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NEWS BOX

Top US diplomat claims Trump deserves credit for 'very dangerous' peace deals like India—Pakistan

World. (Agency)

US Secretary of State Marco Rubio on Tuesday claimed that President Donald Trump has "brokered several peace deals, including the very dangerous ones like India and Pakistan", arguing that the president deserves "tremendous credit" for reshaping America's foreign policy. During a Cabinet meeting at the White House, Rubio said for the first time in decades, American foreign policy was guided solely by whether it made the US "safer, stronger and more prosperous." "If it is, he's (Trump) for it. If it doesn't, he's against it. And that sort of clarity is transformational," he said. "Not to mention all the other peace deals, very dangerous ones like India and Pakistan or Cambodia and Thailand, and so on.. Mr President, I think you deserve tremendous credit for the transformational aspect of our foreign policy," Rubio said. Earlier, at the Cabinet meeting, Trump repeated his claim that he had resolved several global conflicts, including between India and Pakistan, as he asserted that he should get the Nobel Peace Prize for each of the "eight wars" he has ended. "We ended eight wars... But we're going to do one more, I think, I hope," Trump said, referring to the Russia-Ukraine conflict. Trump has repeatedly claimed that within the first eight-nine months of his second term in the White House, he resolved conflicts between India and Pakistan, Thailand and Cambodia, Armenia and Azerbaijan, Kosovo and Serbia, Israel and Iran, Egypt and Ethiopia, Rwanda and Congo. He also credits himself for resolving the Israel-Hamas conflict. White House Press Secretary Karoline Leavitt told reporters on Monday that Trump will host Congo President Felix Antoine Tshisekedi Tshilombo and Rwanda President Paul Kagame to sign a "historic peace and economic agreement" brokered by the US president.

'We don't want them': Trump rages against Somali immigrants

WASHINGTON. (Agency)

US President Donald Trump raged Tuesday against Somali immigrants, saying they should be unwelcome in the United States as he highlighted the long woes of the African country.

Trump's heated remarks come as a scandal unfolds in the state of Minnesota where prosecutors say more than \$1 billion went to non-existent social services, largely through false billing by Somali Americans.

In Somalia "they have no anything, they just run around killing each other," Trump told a cabinet meeting. "Their country's no good for a reason. Their country stinks, and we don't want them in our country," he said. Trump has a long history of deriding minorities and rose to political prominence spreading false conspiracy theories that former president Barack Obama was born in Kenya rather than the United States. Trump has often played up fears of the white majority of losing political and cultural power. "We're at a tipping point," Trump told the cabinet meeting. "We could go one way or the other, and we're going to go the wrong way if we keep taking in garbage into our country."

Trump said that Somali Americans "contribute nothing" and he berated Ilhan Omar, an outspoken Democratic congresswoman from Minnesota who is originally from Somalia. "Ilhan Omar is garbage. Her friends are garbage," Trump said. "Let them go back to where they came from and fix it."

Omar later wrote of Trump on X: "His obsession with me is creepy. I hope he gets the help he desperately needs." Trump last week ended protections against deportations of Somalis in place in the United States since 1991, when Somalia descended into anarchy.

Prosecutors are investigating several plots to steal taxpayer money in Minnesota, including by groups that falsely claimed to be feeding children during the Covid-19 pandemic.

Indian National Gets 2 Years Jail For \$1.17 Million US Medicare Fraud

Washington. (Agency)

An Indian national who admitted to orchestrating a multimillion-dollar Medicare fraud through a Washington-based diagnostic lab was sentenced to two years in federal prison, US Attorney Charles Neil Floyd announced. Mohammed Asif, 35, who was taken into custody on April 10, 2025, at Chicago O'Hare International Airport as he attempted to board an international flight, has been ordered to pay \$1,174,813 in restitution. He now faces likely deportation after completing his sentence.

Asif pleaded guilty on September 4 to conspiracy to commit health care fraud tied to the operations of American Labworks LLC, a now-defunct diagnostic testing laboratory in Everett, Washington. US District Judge James L. Robart, delivering the sentence, described the \$1,174,813 fraud loss as "a significant amount of money. It was money that was siphoned out of the Medicare system, which is designed to treat the elderly and the poor... (The defendant) lacks moral character as a knowing participant in the fraud... He is someone the public needs to be protected from." Prosecutors said Asif and his co-conspirators billed Medicare for COVID-19 and other respiratory tests that were neither ordered nor performed. US Attorney Floyd said, "Mr Asif participated in a scheme to steal more than a million dollars from Medicare -- funds that are meant to be used for important medical care." He added, "Regrettably, schemes like this one are not unique. Medicare is a constant target of fraud, and the harm to the United States and taxpayers is substantial."

Deadly Asian floods no fluke but climate warning, scientists say

HANOI. (Agency)

Southeast Asia is being pummeled by unusually severe floods this year, as late-arriving storms and relentless rains wreak havoc that has caught many places off guard. Deaths have topped 1,200 across Indonesia, Sri Lanka, and Thailand, with more than 800 still missing in floods and landslides. In Indonesia, entire villages remain cut off after bridges and roads were swept away. Thousands in Sri Lanka lack clean water, while Thailand's prime minister acknowledged shortcomings in his government's response. Malaysia is still reeling from one of its worst floods, which killed three and displaced thousands. Meanwhile, Vietnam and the Philippines have faced a year of punishing storms and floods that have left hundreds dead. What feels unprecedented is exactly what climate scientists expect: A new normal of punishing storms, floods and devastation.

"Southeast Asia should brace for a likely continuation and potential worsening of extreme weather in 2026 and for many years immediately following that," said Jemilah Mahmood, who leads the think

tank Sunway Centre for Planetary Health in Kuala Lumpur, Malaysia. Asia is facing the full force of the climate crisis. Climate patterns last year helped set the stage for 2025's extreme weather. Atmospheric levels of heat-trapping carbon dioxide jumped by the most on record in 2024. That "turbocharged" the climate, the United Nations' World Meteorological Organization says, resulting in more extreme weather. Asia is bearing the brunt of such changes, warming nearly twice as fast as the global average. Scientists agree that the intensity and frequency of extreme weather events are increasing. Warmer ocean temperatures provide more energy for storms, making them stronger and wetter, while rising sea levels amplify storm surges, said Benjamin Horton, a professor of earth science at the City University of Hong Kong. Storms are arriving later in the year, one after another as climate change affects air and ocean currents, including systems like El Nino, which keeps ocean waters warmer for longer and extends the typhoon season. With more moisture in the air and changes



in wind patterns, storms can form quickly. "While the total number of storms may not dramatically increase, their severity and unpredictability will," Horton said.

Governments were unprepared

The unpredictability, intensity, and frequency of recent extreme weather events are overwhelming Southeast Asian governments, said Aslam Perwaiz of the Bangkok-based intergovernmental Asian Disaster Preparedness Center. He attributes that to a tendency to focus on responding to disasters rather than preparing for them. "Future disasters will give us even less lead time to prepare," Perwaiz warned. In Sri Lanka's hardest-hit

provinces, little has changed since 2004 Indian Ocean tsunami, said Sarala Emmanuel, a human-rights researcher in Batticaloa. It killed 230,000 people. "When a disaster like this happens, the poor and marginalized communities are the worst affected," Emmanuel said. That includes poor tea plantation workers living in areas prone to landslides. Unregulated development that damages local ecosystems has worsened flood damage, said Sandun Thudugala of the Colombo-based non-profit Law and Society Trust. Sri Lanka needs to rethink how it builds and plans, he said, taking into account a future where extreme weather is the norm.

Videos of logs swept downstream in Indonesia suggested deforestation may have made the floods worse. Since 2000, the flood-inundated Indonesian provinces of Aceh, North Sumatra and West Sumatra have lost 19,600 square kilometers (7,569 square miles) of forest, an area larger than the state of New Jersey, according to Global Forest Watch.

Deep-sea search for Malaysia Airlines Flight 370 to resume December 30

KUALA LUMPUR. (Agency)

Malaysia's transport ministry said Wednesday that the deep-sea hunt for Malaysia Airlines Flight 370 will resume December 30, renewing hopes of finally locating the jet that vanished without a trace more than a decade ago.

The Boeing 777 plane disappeared from radar shortly after taking off on March 8, 2014, carrying 239 people, mostly Chinese nationals, on a flight from Malaysia's capital, Kuala Lumpur, to Beijing. Satellite data showed the plane turned from its flight path and headed south to the far-southern Indian Ocean, where it is believed to have crashed. The transport ministry said in a statement that U.S.-based marine robotics firm Ocean Infinity will

search intermittently from December 30 for a total of 55 days, in targeted



areas believed to have the highest likelihood of finding the missing aircraft. "The latest development

underscores the government of Malaysia's commitment in providing closure to the families affected by this tragedy," it said. Malaysia's government gave the green light in March for a "no-find, no-fee" contract with Ocean Infinity to resume the seabed search operation at a new 15,000-square-kilometer (5,800-square-mile) site in the ocean. Ocean Infinity will be paid \$70 million only if wreckage is discovered. The search was halted in April due to bad weather.

An expensive multinational search failed to turn up any clues to its location, although debris washed ashore on the east African coast and Indian Ocean islands. A private search in 2018 by Ocean Infinity also found nothing.

US, Russia find 'no compromise' on territory after Ukraine talks

world. (Agency)

High-stakes US-Russia talks on ending the war in Ukraine failed to yield a breakthrough on Tuesday, as the Kremlin said "no compromise" had been found yet on the key question of territory. Russian President Vladimir Putin met US President Donald Trump's son-in-law Jared Kushner and special envoy Steve Witkoff in the Kremlin, after earlier signalling that his forces were ready to fight on to achieve Russia's initial war goals.

The meeting is a crucial moment for Ukraine in what could be a fraught week following days of frantic diplomacy. At the heart of it is a US plan to bring peace, which has since been revised under pressure from Kyiv and its European backers. On occupied Ukrainian territories, "so far we haven't found a compromise, but some American solutions can be discussed," top Russian presidential aide Yuri Ushakov said after the Moscow meeting. "Some proposed formulations do not fit us, and work will continue," he added. Trump said progress on ending the nearly four-year-long war would not be easy. "Our

people are over in Russia right now to see if we can get it settled," he said during a cabinet meeting at the White House. "Not an easy situation, let me tell you. What a mess." In an interview broadcast Tuesday night on Fox News, US Secretary of State Marco Rubio said talks with Russia "have made some progress" to end the war with Ukraine. It was not clear exactly when the interview had been recorded. Ukrainian President Volodymyr Zelensky said on Monday that any plan must end the war for good, and not just lead to a pause in the fighting that began with Moscow's offensive in February 2022. He also said in a social media post that "there will be no simple solutions". "What matters is that everything is fair and transparent. That there are no games played behind Ukraine's back. That nothing is decided without Ukraine -- about us, about our future," he said. Moscow rejects amended plan

Kushner and Witkoff were to present Putin with the new version of the US plan, which has been hammered out after the initial version raised fears in Kyiv and elsewhere in Europe that it

made too many concessions to Moscow. Ushakov said the initial US plan was broken down into four parts, which were discussed during the five-hour meeting in the Kremlin. "There were some points we could agree on," the top Putin diplomatic aide said, but "the president did not hide our critical, even negative, stance on a number of proposals". Putin has demanded that Kyiv surrender territory Moscow claims as its own. The Kremlin also rejects any European force in Ukraine to monitor a truce. In his social media post, Zelensky said "the most difficult questions are about territories, about frozen (Russian) assets... And about security guarantees." Still, the talks in Moscow were "useful", Ushakov said, and Russia and US positions did not become farther apart after it. Russian pressure Putin appeared to send a hawkish message shortly before the US talks began. He said that Pokrovsk - an east Ukrainian stronghold that Russian forces say they recently captured -- was a "good foothold for solving all the tasks set at the beginning of the special military operation."

Indian man charged with criminally negligent homicide after crash kills two in Oregon

NEW YORK/WASHINGTON. (Agency)

An Indian man who entered the US illegally three years ago has been charged with homicide after two persons were killed when a semi-truck he was driving collided with their car. Rajinder Kumar, 32, has been charged with criminally negligent homicide and reckless endangering.

William Micah Carter, 25, and Jennifer Lynn Lower, 24, were killed in the road accident. The US Department of Homeland Security (DHS) said Immigration and Customs Enforcement (ICE) has lodged an arrest detainer for Kumar. The Oregon State Police said its officers responded to a two-vehicle crash in Deschutes County on the night of November 24. Preliminary investigation indicated that a freightliner commercial motor vehicle and trailer operated by Kumar was stopped in a jackknifed position, blocking both lanes of travel. A car being driven by Carter struck the trailer of the freightliner as it was stopped perpendicular to the lanes of travel at highway speeds. Both Carter and Lower were declared dead at the scene while Kumar



was reportedly uninjured. "The highway was impacted for approximately seven hours during the on-scene investigation. Dark conditions and a lack of active emergency warning equipment is being considered a primary contributor to the crash," The Oregon State Police said. Kumar was arrested for Criminally Negligent Homicide and Reckless Endangering and lodged in the Deschutes County Jail. Describing Kumar as a "criminal illegal" from India, DHS said he entered the US illegally near Lukeville, Arizona, on November 28, 2022. Kumar was released into "our country under the Biden administration and issued a commercial driver's license by Gavin Newsom's Department of Motor Vehicles. How many more senseless tragedies must take place before sanctuary politicians stop allowing illegal aliens to dangerously operate semi-trucks on America's roads," Assistant Secretary Tricia McLaughlin said. This is the fourth instance in recent months where Indians who entered the US illegally have been involved in dangerous and fatal highway crashes while driving trucks. In August, ICE lodged an arrest detainer for Harjinder Singh following his arrest for three counts of vehicular homicide while driving a semi-truck in Florida.

FBI offers \$50,000 reward for information on Indian national who murdered woman, son from India in 2017

NEW YORK. (Agency)

The Federal Bureau of Investigation (FBI) is offering a reward of up to USD 50,000 for information about an Indian national wanted for his alleged involvement in the 2017 murder of an Indian woman and her six-year-old son, with authorities here urging the government of India to extradite the suspect. Nazeer Hameed, 38, has been charged with the murder of Sasikala Narra, 38 and her son Anish Narra inside an apartment in Maple Shade, New Jersey in March 2017. In February this year, Hameed was charged with two counts of First Degree Murder, two counts of possession of a weapon for an unlawful purpose and unlawful possession of a weapon.

