of low-impact exercise that focusses on strengthening muscles and improving flexibility, balance, and posture. "The practice emphasises controlled movements, core strength, and proper alignment," says Dr Vipul Lunawat, a fitness expert and the founder-director of the Institute of Sports Science and Technology of Pune. Pilates has become the Bollywood favorite. Photo: Instagram Dr Lunawat says that there are a few core principles of Pilates, like:

1. Concentration: Mindful engagement with each movement.
2. Control: Precision and mastery of your body's movements.
3. Centering: Focus on your core, often referred to as the "powerhouse".
4. Flow: Smooth, continuous movements.
5. Precision: Attention to detail in form and technique.

6. Breathing: Proper breath control to enhance movement and relaxation. From World War I to celeb favorite Meenal Pathak, tells India Today that Pilates was developed by Joseph Pilates in the early 20th century during World War I as a method to rehabilitate injured soldiers and dancers. "Today, it has become particularly relevant because of our sedentary lifestyles, poor posture, and long sitting hours, which often lead to issues like wrist pain, shoulder pain, and joint discomfort," says Meenal. According to her, Pilates is highly effective (for both men and women) for addressing these problems as it, focuses on improving mobility and flexibility, alongside other benefits. It works wonders for posture, core strength, and spinal health. Pilates is all about strengthening, lengthening, and protecting your spine, which makes it an excellent choice. Now, there are two ways of doing Pilates: mat Pilates (which is done with very minimal or no equipment) and the more famous and preferred one by celebs is the other type - which uses a machine called reformer. This reformer Pilates has not only made quite a buzz on social media, as they are preferred by not only Bollywood celebs but by also influencers. According to Meenal, "Mat Pilates is a fantastic way to start. It allows you to build strength and learn proper alignment without any tools. Small props like resistance bands can enhance the workout, but they're not essential." For those who want more variety, reformer Pilates uses machines with springs and straps to add resistance. Abhishek Bhadauria, Head Coach at MultiFit, notes, "The

essence of Pilates lies in core engagement, and that can be achieved with or without equipment."

Weight training and Pilates: which can help you lose weight faster?

Now, the question of the hour is, if you are trying to lose weight, which one can help to reach the goal faster, and which one should you prefer? We spoke to experts, and let's have a look at both of them in depth. 1. Calorie burn Weight training: A single high-intensity session burns more calories than Pilates and induces the afterburn effect (EPOC), where the body continues to burn calories post-workout. Pilates: While it generally burns fewer calories, advanced Pilates sessions incorporating faster transitions or reformer machines can boost calorie expenditure. 2. Muscle building and metabolism Weight training: Builds lean muscle, increasing resting metabolic rate (RMR) for long-term calorie burn. Pilates: Tones muscles and enhances functional strength, but its impact on RMR is less significant. Abhishek says, "Pilates excels in improving flexibility, balance, and core strength, making it an excellent choice for those seeking low-impact exercise or rehabilitation. Weight training, on the other hand, is ideal for building muscle mass and boosting metabolism. Ultimately, the best choice depends on individual goals and preferences." 3. Functional benefits Pilates: Excels in flexibility, balance, and posture, reducing injury risk. As Dr Lunawat, explains, "Pilates is crucial for mobility and flexibility, which are often overlooked in traditional strength training but are vital for long-term health and injury prevention. Weight training: Improves bone density and overall strength, which is essential for physical resilience and metabolism. Finally, as Jashan Bhumkar, fitness enthusiast, notes, "Both have their merits, but if Pilates motivates you to stay active, it's just as effective in the long term."

Which is faster for weight loss?

In simple terms, weight training has the edge for rapid weight loss, largely due to its calorie-burning potential and metabolic benefits. A 2019 study in the Journal of Strength and Conditioning Research found that resistance training significantly improves body composition by reducing fat while preserving lean muscle. Dr Lunawat adds, "A combination of weight training and a calorie-controlled diet is ideal for quicker results. But Pilates can play a complementary role, improving mobility and aiding recovery." Meenal says, "If your goal is to lose weight, you need to create a calorie deficit. Pilates tones and builds functional strength, but adding weight training will help preserve muscle mass."

Why not combine the two? For maximum benefits, a balanced routine combining Pilates and weight training is ideal. Dr Lunawat advises, "Strength training is crucial for athletes, but ensuring optimal flexibility and mobility is equally important to enhance performance and prevent injuries." For example, your weekly routine could include: 3 sessions of weight training to build muscle and boost metabolism sessions of Pilates for recovery, flexibility, and functional strength. The final word Choosing between Pilates and weight training depends on your fitness goals: However, the ultimate solution lies in integration. As Dr Lunawat says, "Fitness is not about choosing one over the other. It's about finding the balance that works best for you. Both Pilates and weight training have unique benefits, and together they can create a complete fitness regime." So, whether you're perfecting your deadlift or nailing a roll-up, remember: consistency and enjoyment are the cornerstones of a sustainable fitness journey!

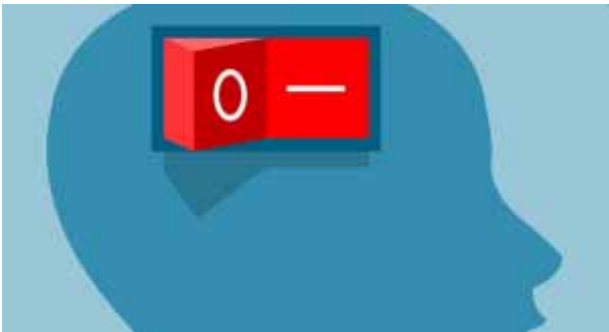
Indians need the right to disconnect

Soon after death of an EY employee in September, allegedly due to work pressure, MP Shashi Tharoor had said that he would raise the issue in Parliament. He said that "inhumanity at the workplace must be legislated out of existence." A recent report by The Hindu reveals that Indian women in professional jobs, such as auditing, Information Technology, and media, work more than 55 hours a week. The working hours vary for those who belong to the marginalised sections of society and work in the unorganised sector. According to a study by ADP Research Institute, 49% of Indian workers said workplace stress negatively impacts their mental health. As French politician Benoit Hamon said, "Employees physically leave the office, but they do not leave their work. They remain attached by a kind of electronic leash like a dog. The text, the messages, the emails colonise the life of the individual to the point where he or she eventually breaks down".

Right to disconnect laws Such tragic incidents, research, and statements highlight how the right to disconnect is an important right. It allows employees to disconnect from their employer outside of working hours. The Labour Chamber of the French Supreme Court ruled in 2001 that an employee is under no obligation to work from home or take home files and working tools. This decision was subsequently confirmed by the Cour de Cassation (the highest court in the French judiciary), which said, "The fact that [the employee] was not reachable on his cell phone outside working hours cannot be considered as a misconduct". Portugal has a Right to Disconnect law, which makes it illegal for employers to contact employees outside working hours, except in emergencies. Similarly, according to Article 88 of the Organic Law 3/2018 on the Protection of Personal Data and Guarantee of Digital Rights in Spain, "Public workers and employees shall have the right to switch off devices in order to guarantee that, outside of legal or conventionally established working hours, their time off, leave and holidays are respected, in addition to their personal and family privacy, with the aim of promoting a good work-life balance". This year, the Australian Parliament passed the Fair Work Legislation Amendment, which gave employees the right to disconnect from work outside of working hours. Ireland has also recognised the right to disconnect for employees.

Where does India stand?

India does not have specific laws recognising the right to disconnect from work. However, the Constitution, the Directive Principles of State Policy, and various judicial pronouncements have spoken of the right to work in a conducive and healthy environment. Article 38 of the Constitution mandates that "the State shall strive to promote the welfare of the people". Article 39(e) of the Directive Principles of State Policy directs the state to direct its policy towards securing the strength and health of its workers. The Supreme Court, in Vishakhia v State of Rajasthan (1997), ruled that sexual harassment at the workplace violates fundamental rights, recognised the right to dignity at the workplace, and issued guidelines to ensure that there is a safe working environment for women and gender equality. In Ravindra Kumar Dhariwal and Ors v. Union of India (2021), the Court read Article 14 to include ideas of inclusive equality to reasonably accommodate persons with disabilities. Justice D.Y. Chandrachud said that an employer must consider an employee's individual differences and capabilities. In



India must recognise that the right to disconnect will increase productivity and ensure the overall growth and well being of employees and employers

Praveen Pradhan v. State of Uttaranchal (2012), the High Court of Uttarakhand held that "under the pretext of administrative control and discipline, a superior officer cannot be left to enjoy extreme liberty to make the intense humiliation and scolding inhumanly in front of all the subordinate staff members for a little lapse." Despite the clear recognition of the right to dignity at the workplace and a direction for employers to be sensitive towards mental health concerns, and also laws that fix accountability in the case of breaching working hours, violating dignity is unfortunately common in Indian workplaces.

Prolonged working hours In 2018, MP Supriya Sule introduced a Private Member Bill in the Lok Sabha, which delineated the right to disconnect from work after working hours. The bill included the provision of a penalty of 1% of the total remuneration of all employees to be paid by companies for noncompliance with its provisions. However, in recent years, there has been no significant legislative effort to recognise employees' right to disconnect from work outside working hours or to impose a duty on employers to be mindful of employee well-being and avoid overworking them. Research by Harvard Business Review shows that working prolonged hours causes stress, coronary heart diseases, and impacts overall health. Contrary to the widespread belief that overworked human beings bring in productivity, research by the University of Oxford in collaboration with British multinational telecoms firm BT found a conclusive link between happiness and productivity. Therefore, employers need to take into account psychological factors while dealing with employees. In its march towards becoming the third largest economy by 2030, India must recognise that the right to disconnect will increase productivity and ensure the growth and well-being of both employees and employers.

Why a turtleneck is the fashion BFF you need this (and every) winter

POV: It's time to get up! The alarm rings, but you're so cosy under your layers of blankets that the snooze button is just too tempting. You give in and drift back into sweet sleep, only to be awakened by the alarm again a few minutes later. You may hit snooze once more, but eventually, you know it's time to muster the courage to face the bone-chilling cold. As you prepare for the day, you begin the usual routine - brushing your teeth, enjoying a hot shower, and finally gearing up to pick your OOTD. You want something that keeps you warm while also checking the style box. Sounds like a daily sartorial conundrum? You're not alone. But here's the good news—we have a suggestion: befriend a few turtlenecks. You can go experimental or keep it classy when it comes to styling turtleneck sweaters. Photos: Instagram/Shanaya Kapoor (left) and Instagram/Khushi Kapoor (right) Warm and cosy, turtlenecks are a basic winter staple, but when styled well, they can be the secret to a fabulous winter wardrobe. On mornings when you're running late and don't want to spend hours deciding what to wear, turtlenecks come in handy. Pair one with a pair of jeans, and you're good to go! If it's too cold, layer up with a faux-leather jacket or an overcoat, and you're all set. For party nights when you want to slay without freezing, pair your turtleneck with a leather skirt and boots. It's as simple as that!

Stylists highly recommend including turtlenecks, even when building a minimalist winter capsule wardrobe. Think of it as the white T-shirt of your summer wardrobe. From beach outings to workdays and brunch dates, your favourite white T-shirt works for almost any occasion, right? A turtleneck serves the same purpose during winter. And let's not forget how it keeps your neck warm, protecting it from the winter chill. Its versatility is its biggest strength! It goes well with just about anything. You can wear it on its own or layer it with an open jacket or a cosy cardigan.

No surprises here that celebrity winter looks are incomplete without a few iconic turtleneck moments every year! This winter, it has already begun! Priyanka Chopra recently flaunted an ivory turtleneck that she teamed with matching trousers and a black jacket with faux fur accents. So luxe! Priyanka Chopra's monochrome winter fashion moment with a turtleneck sweater. Priyanka has had several stunning turtleneck moments in the last few years! She

Military biographies: a matter of heroes and overlapping history



V.K. Krishna Menon, India’s defence minister before and during the 1962 Sino-Indian war, was not a popular figure with the service chiefs, who nicknamed him ‘God Almighty’ for his overbearing ways. Not particularly fond of Gen. Timmaya (Timmy), Menon sought the opinion of Major General Sam Manekshaw on Timmaya. Sam, outspoken and articulate, replied, “Sir, as a junior officer, we are not permitted to express an opinion on a superior officer. We respect our seniors and we have no two opinions on it.” In his book on Timmaya, An Amazing Life (KW Publishers), Brigadier C.B. Khanduri writes about this innocuous but pivotal conversation that kickstarted a political storm leading to Thimayya’s resignation, which he later retracted. Biographies on Indian military leaders from different eras reveal overlapping spaces in history. For instance, Khanduri’s book mentions how Timmy’s recommendations on China were ignored by Menon, leading to India’s debacle in 1962. On the other hand, Arjun Subramanian’s book Shooting Straight (HarperCollins) begins the career story of Lt. Gen. Rostum (Rusty) Nanavatty after the 1962 conflict. Nanavatty was commissioned at the end of the war, a few years after Timmy’s career ended and at a time when a demoralised national leadership was undergoing a catharsis. Subramanian highlights a letter written by the young Lieutenant Nanavatty who is remarkably unsparing in his criticism of the leadership for its foibles in the war.

The author deftly uses the letter to bring out the fearlessness in the young officer’s thinking. In a way, Subramanian’s narrative in Shooting Straight is a consequential document about the war’s impact on young Indians. The stories of Timmy and Rusty are from different Indias — separated by the war of 1962 as the inflection point. Wedged between the two eras is the post-war decade after 1971. On one hand, the wars of the 1960s were over and on the other, the insurgencies of Punjab and Kashmir of the 1980s hadn’t yet arrived. Air Chief Marshal Idris Latif was an Air Force Chief during this period in the late 1970s. His wife, Bilkees Latif, in her book on her husband The Ladder of His Life (KW Publishers), reminisces about an important dimension of the question of choice during Partition in 1947. Soon after the Partition was announced, Latif, then a young air force officer, was goaded by another Muslim officer leaving for Pakistan to join him. To the officer’s opinion that Pakistan was a land for Muslims, Latif replied, “You must be joking; what has religion got to do with nationality? I’m an Indian, born in Hyderabad, you know — and not the Hyderabad in Pakistan!” He even advised the departing officer to stay, insisting that the Indian Air Force would be a better choice. Latif followed in the footsteps of Brigadier Mohd Usman who chose India over Pakistan. The story of Latif, who rose to become India’s first Muslim Air Chief, is emblematic of the secular culture of India’s

military. Typically, biographies provide a framework to situate events in the context of a nation’s journey. Military biographies assign signposts on the time-trajectory in a country’s history, especially in India, where the journey post-independence has been a progression from early existential struggles to assertions of identity. By exploring the paths of these protagonists, the biographies seek to capture the cultural impressions, personalities, choices, and help contextualise judgements on these characters. In the case of Nanavatty, peeling away his personality helps reveal his versatility. Like the tenure in Sri Lanka in the 1980s, when para commando units were sceptical of Nanavatty’s role as a commander but grew to respect his initiative, wholeheartedness and an ability to lead from the front.

Subramanian’s writing, lucid and accessible, aided by the protagonist’s painstaking notes, brings out the clarity in Nanavatty’s thinking, which underpinned his career philosophy. Khanduri writes about Timmy as a committed and vocal personality who commanded a larger than life presence. He carried the legacy and impressions of a colonial army, and oversaw the transition during post-independence nation-building, before the era of wars in the 1960s. Nanavatty, on the other hand, was the archetypal infantryman who believed that victory is measured by the proverbial ‘foot’, and whose spartan measures set a high bar in tackling ‘dirty’ insurgencies of the 1990s.

Complex journeysThe biographies of Timmy, Latif and Nanavatty help us understand the personalities and the road taken by each. While Timmy’s life is set in a time of tussles within the government, Latif played a key role in the modernisation following the 1971 war, including the replacement of old Canberra aircraft and the induction of Jaguars, all the while working with two different Prime Ministers of different political parties. Subramanian’s work on Nanavatty reveals the general’s approach in more complex security challenges than the other two — which involved the Indian Peace Keeping Force in Sri Lanka and the insurgency in Kashmir. The three narratives collectively depict how the Indian armed forces have evolved since independence to the nineties. The three books delve into the nuances of military leadership, particularly with the stakeholders — political or military. All three were straight shooters in their approach, but differed on their styles. While Timmy could be vocal and confrontational, Latif managed the political leadership adroitly, while Nanavatty, by the 1990s, had adopted a pragmatic approach. Despite these three eminently readable books and a recently republished biography of Gen. Srinagesh (Commanded by Destiny/Penguin Books), military biographies are rare in India. Many belong to an era of World Wars, when accounts were documented and information was archived better. Sadly, within this thin historiography, several books suffer from abysmal writing or hagiographical accounts. One wishes to see more critique of the protagonist in accounts. In his book, Subramanian reminds us that objective biographies of military leaders, especially those whose careers reached a pinnacle in the 1980s and 1990s, are rare, which makes Lt. Gen. Nanavatty’s book both relevant and unusual. At the level of perceptions, military biographies in India run the risk of being mistakenly assumed to be technical accounts of a closed community. In a country where the military has had a major role to play in its history, a diminished understanding robs readers of an essential part of history defined by its characters. India needs more biographies that provide a lens to understand people and past events, and their influence upon the present.

Ration at your doorstep

On August 12, 2025, Tamil Nadu Chief Minister M.K. Stalin launched Thayumanavar Thittam, a scheme to provide ration products at the doorsteps of senior citizens and persons with disabilities. This scheme, which when translated means ‘one who shows motherly affection’, is not new for Tamil Nadu, conceptually or in practice. But what makes it different from similar schemes implemented in the past is its reach. Thayumanavar Thittam, at a cost of cost of ₹30.16 crore, is set to benefit about 20.4 lakh senior citizens and 1.3 lakh persons with disabilities across the State. In early July, the authorities conducted a trial run of the scheme in 10 districts, including Chennai. Tamil Nadu is perhaps the only State to follow a universal public distribution system (PDS) instead of a targeted PDS. Unlike in many other States, where licences are issued to private dealers to run fair price shops, cooperative societies in Tamil Nadu manage the affairs of nearly 95% of the shops (as against the national average of over 20%). Of about 37,330 shops in the southern State, more than 35,000 shops are handled by co-operative societies.

Tamil Nadu has also established 2,495 mobile fair price shops to ensure access to essential commodities for people in remote, hilly, and geographically challenging areas. Five years ago, during the COVID-19 pandemic, the then AIADMK regime also opened seven such shops and named them after former Chief Minister Jayalalithaa. Other States have been implementing schemes similar to Thayumanavar Thittam for some time. Under the Oppom scheme in Kerala, auto rickshaw drivers deliver essential commodities at the doorsteps of people who cannot visit PDS shops to collect their supplies due to old age, illnesses, or other issues. In Karnataka, the Anna Suvidha scheme benefits those aged over 75. Punjab is also implementing its own variant of the concept. In Delhi and Andhra Pradesh, the execution of similar schemes ran into problems. The scheme in Delhi never took off when the Aam Aadmi Party was in power. In Andhra Pradesh, regime change proved to be the obstacle: the Telugu Desam Party-led government reversed the previous YSR Congress Party government’s practice of supplying essential commodities through mobile dispensing units for all beneficiaries. In the revised scheme, door delivery of commodities has been restricted to about 16 lakh PDS beneficiaries who are aged above 65 years or are physically challenged. Nevertheless, the idea has clearly been gaining currency. This is why it is strange that the Union government told the Lok Sabha early this month that “there is no provision under the [National Food Security] Act for delivery of foodgrains at the doorstep of beneficiaries.” What should have been stated is that Section 32 (1) of the Act says that the law does “not preclude the Central government or the State government from continuing or formulating other food-based welfare schemes.”