US authorities have said that Hameed returned to India six months after the killings and remains there to this day.

As the investigation into the killings proceeded, he was identified as a person of interest after it was revealed he was stalking the husband and father of the victims, Hanumanth Narra, Burlington

County Prosecutor's Office (BCPO) said in a statement. A state warrant was issued for Hameed's arrest and the FBI is offering a reward of up to USD 50,000 for information leading to Hameed's arrest or conviction. Information about Hameed is listed on FBI's Most Wanted website.

Authorities said the motive for the killings has not been definitively established. The next step will be to bring Hameed back to the United States to face prosecution.

New Jersey Governor Phil Murphy said that last week he "called and sent a letter" to Indian Ambassador to the US Vinay Kwatra "requesting the assistance" of the Government of India in Hameed's extradition. Stressing that the "heinous crime shocked" the state, Murphy said New Jersey stands ready to cooperate fully with the Ministry of External Affairs, Ministry of Home Affairs, as well as the Justice Department, State Department and FBI "to facilitate the extradition process in

accordance with both Indian law and the terms of our bilateral treaty." Murphy conveyed his "profound gratitude" to Kwatra for his "prompt attention to this



matter and for the continued partnership between our governments." Last month, Burlington County Prosecutor LaChia Bradshaw and Maple Shade Police Chief Christopher Fletcher announced the charges against Hameed, the result of eight years of tireless partnership in the quest for justice, they said. On the evening of March 23, 2017, officers from the Maple Shade

Police Department were called to an apartment complex after the bodies of Sasikala and Anish Narra were discovered inside their home, the BCPO statement said. An autopsy determined they each died from multiple slash wounds to their necks. Anish Narra was nearly decapitated by his attacker, and the post-mortem examination revealed several defensive wounds on the bodies of both victims. "The scene that day was unimaginable," Fletcher said in the statement. "Those who responded saw the carnage of a mother and her young child who spent their final moments fighting for their lives." Hameed lived in the same apartment complex as the Narras and worked in the same IT company as Hanumanth Narra. The announcement of the charges against Hameed was delayed while investigators attempted to gain additional evidence and worked with federal law enforcement partners to seek his extradition from India, authorities said.

Will Hemant Soren Join Hands with the BJP?

Jharkhand Politics on the Brink of a Major Shift

Ranchi: Jharkhand's corridors of power are vibrating with speculation of a political thunderbolt, as multiple signals point to Chief Minister Hemant Soren and his Jharkhand Mukti Morcha (JMM) moving toward an unprecedented alignment with arch-rival Bharatiya Janata Party (BJP). The whispers escalated after discreet discussions in New Delhi, where Hemant Soren and his wife Kalpana Soren reportedly met a top BJP heavyweight behind closed doors — a quiet rendezvous that has set panic rippling through the INDIA bloc. The speculation couldn't come at a more volatile moment: after the Mahagathabandhan's crushing collapse in Bihar, the after-effects have rattled Jharkhand's fragile coalition, exposing widening cracks.

Congress in Crisis: MLAs on the Move
Congress sources admit the party is in deep disarray in the state. Buzz from party insiders suggests that up to eight of the party's 16 MLAs are already negotiating a defection — potentially backing a Soren government externally supported by the BJP. A report in The Sunday Guardian claims the political mystery “will unravel within 48 hours.” But there's a legal catch: to escape disqualification under the anti-defection law, 11 MLAs must break away in unison — and that decision will ultimately land before Speaker Rabindra Nath Mahto, himself a JMM loyalist. **The Numbers: Soren's Dream Majority**
If this political surgery goes through, the arithmetic is



staggering. In the 82-seat House: **JMM: 34** **BJP: 21** **With AJSU, LJP and JD(U) support: ~58 seats** That's far beyond the 41-seat majority mark — and stronger than the existing JMM–Congress–Left–RJD coalition at 56, which is rapidly disintegrating. **Why Is Soren Considering This Gamble?**
Political insiders point to

two powerful incentives: Improved relations with the Centre, potentially accelerating stalled development programmes and funding pipelines. Legal survival, as Hemant Soren remains under the shadow of ongoing Enforcement Directorate investigations. Intensifying the urgency is a pending Bill under JPC review mandating that any Chief Minister or Prime

Minister must vacate office on the 31st day of arrest — a direct threat to Soren's hold on power. **Enter Shibu Soren: The Emotional Card**
A stunning rumour has added intrigue: the Centre is reportedly considering awarding the Bharat Ratna posthumously to JMM founder Shibu Soren. To JMM insiders, this isn't merely recognition — it looks like political messaging, if not a strategic inducement. **A Deafening Silence**
No party — not the JMM, nor the BJP, nor the Congress — has issued an official response. That silence has acted like oxygen to the fire. Jharkhand's Hindi media is openly reporting that a preliminary framework of agreement has already been

signed between the Soren camp and the BJP. A source quoted by Navbharat Times called it “perhaps the most astonishing political pivot in modern Indian politics,” especially given the venom exchanged during the 2024 campaign. **The Verdict**
Jharkhand stands on the edge of a political earthquake. If Hemant Soren walks out of the INDIA bloc and into the NDA fold, it won't just be a state-level shift — it could redraw India's coalition landscape, rewire regional power equations, and rewrite the post-2024 political narrative. For now, Jharkhand waits — tense, silent — as secret negotiations continue and aftershocks intensify beneath the surface.

Why is the Rupee Falling? Indian Currency Tanks to Record Low of ₹90.14



Mumbai: In a dramatic market jolt, the Indian rupee on Wednesday crashed to an all-time low, breaking through the ₹90-per-US-dollar barrier for the first time ever in early trade — sparking anxiety across financial markets and corporate sectors. At around 10 am, the currency touched ₹90.11 per dollar, extending a persistent downward slide witnessed over recent weeks as foreign investors continue pulling capital from Indian equities and debt. Forex strategists point to a muscular US dollar, surging global crude prices, and stepped-up dollar purchases by importers as the primary drivers of the rupee's slump, as reported by Business Standard. **Trade Deadlock Adding Stress**
Analysts say the prolonged freeze in India–US trade negotiations is weighing heavily on sentiment. Existing US tariffs on Indian exports have strained trade relations and dampened overseas portfolio inflows — further squeezing currency resilience.

A Paradox for the Economy
The rupee's fall is particularly striking given that India recently logged 8.2% GDP growth in Q2 — the highest in six quarters. While the macroeconomic story looks robust, it clearly hasn't translated into exchange-rate strength. **What Next**
With the dollar on a global ascent and India's import-heavy economy exposed to crude volatility, traders expect rupee turbulence ahead. Market watchers are now closely eyeing RBI intervention — but for the moment, ₹90 has been breached, and confidence has been rattled.

Bokaro Commemorates Dr. Rajendra Prasad's 141st Birth Anniversary



Bokaro: The 141st birth anniversary of India's first President, Bharat Ratna Dr. Rajendra Prasad, was observed on December 3 with a floral tribute ceremony at Rajendra Chowk, ADM Building, organized by the Dr. Rajendra Vi-char Manch. Bokaro MLA and Deputy Commissioner Ajay Nath Jha led the tribute by garlanding Dr. Prasad's statue. They were joined by BSL ED (Works) Priya Ranjan, Director DPLR Maneka, Additional Collector Md. Mumtaz Ansari, Chas SDO Pranjal Dhandra, and various district-level officials. Addressing the gathering, MLA said that the most meaningful tribute to Dr. Prasad is to uphold the values he lived by. DC Ajay Nath Jha emphasized that such occasions should also inspire discussions on the ideals and life principles of great national figures. The program saw the attendance of district officers, Bokaro Steel Plant management personnel, employees, and members of the organizing committee.

Govt Drops Plan to Mandate Sanchar Saathi App for All Phones

New Delhi: The Centre has withdrawn its proposal to make pre-installation of the Sanchar Saathi anti-fraud app mandatory on all smartphones, stating that users should retain complete choice regarding its installation and removal. The Ministry of Communications said the app has already seen strong voluntary adoption — with 1.4 crore downloads, and over 2,000 fraud cases reported daily through the platform. Remarkably, the ministry noted that 6 lakh new users registered in just one day, reflecting a 10x surge in uptake. The government reiterated that Sanchar Saathi is secure, non-intrusive, and designed exclusively to shield citizens from cyber fraud — not to collect personal data or monitor users.

CCL Holds 2-Day Orientation on New Labour Codes, 120 Officers Trained



Ranchi: Central Coalfields Limited kicked off a two-day awareness workshop on the new labour codes on December 3 at MTC, HRD, aimed at ensuring smooth implementation and compliance across the organisation. GM (HRD) M.F. Haque welcomed attendees and honoured keynote speaker Dr. Omkar Sharma and Director (HR) H.N. Mishra. Calling the reforms a “historic step toward a modern and transparent labour system,” Mishra emphasised their employee-friendly impact and credited Dr. Sharma's role in drafting the codes. Dr. Sharma explained the four labour codes in a concise, real-world manner, simplifying legal procedures and answering queries through an interactive session. About 120 officers, including GMs, department heads and HR officials from headquarters and regional units, attended. Participants called the programme practical and immediately applicable to their work. CCL said it will continue similar initiatives to strengthen awareness and build a progressive workplace culture..

BSL Marks Disability Day with Support Initiative



Bokaro: Marking the International Day of Persons with Disabilities on December 3, Bokaro Steel Plant (BSL), through its CSR wing and in collaboration with ALIMCO, distributed 77 assistive devices to senior citizens at Vriddha Seva Ashram, Chas. The distribution included nine folding wheelchairs, nine commode chairs, seven walking sticks, nine lumbo-sacral belts, and 18 knee braces — aimed at improving mobility, comfort, and daily functioning. Present at the camp were P.P. Chakraborty, General Manager, CSR, BSL; Avinash Kumar, representative from ALIMCO; and Rupesh Ji, in-charge of Vriddha Seva Ashram. In his remarks, GM Chakraborty said the initiative reflects BSL's ongoing commitment to supporting persons with disabilities and senior citizens, ensuring dignity, inclusion, and better quality of life for all beneficiaries.

Imran Khan ‘Alive but Mentally Tormented’, Says Sister After Adiala Jail Visit

News Desk: Former Pakistan PM Imran Khan is “alive but mentally tortured,” his sister Dr. Uzma Khanum stated on Tuesday after a rare 20-minute meeting with him inside Rawalpindi's Adiala Jail. Addressing reporters after the visit, Dr. Khanum said Imran appeared physically fine but emotionally agitated, claiming he is confined to his cell for most of the day, given only limited outdoor access, and isolated from meaningful communication. She said Khan directly blamed Army Chief General Asim Munir — widely seen as Pakistan's most influential power figure — for the conditions of his imprisonment. Khan has frequently accused Munir of engineering his political downfall and keeping him silenced. The tightly controlled jail meeting came after weeks of rumours surrounding Khan's health and even unverified claims of his death. Family access had repeatedly been denied, angering supporters and



prompting protests in Islamabad and Rawalpindi. Demonstrators also gathered outside the Islamabad High Court, despite restrictions on public assembly. Now 72, Khan has remained behind bars since August 2023 — a detention shadowed by rising regional tensions, domestic political fracturing, and persistent speculation over his fate. Concerns escalated last month when Khan's sisters — Noreen Niazi, Aleema Khan, and Uzma Khan — said they were

physically pushed back from the facility when attempting to meet him. His sons also raised alarms, suggesting authorities were concealing “something irreversible.” Kasim Khan told Reuters that despite court-approved weekly visits, no family contact was permitted — not even access for Khan's personal doctor. Before Tuesday's encounter, family members and senior PTI leaders had gone nearly a month without seeing him. The silence allowed unfounded

rumours — many amplified on Afghan social media — to go viral, falsely claiming Khan had died in custody. Adding to the pressure, PTI Senator Khurram Zeeshan has alleged that Khan is being kept in near-total isolation to break his spirit or force him into exile. He also claimed that the Shehbaz Sharif government is deliberately withholding updated photos or footage of Khan, fearing his sustained public appeal and potential to mobilise mass sentiment.

XLRI Jamshedpur Hosts “Mankriti 2.0” on Responsible AI

Jamshedpur: XLRI Jamshedpur successfully conducted “Mankriti 2.0: Trust, Truth & Transformation”, a focused industry-academia session on responsible AI, organized by PGDM (GM) students under the AI Nexus Club. The event opened with an address by Associate Dean (XOL) Prof. Giridhar Ramachandran, who said that future business leadership will depend on balancing innovation with ethical responsibility and trust.



Held on November 29, the conclave featured three concise panel discussions: Engineering Intelligence: Experts emphasized scalable, explainable AI with strong data governance and MLOps; Redefining Talent: Speakers said AI

will augment, not replace, human roles and future jobs will require creativity, empathy, leadership, and continuous learning and AI Ethics by Design: Panelists stressed that transparency, fairness, bias reduction and privacy

are strategic essentials. Industry professionals from Aptiv, IBM, EY, Accenture, BCG, Microsoft, PwC, Kearney, Dell and others offered insights into real-world AI deployment. Closing the event, Prof. Sunil Sarangi reminded students that human values remain central in shaping the impact of AI. The conclave was conducted under the guidance of XLRI leadership, with the AI Committee led by Prof. Kanagaraj Ayyalusamy and Ms. HariPriya B.

IIT-ISM Kicks Off Centenary Foundation Week; Dr. P. K. Mishra Hails Institute as “National Asset”

Dhanbad: IIT-ISM Dhanbad on Wednesday opened its historic Centenary Foundation Week with a solemn, ceremonial launch blending tradition and technology — featuring Vedic chants, shankh naad, and ceremonial lamp lighting. The event was anchored gracefully by Dean (Corporate Communications) Prof. Rajni Singh. Director Prof. Sukumar Mishra delivered a stirring welcome, framing the centenary as “an affirmation of mission,” tracing the institute's evolution from its 1926 roots to a modern multidisciplinary IIT driving advances in Mining 4.0, AI, clean energy and critical minerals. MNIT Jaipur Director Prof. N. P. Padhy praised IIT (ISM) as a pillar of India's scientific heritage and a model for the country's next-generation technical leadership, aligning seamlessly with Viksit Bharat @ 2047. Representing the UK, British Deputy High Commissioner Andrew Fleming inaugurated the TEXMiN collaboration



with Geotech, establishing a joint digitisation lab. He emphasized the importance of critical mineral cooperation under the UK–India Vision 2035. In the most anticipated address of the ceremony, Dr. P. K. Mishra, Principal Secretary to the Prime Minister, hailed IIT (ISM) as “a national asset that has strengthened India's technical and human capital for a century.” He linked the institute's future to India's broader scientific ambitions — including women-led development, sustainability, digital infrastructure, AI, green tech-

nologies and critical mineral research. Following the speeches, dignitaries toured key installations: the Virtual Reality Mine Simulator, TEXMiN advanced labs, Private 5G-powered digital mining systems, and the newly unveiled Gyan Vigyan Prangan — showcasing robotics, digital twins, metaverse models, industrial AI, sustainable mining prototypes and indigenous knowledge frameworks. Deputy Director Prof. Dheeraj Kumar closed the ceremony with a vote of thanks, followed by the National Anthem.

Chinmaya Vidyalaya Bokaro Tops ‘Know India’ Quiz – Heads to Rourkela



Bokaro: Students of Chinmaya Vidyalaya, Bokaro have clinched first place in the junior category of the North Jharkhand-level “Know India” Quiz organized by Bharat Vikas Parishad, earning the school district-wide recognition and advancement to the next round in Rourkela on December 7. Adarsh Raj Chauhan and

Shashwat Mahato topped the junior segment, while Kunal Anand and Utkarsh earned consolation prizes in the senior category. Earlier, Chinmaya Vidyalaya had secured first position in both categories at the district-level stage. Secretary Mahesh Tripathi and Principal Suraj Sharma congratulated the students, praising their focus and dis-

cipline. Tripathi called the victory “a reflection of relentless hard work,” while Sharma expressed confidence that the team could reach the national level and “bring home the top honour.” English Department Head Shubhrita Gupta played a key role in mentoring and preparing the students for the competition.

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Don't comment on orders you haven't challenged: Court to Rahul Gandhi

A Pune Magistrate court has directed Congress leader Rahul Gandhi not to comment on court orders in proceedings related to a defamation case filed by Satyaki Savarkar, highlighting legal protocols for challenging judicial decisions.

Mumbai.(Agency)
A Pune Magistrate court has directed Congress MP Rahul Gandhi to refrain from commenting on court orders he has not contested. The court also observed that his latest application included remarks on a summons order he had neither accepted nor challenged.“If the accused (Gandhi) has any grievance against the issuance of the summons order, he should challenge it before the appropriate court. But he cannot make any comment on an order he has not challenged. Either he must accept the order or challenge it before the appropriate court. Therefore, this court directs that the accused shall not make any comment on any order which has become final or remains unchallenged,” Magistrate Amol Shinde said.
The case stems from a defamation complaint filed by Vinayak Damodar Savarkar’s grandnephew, Satyaki Savarkar, over the Congress leader’s alleged defamatory remarks about the Hindutva leader. After examining the material presented, the court had issued

process and summoned Gandhi. Recently, during Satyaki Savarkar’s examination-in-chief, the court was set to play a CD containing the video of Gandhi’s speech that had earlier been viewed by the Magistrate.However, the CD, kept sealed in court custody, was found to be blank. Satyaki Savarkar’s lawyer, Sangram Kolhatkar, sought an



adjournment and demanded a judicial probe into how the CD, which previously held the video, now appeared empty. Gandhi’s lawyer, Milind Pawar, opposed the adjournment plea and, in his written reply, made certain remarks that drew objection from Kolhatkar. He accused Gandhi of casting aspersions on the court

and subsequently filed an application seeking clarification on two paragraphs of Gandhi’s November 27 application. Kolhatkar argued that the statements made by Gandhi were serious in nature and amounted to mudslinging on the complainant’s conduct. “They also cast doubt on the functioning of an impartial judicial system. It is stated in paragraph 11 that the complainant managed to secure the issuance of summons not on the strength of any cogent material,” he submitted, calling the allegations baseless. He further contended that Gandhi had raised “serious doubts” about the court’s functioning, noting that the previous Magistrate had issued process only after analysing all evidence on record. He urged the court to seek an explanation from Gandhi.Pawar responded that there was no legal provision allowing the court to seek such an explanation from an accused and described Savarkar’s application as a delaying tactic. He also cited Supreme Court and High Court directions calling for speedy disposal of cases involving MPs and MLAs.

To counter Samajwadi's PDA narrative, RSS to launch Hindu outreach programme in UP

New Delhi.(Agency)
The Rashtriya Swayamsevak Sangh (RSS) is preparing a major Hindu outreach programme in Uttar Pradesh, set to run from late December through the end of February, as part of a coordinated effort to counter the Samajwadi Party’s PDA (Pichhda-Dalit-Alpsankhyak) narrative. Beginning 20 December, RSS cadres will roll out a Grih Sampark Abhiyan, during which they will visit households across villages and cities. The plan, discussed earlier in a coordination meeting involving BL Santosh and Arun Kumar, aims to

highlight the organisation’s 100 years of work during its centenary year. In January, RSS and BJP workers will intensify their public outreach by distributing Ram Temple calendars and images, using them as tools to strengthen connect with families across the state. From 20 January to 20 February, the organisation will hold a series of Hindu Sammelans aimed at consolidating the Hindu community—particularly Dalits, extremely backward classes, and other backward groups. These events



will take place in multiple cities, with an additional large-scale programme planned in Lucknow as a Vishal Hindu Sammelan. Both RSS and BJP workers will participate,

focusing on expanding their reach among Dalit and backward-caste households. These initiatives have been positioned internally as a counter-strategy to the PDA narrative, and were presented as the RSS-BJP’s “PDA counter plan” during the recent meeting. The same meeting also discussed projecting Uttar Pradesh Chief Minister Yogi Adityanath as the key face of all these programmes, using his public presence to reinforce the Hindutva message throughout the outreach campaign.

Threatened, pressured: Mahua Moitra says Odisha cops threw out Bengali workers

New Delhi .(Agency)
Trinamool Congress MP Mahua Moitra on Wednesday accused police in Odisha’s Nayagarh district of forcibly removing four Bengali-speaking Muslim traders despite their Aadhaar and voter ID cards proving they were Indian citizens. In a video message, the Trinamool leader warned the officers, saying, “You will pay for your actions. Watch out.” The Trinamool Congress had earlier accused the Odisha Police of arbitrary detention and harassment of Bengali-speaking migrant workers. State authorities have, however, dismissed the claims. In her video, Moitra stated that the four workers, who had been residing in Nayagarh for the past 18 years, were “illegally rounded up” on November



27.“Some of their fathers had also worked in Nayagarh before them. They are poor people who earn their livelihood by selling winter garments and other items,” she added.She accused the police of falsely labeling the workers as

Rohingya or Bangladeshi and taking them to the station despite their valid documents. After repeated requests, the police released the workers, but warned them to leave the state within 48 hours.“They (police) threatened and pressured them. The landlords forced them out of their accommodation, making them abandon belongings worth Rs 2 lakh. They had to leave overnight,” she said. “We are taking this to court. You have absolutely no right to evict Bengalis who are legally earning their livelihood in your state. In Bengal, we treat lakhs of Odia cooks, gardeners, plumbers, and other workers with respect and dignity,” Moitra added.On Tuesday as well, Moitra raised the same issue in a post on X, drawing the attention of Nayagarh SPS Susree to the matter.

High Court denies Prajwal Revanna’s life term suspension, interim bail in rape case

New Delhi .(Agency)
The Karnataka High Court on Wednesday rejected former MP Prajwal Revanna’s application seeking suspension of his life sentence and interim bail in the first rape case registered against him at the Holenarasipura Rural Police Station in Hassan district.A division bench of Justice KS Mudagal and Justice T Venkatesh Naik said it was not a fit case to grant bail, observing, “Weighing the material on record, the gravity of the offence, and considering the effect on other pending cases against the appellant, if the appellant is released on bail, this court is of the considered opinion that this is not a fit case for granting suspension of sentence and bail,” Live Law reported.

The bench noted that multiple cases of sexual abuse were pending against Revanna and highlighted that the victim had not initially reported the incident due to his political and economic influence. It added that releasing him on bail could lead to tampering with witnesses in connected trials.



Senior Advocate Sidharth Luthra, appearing for Revanna, argued that the prosecution’s case was weak, that the evidence lacked linkage, and that the accused was facing a “media trial”.He pointed to alleged discrepancies in electronic, medical and forensic evidence and argued that the delay of three to four years in reporting the offence undermined the prosecution’s case. He further alleged political vendetta and contended that Revanna was denied a meaningful hearing during sentencing.Opposing the plea, Special Public Prosecutor Professor Ravivarma Kumar argued that Revanna posed a threat to society and to the ongoing trials, citing previous instances where the victim was allegedly abducted. He said the accused had not cooperated during the investigation, had withheld his phone used for recording videos, and had attempted to frustrate the trial. Kumar maintained that the victim’s testimony alone was sufficient for conviction in such cases.The court said the points raised by Revanna’s counsel related to the merits of the case and would be examined only during the final hearing, not at the bail stage. It said alleged loopholes or gaps in evidence could not be considered while deciding a suspension-of-sentence application.

Amit Shah behind SIR ploy in Bengal, BJP dug its own grave by rushing exercise: CM Mamata Banerjee

New Delhi .(Agency)
West Bengal Chief Minister Mamata Banerjee on Wednesday alleged that Home Minister Amit Shah was ‘behind the ploy’ of implementing the special intensive revision (SIR) of electoral rolls in the state, months before the assembly polls.Banerjee, addressing a rally here, called the SIR a ‘politically-driven exercise’ aimed at unsettling voters. "Amit Shah is behind this ploy of implementing the SIR in Bengal just before the elections," she claimed."He wants to capture Bengal at any cost, but he will get a befitting reply, the chief minister asserted. Claiming that the BJP miscalculated the political impact of the voter revision exercise," Banerjee said. By implementing the SIR in Bengal, the BJP has dug its own grave.Bengal and Bihar are not the same. She, however, said that her party, the TMC, was not opposing the exercise, but you have to give appropriate time to conduct it. You cannot just rush things to serve the political agenda of BJP.Banerjee also announced that from December 12, the TMC will launch ‘May I Help You’ camps across the state to assist people when SIR hearings begin later this month. Targeting the saffron party’s ideological pitch, she added, "We don't need to learn Hindutva from the BJP. She also referred to the case of Sunali Khatun, the pregnant woman who was pushed into Bangladesh along with her eight-year-old son.""The (Supreme) court asked the Centre to bring back Khatun. We fought the case in court," the CM said. Questioning the conduct of central forces, she said, "Sunali was an Indian, then why did the BSF push the pregnant woman to Bangladesh? Is it just because she is a Bengali that she was branded Bangladeshi and pushed across the border?"Reiterating her stand on citizenship issues, the TMC chief asserted: "As long as I am here, no Bengali will be sent to any detention camp or pushed back."



Expensive socialism: Karnataka BJP slams Siddaramaiah over Rs 43-lakh Cartier watch

Karnataka BJP launched a fresh attack on Chief Minister Siddaramaiah over a Cartier watch it claimed was worth Rs 43 lakh. The party also revived the 2016 Hublot controversy. Congress MLA Rizwan Arshad accused the BJP of selective targeting.

BENGALURU.(Agency)
Karnataka BJP hit out at Chief Minister Siddaramaiah on Wednesday, calling him a “fake socialist” after he and Deputy Chief Minister DK Shivakumar were seen wearing luxury Cartier watches during their breakfast meeting.Sharing images of the watches on X, the BJP claimed that Siddaramaiah’s watch alone was priced at Rs 43 lakh. “Mr. @siddaramaiah, your definition of Socialism seems to come with a very high price tag. While the people of Karnataka struggle with drought and crumbling infrastructure, our "Simple Socialist" CM flaunts a Santos de Cartier,” wrote the BJP. The party also circulated an old photograph from 2016, when Siddaramaiah was seen wearing a Hublot watch that Janata Dal

Secular leader HD Kumaraswamy had claimed was worth Rs 70 lakh. At the time, the BJP demanded a probe, raised the matter in the Assembly, and approached the Enforcement Directorate. Siddaramaiah later clarified that the Hublot was a gift from a doctor friend based in the Middle East, who handed over his own watch after the Chief Minister admired it. Reacting to the latest images, BJP spokesperson Pradeep Bhandari said on X that the “common man’s messiah” image did not match the luxury on Siddaramaiah’s wrist. He claimed the watch cost Rs 39,80,093.63 and said two leaders who often spoke about “austerity” and “pro-poor governance” were displaying “Swiss-luxury edition” social justice, “Rahul Gandhi style”.



HARD-EARNED MONEY
Deputy Chief Minister DK Shivakumar also responded to the controversy, saying he had purchased his Cartier watch during a visit to Australia. “I bought this watch in Australia and paid Rs 24 lakh for it on my credit card. Please check my transaction, it is my hard-

earned money,” he said.“I don’t know about Siddaramaiah’s watch. He has every right to have a watch. His son or wife might have given it. He has the capacity to buy a watch. What is there in that watch?” he said. He added that watches had sentimental value in his family. “My father had about seven watches. He used to like watches; when he died, who has to wear them? Either me or my brother,” he said. **‘QUESTION YOUR OWN LEADER’**
Congress MLA Rizwan Arshad criticised the renewed charge, saying the BJP was “selectively targeting” the Chief Minister.He said the party avoided questioning the Prime Minister’s “luxury accessories”, including Cartier sunglasses, expensive watches, high-end suits, jackets, and pens costing.