The DMK regime’s initiative was appreciated by Desiya Murpokku Dravida Kazhagam (DMDK) general secretary Premalatha Vijayakant, who is not an ally of the ruling party. Describing the launch of the scheme as a “victory” for DMDK founder Vijayakant and the party, she recalled how Vijayakant had promised electors during the 2006 Assembly polls that his party would deliver commodities to beneficiaries if brought to power. His idea had been ridiculed then, she said. The DMDK general secretary was, however, guarded about her party’s position on forming an alliance



with the DMK for the 2026 Assembly elections and clarified that the decision would be taken at the party’s meet in Cuddalore in January. Amma Makkal Munnetra Kazhagam (AMMK) general secretary T.T.V. Dhinakaran criticised the scheme, contending that it had been implemented keeping the Assembly elections in mind. He also reminded the government that it had not implemented the DMK’s electoral promise of increasing the quantity of sugar and including urad dal once again under the PDS. Notwithstanding the criticism, Mr. Stalin seems to be conscious of the fact that it is officials in charge who determine the success of any scheme. This was evident when he pointedly sought their cooperation. Without the right approach from them, schemes such as this may fail to ensure food security to lakhs of beneficiaries.

‘Global gold prices may double on weaker dollar’

International spot gold prices may touch \$7,000 an ounce by 2030 in the event of a dollar devaluation, according to Anindya Banerjee, head of currency and commodities, Kotak Securities. This is twice the current price of about \$3,400 an ounce. “The United States is trying to morph from the world’s consumer of last resort into a net producer. That pivot requires a cheaper currency and smaller capital inflows—outcomes that are bullish for real assets and especially for gold,” said Mr. Banerjee. A cheaper dollar may be achieved even as an outcome of policies such as immigration control and tariffs, among others, to achieve a zero-trade deficit, he pointed out. U.S. President Donald Trump, during a recent interaction with the American media, said “you make a hell of a lot more money with a weaker dollar. When you have a strong dollar, you can’t sell anything. It’s only good for inflation, and it’s good psychologically. It makes you feel good.” The American government is reportedly mooted the idea of devaluing the dollar to shore up exports and reduce the trade deficit. The immediate consequence of such a move would be a spike in international gold prices according to analysts. An active devaluation might be unlikely because that might reduce dollar’s status as a reserve currency, said Maneesh Sharma, AVP of commodities and currencies, Anand Rathii Shares and Stock Brokers. He, however, said even without a planned devaluation, a cheaper dollar, which is the outcome of tariffs and trade controls, would invariably lead to a surge in gold prices.

The science of sleep and the role of sleep aids



Some people seem to fall asleep the moment their head touches the pillow, while others toss and turn, counting imaginary sheep or scrolling endlessly on their phone. For the latter group, a growing market of sleep aids exists from white noise machines and rain sound playlists to herbal teas, melatonin pills and age-old practices like drinking warm turmeric milk before bed. Do these sleep aids help? And what makes falling asleep so effortless for some, yet such a challenge for others? Experts point to a complex mix of biology, lifestyle and environment.

What is sleep?

According to Sridhar R., senior consultant, Interventional Pulmonology, MGM Hospital, Chennai, sleep is broadly divided into two categories : Rapid Eye Movement (REM) sleep and Non-REM (NREM) sleep. NREM has three stages, from light sleep (N1) to deep, restorative slow-wave sleep (N3). REM, where vivid dreaming occurs, is vital for memory and emotional processing. A typical night involves four to six sleep cycles, each lasting 70–120 minutes, moving fluidly between NREM and REM stages. While adults require 7 to 8 hours of sleep, Indu Khosla, senior consultant, Paediatric Pulmonology, Narayana Health SRCC, Mumbai, notes that newborns may sleep up to 22 hours a day, children need 9 to 12 hours, teenagers 8 to 10 hours and older adults 6 to 8 hours. Interestingly, she adds, “Indians and Asians generally take less sleep than their Western counterparts.” Experts explain that those who nod off quickly may simply have a robust circadian rhythm the body’s internal clock and lower pre-sleep arousal. Others may benefit from optimal “sleep hygiene”: regular sleep times, low stress before bed and minimal light exposure. On the other hand, for people who lie awake, causes can range from excessive evening caffeine and screen use to underlying sleep disorders like insomnia or obstructive sleep apnea (OSA). Sounds and habitsAuditory aids -- white noise, pink noise, rain sounds, whale calls, Indian classical ragas, even traditional conch blowing can help by masking sudden, disruptive sounds. M.S. Panduranga, senior consultant , Neurology, Dharamshila Narayana Superspecialty Hospital, explains, “The brain processes sounds even during sleep. A continuous, uniform sound acts like an acoustic blanket, reducing the chance of arousals from irregular noises.” Pink noise, such as steady rainfall, can even synchronise brain waves and consolidate sleep. Indian classical music, says Dr. Sridhar, offers a “structured broadband quality” that relaxes without the jarring impact of random noise. For babies, rhythmic sounds may mimic the mother’s heartbeat in the womb, aiding sleep but Dr. Khosla

cautions against creating long-term dependence on such aids. Sindhu V., consultant, pulmonology, SRM Global Hospitals, Chennai explains, “India’s mix of traditional and modern habits has a clear impact on sleep”. Late-night chai -- rich in caffeine -- and prolonged screen exposure suppress melatonin, delaying sleep onset. Blue light from devices signals the brain to “stay awake,” a problem most pronounced in urban areas.

In rural regions, sleep tends to follow the natural light cycle -- early to bed, early to rise, whereas city dwellers often push bedtimes later due to artificial lighting, socialising or work. “Practices such as yoga, meditation and warm milk before bed, rooted in Indian tradition, can help counteract these modern disruptions,” Dr. Sindhu said. Sleep associated health risksInsomnia -- sleep disorder where people struggle to fall asleep, stay asleep, or both, even when they have the opportunity for a full night’s rest, Obstructive sleep apnea(OSA)-- another sleep disorder where your upper airway repeatedly becomes blocked during sleep, causing pauses in breathing (apnea) or shallow breathing (hypopnea) , restless leg syndrome -- a neurological disorder that causes an irresistible urge to move the legs, often accompanied by uncomfortable sensations and narcolepsy -- a chronic neurological disorder that disrupts the brain’s ability to regulate sleep-wake cycles, leading to excessive daytime sleepiness and other sleep disturbances are among India’s most prevalent sleep disorders.

OSA, often linked to obesity, enlarged tonsils, cranio-facial structure-- the intricate framework of the head and face, encompassing the skull, facial bones, muscles, nerves, and teeth, which develops from complex embryonic processes like neural crest cell migration disrupts deep sleep and can cause hypertension, heart disease, and memory impairment. Dr. Khosla stresses that even children especially those living with obesity, Down syndrome, or neuromuscular disorders can suffer from OSA, making timely diagnosis through sleep studies crucial. While there is some evidence that herbal remedies including chamomile tea, ashwagandha, brahmi, and turmeric milk promote relaxation, self medicating with over-the-counter sleep medications can be risky. Dr. Sridhar advises professional consultation, particularly for chronic insomnia (trouble sleeping three or more nights a week for over three months) or when sleep issues are linked to other health conditions.

Quality matters as much as quantity. “A regular sleep schedule, reduced evening caffeine, limited screen time, a calm sleep environment and moderate daytime activity can make falling asleep and staying asleep much easier”, says Dr. Panduranga. For those still struggling despite good habits, doctors recommend seeking evaluation rather than relying indefinitely on home remedies or sound machines. While International health bodies such as World Health Organization supports research and guidelines on sleep disorders and includes certain prescription medicines for short-term use in specific cases, their primary advice too is to build lasting, good sleep hygiene. As experts puts it, “Good sleep is not a luxury , it’s a biological necessity. Every stage of sleep has a role in keeping your body and mind healthy. If you’re not getting it, your health will eventually show it.”

To survive AI and global geopolitics, India should become a hub of knowledge creation, not just knowledge processing

Earlier this month, Tata Consultancy Services (TCS), India’s largest IT services firm, confirmed it will lay off 12,000 employees. For decades, companies such as TCS symbolised India’s prowess in IT-enabled services — a low-cost, high-scale model that rode the wave of globalisation. But that model is now under existential strain. The era of labour arbitrage is drawing to a close, and the age of artificial intelligence (AI) is rewriting the rules of economic competitiveness.

Generative AI, machine learning, and automation are fast replacing the very tasks that once gave India its edge: coding, data entry, support services, and even parts of analytics. The decline in headcount is not a blip; India’s core export, white-collar digital labour, is being disrupted. And the country does not seem prepared as we see problems in absorbing science and engineering talent newly entering the job market. Simultaneously, the manufacturing-led catch-up route is narrowing. For years, economists argued India could do what China did in the 1990s — turn industrial policy and export-led manufacturing into mass employment and structural transformation. But that ship has largely sailed. Countries such as Vietnam and Bangladesh have already captured the low-cost manufacturing space. Add to that rising automation and India’s own infrastructure bottlenecks, the feasibility of China-style manufacturing resurgence diminishes rapidly.

What, then, is India’s pathway to sustained economic relevance?

The answer lies upstream — in innovation, discovery science, and a smart, coordinated science, technology, and innovation (STI) policy. If India wants to be a rule-maker rather than a rule-taker in the AI-driven global economy, it must invest urgently in becoming a hub of knowledge creation, not just knowledge processing. This will only be achievable with a new national compact that starts from STEM but goes above and beyond embracing STEPS — an integration of STEM with policy and society. This means building a generation of technologists who understand not just how to build systems, but how those systems affect entrepreneurship, business model and scaling, ethics, governance, and inclusion. It also means reforming curricula to include data governance, AI ethics, climate-tech, innovation economics, and intellectual property policy. Finally, it also means urgent, mission mode requirement of an integrated, State-agnostic approach where we will see not just southern India having a head start in STEM and STEPS. The New Education Policy (NEP), 2020 provides some groundwork, but implementation must go further and deeper. From IITs to State universities, India will need a deliberate shift toward interdisciplinary innovation and doctoral-level research capacity. India’s innovation-to-education pipeline is currently too weak to sustain a 21st century knowledge economy.

And sadly in this, as noted above, manufacturing likely will not save India any more. The dream of becoming the “next China” in manufacturing is now largely unrealistic. India’s manufacturing sector contributes just 14-16% of the GDP — a figure that has barely budged in a decade. More worryingly, global manufacturing is undergoing its own AI-



led transformation: smart factories, predictive maintenance, and robotic assembly lines are shrinking the need for cheap labour. Competing on cost is now a losing battle. Moreover, global supply chains are also realigning around strategic resilience and digital integration, not just wage arbitrage. India’s challenge is not to attract the next garment factory but to build the next quantum computing lab or climate-resilient agri-tech platform. Which brings us to the question of how a Triple Helix approach might be India’s best shot at future-readiness. To get there, India will need a clear National Science and Innovation Strategy underpinned by deep collaboration between government, industry, and academia. No single actor can deliver the transformation needed and increasingly the need of the hour will be science-based entrepreneurship and scientist entrepreneurs. It has been done before like by Vijay Chandru, inventor of Simputer and founder of Strand Genomics, also a former IISc Professor, but one Vijay Chandru is hardly enough for a country of 1.3 billion. Government also must invest in blue-sky science, reform its R&D funding structures, and design enabling regulatory frameworks for frontier tech (AI, biotech, semiconductors, and so on). Universities must evolve into innovation hubs, not just exam factories. They must work closely with industry, build tech transfer offices, and reward risk-taking. Industry also must move beyond short-term returns and co-invest in long-horizon research, from chip design to synthetic biology refusing to accept modest productivity gains with a middling equilibrium mindset. Global lessons abound. The U.S.’s DARPA ecosystem, Germany’s Fraunhofer Institutes, and Israel’s Start-Up Nation playbook all demonstrate how strategic state support and institutional coordination can turn ideas into global advantage. India can build from their lessons, leverage on the current global geopolitical headwinds and create a national consciousness around science and innovation. It is not just investment in science that will matter, but investment in the science of innovation itself brings in a critical evaluation mindset for upgrading based on evidence. India lacks a coherent framework to measure what works: which R&D models yield translational success? How do tech incubators perform over time? Where does research funding leak or stagnate? A National Science of Science and Innovation Policy (NSIP) platform — a cross-ministerial, data-driven approach to governing the innovation ecosystem — could be a way forward. NITI Aayog’s AI strategy and the recent National Research Foundation are steps in the right direction, but coordination and scale remain insufficient.

Coal buffer plunge by 66%, a 3-year low, but rebuilding stock before next summer a ‘bigger concern’



Rebuilding coal inventories ahead of next summer was the “main concern”, officials said amid a “neck-to-neck situation” as stocks at domestic coal-based power plants plunged 66% — from around 54.9 million tonnes at the beginning of April to 18.6 million tonnes by the end of September. With rainfall in parts of northern and eastern India, there has already been some moderation in electricity demand and officials maintained they expect the demand to further ease as the summer heat recedes and the country moves into the post-summer demand pattern. This will ease some pressure on coal-based power plants and allow them to rebuild inventory by March, officials told The Indian Express.

“The concern is not for this year but for next year. This year things will be neck-to-neck as there is a lot of pressure on thermal power plants in the absence of hydro-power due to rainfall deficit. The main concern is rebuilding the stock by March before the onset of next summer,” a senior official involved in power system operations told The Indian Express. The depletion of coal inventories at domestic coal-based power plants this year is the highest in the past three years. Fuel stocks at domestic coal-based power plants have declined by around 66% this year, compared with a decline of around 23% during the same period last year, when stocks fell from 55.2 million tonnes at the beginning of April to 42.6 million tonnes by the end of September. The same was 31.8% in 2024 and 36.8% in 2023 for the same period. Officials expect the situation to improve with better availability of railway rakes for transporting coal to power plants, along with an increase in coal production. Coal India Limited, the country’s largest coal miner that accounts for about 83% of

the coal supplied to the power sector in India, also reported a 9.18% increase in coal production during September compared to the same month last year. “Supplies to the power sector also registered strong growth of 10.63%, during the month rising to 48.90 million tonnes (MT) from 44.20 MT in previous fiscal,” the state owned miner informed exchanges on Thursday. Coal supplies to thermal power plants depend heavily on logistics, particularly the availability of railway rakes, as a large share of India’s operational coal-based generation capacity is located away from the coal mines. “October and November are typically crucial for rebuilding stocks as demand usually moderate during this period. While there has been some heating demand during the peak winter, usually this is the period when coal stock rises,” another senior official told. Blending of imported coal, BESS under discussion This year, higher-than-projected demand has already raised concerns over power availability, with the government moving to take additional measures to maximise generation from available capacity. Among these measures, the power ministry has directed around 112 captive coal-based power plants to operate at maximum capacity from October 1 to December 31. Apart from this, there has also been discussion on directing thermal power plants to blend imported coal with domestic supplies, officials aware of the matter told The Indian Express. However, no final decision has been taken on the issue so far.

While the government has issued advisories on blending imported coal with domestic supplies from time to time in the past, such advisories have not been issued beyond October 15, 2024. At the same time, there is a push to add more battery energy storage systems (BESS) over the next six months, particularly at the inter-state transmission system (ISTS) level. The move is aimed at addressing the growing gap between the availability of solar power during the day and the higher demand for electricity after sunset, when generation from solar projects falls sharply. One of the senior officials quoted above said at least five to six major renewable energy companies are planning to add around 10 GW of battery energy storage capacity by March. “This will be very beneficial for the system, especially during the evening and night hours when there is greater stress on the grid,” the official added. Queries sent to the Ministry of Power did not elicit any response till the time of filing this report.

GST arrest powers on way out amid concerns over taxmen’s overreach

In a bid to boost investor sentiment and allay concerns about overreach by tax authorities, the upcoming GST Council meeting, on October 7, will take up the proposal to decriminalise offences under the indirect tax regime, two persons aware of the development. The Centre and the states are learnt to have held several meetings over the last eight-nine months, including involvement at the top levels of the Union government, to reach a broad consensus on removal of the arrest provisions under GST, which were being seen as a major impediment for traders and businesses. The move is viewed as urgent as several arrests of high-ranking functionaries were made in recent times under the GST provisions that were termed by industry leaders as an overreach.

For intentional frauds and deceit under GST, the authorities will proceed with prosecution and arrests will be through the country’s criminal code, Bharatiya Nyaya Sanhita, a source said. “The consultations had been going on since the last eight-nine months. The feedback from businesses about the arrests has been taken into account to move ahead with this discussion. The GST Council will take up the matter and the final decision will be taken after that, following which there will be legislative changes to allow removal of arrest provisions under GST laws,” said a source. After the rollout of GST in July 2017, authorities have grappled with multiple instances of frauds, involving broadly similar modus operandi. Typically, such cases involve fake identities or mule accounts to undertake fraudulent GST transactions in a bid to avoid input tax credit, or fake bills without actual supply of goods. Many suppliers also under-value their final goods and show purchase of raw materials at lower rates. Or, they supply taxable goods and services without due payment of GST to the central and state governments. In 72,393 cases of GST offences from 2021-22 to 2024-25, 887 arrests were made by central GST formations. The arrests by state authorities will be in addition to this number. Under the Central GST Act, non-compliance can result in penalty under Section 122, interest under Section 50, and recovery of tax. However, violations involving deliberate intent to evade tax attract arrest and prosecution under the criminal provisions of the CGST Act. Section 69 of the CGST Act provides for the power to arrest after approval by the Commissioner. Sub-section (1) provides that where the Commissioner has “reasons to believe” that a person has committed any offence related to fake invoices, fraudulent availment of input tax credit, he may, by order, authorise any officer of central tax to arrest such person. The “reasons to believe” have to be backed by credible material and evidence, and mere suspicion is not sufficient, with all the reasons required to be recorded in writing. According to sources, after the GST Council discusses the issue at its upcoming 57th meeting slated on Wednesday, the Centre is expected to bring in an amendment in the Winter Session of Parliament to enable the removal of arrest powers. Industry experts said arrests had become a harassment tool, especially in the services sector, including banking and insurance, and would often be deployed as a bargaining tool for businesses to pay penalty in order to avoid prolonged legal battles. An official said the removal of arrest powers would be a taxpayer-friendly measure and remove any perceptions of fear and harassment.