A new era of nari shakti in Amrit Kaal as national mission

When women rise, the nation soars. In a society rooted in values of equality and justice, a woman’s dignity must be non-negotiable. The Government of India, under the visionary leadership of Prime Minister Narendra Modi, has reaffirmed this belief by translating it into institutional frameworks through Mission Shakti—our comprehensive programme for safety, security, and empowerment of women. As the Prime Minister has rightly said, “Our government places utmost importance on ‘Samman’ and ‘Suvidha’ for women.” These guiding words are not mere sentiments — they are the foundation on which the Modi government has built robust institutional mechanisms for empowering women in every corner of India, under Mission Shakti. At the heart of this effort are the One Stop Centres (OSCs), operationalised under the ‘Sambal’ sub-scheme of Mission Shakti. Launched in 2015, these centres offer a unified response mechanism to women affected by violence, ensuring they do not suffer in silence or navigate fragmented support systems. Till date, with 862 OSCs functional across India, more than 12.20 lakh women have received integrated support, including legal aid, medical assistance, police facilitation, shelter, and psychological counselling—all under one roof.From fear to freedom, from silence to support—OSCs are where healing begins. These centres represent a shift from reactive to proactive governance. Whether a woman faces violence in her home, workplace, or a public space, OSCs stand as a testament to the Modi government’s resolve to support her recovery, dignity, and justice. Importantly, these centres are located within or near hospitals to ensure immediate access to medical care—a crucial first step in crisis response. Equally important is the universalisation of the Women Helpline (181), which complements OSCs by ensuring 24x7 assistance for women in distress. Functional across 35 states and UTs, the helpline has handled over 2.56 crore calls and aided more than 93.48 lakh women (till 30 September). Integrated with Emergency Response Support System (ERSS-112), the helpline bridges gap between distress and relief.

Fast Track Special Courts
To reinforce systemic accountability and fast-track justice, we have established 745 Fast Track Special Courts, including 404 exclusive POCSO Courts. These have resolved over 3.06 lakh cases to date, ensuring that justice delayed is not justice denied. Every verdict delivered, every right restored—is a step towards a just and gender-equal Bharat.Justice delivery is no longer constrained by procedural delays, and every survivor can expect time-bound redressal. In tandem, we are strengthening the grassroots with 14,658 Women Help Desks (WHDs) at police stations, of which over 13,700 are led by women. These desks foster confidence among survivors to report crimes, supported by trained personnel sensitised to gender issues. The presence of women officers not only instils confidence but also strengthens institutional sensitivity and accountability.

Anti-Human Trafficking Units
We are also tackling human trafficking through 807 operational Anti-Human Trafficking Units (AHTUs) and ensuring safe mobility through the installation of emergency surveillance systems in railways and road transport services under the Nirbhaya Fund.

Red Fort blast — some questions, lessons

We must strengthen our vast network of police stations as they form the core of our security network

IT has been quite a while since the car blast took place in New Delhi. Enough time has passed and the investigation has picked up pace and direction. Enough time for various theories to be expounded and revelations made. The blast near the gates of the Lal Qila was shocking and its audacity was bone-chilling.What comes to mind straightaway is that the plans were long in the making; indoctrination of professionals (mostly doctors) had taken place, and this takes time. Material was collected for making high-level explosives, skilled training given in bomb-making from readily available chemicals (it is not as simple as shown in the movies, rather a highly skilled task). Targets were selected, reces carried out and all other strands of a web brought together for a major simultaneous strike across regions.What comes across is that this time our police and intelligence agencies were completely blindsided and could not spot the design and activities of a very dangerous enemy organisation. It was only the humongous recovery of ammonium nitrate (by the J&K police) that gradually led to the unravelling of a complex and vast network of terrorists and their nefarious plans to cause mayhem in Delhi and other places. These terrorists, it appears, were working in coordination with handlers in Turkey and Pakistan. The hub of activity appears to have been the Al Falah Medical College in Faridabad, and the point of origin is allegedly Kashmir. For some reasons, people in authority keep claiming the extinction of local terrorists from J&K. Obviously, they have been caught flat-footed and every day there are new revelations and fresh detentions and arrests in J&K, Haryana, UP, etc. Perceptibly, the interrogation of those picked up is the basis of these detentions and recoveries. What worries me is that fom conception to indoctrination, purchase of material, selection of targets and deployment of men and material, it is a complex time-consuming task which had to be done in secrecy. Most of the tasks were complete and the final stage was near, and we missed the whole song and dance... we got lucky. However, it must be noted that the initial breakthrough came from the J&K police who located the huge dump at Faridabad. This is what good policing is all about. The obvious next question which comes up is: how many such cells are still out there? What is their composition and what are their likely targets? Who are the ultimate perpetrators of these operations? Hopefully, these questions should be keeping the officers and organisations concerned in our country working round the clock, because the alternative is too painful to comprehend. Today, as the situation is even more fluid, more such action can be anticipated. We have not only to look out for our inbred terrorist, but also watch our neighbours.The Pakistanis have always been active, and with seeming American support they appear to have their tails up; we must remember that they have always



had overground and underground networks in J&K and some other states also. Newspapers are full of reports of recoveries being made in states of north India. Add to this the new animosity of Bangladesh and our very vulnerable and porous border with it... the problem multiplies exponentially. We now must keep our guard up in the Northeast as well.The new and surprising factor which has come up in the media is that of Turkey. It has been a supporter of Pakistan over J&K, but this is the first time it has been alleged that terrorists went to Turkey to meet their handlers... this needs to be watched carefully. I have deliberately avoided talking about the Chinese factor for it is there and as inscrutable and mysterious as ever, but definitely not favourable to us. So, all in all, the investigation has been giving good results so far and a vast network has been exposed. We have escaped a major tragedy by the timely recovery from Faridabad. However, we must do in-house plain speaking and accept our shortcomings. This can only come about through intervention at the highest political and professional levels. There is nothing more important than the security of the state and no better instrument to secure it than timely and outstanding policing and intelligence. A complex and vast nation such as ours will always face

challenges both from within and outside. These challenges have to be met from a position of strength both diplomatically and militarily, for the best victories are those that require no battle. Sun Tzu said: “If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.” The heart of this strength is the policing at the police station level and intelligence we can gather i.e. actionable intelligence.Internally, we must strengthen our vast network of police stations as they form the core of our security network. We have seen it in Punjab and J&K that the best response to terrorism is an active and motivated police force, for they are the sons of the soil and familiar with ground-level activities and activists. The need is to motivate them and not denigrate them — this is what good leadership is all about.Even if there are foreign mercenaries, they are easily noticed by the local populace and the police who are familiar with the terrain and the people. This requires both police and political leadership as well as coordination. The needs of national security are paramount, and these needs should enable all parties to evolve a national consensus on how to face the situation.

Supreme Court for free digital oversight body, but the 'how' wide open

The government’s draft proposals submitted to the Court earlier this year speak of clearer content classifications, stronger age verification, and specific rules for harmful or AI-generated content.

The Supreme Court’s call for a “neutral, independent and autonomous” regulatory mechanism for digital content marks an inflection point in India’s struggle to balance free expression with public safety. It is a moment that demands clarity. The Court’s concern is neither moral panic nor a veiled push for censorship. It is an acknowledgement of an undeniable reality—self-regulation, as it stands, is not working.For years, digital platforms have insisted that voluntary codes, age labels, and grievance bodies are sufficient. In practice, however, harmful content—from obscenity to targeted humiliation of marginalised groups—spreads faster than platforms can react, and far faster than victims can seek redress. This was the concern flagged by Justice Joymalya Bagchi: response time. Once uploaded, the material goes viral before the authorities can act. Children, persons with disabilities, and vulnerable communities bear the brunt. The Court’s anxiety is not abstract. It is rooted in lived harm.At the same time, the fears raised by civil liberties advocates cannot be dismissed. Terms like ‘anti-national’ have been historically misused, and any regulatory



architecture that is vague, overbroad, or politically influenced can chill free speech. The Court signalled caution by calling for effective regulation. The phrase does not endorse any form of prevention or pre-censorship. That restraint is crucial. India’s constitutional commitment to free expression must never be compromised through ambiguous standards or discretionary policing of dissent.What the moment calls

for, therefore, is not maximalist regulation but smart, proportionate, transparent oversight. The government’s draft proposals submitted to the Court earlier this year speak of clearer content classifications, stronger age verification, and specific rules for harmful or AI-generated content. However, the key lies in who enforces them. A regulator that is truly independent of both state power and industry influence is the only model that can maintain credibility. Its task should be narrow: ensuring due process, rapid response to egregious violations, and accountability from platforms—not micromanaging creative expression.India has confronted technological disruptions before; the principles that guided earlier transitions remain relevant today. Protect free speech and vulnerable citizens. Ensure competition and transparency. Legislate only after meaningful public debate. But India must be equally vigilant that “effectiveness” never becomes a euphemism for overreach. The challenge is delicate but not insurmountable: to build a system where creators remain free, platforms are responsible, and citizens are safe.

Real disaster: Missed early warning alerts

Mounting public frustration targets the Sri Lankan government’s response, from the lack of a relief-and-rescue mechanism to failures to declare a national emergency or issue timely disaster updates

On November 28, Sundaram Thevapalan (36) and his family had to wade through Colombo’s flood waters to find shelter. They received no alerts of 200 mm of rainfall or flooding. The rising water itself served as a warning for those in Colombo’s low-lying areas. There were no temple bells, government announcements, or community-based messages. “You read the crisis when water reached your doorstep,” he said.As torrential rains lashed out, Cyclone Ditwah, the worst cyclone to hit the Indian Ocean island nation since 2003, left a trail of destruction. There were 334 deaths, 147,931 displaced, and 370 reported missing. In the past 130 years, the island faced 16 cyclones, five of them severe, including those in 1978, 2000 and 2003. According to the 2024 Risk Information Index, 87 percent of the population is at medium or high climate risk. Between 2015 and 2022, 304 climate-related disasters were recorded, compared to 35 between 2008 and 2014. This calls for an effective, multi-pronged disaster response that activates upon early warnings.While the country was overwhelmed by rescue demands, mounting public frustration focused on the state response, from a lack of a combined relief-and-rescue mechanism to failures to declare a national emergency and communicate in a timely manner. If a November 12 warning by Athula Karunanayake, Director General of the Department of Meteorology, had been heeded, the nation could

have been better prepared. In a television discussion, Karunanayake strongly predicted that a depression would develop in the Bay of Bengal by November 14, with the possibility of severe weather.Having lived through severe storms and the 2004 tsunami, Sri Lanka still seems not to have got its act together. Despite the magnitude of this disaster, the response was slow, poorly coordinated, and insensitive to language. As bad weather intensified, a public holiday was declared on November 28. This affected emergency communications as people reached out to local authorities, only to find no one available. President Dissanayake declared a national emergency on November 29 amid growing criticism of the state’s failure to mount an effective, coordinated response to the disaster. Making matters worse, public communications were issued mostly in Sinhala, in violation of the country’s language policy and denying critical information to the Tamil-speaking public.Due to a weak response, the government is now criticised for adding to Cyclone Ditwah’s trail of destruction, through omissions that could have contributed to increased fatalities. The majority of disaster warnings being issued only in Sinhala are not a communication error: they are a governance disaster steeped in language discrimination that denied life-saving information at a critical time. The Tamil Guardian first claimed that despite the

severity of the cyclone, people in the island’s cyclone-battered North and East could not use the information as the state continuously issued almost all emergency communications exclusively in Sinhala or English. “Even official warnings shared



by ministries and the DMC at a press conference held at the defence ministry were issued without translation, with Tamil completely excluded and only occasional updates available in English,” the Tamil Guardian claimed. Sanjana Hattotuwa, a Colombo-based disinformation expert and analyst, studied 68 posts on the Disaster Management Centre’s official Facebook page posted from November 25 to 7.15 am on November 29. In a LinkedIn post, he noted all critical information on the banner page was in Sinhala. “Of the 68 Facebook posts, just a dozen

featured content and vital updates in Tamil. When machine translation was used to study the updates, all of them were related to flooding or the high risk of flooding,” he stated.Hattotuwa further noted: “There was a significant disparity in both the frequency and the granularity of lifesaving, critical information provided in Sinhala versus Tamil. While Sinhala DMC Facebook updates covered a wide spectrum of disaster management, including specific road closures and Advanced Level exam logistics, the posts/updates in Tamil were exclusively around flooding.” Accordingly, what was not effectively communicated to the Tamil-speaking public included, landslide warnings (not a single post in Tamil detailing specific landslide risks despite Tamils living in the hill country, a demographic most vulnerable to landslides), information on critical infrastructure and road closure updates, education and logistical updates such as postponement of examinations, specific river basin-related warnings, granularity of maritime and wind warnings. “The DMC’s official website has a selection for Tamil, but aside from page navigation, header, and footer text, everything else remains in Sinhala (or English). By November 28, I had studied 85 updates posted on the Meteorology Department’s website.” He also studied the official Facebook page, which featured 36 posts in Tamil.