The concern about arrest powers under GST laws is not new. It was flagged by several states in the early meetings of the GST Council, even before the 2017 rollout of the indirect tax regime. In the fifth GST Council meeting held in December 2016, the Maharashtra Additional Chief Secretary had observed that the power of arrest and confiscation was not in tune with the concept of ease of doing business, according to the minutes of the meeting. A minister from West Bengal had said that under VAT law, there was no power of arrest and that First Information Report (FIR) could be lodged only with the police, and it may not be prudent to give such powers to the tax authority.

If the power to arrest is removed, the GST regime, in a way, will be similar to the Value Added Tax regime that existed before the rollout of the indirect tax regime in July 2017 and did not have any provisions for arrest. The Commis-



sioner, GST Council, had said that under GST, the provision of arrest was highly restricted and the power could be exercised only where combined evasion of duty was Rs 2 crore or more and where offence was very severe — where supplies were made without any invoice; invoice was made without any supply; tax collected but not paid to the government; tax collected in contravention of provisions of the GST Act but not paid to the government; and taking input tax credit without receiving goods and services. An official document from the Central Board of Indirect Taxes and Customs (CBIC) stated that in the administration of taxation, the provisions for arrests are created to tackle the situations created by some unscrupulous tax evaders. “To some, these may appear very harsh, but these are necessary for efficient tax administration and also act as a deterrent and instill a sense of discipline. The provisions for arrests under GST law have sufficient inbuilt safeguards to ensure that these are used only under authorisation from the Commissioner. Besides this, the GST law also stipulates that arrests can be made only in those cases where the person is involved in offences specified for the purposes of arrest and the tax amount involved in such offence is more than the specified limit,” it said. The government has been moving towards decriminalisation of offences on the direct tax side as well. The Central Board of Direct Taxes (CBDT) had, in September, removed arrest and detention provisions from the tax recovery rules with retrospective effect from April 1, 2026, barring tax officials from undertaking arrest in case of tax default. In a notification dated September 17, the CBDT had brought in Income-Tax (Fourth Amendment) Rules, 2026, which also removes “arrest and detention” from the tax recovery rules in case of death of the defaulter.

Minister Ponguleti urged to allot house sites for journalists in Kothagudem

Kothagudem: A delegation of journalists submitted a representation to Revenue Minister Ponguleti Srinivasa Reddy, requesting the allotment of housing sites for journalists working in the Kothagudem district headquarters including Kothagudem, Lakshmidevipalli and Chunchupalli mandals.

They met the Minister during his district tour on Sunday and apprised him of their grievances. Journalists, who have long served as a bridge between the government and the public and have helped address various issues, were facing hardships as they lacked homes of their own.

They stated that they have been waiting for housing plots for years and urged the government to ensure justice by fulfilling the promise made to journalists. They recalled that 10 acres of land near the Ramavaram bridge had previously been earmarked for journalists’ housing plots. However, the allocation process had stalled due to unexplained reasons, they said while appealing to the Minister to expedite the allotment of housing plots to all eligible journalists. Responding to the request, Minister Srinivasa Reddy acknowledged that the issue of housing plots for journalists was on his agenda and assured them that he would strive to resolve the matter soon.

Bhagyashree enjoys date night with hubby Himalaya Dassani re kindle the joys of a relationship



Mumbai: Actress Bhagyashree recently enjoyed a date night with her husband Himalaya Dassani and shared a glimpse of their evening on social media. Taking to Instagram, the ‘Maine Pyar Kiya’ actress shared moments from their outing and reflected on how date nights can help couples unwind and reconnect. Sharing their romantic photos, Bhagyashree wrote, “Captured moments making memories. Date nights are so important to unwind, re kindle the joys of a relationship. While at it, @prashantchaudhri @minakshichaudhri I must admit that the possibility of us enjoying this at a whim is thanks to the incredible places in

juhu that you have consistently built over the years. #couplegoals #datenight.” The carousel of photos features Bhagyashree and Himalaya enjoying quality time together at a restaurant. In one picture, the couple is seen gazing at each other, while another captures Bhagyashree laughing as she rests her head on Himalaya’s shoulder.

In another heartwarming moment, the actress is seen feeding her husband, giving a glimpse of their love and companionship. Bhagyashree often gives a glimpse into her married life with Himalaya Dassani by sharing pictures and special moments from their time together. In July, the actress shared pictures from a getaway to Udaipur with her husband, offering a peek into their memorable moments together. For the unversed, Bhagyashree and Himalaya tied the knot in 1989. The couple has two children, son Abhimanyu Dassani and daughter Avantika Dassani. Abhimanyu made his acting debut with the 2019 film “Mard Ko Dard Nahi Hota,” while Avantika stepped into the entertainment industry with the web series “Mithya. In January, Bhagyashree marked 37 years of marriage with husband Himalaya Dassani. On the occasion, she looked back on their journey together, reminiscing about the years filled with cherished memories, laughter, tears, disagreements and reconciliations. Bhagyashree had written, “Growing up together and still going strong, 37 years and counting! We have created a lifetime of memories, laughed n cried, fought and made up, built a house, made a home, had 2 beautiful kids, worked hard, travelled the world, seen the highs and lows of life, struggled and celebrated.... wow together forever.... Nothing’s gonna stop us now! Feel blessed to have walked my life with you...happy anniversary my love.

Hina Khan reveals ‘she bled through nose every day’ during Ladakh trip

Mumbai: Television actress Hina Khan has opened up about her first trip to Ladakh and described the high-altitude region as “truly a test of endurance.” She revealed that she suffered nosebleeds every day during her stay. Sharing glimpses from her Ladakh journey, Hina said the region offered her a different perspective on life and made her realize the importance of slowing down. “My first trip to Ladakh—Ladakh is not at all easy; It’s truly a test of endurance. The region gives you another perspective of life.. You realize how insignificant you are and how these mountains give you no option but demand to slow down.. Sharing my Ladakh experience and essentials you must must carry along with you,” she wrote.

The ‘Yeh Rishta Kya Kehlata Hai’ actress also shared a detailed list of essentials she believes travellers should carry while visiting the high-altitude region. Hina highlighted the importance of proper acclimatisation and said carrying an oxygen backup can be a useful precaution when travelling to remote high-altitude areas. She also mentioned Diamox, a prescription medication used to help prevent and reduce symptoms of acute mountain sickness, while advising people to consult their physician regarding dosage. The actress stressed the need for proper layering to deal with Ladakh’s extreme temperature changes, along with carrying a pulse oximeter and digital thermometer. Hina also spoke about the dry conditions in the region, revealing that she experienced nosebleeds throughout her trip. “Touchwood none of us had high-altitude sickness or required oxygen; we took proper precautions, but this thin dry air gets onto you.. I bled thru my nose everyday due to clot formation in my nasal passage till I got back home.. Make sure you use saline nasal sprays and nasal moisturizers or gels or oil to



protect and soothe your nasal passages against the dry, cold air found at high altitudes,” she shared. She advised travellers to carry saline nasal sprays and nasal moisturisers or gels to help protect and soothe the nasal passages from the dry, cold air.

The ‘Kasautii Zindagii Kay’ actress also recommended carrying basic toilet-hygiene supplies such as pocket tissues, hand sanitiser, toilet seat sanitiser and toilet seat covers, particularly for long road journeys where restrooms may not be readily available. Among her other travel essentials, she listed Category 4 sunglasses, a neck gaiter to protect against dust, a long-lasting power bank and a portable nebuliser for those who require respiratory medication. Calling her Ladakh experience a lesson in endurance and preparation, Hina encouraged travellers to be mindful of the unique challenges posed by the region’s high altitude and harsh climate.

Kerry Washington says Ben Affleck would do anything for her except one thing



Mumbai: Actress Kerry Washington took to social media to jokingly reveal that her superstar Ben Affleck would “do anything” for her, except promote their upcoming film Animals online. Washington took to Instagram, where she shared a funny reel with Affleck. In the clip, Affleck is seen telling the actress that he would do anything for her. When Washington asks to do a “TikTok Video”, the actor-filmmaker hilariously gets up and walks away. “Ben would do anything for me. Except go on social media and promote our new movie Animals. On @netflix October 9th. Maybe one day....” she wrote as the caption. Animals is an upcoming American crime thriller film directed by Ben Affleck and written by Affleck, Connor O. McIntyre and Billy Ray. It stars Affleck, Kerry Washington, Gillian Anderson, Adriana Paz with Luis Gerardo Méndez, and Steven Yeun.

The film follows Mark Kimball, whose son gets kidnapped; he and his wife have a few hours to come up with the ransom payment. With most of their money spent on his political campaign, they have to get their hands dirty and expose a side of their lives they never intended to see the

light of day. Washington has received several accolades, including a Primetime Emmy Award as well as nominations for two Golden Globe Awards and two Tony Awards. She was named as the eighth-highest-paid television actress in 2018. The actress gained wide recognition for starring as crisis management expert Olivia Pope in the drama series Scandal. She was further Emmy-nominated for her roles in the political film Confirmation and a troubled mother in the miniseries Little Fires Everywhere. Washington made her feature film debut acting in the drama Our Song in 2000. On stage, she made her Broadway debut in David Mamet’s play Race in 2009. Talking about Affleck, his honours include two Academy Awards, two BAFTA Awards, and three Golden Globes. Affleck began his career as a child when he starred in the PBS educational series The Voyage of the Mimi. He later appeared in the independent comedy Dazed and Confused and several Kevin Smith comedies, including Mallrats, Chasing Amy and Dogma.