जिम है जरूरी पर बरतें सावधानियां

सर्दियों का मौसम जोर पकड़ रहा है। ऐसे मौसम में आमतौर पर शरीर में आलस्य बढ़ने लगता है। इससे कई बार हम व्यायाम के प्रति लापरवाह भी होने लगते हैं, जबकि इस मौसम में जिम में व्यायाम करना अधिक आवश्यक हो जाता है। इस मौसम में पसीना कम आता है, हम फूड़ी भी ज्यादा हो जाते हैं, भूख बढ़ जाती है। यही नहीं हमारी मूवमेंट पर भी फर्क पड़ता है। इन सभी से वजन भी बढ़ने लगता है। ऐसे में जिम जाने वालों के लिए उसे नजरअंदाज करना या पूरी तरह से बंद करना उचित नहीं। हां, यह और बात है कि कुछ बातों का ध्यान रख कर जिम में व्यायाम के समय वर्तमान जलवायु के दुष्प्रभावों से बचते हुए उसे नियमित रखा जा सकता है।

यह कितना जरूरी है

इवोल्यूशन फिटनेस जिम के ओनर और फिटनेस ट्रेनर मंजीत

सोलंकी बताते हैं कि कुछ लोग सर्दियां शुरू होने पर जिम में व्यायाम करना बंद कर देते हैं और जब सर्दियां खत्म होने लगती हैं, तब फिर से वर्कआउट शुरू कर देते हैं। अगर आप जिम जाते रहे हैं तो वर्कआउट पूरी तरह बंद करना बिल्कुल सही नहीं। सर्दियों में भी जिम में वर्कआउट नियमित रूप से करना चाहिए। अगर आप ज्यादा जिम नहीं जा पा रहे हैं तो भी हफ्ते में कम से कम चार दिन और करीब डेढ़ घंटे जिम में व्यायाम नियमित तौर पर करें।

अनिवार्य है व्यायाम

सर्द मौसम में कैलोरी बढ़ने लगती है और हम फैटी होने लगते हैं, इसलिए हमें अपने व्यायाम में रनिंग, वेट ट्रेनिंग और कार्डिओ शामिल रहना चाहिए। खासकर कार्डिओ व्यायाम तो ज्यादा से ज्यादा करने चाहिए। रनिंग के लिए ध्यान रखना चाहिए कि शीत

ऋतु में सुबह-सुबह खुले इलाके जैसे पार्क आदि में रनिंग न करें, क्योंकि बाहर के तापमान का शरीर पर बुरा प्रभाव पड़ सकता है। यही नहीं, दिनचर्या में भी चलने-फिरने और घूमने वाली गतिविधियां शामिल होनी चाहिए।

पहनावे के प्रति सावधानी

हम आकर्षक दिखने के लिए पार्टी आदि में तो पहनावे के प्रति सजग रहते हैं, लेकिन व्यायाम के समय नहीं। खासकर आजकल के मौसम में व्यायाम के लिए भी हमें पहनावे का ध्यान रखना चाहिए। वर्कआउट के समय हमारा शरीर गर्म हो जाता है, इसलिए उस दौरान या उससे पहले और बाद में हमारी क्लोथिंग उचित होनी चाहिए। बकौल फिटनेस ट्रेनर मंजीत सोलंकी, जिम में व्यायाम के लिए जाते समय इनलाइन से आउटलाइन तक हमें अपने कपड़ों पर ध्यान देना चाहिए। प्रोपर कपड़े पहनने चाहिए, जिससे आपको व्यायाम करने में सहूलियत हो और तापमान की वजह से शरीर को भी परेशानी न हो। यह मौसम सिर पर सबसे ज्यादा प्रभाव डालता है, इसलिए जिम आते-जाते समय सिर अच्छी तरह से ढका होना चाहिए। इसके लिए विंटर कैप का इस्तेमाल करें। इससे आप सर्दियों में होने वाली बीमारियां जैसे खांसी, जुकाम, सिर दर्द, नाक व कान दर्द आदि की परेशानियों से बच सकेंगे।

अक्सर लोग कार खुले में खड़ी करके उसी में जैकेट, कोट आदि छोड़ कर जिम जाते हैं और जिम में व्यायाम करने के बाद ठंड में बाहर निकलकर अपने व्हीकल तक पहुंचने के बाद जैकेट आदि पहनते हैं। इससे उनके सर्दियों संबंधी रोगों की चपेट में आने का खतरा रहता है। शरीर पर अन्य तरीकों से भी बुरा असर पड़ता है। इसलिए जिम में पहुंच कर ही जैकेट आदि उतारें और व्यायाम के बाद जिम से निकलने से पहले अपनी जैकेट, कैप आदि पहन कर ही बाहर निकलें।

जिम जाने का समय

इस मौसम में जिम जाने के लिए कोई निश्चित समय नहीं है। आप अपनी सहूलियत के अनुसार जिम जा सकते हैं। जरूरी है कि आपका शरीर रिलेक्स हो। खासकर सर्दियों में पूरा आराम करने के बाद ही वर्कआउट के लिए जाएं। अक्सर समय कम होने पर हम जिम में वर्कआउट के उपरांत तुरंत बाहर निकल जाते हैं। यह आपकी सेहत को काफी क्षति पहुंचाता है। हेवी वर्कआउट के बाद थोड़ी देर आराम करने के बाद ही जिम से बाहर जाएं।

शीत ऋतु में भी जिम में व्यायाम करने जरूर जाएं, पर मौसम के अनुसार इस संबंध में थोड़ी सावधानी भी बरतें, ताकि आपका जिम जाना जारी रह सके और आप रहें फिट। इस मौसम में जिम जाने में क्या-क्या सावधानी बरतें



मूंगफली हर मौसम में खास टंड का टाइम पास

मूंगफली में सभी पौष्टिक तत्व पाए जाते हैं। भारत में इसे गरीबों का काजू के नाम से भी जाना जाता है। भारत में सिक्की हुई मूंगफली खाना काफी प्रचलित है, इसे टाइम पास के नाम से भी जानते हैं। जो लोग टाइम पास के नाम पर मूंगफली का सेवन करते हैं, उनमें से अधिकतर इसके गुणों के बारे में नहीं जानते और अनजाने में ही कई पौष्टिक तत्व ग्रहण कर लेते हैं, जो उनके शरीर के लिए काफी फायदेमंद रहते हैं। मूंगफली में प्रोटीन, चिकनाई और शर्करा पाई जाती है। एक अंडे के मूल्य के बराबर मूंगफलियों में जितनी प्रोटीन व ऊष्मा होती है, उतनी दूध व अंडे से

संयुक्त रूप में भी नहीं होती। इसकी प्रोटीन दूध से मिलती-जुलती है, चिकनाई घी से मिलती है। मूंगफली के खाने से दूध, बादाम और घी की पूर्ति हो जाती है। मूंगफली शरीर में गर्मी पैदा करती है, इसलिए सर्दी के मौसम में ज्यादा लाभदायक है। यह खांसी में उपयोगी है व मेदे और फेफड़े को बल देती है। भोजन के बाद यदि 50 या 100 ग्राम मूंगफली प्रतिदिन खाई जाए तो सेहत बनती है, भोजन पचता है, शरीर में खून की कमी पूरी होती है और मोटापा बढ़ता है। इसे भोजन के साथ सब्जी, खीर, खिचड़ी आदि में डालकर नित्य खाना चाहिए। मूंगफली में तेल का अंश होने से यह वायु की बीमारियों को भी नष्ट करती है। मुद्गीभर भुनी मूंगफलियां निश्चय ही पोषक तत्वों की दृष्टि से लाभकारी हैं। मूंगफली में प्रोटीन, कैलोरीज और विटामिन के, ई, तथा बी होते हैं, ये अच्छा पोषण प्रदान करते हैं। मूंगफली पाचन शक्ति को बढ़ाती है, रुचिकर होती है, लेकिन गरम प्रकृति के व्यक्तियों को हानिकारक भी है। मूंगफली ज्यादा खाने से पित्त बढ़ता है अतः सावधानी रखें।

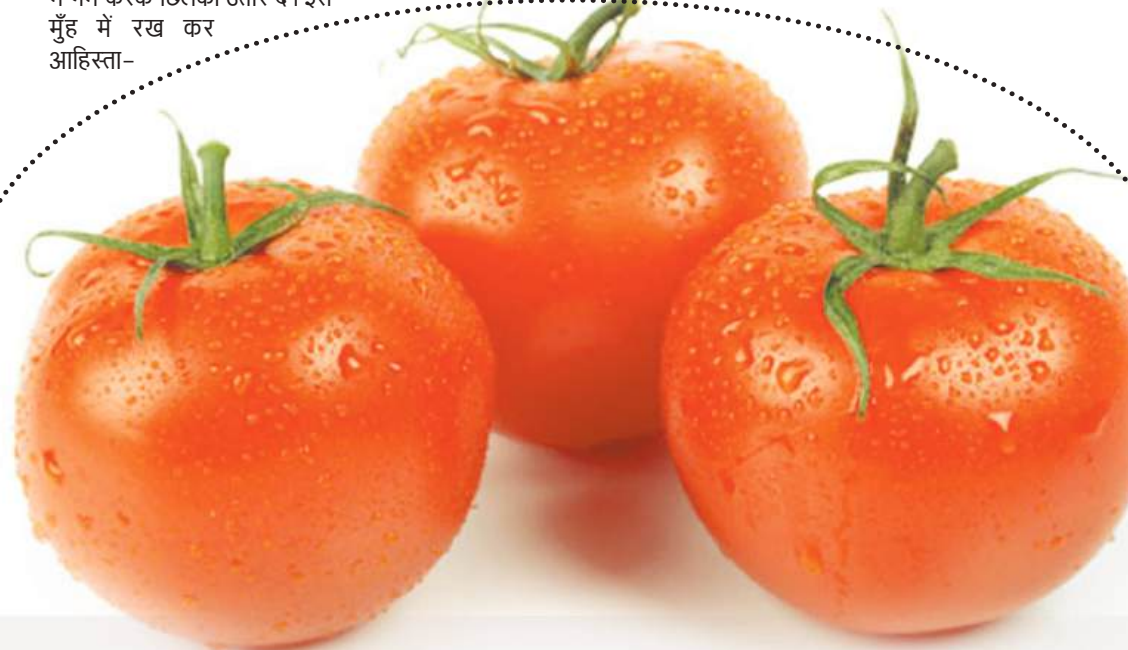
अदरक सर्दियों में गुणकारी

अदरक व सौंठ हर मौसम में, हर घर के रसोई घर में प्रायः रहते ही हैं। इनका उपयोग घरेलू इलाज में किया जा सकता है।

- भोजन से पहले अदरक को चिप्स की तरह बारीक कतर लें। इन चिप्स पर पिसा काला नमक बुरक कर खूब चबा-चबाकर खा लें फिर भोजन करें। इससे अपच दूर होती है, पेट हलका रहता है और भूख खुलती है।
- अदरक का एक छोटा टुकड़ा छीले बिना (छिलके सहित) आग में गर्म करके छिलका उतार दें। इसे मुँह में रख कर आहिस्ता-

आहिस्ता चबाते चूसते रहने से अन्दर जमा और रुका हुआ बलगम निकल जाता है और सर्दी-खाँसी ठीक हो जाती है।

- सौंठ को पानी के साथ घिसकर इसके लेप में थोड़ा सा पुराना गुड़ और 5-6 बूंद घी मिलाकर थोड़ा गर्म कर लें। बच्चे को लगने वाले दस्त इससे ठीक हो जाते हैं। ज्यादा दस्त लग रहे हों तो इसमें जायफल घिसकर मिला लें।



हड्डियां मजबूत करता है टमाटर

लाल टमाटर को सलाद और सब्जी से लेकर फल की तरह भी खाने के उपयोग में लाया जाता है। पौष्टिक तत्वों से भरपूर यह फल आपकी ऑस्टियोपोरोसिस जैसे रोग से बचने में सहायता कर सकता है। एक नया अध्ययन भी इस बात की पुष्टि करता है कि टमाटर के ज्यूस का सेवन इस रोग से आपको दूर रख सकता है। इसका कारण है टमाटर में पाया जाने वाला एंटीऑक्सीडेंट केरेटोनोंइड लाइकोपेन जो टमाटर को लाल रंग भी देता है। इस तरह से मजबूत हड्डियों को पाने की राह में यह बेहद आसान और बनिस्बत सस्ता रास्ता है।



एंटीबायोटिक से नहीं रुकता जुकाम

ब्रिटेन के रॉयल कॉलेज ऑफ जनरल प्रेक्टिशनर्स और वहां के स्वास्थ्य विभाग द्वारा किए गए एक ताजा अध्ययन के अनुसार सर्दी-जुकाम के मामूली संक्रमण के लिए एंटीबायोटिक जरूरी नहीं है। रनिंग नोज या कफ वाली खांसी की समस्या वायरस की वजह से होती है, जो थोड़े समय बाद अपने आप ठीक हो जाती है। एंटीबायोटिक्स से व्यक्ति के शरीर में मौजूद अरबों बैक्टीरिया और वायरस की प्रतिरोधक क्षमता प्रभावित होती है। शोधकर्ताओं का कहना है कि एंटीबायोटिक्स के लगातार सेवन से जहां एक ओर शरीर में मौजूद फायदेमंद जीवाणु नष्ट हो जाते हैं, वहीं नुकसानदेह वायरस पर इन दवाओं का असर कम हो जाता है। क्योंकि ये वायरस एंटीबायोटिक्स के खिलाफ लड़ने के लिए अपनी प्रतिरोधक क्षमता को मजबूत बना लेते हैं।

NEWS BOX

How an IPL- styled league is bringing about a revolution in Pickleball in India

New Delhi. (Agency)

The KD Jadhav stadium in New Delhi witnessed the inauguration of an exciting league on Monday, December 1 in a brand new sport that is capturing the imagination of many people in India. The sport of Pickleball is slowly but surely making a big impression in India and certain stakeholders want to capitalise on that. In the modern sporting era, franchise-like leagues are mushrooming all over India. Be it the Indian Premier League in cricket, Pro Kabaddi League, Pro Panja League, Ultimate Table Tennis League, Indian Super League in football, there is a fixation on franchise-based leagues. Pickleball has now jumped into this with the new Indian Pickleball League that was inaugurated. An initiative by the Times Group, the Indian Pickleball League will see six franchises play in an IPL-style tournament for six days. There will be three



games on all the days from December 1 to 5. Then there will be the Qualifier, two Eliminators on December 6 followed by a final on December 7 and an All-Star Showcase on the same day. The teams involved will be Mumbai Smashers, Chennai Super Warriors, Lucknow Leopards, Bengaluru Blasters, Hyderabad Royals and Capital Warriors Gurgaon.

PICKLEBALL TO BOOST INDIA SPORTING IMAGE

Delhi Chief Minister Rekha Gupta was in attendance as she inaugurated the Indian Pickleball League. Speaking about how the Indian Pickleball League will have an impact, the Delhi Chief Minister said, "Bharat has always been a country of sports. Efforts will be made to include pickleball in Delhi's school-level activities, games and sporting events to ensure the sport takes root in the Capital." Speaking about how Pickleball will make a difference to India's sporting image, Pickleball President Sameer Pathak assured the Delhi CM, "500 children from different schools will be in attendance and they will be inspired to become the next generation of Pickleball Stars."

IPBL BEGINS IN STYLE

The first match of the tournament started with Bengaluru Blasters taking on the Lucknow Leopards. If one has to look at a new league and Bengaluru starting, the mind goes back 17 years ago. In the IPL, a new cricket league, Royal Challengers Bengaluru opened the campaign against Kolkata Knight Riders.