Tech giants unite on safeguards for super intelligence

Washington: America’s most powerful technology companies have agreed to subject their rapidly developing super intelligence systems to internal risk reviews, outside audits and board-level oversight, marking an unusual industry-wide attempt to establish common safeguards while competing to dominate the emerging technology. The commitments emerged from a White House meeting with President Donald Trump that brought together leaders of companies at the forefront of the technology race, despite differences among them over the scale of the risks posed by increasingly powerful systems. Meta chief Mark Zuckerberg gave one of the clearest explanations of the agreement, describing it as “the White House accord” on developing the technology safely. “The basic idea is that we wanna give the American people and our customers confidence that the technology works in the way that we intend,” Zuckerberg said. He said companies had agreed on “principles and commitments” that included robust internal controls and mechanisms to detect problems. Those safeguards would be accompanied by “multiple layers” of auditing and oversight, he said, beginning with internal risk reviews and extending to outside auditors and evaluators. The companies also agreed that their boards of directors would independently review reports produced by auditors. “The idea isn’t that this is the only thing that we will ever do. It is that this is a start and an accord that the whole industry could come to,” Zuckerberg said.

‘We must salute his great career’: Zidane backs Ronaldo



Paris: France head coach Zinedine Zidane has backed Cristiano Ronaldo amid the controversy surrounding the Portuguese forward's recent departure from the national team camp, saying the veteran deserves recognition for his remarkable career. Ronaldo has been at the centre of attention after leaving Portugal's camp ahead of their Nations League fixtures following reported differences with the team management. The incident has once again raised questions over the 41-year-old's international future.

However, Zidane, who worked closely with Ronaldo during his hugely successful spell as Real Madrid coach, offered strong support for his former player and highlighted the impact the Portuguese star had on the Spanish

giants. Under Zidane, Real Madrid won three consecutive UEFA Champions League titles between 2016 and 2018, with Ronaldo playing a decisive role in the club's European success.

"Cristiano Ronaldo made me win incredible trophies. Hats off to you, Cris. We must salute his great career the right way. I was lucky to have him with me. I have a lot of respect for all my players and especially for Cristiano," Zidane said at a press conference. Zidane is now focused on a new chapter in his managerial career after taking charge of the France national team. His start with Les Bleus has been encouraging, with away victories against Turkey and Belgium and a home draw against Italy in Paris. The former France captain also reflected on how his responsibilities have changed since moving from the daily demands of club football to the international game. He acknowledged that coaching a club involves constant work and preparation throughout the season, while managing a national side requires a different approach. Despite the change in environment, Zidane stressed that his desire to get the best out of his players remains the same. "Perhaps the difference is that at a club it never stops; it is day to day, it is very all-consuming. I loved doing that, and now I have another side to it, and I will try to do it this way, which will be a little different. But in any case, the desire to work well around my team is the same," he said.

AIFF elections: Rajeev Sharma appointed Electoral Officer ahead of December 20 polls

GNS News Agency, Oct 9

Kolkata: The All India Football Federation (AIFF) will conduct its general elections on December 20, with former Haryana State Election Commissioner Rajeev Sharma appointed as the Electoral Officer to oversee the process. The decision was taken during the federation's Special General Body Meeting (SGBM) held in Kolkata on Sunday, with members of the AIFF Executive Committee, representatives of member associations and officials from FIFA and the Asian Football Confederation (AFC) in attendance.

The tenure of the existing Executive Committee has also been extended until December 30, 2026, or until the newly elected committee takes charge, whichever comes first. "The All India Football Federation (AIFF) conducted its Special General Body Meeting (SGBM) in Kolkata on Sunday, October 4, 2026. The meeting was attended by the members of the AIFF Executive Committee, representatives from the member associations, and officials from FIFA and AFC. The General Body resolved that the General Elections for the All India Football Federation will be conducted on December 20, 2026," AIFF said in a statement. "Rajeev Sharma, former State Election Commissioner of Haryana, has been appointed as the Electoral Officer to oversee the conduct of the elections. The General Body also resolved to extend the tenure of the current AIFF Executive Committee until December 30, 2026, or until the newly elected Executive Committee assumes office, whichever is earlier," the statement added.



The upcoming polls will be the first AIFF elections since September 2022, when Kalyan Chaubey was elected president for a four-year term. The election schedule comes at a significant period for Indian football, with the national team gaining exposure against some of the world's leading football nations. India recently faced five-time world champions Brazil in an international friendly at Salt Lake Stadium. Brazil secured a 4-0 victory, with Estevao, Casemiro, Gabriel Martinelli and Vinicius Junior finding the net. The match was part of India's recent run of high-profile international fixtures as the national side looks to test itself against stronger opposition. India had also played Panama in the build-up to the Brazil fixture, while Uruguay are scheduled to visit the country for another international friendly.

Kuldeep wins Impact Player award as India clinch ODI series against West Indies

GNS News Agency, Oct 9

New Chandigarh: Left-arm wrist-spinner Kuldeep Yadav was named the winner of the 'Impact Player of the Series' award following India's 2-1 ODI series victory over the West Indies. He earned praise from team physiotherapist Yogesh Parmar for putting his body on the line and achieving major milestones during the series. Kuldeep emerged as the leading wicket-taker in the three-match series with seven scalps, including a four-wicket haul in Thiruvananthapuram. He also became the fastest Indian spinner to cross the 200-wicket milestone in men's ODIs.

"First of all, congratulations for winning the series. The award goes to someone who has consistently performed throughout the series. He has also got 200 wickets in ODI format. So that's another achievement and he is also the highest wicket-taker for this series. "As we discussed, he has always stood up and performed exceptionally well and he has always put his body on the line and this award goes to Kuldeep Yadav," Parmar said in a video posted on BCCI's social media accounts on Sunday.

Accepting the honour, Kuldeep credited senior batters — captain Shubman Gill, Virat Kohli, wicketkeeper-batter KL Rahul and Rohit Sharma — for setting up matches with the bat. He also reflected on how the preparatory camp in Thiruvananthapuram helped him hit peak rhythm ahead of the series. "Firstly, congratulations for the series win. A lot of



credit goes to Shubhi, Virat bhai, KL bhai and Rohit bhai, especially with the bat. This award really means a lot to me because before the start of the series, we had a couple of sessions in Trivandrum. "Then I felt like I was in a very, very good rhythm. I just wanted to continue that rhythm into the games as well and luckily, it went really well. So this is very special.

Thank you," he said. Kuldeep will next be seen in action when India take on the West Indies in the T20I series opener in Lucknow on Tuesday. The two teams are scheduled to play four more matches in Ranchi, Indore, Hyderabad and Bengaluru on October 9, 11, 14 and 17, respectively.



Boys: Rajat Vyas, Rajasthan. Players of the final: Girls: V Anishika, Tamil Nadu; Viraj Bhanage, Maharashtra. Boys: Ronit Dhanka, Rajasthan; Sahil Kumar, Uttar Pradesh. The scores: Girls' final: Tamil Nadu 65 (Dhanya M 19, V Anishika 13) beat Maharashtra 55 (Maitrisha 13). Girls' third-place match: Uttar Pradesh 65 (Angel Malik 25, Tejasvi Karhana 9) beat Karnataka 49 (Aarushi Ananth 16, Devishi Jha 11). Boys' final: Rajasthan 77 (Robin Dhanka 19, Daksh Choudhary 18) beat Uttar Pradesh 56 (Sahil Kumar 22, Vansh Tomar 10). Boys' third-place match: Haryana 60 (Harsh Rathee 16, Keshav Kaushik 11) beat Maharashtra 54 (Mayank Sharma 11, Aarush Tomar 11).

Sammy hails Hope's leadership after West Indies' historic India win



New Chandigarh: West Indies head coach Daren Sammy lavishly praised captain Shai Hope's exceptional leadership after the skipper produced a match-winning, unbeaten 162 to lead the visitors to a historic 352-run chase against India in the third and final ODI of the series. Hope, who spent all 50 overs behind the stumps during India's innings before opening the batting in place of the injured Jewel Andrew, anchored the record-breaking pursuit to hand West Indies a memorable victory by carrying his bat throughout the chase at the new PCA Stadium.

"He was in the field for what, 98.2 overs. He literally took the team on his back today with the bat, like he's done so many times before. The skipper stepping up is not anything new to him, but to keep 50 overs and then put on your

pads and go and play an innings like that was special," Sammy was quoted as saying by the ICC on Sunday. The head coach also felt Hope's contributions to West Indies cricket often do not receive the recognition they deserve.

"He doesn't really say much. But when he speaks, he's quite clear as to what he's expecting from himself and from the group. As I said, he leads by his performance. He believes in that. "Like, somebody had to go up and open, and when I said to him (to open), he didn't say a word. He just put on his pads, went out, and won us the game. I don't think he gets enough credit for what he's done for West Indies, how he's played, and the commitment he's given us. Class player, great individual," he added. Highlighting the broader takeaways from the series ahead of the 2027 Men's ODI World Cup, though West Indies might have to take the qualifiers route, Sammy felt there were a lot of positives to take from a batting perspective. "We came here knowing the quality that India has and to measure ourselves against a team like that. We showed that when we do things consistently well for long enough, we could match the number one team in the world. We will take a lot of learning from this. "Even with a batter short, we knew what we've been talking in the dressing room about: batsmen scoring hundreds and batting deep. Putting on partnerships, not losing wickets in clusters. Once we did that, we had a very strong chance of winning. It's such a tough place to defend. You've got to be confident that whatever the opposition gets on the surface, you can get it too," Sammy concluded.

Anukul Roy joins India A squad ahead of Australia A one-day series

GNS News Agency, Oct 9 Puducherry: Left-arm spin-bowling all-rounder Anukul Roy has been drafted into the India A squad for the upcoming three-match one-day series against Australia A as a replacement for Naman Dhir, who was called up to the senior men's T20I squad for the five-match series against the West Indies. Dhir was included in India's T20I squad for the series against the West Indies as a replacement for off-spin bowling all-rounder Washington Sundar, who was released to play Ranji Trophy cricket for Tamil Nadu ahead of India's Test tour of New Zealand next month.