Serena Williams denies tennis return despite re-entering anti-doping test pool

New Delhi. (Agency)

Serena Williams has categorically ended speculation about a potential tennis comeback after re-entering the International Tennis Integrity Agency (ITIA) anti-doping testing pool. The move prompted intense public debate, but Williams directly addressed the rumors by posting on X.

Williams' re-registration with the ITIA led to widespread interpretations that she might be preparing for a return to competitive tennis. According to the ITIA, players in the pool must provide daily whereabouts and remain available for random testing. Despite these requirements, Williams' public denial made clear that rejoining the pool does not signal an imminent return to the sport. The ITIA



confirmed to Reuters that Williams has re-entered the anti-doping pool, a process which requires athletes to comply with specific anti-doping protocols. She has not competed since her last appearance at the 2022 US Open. Williams is still listed under the category "retired players." on the ITIA official website. This reinforces her current status in professional tennis, even as her compliance with anti-doping regulations remains up to date with agency requirements.

Under ITIA rules, any player in the anti-doping pool would be eligible to compete again after six months of out-of-competition testing, should they choose to return. There has been no indication from Williams that she is considering activating this process. Recently, Williams shared images on social media of herself on court with her younger daughter, Adira River, which further fuelled speculation about her professional intentions. However, these personal moments have not correlated with any shift in her status as a retired athlete.

How Scott Boland bounced back from a horrendous first innings in Perth Pacer reveals

Scott Boland bounced back from a tough first innings in the first Ashes Test against England. He went on to pick a four-wicket haul in the second innings, playing a key role in Australia's win.

New Delhi. (Agency)

Australia fast bowler Scott Boland revealed how he bounced back from a horrendous first-innings performance during the first Test of the Ashes 2025–26 against England. Boland was taken to the cleaners on Day 1 of the series opener after England skipper Ben Stokes won the toss and opted to bat.

The right-arm seamer leaked runs at an economy of 6.20, conceding 62 runs from ten overs. However, he bounced back phenomenally in the second innings, taking 4 for 33 in 11.3 overs. Recalling his spell on



Day 1 ahead of the second Test in Brisbane, Boland admitted that he had overpitched a lot, which resulted in a number of boundaries. Australia head coach Andrew McDonald had defended Boland after the first day, saying that the initial plans were to blame for his poor show. "I think Ronnie

(Andrew McDonald) is pretty nice to me there. I just had one of those days where I felt like I was over-pitching too much. Obviously, I wanted to start a little bit fuller than normal with the new ball, but I probably bowled seven or eight half-volleys and they all went for four. Some days half of them

don't and you think it's going a little bit better," Boland was quoted as saying by ESPNcricinfo. After over-pitching too frequently in the first innings, Boland made smart adjustments in the second, altering both his line and length. He held the ball wider, enticing Pope and Brook into driving away from their bodies. "I was pretty happy with how I bounced back in the second innings. I sort of went back to my natural length—stuff that I know I'm really good at. I was obviously really disappointed with how I bowled in the first innings because generally I don't bowl too many half-volleys," he added.

Meanwhile, Boland has a phenomenal record in day/night Tests, having claimed 18 wickets from four matches (eight innings) at an average of 13.16, with best figures of 3 for 2. The 36-year-old will continue to play a pivotal role for his side in the absence of senior pros Pat Cummins and Josh Hazlewood, who will miss the second Test as well due to fitness concerns. Australia will aim for a 2–0 lead in the pink-ball Test beginning on 4 December at the Gabba in Brisbane.

Virat Kohli won't come back to Tests now: Kaif rules out retirement U-turn for star

New Delhi. (Agency)

Mohammed Kaif has claimed that Virat Kohli will never perform a Test retirement U-turn ahead of the Raipur Test between India and South Africa on Wednesday, December 3. Kohli retired from the longest format of the game ahead of the England tour after a storied career. There was speculation that BCCI were considering recalling Kohli to the Test team in the aftermath of India's 0-2 series against South Africa. However, BCCI brushed aside the rumours and Kohli himself said after the Ranchi ODI that he was focused on just one format. Speaking on his YouTube channel, Kaif said that the Indian batter is someone who has the habit of sticking to the decision that he makes and pointed out to how he never returned to RCB captaincy after leaving the post.

"Kohli has a habit of sticking to the decision that he makes. There are many players who have reversed their retirements. But Kohli is not among them. Even after he left captaincy in the IPL, the last time people



told he should return as captain, but he did not. He made the decision and looked to back a junior and Patidar was the captain." "He has the guts that after he has taken the call, no matter what the reason is, he has taken it after thinking a lot, he will not come back now. People do want him but once these calls are taken, he is a man of his word, he will not come back," said Kaif.

WHAT MAKES KOHLI SPECIAL?

Kohli returned to the Indian team in stunning fashion as he scored his 52nd ODI hundred and helped India secure a thrilling win. Kaif said that the way he batted in Ranchi showed that Kohli was batting to his will and could have even pulled off a double hundred on the day. Kaif said that Kohli decided to not take the safe route, despite being under the scanner and played an aggressive knock up front. He played after a month. He was not in touch also in between or played anywhere. But the way he batted in Ranchi, he was batting according to his will. He could even have hit a double hundred but he had to change his tempo after wickets fell in between. It is seen very less the mood in which he was batting. People will even judge him a lot at this stage and wait for him to get out. This stage is very difficult for a cricketer. He cannot play such an innings under this pressure. They will look to play for their place and play it safe. But he did not bat like that. He is great for this reason," said Kaif.

Premier League: Haaland creates history as Manchester City down Fulham in goal fest

Manchester City extended their winning streak over Fulham with a 5–4 victory, as Erling Haaland became the fastest player to reach 100 Premier League goals. Newcastle and Tottenham played out a 2–2 draw, with Cristian Romero scoring twice for Spurs, including a stoppage-time equaliser.

New Delhi. (Agency)

Manchester City defeated Fulham 5–4 at Craven Cottage, achieving their 19th consecutive win against the same opponent in English football. Erling Haaland reached a major milestone, becoming the fastest player in Premier League history to score 100 goals, accomplishing the feat in just 111 matches and surpassing Alan Shearer's previous mark by 13 games. The win keeps City in second place on 28 points, two



behind leaders Arsenal, while Fulham remain 15th on 17 points. City established a commanding 5–1 lead through goals by Haaland, Reijnders, Phil Foden (twice), and an own goal by Sander Berge. Fulham responded after falling behind, with Iwobi scoring and Chukwueze netting twice to narrow the margin. Fulham nearly completed the comeback, but Gvardiol made a crucial goal-line clearance in stoppage time to preserve Manchester City's advantage and secure all three

points. The result sees Manchester City remain second in the standings, two points adrift of Arsenal, while Fulham's position is unchanged at 15th. City's streak of 19 consecutive wins over Fulham is now the longest such run by any club against a single opponent in English football history. Haaland said after the game that he was proud to achieve the record and go past Shearer. "Proud moment, 100 club is a huge thing," he said. "To do it this quickly is amazing. I'm proud, I'm happy." "I've said it many times - a striker for City should score a lot of goals. That's my job, that's what I try to do. And I'm not bad at it! I should have had a hat-trick, I had a few chances. I need to practise."

ROMERO SAVES TOTTENHAM

In the other Premier League fixture, Newcastle United and Tottenham Hotspur played out an entertaining 2–2 draw. Newcastle controlled large parts of the match and went ahead in the 71st minute through Bruno Guimaraes.

Shubman Gill's injury rehab timeline: Star batter set for final test on December 5

New Delhi. (Agency)

India opener Shubman Gill's availability for upcoming T20I series against South Africa remains subject to fitness, as the star batter continues his recovery from neck injury. Gill has completed one unrestricted batting session at the Centre of Excellence (COE), responding well with no flare-up of symptoms.

Over the next few days, he will undergo progressive batting and ground conditioning as part of his rehabilitation programme. Gill is scheduled to play his final RTP (Return to Play)



clearance match on 5 December 2025, which will determine his readiness for selection for South Africa T20Is beginning on December 9. Team management and medical staff remain cautiously optimistic, noting his steady progress and the importance of a fully fit Gill in the lead up to T20 World Cup 2026. India's T20I squad for the South Africa series is expected to be picked on Wednesday (December 3), but the selection meeting now hinges on Shubman Gill's fitness update. His participation in the T20Is is not ruled out and there remains a possibility that he could be available for the last two or three games, depending on how the specialists at the CoE (Centre of Excellence) assess his recovery timeline. Gill had retired hurt after he injured his neck while playing a sweep shot during India's first innings in the opening Test against South Africa at Eden Gardens and was briefly hospitalised in Kolkata. Though discharged the next day, he continued to feel discomfort, which ruled him out of the remaining Test and the ODI series.

South Africa came to India with purpose and belief, not just to compete: Tabraiz Shamsi

Tabraiz Shamsi feels South Africa's strong preparation and collective belief proved crucial in whitewashing India 2-0. He credited the team for overcoming previous challenges and scripting history.

New Delhi. (Agency)

Tabraiz Shamsi has revealed South Africa's secret behind their recent success in India. The Temba Bavuma-led side whitewashed India 2-0 on their home soil, registering just their second Test series win in the country

South Africa had not won a single Test match in India on their previous two tours. However, the World Test Champions turned the tables on the Asian giants, first with a thrilling 30-run win in Kolkata, followed by a commanding 408-run victory in Guwahati. Speaking about South Africa's success, Shamsi credited the team for their preparations ahead of the tour. The wrist-spinner acknowledged how India had been one of the most challenging tours for them and praised the team for acclimatising to subcontinent conditions quickly.

"As a South African, we've had some difficult times touring India—four Test tours in the past—and in our last two series we were comprehensively beaten. So the guys put in a lot of work. They had good preparation going into this one. They toured Pakistan just before going to India, so they were already



getting used to subcontinent conditions," Shamsi told India Today. He also lavished praise on the team for performing collectively as a unit and on captain Temba Bavuma for handling the pressure of leadership. "What was really encouraging is that a couple of players stood out for us, but everyone else played strong supporting roles. They performed at crucial moments. Different guys scored runs, different guys

took wickets. Temba Bavuma's leadership has been outstanding as well. Everything just seemed to come together, and the players had that belief that they could beat India," he said. The South Africa spinner also hailed the team for their immense belief in their ability to beat India at home and for showing that desire to topple the hosts through their on-field performances.

"This time around, the feeling within the team was completely different.

Of course, they were World Test Champions, so you have to believe you can go to India and win. But the aura around the group wasn't one of simply going there to honour the fixtures or thinking, 'We'll fight, but India will probably win.' Instead, there was a real sense of purpose. Even when they were behind, the guys pushed hard. That attitude was really great to see," Shamsi explained.

Shraddha Kapoor

Says She’d ‘Love’ To Team Up With Alia Bhatt, Urges Writers To Create A Script

Shraddha Kapoor recently delighted fans by engaging in an informal online Q&A session, during which she addressed several topics that her followers have long been curious about. One question in particular about a potential collaboration between her and Alia Bhatt caught everyone’s attention.

When a fan asked about the possibility of seeing Shraddha and Alia together in a film, Shraddha responded with her signature humour. She playfully remarked that the query was “not a question but a statement,” adding that she completely resonated



with the sentiment. Encouraging fans to unite in their request, she said they should collectively urge writers to create a script featuring both actresses.

Shraddha then expressed her admiration for Alia, saying, “I am a very big fan of Alia and I feel she does amazing work and it would be great if we get to work together someday.”

Fans Request Aashiqui 2 Re-Release, Shraddha Responds Enthusiastically

During another segment of her interaction, a fan suggested that her iconic romantic drama Aashiqui 2 should be re-released in theatres. The actress lit up at the idea and replied that “it’s a brilliant idea.” She even mentioned that she personally would love to watch the film once again on the big screen.

Shraddha Kapoor Addresses Her Injury And Gives a Health Update

Shraddha also took a moment to address her recent injury, something fans had been anxiously waiting to hear more about. The actress injured herself on the sets of her upcoming film Eetha, which forced her to take a brief break from physical activity. Reassuring fans with her usual charm, she joked that after the injury, “I was moving like a Terminator. It’s just a muscle tear. It will be fine.” She further added that she simply needs some rest and assured everyone that she will be “absolutely fine” soon.

Palak Tiwari

Turns Heads In A Bikini During Her Fun-Filled Australian Getaway

Ever wondered how to turn a beach vacation into a style statement? Palak Tiwari’s Instagram has the answer. The actress, whose vacation diaries never fail to go viral, recently shared a glimpse from her Australia getaway, and unsurprisingly, she looked absolutely stunning in a sultry beach look. Palak shared a series of pictures on her Instagram, showcasing a perfect balance of style and adventure. In some shots, she flaunted her chic beachwear, while in others, she was seen driving a Jeep along the shore. She was also spotted feeding dolphins during her Australia getaway.

The diva looked effortlessly stylish and full of energy in her post. She captioned her post: “@tangeloomaislandresort is a dolphin-filled paradise.”

Palak’s Aussie Adventures

Palak had also given fans a glimpse of her Australian vacation a few days ago. She captioned the post,



Another Video From Australia

In the video, Palak begins by saying, “I’m in my room and I have some neighbours, and I’m going to try and befriend them.” But to everyone’s surprise, her ‘neighbours’ turn out to be giraffes.

She tries calling out to the giraffes in the video, and jokingly asks, “Hi guys! Are you looking for a human friend? I mean, I have the ‘neck’ for it. Last time I posted a giraffe, they said I look like one, so...” When the giraffes didn’t respond to her, she cutely made an excuse, saying they’re probably eating right now, and it’s rude to disturb someone while they’re having their meal. She gave it another shot, hoping to befriend an animal, but failed miserably. Her caption read, “All the @jamalalodge animals are still considering my request. Will get back with an update.” Seems like Palak had a blast during her stay in Australia.