"Anukul was in Srinagar as a member of the Rest of India Irani Cup team before travelling to Puducherry to join the India A squad after Naman was called up for the upcoming senior men's T20I duty," a source privy to the developments told IANS on Sunday. Anukul, who plays for Jharkhand in domestic cricket, was a member of the India A squad for the 50-over tri-series in Sri Lanka in June. He played five games, scoring a highest of 39 with the bat and taking seven wickets as India A won the trophy.

He then turned out for East Zone in their victorious Duleep Trophy campaign, scoring 37, 16, 0, 45 and 64 with the bat while picking up seven wickets, including a five-wicket haul against North East Zone. Previously, seam-bowling all-rounder Suryansh Shedge was drafted into the India A squad as a replacement for injured Hardik Pandya, who is nursing a right medial tibial stress syndrome injury. The three-match



unofficial ODI series between India A and Australia A begins at the Cricket Association Puducherry Siechem Ground on Tuesday, with the match scheduled to start at 2 pm. The subsequent matches will be played on October 9 and 11, respectively, and will begin at 9 am. India A skipper Ruturaj Gaikwad will link up with the squad after being part of India's 2-1 ODI series win over the West Indies, while Vipraj Nigam and Yash Thakur are scheduled to arrive after being part of the Asian Games gold medal-winning team. Updated India A squad: Ruturaj Gaikwad (captain), Priyansh Arya, Sai Sudharsan, Devdutt Padikkal (vice-captain), Rajat Patidar, Kumar Kushagra (wk), Nishant Sindhu, Vipraj Nigam, Arshin Kulkarni, Arshad Khan, Prabhsimran Singh (wk), Gurjapneet Singh, Yash Thakur, Suryansh Shedge and Anukul Roy.

Yu Zidi, Boonson rewarded for record-breaking campaigns

GNS News Agency, Oct 9

Nagoya: China's 13-year-old swimming sensation Yu Zidi and Thailand's sprinter Puripol Boonson were named the Female and Male Most Valuable Players, respectively, at the 20th Asian Games Aichi-Nagoya 2026 by the Olympic Council of Asia (OCA) on Sunday. Yu and Boonson were rewarded for standout campaigns in which they combined multiple gold medals with a series of Asian Games and Asian records. Both athletes will receive USD 25,000 each from the OCA for their performances at the continental multi-sport event. Yu, who is only 13, emerged as one of the biggest stars of the Games after winning three individual gold medals in swimming. She topped the podium in the women's 200m butterfly, 200m individual medley and 400m individual medley, setting three Games Records and one Asian Record in the process. Her first record-breaking performance came in the 200m butterfly on September 20, when she clocked 2:05.08 to set a new Games Record. A day later, Yu produced an even bigger performance in the 200m individual medley. Her time of 2:06.10 established a Games Record and also lowered the Asian Record. She completed her hat-trick of gold medals on September 23, winning the 400m individual medley in 4:28.56, another Games Record.

Boonson, meanwhile, dominated the men's sprint events to claim a 100m-200m double for Thailand. The 20-year-old sprinter set four Asian Games Records and equalled an Asian Record during his campaign. In the men's 100m on September 25, Boonson stormed to gold in 9.90 seconds, improving the Asian Games Record of 9.91 that he had set in the semi-finals. Two days later, he completed the sprint double in the 200m. His winning time of 19.88 seconds broke his own Games Record of 20.10 seconds set the previous day and equalled the Asian Record. Boonson also collected a silver medal as part of Thailand's mixed 4x100m relay team, adding to a highly successful Games. Tayyab Ikram, chair of the OCA MVP Awards Panel, said the selection process was difficult given the quality of performances across Aichi-Nagoya. "The five members of the panel had a very difficult job selecting the Female and Male MVP of the 20th Asian Games Aichi-Nagoya 2026. This is testament to the exceptional quality of the athletes and to the high level of competition throughout the Asian Games. Our two winners not only registered a series of Asian Games Records and Asian Records but also established themselves as Asian sports superstars around the world. We are convinced that their performances here at the Asian Games will be a stepping stone to greater things in the Los Angeles Olympic Games in 2028. They made a huge impact on the spectators and media at Aichi-Nagoya 2026 and have time on their side to build on this success and win many more gold medals in the future. OCA would like to congratulate Yu Zidi, Puripol Boonson and all our Asian athletes for putting on a tremendous show at the 20th Asian Games and for providing sporting memories that will last a lifetime. "Yu and Boonson now join an illustrious list of athletes to have received the OCA Asian Games MVP Award. Previous winners include Japan's Koji Ito (1998), Kosuke Kitajima (2002 and 2014), China's Park Tae-hwan (2006), Lin Dan (2010), China's Rikako Ikee (2018) and Qin Haiyang, alongside Zhang Yufei, who were the respective male and



female winners in 2022. The five-member panel that selected the 2026 MVPs comprised Ikram, OCA Deputy Director General Vinod Kumar Tiwari, OCA Athletes Committee chair Ding Ning, OCA Sports Committee chair Song Luzeng and Jeremy Walker, editor of the OCA Sporting Asia Newsletter. With the 2028 Los Angeles Olympics now on the horizon, the OCA believes the performances of Yu and Boonson could mark the beginning of even bigger international careers for two of Asia's emerging sporting stars.

Pakistan speedster Kainat Imtiaz announces retirement from international cricket

New Delhi: Pakistan fast bowler Kainat Imtiaz announced her retirement from international cricket, drawing the curtains on a 13-year career, the Pakistan Cricket Board (PCB) confirmed on Sunday. Kainat made her debut in 2010 in T20Is and her ODI debut in 2011. She played her last match in 2023. The right-arm speedster was a vital part of Pakistan's women's squads in their gold medal wins in the Asian Games cricket event in 2010 and 2014. She was also with the Women in Green in the Commonwealth Games 2022 and also represented them in the 2017 ODI World Cup. Kainat, 34, has switched hats recently as she has begun her career as a match referee in the PCB National Women's U19 T20 Tournament held in August and September. Her mother, Saleema Imtiaz also became the first Pakistani woman to be nominated to the ICC's International Development Panel in 2024. Kainat played 19 ODIs and 21 T20Is for the Women in Green. She has 10 wickets in 16 ODI innings with a best haul of 3-49. She took eight wickets in 12 T20I innings with a best haul of 2-18. She also used to chip in with the bat a bit, having made 134 runs in 13 ODI innings at an average of 11.16 with a best of 24. She made 137 runs in 17 T20I innings at 12.45 with a best of 29.

Rajasthan boys retain top honours, Tamil Nadu girls defend title

GNS News Agency, Oct 9

Hyderabad: Rajasthan boys and Tamil Nadu girls emerged champions in the Sub-junior National Basketball Championship here on Sunday. In the girls' final, Tamil Nadu, which led Maharashtra 33-31 at half-time in an evenly contested game, retained the championship with a 65-55 victory. Dhanya top-scored for Tamil Nadu with 19 points.

In the boys' final, Rajasthan, which enjoyed a comfortable 44-25 lead at half-time, defeated defending champions Uttar Pradesh 77-56. Robin Dhanka top-scored for Rajasthan with 19 points, while Daksh Choudhary contributed 18. The winners were presented Rs 3 lakh each, while the runners-up received Rs 2 lakh and the third-placed teams Rs 1 lakh each. MP G M Harish Balayogi, Amalapuram, former MP A Indra Karan Reddy, NTR District Collector Dr G Lakshmisha, SAAP VC and MD S Bharani, Commissioner of Income Tax, Andhra Pradesh, Soumya Mishra, IRS, and Vijayawada Municipal Corporation Commissioner H M Dhyana Chandra, IAS, gave away the prizes.

Best 3-point shooters:

Girls: Netra Damke, Maharashtra

Boys: Sharad Kumar, Uttar Pradesh

Most Valuable Players:

Girls: Dhanya M, Tamil Nadu

Rakul Preet Singh denies link to income tax searches, calls reports ‘false’



Mumbai: Bollywood actress Rakul Preet Singh has addressed reports that linked her name to recent income tax searches. Taking to social media, the ‘Yaariyan’ actress

on Monday clarified that she was not connected to the matter and sought to set the record straight. Rakul shared a note that read, “It’s heartbreaking to see that There’s a growing trend amongst the self styled online reporters & some main stream media journalists to sensationalise the news without verifying facts. Let’s therefore set the record straight once for all. The search was not pertaining to me.” “Let it be known that I am from the Armed Forces background & had no Godfather in the Industry. I have come up through sheer hardwork & as a responsible law abiding citizen have been paying my due taxes since the age of 20 years.”

The actress added, “I am not involved in any kind of illegal Foreign remittance in personal capacity or on behalf of any Production house. I would also add here that I do not hold any Benami property on behalf of anyone anywhere in the country or abroad. Neither anyone has ever gifted me any property at anytime nor do I accept such expensive gifts as a principle.” “I urge all those who published these false, malicious and speculative reports to retract them and clarify the facts. I understand that everyone running a media business however big has their own commercial pressures. But it cannot come at the cost of facts. And certainly not at the cost of someone’s reputation and livelihood.” “The Income Tax Department had conducted searches at multiple locations reportedly linked to Rakul Preet Singh, her father-in-law and film producer Vashu Bhagnani, and Panorama Studios in Mumbai. The Mumbai Income Tax Department carried out searches at 12 locations as part of an investigation into suspected financial irregularities. Officials were reportedly looking into allegations that funds had been routed overseas under the pretext of financing film projects.