Palak Tries Talking To Animals In



Dhanush Surprises Fans At AR Rahman’s Pune Concert, Sings Tere Ishk Mein Track



Fans were in for a surprise at AR Rahman’s concert in Pune on Sunday night, when Dhanush took the stage along with the legendary singer. The event rapidly grabbed attention when Dhanush sang a track from the upcoming film Tere Ishk Mein along with AR Rahman. Dhanush’s surprising appearance elevated the buzz around the film set to release on November 28. Earlier, the two artists were seen sharing the stage during the music launch of Tere Ishk Mein as well. Dhanush also took to Instagram to post a video of himself singing an unreleased Tamil version of the film’s song. It quickly became viral. In the caption, he wrote, “Moments like these make it all truly special Thank you dear @arrahsan sir. Tere ishk mein , An @aanandrai film, nov 28 in theatres.”

Tere Ishk Mein- Advance Booking

As per an India Today report, the event also provided an opportunity for Dhanush to make an exclusive statement about the film. He revealed that booking for Tere Ishk Mein would begin from Monday giving fans the option to secure their tickets before the film’s premiere.

Tere Ishk Mein delves deeper into the raw, passionate, and unexpected world of Shankar and Mukti, a love story that defies reason, time, and fate. The new teaser offers an engrossing look into the film’s fundamental themes of love, regret, and forgiveness, revealing deeper, more profound aspects of the plot that the teaser and songs had previously suggested. Aanand L Rai’s unique storytelling style, paired with the emotional depth of Himanshu Sharma and Neeraj Yadav’s screenplay, creates a poignant cinematic experience.

Tere Ishk Mein- Cast and Other Details

Tere Ishk Mein is presented by Gulshan Kumar, T-Series, and Colour Yellow, with production by Bhushan Kumar and Krishan Kumar. Aanand L Rai directs the film, which was written by Himanshu Sharma and Neeraj Yadav. It’s an A.R. Rahman musical with lyrics by Irshad Kamil. The film is set to be released internationally in Hindi and Tamil on November 28.

Aadar Jain And Alekha Advani Mark One Year Of Their Roka With Unseen Ceremony Photos: ‘So Grateful’



Fresh off his warm and candid appearance on Dining With The Kapoors, Aadar Jain had another special moment to celebrate. Aadar and Alekha Advani, who got engaged on November 23 last year, marked their first anniversary of the Roka ceremony this week. To commemorate the day, Alekha shared a beautiful post on Instagram, featuring a series of unseen photos from their beautiful ceremony. Alekha captioned the post, “1 year since everything aligned – us, our families, our world, so grateful.” Aadar replied to the post and wrote, “My baby.” Anissa Malhotra Jain, her sister-in-law too reacted to the post and commented, “Our loves, can’t believe it’s been a year.” Alekha’s mother-in-law, Rima Jain, added, “Happy 1st Roka.”

Aadar reposted his wife’s post on Instagram and wrote, “Love you my everything.” Aadar and Alekha had posted their engagement pictures last year on Instagram, where the couple looked beautiful together in white traditional outfits.

Aadar And Alekha’s Karwa Chauth Celebrations

Earlier, Alekha also offered fans a peek into her Karwa Chauth celebrations on Instagram. She looked resplendent in a bright red, intricately embroidered suit set, while Aadar twinned adorably with her in a red kurta and white pyjamas.

Her carousel featured several sweet family moments as well, including photos with her mother-in-law and sister-in-law. Alekha’s caption read, “To long fasts, longer moon delayed and lots of love. Happy KC.”

The Beautiful Wedding

The couple tied the knot earlier this year and delighted fans by sharing stunning wedding photos on Instagram. Back on January 20, Aadar posted a series of pictures from their Christian ceremony, captioning the post simply, “The Vow.”

A month later, Aadar and Alekha exchanged vows once again in a traditional Hindu ceremony. The groom looked handsome in an elegant white sherwani, while Alekha appeared ethereal in a heavily embroidered lehenga, embellished with delicate detailing.

धनबाद में ट्रेन के महिला कोच से 35 कछुए बरामद
3.50 लाख रुपए आंकी गई कीमत, गुप्त सूचना
पर RPF ने की कार्रवाई



धनबाद, एजेंसी। धनबाद मंडल में रेलवे सुरक्षा बल ने ऑपरेशन WILEP के तहत एक कार्रवाई में 35 जीवित कछुए बरामद किए हैं। ये कछुए योगनगरी त्रिषिकेशङ्गहावड़ा दून एक्सप्रेस (गाड़ी संख्या 13010) के महिला कोच से लावारिस हालत में मिले। बरामद कछुए इंडियन फ्लैपशेल प्रजाति के हैं, जिनकी अनुमानित कीमत करीब 3.50 लाख रुपए बताई जा रही है। यह घटना बुधवार को सामने आई। वरीय मंडल सुरक्षा आयुक्त के निर्देश पर RPF पोस्ट धनबाद की टास्क टीम प्लेटफॉर्म पर नियमित गश्त कर रही थी। इसी दौरान टीम को गुप्त सूचना मिली कि ट्रेन के गाई ब्रेक से सटे महिला कोच में कछुओं की तस्करी की जा रही है।

प्लेटफॉर्म संख्या 1 पर ट्रेन के रुकते ही कोच की जांच की: सूचना के आधार पर, टीम ने प्लेटफॉर्म संख्या 1 पर ट्रेन के रुकते ही कोच की जांच की। जांच के दौरान सीट के नीचे तीन कपड़े के थैले लावारिस अवस्था में मिले। आसपास की महिला यात्रियों से पूछताछ की गई, लेकिन किसी ने भी इन थैलों पर अपना दावा नहीं किया।

संदेह होने पर जब इन थैलों को खोला गया, तो उनमें जूट के बोरे में रखे 35 जीवित कछुए पाए गए। आरपीएफ की टीम ने सभी कछुओं को जब्त कर पोस्ट लाया और तुरंत वन विभाग को इसकी सूचना दी। कछुओं को आगे की कानूनी कार्रवाई के लिए वन क्षेत्र पदाधिकारी, धनबाद को सौंप दिया।

गुमला में स्कूटी की टक्कर से वृद्ध महिला की मौत

नशे में धुत एक युवक हिरासत में, स्कूटी सवार दूसरा युवक फरार

गुमला एजेंसी। गुमला सदर थाना क्षेत्र के रामनगर में बुधवार सुबह एक सड़क दुर्घटना में 55 वर्षीय वृद्ध महिला पाचो उराइन की मौत हो गई। जशपुर रोड स्थित हनुमान मंदिर के पास तेज रफ्तार स्कूटी ने पैदल चल रही महिला को टक्कर मार दी। बह करीब 9 बजे हुई। इस घटना के बाद स्थानीय लोगों की मदद से महिला को तुरंत सदर अस्पताल पहुंचाया गया। हालांकि, इलाज के दौरान उसने दम तोड़ दिया। टक्कर से महिला के एक पैर की हड्डी टूट गई थी और गंभीर चोटें आई थीं। मृतक पाचो उराइन कुल्ह आंजन की निवासी थीं और रामनगर में स्वर्गीय सोमा उरांव के घर की देखरेख करती थीं। सोमा के परिवार वाले रांची में रहते हैं, जिन्हें घटना की सूचना दे दी गई है। घटना की सूचना मिलते ही पुलिस मौके पर पहुंची और स्कूटी को जब्त कर लिया। पुलिस ने स्कूटी सवार एक युवक को हिरासत में लिया है और उससे पूछताछ कर रही है। स्कूटी पर सवार दूसरा युवक मौके से फरार हो गया। प्रत्यक्षदर्शियों ने बताया कि स्कूटी में दो युवक सवार थे, जो नशे की हालत में थे। वे करौंदी की ओर से तेज रफ्तार से गुमला शहर की ओर आ रहे थे, तभी यह हादसा हुआ।

रामगढ़ में बंद घर से चोरी, दो युवक गिरफ्तार-विदेशी मुद्रा और जेवरात चुराने का आरोप, पुलिस ने की बरामदगी

रामगढ़ (झारखंड) एजेंसी। रामगढ़ पुलिस ने एक बंद घर में चोरी के आरोप में दो युवकों को गिरफ्तार किया है। इन युवकों पर घर से विदेशी मुद्रा और जेवरात चुराने का आरोप है। पुलिस ने गुप्त सूचना के आधार पर कार्रवाई करते हुए आरोपियों को रजरप्पा मोड़ से पकड़ा और उनके पास से चोरी की गई विदेशी मुद्रा बरामद की। यह मामला रजरप्पा थाना में दर्ज किया गया था। शिकायतकर्ता ने बताया कि 25 नवंबर 2025 को शाम 4 बजे वह अपनी तीनों बेटियों के साथ जमशेदपुर में एक रिश्तेदारी की शादी में शामिल होने गई थीं, जिससे उनका घर खाली था।

घर में चोरी हो चुकी थी और सारा सामान बिखरा पड़ा था : 27 नवंबर 2025 को जब उनके छोटे भाई जाहिद और मां मेहर फातमा घर की देखभाल के लिए पहुंचे, तो उन्होंने पाया कि घर में चोरी हो चुकी थी और सारा सामान बिखरा पड़ा था। इस संबंध में रजरप्पा थाना कांड संख्या 189/2025, दिनांक 27.11.2025 को भारतीय न्याय संहिता की धारा 331(4)/305(ए) के तहत मामला दर्ज किया गया। घटना के खुलासे के लिए रामगढ़ एसपी अजय कुमार ने अनुमंडल पुलिस पदाधिकारी श्री प्रमेश्वर प्रसाद के नेतृत्व में एक विशेष छापेमारी दल का गठन किया। इस दल द्वारा चोरी हुई नादी और जेवरों की बरामदगी के लिए रामगढ़ और बोकारो जिलों के विभिन्न स्थानों पर लगातार छापेमारी की जा रही थी। इसी क्रम में 2 दिसंबर 2025 को एसपी को गुप्त सूचना मिली कि दो युवक रजरप्पा मोड़ पर चोरी हुई विदेशी मुद्रा (दिरहम और रियाल) को चित्तपुर स्थित विदेशी मुद्रा विनिमय दुकान पर ले जाने वाले हैं। पुलिस अधीक्षक ने विशेष छापेमारी दल को इस सूचना पर त्वरित कार्रवाई करने का निर्देश दिया।

जमशेदपुर में युवक की गोली मारकर हत्या देवनगर में अज्ञात हमलावरों ने की वारदात, पुरानी रंजिश में मर्डर की आशंका

जमशेदपुर (पूर्वी सिंहभूम) एजेंसी। जमशेदपुर के सीतारामडंडा थाना अंतर्गत देवनगर में मंगलवार रात अज्ञात हमलावरों ने शेखर सांडिल की गोली मारकर हत्या कर दी। यह घटना पीपल्स एकेडमी हाई स्कूल के पीछे हुई, जिसके बाद पूरे इलाके में दहशत का माहौल है और स्थानीय लोगों में आक्रोश देखा जा रहा है।

मृतक की बहन सरस्वती दास ने बताया कि जब वह रात में घर लौटी, तो उन्होंने अपने भाई को घर के बाहर खून से लथपथ और अचेत अवस्था में पड़ा पाया। उनके शरीर से लगातार खून बह रहा था। पड़ोसियों की मदद से तत्काल सीतारामडंडा थाना पुलिस को सूचना दी गई।



नजदीक से मारी गई गोली सूचना मिलने पर पुलिस मौके पर पहुंची और शेखर को गंभीर हालत में एमजीएम अस्पताल ले जाया गया। डॉक्टरों ने प्राथमिक उपचार शुरू किया, लेकिन अत्यधिक रक्तस्राव और बेहद करीब से लगी गोली के कारण कुछ देर बाद उनकी मौत हो गई। चिकित्सकों ने घटना की जांच में सहायता के लिए गैर-पारदर्शी, जिससे जान बचना संभव नहीं हो सका।

शेखर का एक स्थानीय युवक से चल रहा था विवाद-परिजन : शेखर नया कोर्ट के पास एक निजी पार्किंग स्थल पर काम करते थे और रोज की तरह रात में घर लौटे थे। परिजनों ने पुलिस को दिए बयान में बताया कि शेखर का स्थानीय युवक राहुल सिंह और उसके एक साथी से

हजारीबाग में भीषण सड़क हादसा, तीन की मौत:कार डिवाइडर से टकराई, 6 घायल

झड़वर को झपकी आने से हादसे की आशंका

हजारीबाग, एजेंसी। हजारीबाग में बुधवार सुबह बरही थाना क्षेत्र के गांगटाही पुल के पास एक भीषण सड़क हादसा हुआ। तेज रफ्तार स्विफ्ट कार अनियंत्रित होकर डिवाइडर से जा टकराई।

इस दुर्घटना में कार सवार तीन लोगों की मौके पर ही मौत हो गई, जबकि कई अन्य गंभीर रूप से घायल हो गए। मृतकों में एक महिला, एक पुरुष और एक बच्ची शामिल हैं। मृतकों की पहचान पूनम देवी (पति श्रीनाथ यादव), जय भगवान यादव (पिता श्रीनाथ यादव) और अंशिका कुमारी के रूप में हुई है। कार में कुल 10 लोग सवार थे, जो सभी पश्चिम बंगाल के कुल्टी क्षेत्र के निवासी बताए जा रहे हैं।

दुर्घटना में 6 लोग गंभीर रूप से घायल

हुए हैं। इनमें ज्योति कुमारी (24 वर्ष, पति जय भगवान यादव), शुभम यादव (6 वर्ष), अभिराज यादव (10 वर्ष), मृत्युंजय यादव (8 वर्ष), धर्मेन्द्र यादव (35 वर्ष, पिता श्रीनाथ यादव) और कौशल्या देवी शामिल हैं।

हजारीबाग सदर अस्पताल रेफर : सभी घायलों को स्थानीय लोगों और पुलिस की मदद से तुरंत बरही अस्पताल पहुंचाया गया। प्राथमिक उपचार के बाद उनकी गंभीर स्थिति को देखते हुए उन्हें बेहतर इलाज के लिए हजारीबाग सदर अस्पताल रेफर कर दिया गया है। डॉक्टरों के अनुसार, कई घायलों की हालत नाजुक बनी हुई है।

तेज रफ्तार में थी कार-प्रत्यक्षदर्शी : प्रत्यक्षदर्शियों के अनुसार, कार का



चालक लंबे सफर से थका हुआ था और संभवतः उसे झपकी लग गई थी, जिसके कारण वाहन अनियंत्रित हो गया। सड़क पर स्किड मार्क और कार की स्थिति से भी वाहन