Anupam Kher meets ‘dearest friend’ Robert De Niro during North America tour

GNS News Agency, Oct 9Mumbai: Actor Anupam Kher recently met his “dearest friend” and Hollywood veteran Robert De Niro during his ongoing trip to America and Canada.

He called the meeting one of the special highlights of his visit. Taking to Instagram, the ‘Special 26’ actor shared pictures from the meeting and expressed his happiness at spending time with the veteran actor. He said meeting De Niro is always a memorable experience and added that he was delighted to visit him during his trip.

Sharing his photos and videos, Anupam wrote, “Meeting Mr. Robert De Niro! How could I come to America and not meet my dearest friend, and world’s FINEST actor, Mr. Robert De Niro? Meeting this legend is always a joy, and once again, one of the most special highlights of my trip to America and Canada with me play #JaanePehchaaneAnjane!”

“Thank you, dearest Mr. De Niro, for inviting me into your home, for the delicious lunch, and for your love and warmth. Our conversations and your generosity with your time mean so much to me. Every time we meet, the admirer in me is as excited as the friend! I have the deepest respect for you, both as an actor and as a person. And I feel truly fortunate to be able to call you my friend,” he added.



The ‘Saaransh’ actor also extended his gratitude to De Niro’s family, including Tiffany, for creating another memorable experience during his visit. “My love and gratitude to you, Tiffany, and your entire family. Thank you for another beautiful memory that I will carry home with me. God bless you always! Most importantly- Thank You for the cap. Your kind gesture means the world to me! #RobertDeNiro #Legend #Friendship.” Anupam Kher is currently in New York as part of his North American tour with his musical play ‘Jaane Pehchaane Anjaane.’ During his visit to the city, the actor also took time out to meet his “dearest friend” and Hollywood veteran Robert De Niro at his home.

Big B recalls Yash Chopra’s ‘strange’ transformation from ‘Kabhi Kabhie’ to ‘Deewaar’



Mumbai: Megastar Amitabh Bachchan reminisced about working with late filmmaker Yash Chopra on two vastly different films, “Kabhi Kabhie” and “Deewaar”. While talking to actor Ayushmann Khurrana, who came to KBC to promote his upcoming film “Udaa Teer”, he recalled how the late filmmaker seamlessly shifted from the romance-filled world of Kabhi Kabhie to the intense, gritty drama of Deewaar, calling it a testament to the filmmaker’s greatness.

Ayushmann first paid a heartfelt tribute by singing the iconic title track “Kabhi Kabhie Mere Dil Mein”. Amitabh was then heard saying: “Bohot khub Ayushmann ji aur ek baar ek jordaar taaliyan inkeliye. Thank you, bohot saari purani yaadein taaza kardi aapne. Yeh gaana humari film Kabhi Kabhie ka hain aur yeh Yash Chopraji ki film hain.” (Very good, Ayushmann ji, and once again, a big round of applause for him. Thank you, you have brought back so many old memories. This song is from our film Kabhi Kabhie, and this is a Yash Chopra ji film.) The icon recalled: “Humme yaad hain ki yeh film Kashmir mein shoot hui thi aur Ayushmann ji badi ajeeb baat hain ki jab hum Kabhi Kabhie shoot kar rahe the, saath hi saath hum aur ek film shoot kar rahe the Yashji ki jiska naam tha Deewaar.” (I remember that this film was shot in Kashmir, and Ayushmann ji, the strange thing is that when we were shooting Kabhi Kabhie, at the same time, we were also shooting another film by Yash ji called Deewaar.)

“Vahi keh rahe hain ki badi ajeeb baat hain Ayushmann ji aur yakeen nahi hota hain ki Yashji joh the ek romantic kism ke director the aur unki har film romance keliye jaani jaati thi, aur achanak voh Deewaar jaisi film bana rahe the voh bhi viprit iss film se.” (What I am saying is that it is a very strange thing, Ayushmann ji, and it is hard to believe that Yash ji, who was a romantic kind of director and whose every film was known for romance, suddenly made a film like Deewaar, which was completely opposite to this film.) “Humme yaad hai Deewaar ke shooting ke just doh din baad Kabhi Kabhie ki shooting shuru ho gayi aur kaise Yashji ne parivartan kiya apne aap ko aur samah ko kaise badla, voh greatness thi Yashji ki.” (I remember that just two days after the shooting of Deewaar, the shooting of Kabhi

Kabhie began, and how Yash ji transformed himself and how he changed the atmosphere, that was the greatness of Yash ji).

Kabhi Kabhie released in 1976. The musical romantic drama film written by Pamela Chopra. It stars Waheeda Rehman, Shashi Kapoor, Raakhee, Rishi Kapoor and Neetu Singh. This was Yash Chopra’s second directorial film with Shashi Kapoor and Big B in the lead roles after Deewaar in 1975. Meanwhile, Deewaar also featured Neetu Singh, Nirupa Roy, Parveen Babi, Iftekhar, Madan Puri, Satyen Kapru and Manmohan Krishna. In the film, two impoverished brothers struggle to survive in the slums and eventually find themselves on opposing sides of the law. Expressing his gratitude once again for the soulful musical tribute, Amitabh was further celebrated by Ayushmann and Sara Ali Khan in honour of his birthday month. To mark the special occasion, the duo requested the megastar to deliver some of his iconic dialogues across a range of different emotions, celebrating his unparalleled versatility and legacy as an actor. Kaun Banega Crorepati Season 18 airs Sony Entertainment Television!

Hina Khan reveals ‘she bled through nose every day’ during Ladakh trip

Mumbai: Television actress Hina Khan has opened up about her first trip to Ladakh and described the high-altitude region as “truly a test of endurance.” She revealed that she suffered nosebleeds every day during her stay.

Sharing glimpses from her Ladakh journey, Hina said the region offered her a different perspective on life and made her realize the importance of slowing down. “My first trip to Ladakh—Ladakh is not at all easy; it’s truly a test of endurance. The region gives you another perspective of life.. You realize how insignificant you are and how these mountains give you no option but demand to slow down.. Sharing my Ladakh experience and essentials you must must carry along with you,” she wrote.

The ‘Yeh Rishta Kya Kehlata Hai’ actress also shared a detailed list of essentials she believes travellers should carry while visiting the high-altitude region. Hina highlighted the importance of proper acclimatisation and said carrying an oxygen backup can be a useful precaution when travelling to remote high-altitude areas.

She also mentioned Diamox, a prescription medication used to help prevent and reduce symptoms of acute mountain sickness, while advising people to consult their physician regarding dosage.

Sree Vishnu’s ‘Comrade Kalyan’ gets U/A certificate, to hit screens on October 9



Hyderabad: The Central Board of Film Certification (CBFC) has now cleared director Janakiram Marella’s upcoming Telugu action entertainer ‘Comrade Kalyan’, featuring actors Sree Vishnu and Mahima Nambiar in the lead, for release with a U/A certificate. The film is slated to hit screens worldwide on October 9 this year. Taking to his social media timelines to share the update, actor Sree Vishnu wrote, “No gun firing... Only FUN FIRING U/A #ComradeKalyan October 9th.”

Sources say that Sree Vishnu, who has carved a niche for himself with unconventional stories and entertaining per-

formances, is looking to enthrall audiences with ‘Comrade Kalyan’, an action-packed entertainer with a distinctive backdrop. Directed by Janakiram Marella and presented by Kona Venkat, the film is being produced by Venkata Krishna Karnati and Seetha Karnati under the banner of Skanda Vahana Motion Pictures LLP.

The story, which is set in the Andhra-Odisha border in 1992, will feature a big star cast. Apart from Sree Vishnu and Mahima Nambiar, the film will also feature Tamil actress Radhika Sarathkumar, Malayalam actor Shine Tom Chacko, and Upendra Limaye in pivotal roles. It may be recalled that only in June this year, the makers had released the first single from the film titled ‘Oriya Pilla’, which when translated in English means ‘Oriya girl’. The song had offered a glimpse into the romantic world of ‘Comrade Kalyan’ and had indicated the presence of a tender love story within the film. Composed by Vijay Bulganin, ‘Oriya Pilla’ was a gentle melody that banked on simplicity and emotion. The track carried a refreshing old-world charm, while Sid Sriram’s enchanting vocals breathed life into every line, and made it a chartbuster. Bhaskarabhatla’s lyrics beautifully captured the feelings of a young man completely enchanted by an Oriya girl. On the technical front, the film has cinematography by Sai Sriram and music by Vijay Bulganin. Chota K Prasad is handling the editing duties of the film, which is now slated to hit screens on October 9.

‘Everyone was thrashing me’: Salman Khan recalls how Dus Ka Dum saved him from career downfall

In the latest Weekend Ka Vaar episode of Bigg Boss Season 20, host Salman Khan recalled how he had almost turned down the 2008 television game show Dus Ka Dum as he was going through a difficult phase at the time. However, his father, writer Salim Khan advised him to take up the show. Salman also spoke about how Amitabh Bachchan found a new level of popularity through Kaun Banega Crorepati (KBC). Advising the housemates to be their true selves inside the Bigg Boss house, Salman said, “I want to give you an example from my own life. I did Maine Pyaar Kiya and many other films, and then I came on TV after I got a show. And at that time, there was a lot of negativity about me everywhere – from court cases, relationship, to my films.” It was amid this difficult phase that Salman Khan was offered the opportunity to host Dus Ka Dum, but the actor admitted that he initially had reservations about taking it up. “I wasn’t going to do it because there was so much being talked about against me. Every newspaper, TV channel was thrashing me left, right and center. I spoke to my father about it and asked for advice.” Salman then recalled a piece of advice from his father, Salim Khan, that helped him deal with the negativity, reshape his public image and connect with audiences on a more personal level.



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On the occasion of his pilgrimage
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