की तेज रफ्तार का अनुमान लगाया जा रहा है। हादसे की सूचना मिलते ही बरही के एसडीपीओ अजीत कुमार विमल और थाना प्रभारी दल-बल के साथ मौके पर पहुंचे।

सड़क पर गिट्टी लोड हाइवा में लगी भीषण



पूर्वी सिंहभूम, एजेंसी। पूर्वी सिंहभूम जिला स्थित पोटाका थाना क्षेत्र के सावनाडीह मुख्य सड़क पर सोमवार देर रात एक गिट्टी लोडेड हाइवा में अचानक आग लग गई, जिससे देखते ही देखते पूरा वाहन आग की चपेट में आ गया। आग इतनी

भीषण थी कि कुछ ही मिनटों में हाइवा पूरी तरह जलकर खाक हो गया। घटना के समय वाहन चालक किसी तरह कूदकर अपनी जान बचाने में सफल रहा।

स्थानीय लोगों ने आग की लपटें उठती देख तुरंत पोटाका थाना को

सूचना दी। सूचना मिलते ही पोटाका थाना प्रभारी मनोज मुर्मू पुलिस बल के साथ मौके पर पहुंचे और आग बुझाने के लिए दमकल विभाग को सूचित किया। दमकल की टीम ने काफी प्रयास के बाद आग पर काबू पाया, लेकिन तब तक वाहन पूरी तरह नष्ट हो चुका था। प्रारंभिक जांच में अनुमान लगाया जा रहा है कि हाइवा के इंजन या किसी तकनीकी खराबी के कारण आग लगी होगी। हालांकि पुलिस सभी बिंदुओं पर जांच कर रही है। हाइवा में लदी गिट्टी सड़क पर फैल गई, जिसके कारण कुछ समय तक यातायात भी बाधित रहा।

थाना प्रभारी मनोज मुर्मू ने बताया कि वाहन चालक से पूछताछ की जा रही है और आग लगने के सही कारणों का पता लगाया जा रहा है। घटना में किसी प्रकार की जनहानि नहीं हुई है, यह राहत की बात है।

ब्राउन शुगर के 161 पुड़िया के साथ महिला गिरफ्तार

पश्चिमी सिंहभूम, एजेंसी।

पश्चिमी सिंहभूम जिला में नशे के खिलाफ चलाए जा रहे अभियान के तहत पुलिस ने एक बड़ी सफलता हासिल की है। सदर थाना क्षेत्र में अवैध ब्राउन शुगर की खरीद-बिक्री की सूचना पर पुलिस अधीक्षक के निर्देश पर एक विशेष छापेमारी दल का गठन किया गया। अनुमंडल पुलिस पदाधिकारी (सदर) के नेतृत्व में की गई कार्रवाई में पुलिस ने सिद्धेश्वर मंदिर के पास एक जनरल स्टोर में छापेमारी की।

मंगलवार को अनुमंडल पुलिस पदाधिकारी, सदर बहामन टुट्टी ने अपने कार्यालय में प्रेस वार्ता कर बताया कि दुकान संचालिका संगीता तिवारी (50) को मौके से 161 पुड़िया ब्राउन शुगर के साथ गिरफ्तार किया गया। पुलिस ने बताया कि



संगीता तिवारी के खिलाफ सदर थाना में नारकोटिक ड्रग्स एंड साइकोट्रोपिक सब्सटेंस (एनडीपीएस) एक्ट के तहत मामला दर्ज किया गया है।

पुलिस के अनुसार, संगीता तिवारी इससे पहले भी वर्ष 2021 में ब्राउन शुगर की बिक्री के मामले में जेल जा चुकी है। उसका नाम सदर

थाना (कांड संख्या 82/2021) में भी पूर्व से दर्ज है। गिरफ्तारी के बाद उन्हें न्यायिक हिरासत में भेजा जा रहा है। छापेमारी दल में अनुमंडल पुलिस पदाधिकारी बहामन टुट्टी, सदर थाना प्रभारी तरुण कुमार, महिला थाना प्रभारी शीला मिंज सहित विशेष टीम के पुलिस पदाधिकारी और पुलिसकर्मী शामिल थे।

बोकारो में सदिग्ध हालात में मिला युवक का शव

बोकारो, एजेंसी। बोकारो में बुधवार सुबह चास थाना क्षेत्र के नेशनल हाइवे स्थित तेलीडीह 4-लेन के किनारे एक युवक का शव सदिग्ध अवस्था में मिला। सूचना मिलने पर चास थाना पुलिस मौके पर पहुंची और घटनास्थल का निरीक्षण किया। प्रारंभिक जांच में मृतक की पहचान चास प्रखंड के पुपनकी गांव निवासी संत नायक के रूप में हुई है, जिनके पिता का नाम तारनी नायक है। शव मुख्य सड़क से कुछ दूरी पर मिला था, जिससे यह आशंका जताई जा रही है कि युवक की मौत किसी अन्य स्थान पर हुई होगी और बाद में शव को यहां लाकर फेंका गया है।

पुलिस ने घटनास्थल से आवश्यक साक्ष्य जुटाए हैं और शव को पोस्टमॉर्टम के लिए भेज दिया है।



घटना की सूचना मिलने पर परिजनों ने सट्ट की मौत को लेकर संदेह व्यक्त किया है। पुलिस अधिकारियों ने बताया कि मौत के वास्तविक कारणों का खुलासा पोस्टमॉर्टम रिपोर्ट आने के बाद ही हो पाएगा।

गिरिडीह में युवक को गोली मारी:गंभीर हालत में धनबाद रेफर

पुरानी रंजिश का मामला ; गिरफ्तारी के लिए छापेमारी जारी

गिरि डीह, एजें सी।

गिरिडीह के मुफफसिल थाना क्षेत्र के अंबाटांड-झरणी में मंगलवार को एक युवक को गोली मार दी गई। घटना में युवक के कमर के पास गोली लगी, जिसके बाद उसे गंभीर हालत में सदर अस्पताल ले जाया गया। प्राथमिक उपचार के बाद डॉक्टरों ने उसे बेहतर इलाज के लिए धनबाद रेफर कर दिया। घायल युवक की पहचान अंबाटांड निवासी मो. खुशींद अंसारी के रूप में हुई है।

घटना की सूचना मिलते ही मुफफसिल थाना प्रभारी श्याम किशोर महतो और नगर थाना प्रभारी ज्ञान रंजन भारी पुलिस बल के साथ अस्पताल और



घटनास्थल पर पहुंचे। पुलिस ने मामले की जांच शुरू कर दी है और आरोपियों की तलाश में इलाके में छापेमारी अभियान तेज

करने आते थे। मंगलवार को भी वे पार्क के पास आए, जिसे खुशींद ने सामान्य समझा। इसके बाद अचानक जाकिर नामक व्यक्ति ने पिस्टल निकालकर गोली चला दी। गोली खुशींद के पेट में लगी है।

इस मामले में सदर एसडीपीओ जीतवाहन उरांव ने बताया कि दोनों पक्षों के बीच पुराना पारिवारिक विवाद था, इसी कारण युवक को गोली मारी गई है। पुलिस फिलहाल हर बिंदु पर जांच-पड़ताल कर रही है। पुलिस इस पूरे मामले की गहन जांच में जुटी है और आरोपित युवकों की पहचान कर उनकी गिरफ्तारी के लिए छापेमारी जारी है।

एनएच पर हादसा, महिला की मौत

धनबाद, एजेंसी। गोविंदपुर में एनएच- 19 पर मंगलवार को हुए एक सड़क हादसे में पूर्वी टुंडी थाना क्षेत्र के विश्वडीह निवासी संगीता कुमारी (50) की मौत हो गई। बताया जाता है कि संगीता कुमारी अपने पति सुनील कुमार सिंह के साथ स्कूटी से गोविंदपुर पहुंची थीं। स्कूटी रोकने के बाद वह पैदल ही सड़क क्रॉस करने लगीं। बता दें कि वह लगभग सड़क पार कर हीं चुकी थीं की तभी अचानक तेज रफ्तार हाईवा ने उन्हें जोरदार टक्कर मार दी। टक्कर इतनी भीषण थी कि संगीता कुमारी गंभीर रूप से घायल हो गईं और उनके सिर में गहरी चोट आई। मौके पर अफरा-तफरी की स्थिति बन गई। स्थानीय लोगों ने तुरंत इसकी सूचना पुलिस को दी। पुलिस टीम मौके पर

पहुंची और घायल महिला को तुरंत धनबाद के एसएनएमएमसीएच भेजा गया। जहां डॉक्टरों ने उन्हें मृत



घोषित कर दिया। हादसे की खबर मिलते ही परिजनों में कोहराम मच गया। पति सुनील कुमार सिंह ने बताया कि उनकी पत्नी ने कहा था कि वह पैदल ही सड़क पार कर लेगी। वह क्रॉस कर ही रही थीं कि हाईवा चालक ने अचानक वाहन को मोड़ और उन्हें अपनी चपेट में ले लिया। घटना के बाद हाईवा चालक फरार हो गया।

दिल्ली में स्कूलों की सुरक्षा को लेकर डिजास्टर रेडी स्कूल्स कैंपेन की शुरुआत

एजेंसी

नई दिल्ली। दिल्ली के विद्यालयों में बच्चों की सुरक्षा को और मजबूत बनाने के उद्देश्य से मुख्यमंत्री रेखा गुप्ता ने 2,082 स्कूलों में आपदा के लिए तैयार स्कूल अभियान (डिजास्टर रेडी स्कूल्स कैंपेन) की औपचारिक शुरुआत की। इस अवसर पर उपराज्यपाल विनय कुमार सक्सेना और मंत्री आशीष सुद भी उपस्थित रहे। मुख्यमंत्री ने बताया कि अभियान को राजधानी के सभी स्कूलों तक विस्तार देना है, ताकि हर बच्चा, हर शिक्षक और हर संस्था आपदा की स्थिति में पूरी तरह तैयार हो सके। इस अभियान के तहत प्रत्येक स्कूल अपनी आपदा प्रबंधन योजना तैयार करेगा। साथ ही नियमित मॉक ड्रिल्स आयोजित की जाएंगी ताकि बच्चों को आपात स्थिति में शांत रहकर सही कदम उठाने की ट्रेनिंग मिले। स्कूलों की टीमों को भी विशेष प्रशिक्षण दिया जाएगा, जो वास्तविक संकट के समय कई जिंदगियां बचाने में मददगार साबित हो सकता है। इस महत्वपूर्ण पहल को एनडीएमए, डीडीएमए और शिक्षा विभाग द्वारा संयुक्त रूप से आगे बढ़ाया जा रहा है, ताकि दिल्ली का कोई भी स्कूल सुरक्षा की तैयारी में पीछे न रह जाए। आशीष सुद ने कहा कि एनडीएमए, डीडीएमए और शिक्षा विभाग के समन्वित प्रयासों से अभियान जल्द ही सभी 5,500 से ज्यादा स्कूलों को कवर करेगा।

रैन बसेरा में लगी आग, दो लोगों की जलकर हुई मौत

नई दिल्ली। दक्षिण पश्चिम जिले के वसंत विहार के कुली कैप स्थित रैन बसेरा में सुबह अचानक आग लग गई। हदसे में दो लोगों की झुलसकर मौत हो गई। मरने वालों की पहचान 18 साल के अर्जुन और 42 साल के विकास के रूप में हुई है। पुलिस ने दोनों शवों को पोस्टमार्टम के लिए भेज दिया है। मौके पर पहुंची दमकल की चार गाड़ियों ने डेढ़ घंटे में आग पर काबू पाया। आग बुझाने के बाद तलाशी के दौरान दोनों का शव पूरी तरह से झुलसी अवस्था में मिली। पुलिस आग लगने के कारणों की जांच कर रही है। दक्षिण पश्चिम जिला पुलिस उपायुक्त अमित गोयल ने बताया कि सोमवार तड़के करीब 3.28 बजे पुलिस को वसंत विहार कुली कैप स्थित रैन बसेरा में आग लगने की जानकारी मिली। सूचना मिलते ही स्थानीय पुलिस और दमकल की चार गाड़ियां मौके पर पहुंच गईं। आग रैन बसेरा में पूरी तरह से फैल चुकी थी और आग की लपटें निकल रही थी। दमकल कर्मियों को पता चला कि आग में कुछ लोग फंसे हुए हैं। दमकल कर्मी तुरंत आग बुझाने में जुट गए। करीब डेढ़ घंटे की मशक्कत के बाद दमकल कर्मियों ने आग पर काबू पा लिया। कुलिंग करने के बाद दमकल कर्मियों ने तलाशी अभियान चलाया। इस दौरान दमकल कर्मियों को वहां से दो लोग बुरी तरह से झुलसी अवस्था में निकाला। दोनों को पास के अस्पताल में लेकर गए। जहां डॉक्टरों ने दोनों को मृत घोषित कर दिया।

दिल्ली सरकार की ऐतिहासिक पहल का लाभ उठा रहे मेधावी छात्र, मिल रही प्रवेश परीक्षाओं की मुफ्त कोचिंग

नई दिल्ली। दिल्ली सरकार ने सरकारी स्कूलों के होनहार बच्चों के लिए ऐतिहासिक कदम उठाते हुए ‘महामना पंडित मदन मोहन मालवीय विद्या शक्ति मिशन’ की शुरुआत की है। 11 घंटा 15 मिनट रुपये की इस महत्वाकांक्षी योजना के तहत 2,200 मेधावी छात्र-छात्राओं को जेईई, नीट, सीएलएटी, सीए फाउंडेशन और सीयूईटी की पूरी तरह मुफ्त प्रोफेशनल कोचिंग दी जा रही है। शिक्षा मंत्री आशीष सुद ने पत्रकार वार्ता में बताया कि 26 नवंबर से देश के टॉप कोचिंग संस्थानों - आकाश इंस्टीट्यूट, नारायणा अकादमी, केडी कैपेस और रविंद्रा इंस्टीट्यूट - में कक्षाएं शुरू हो चुकी हैं। ये कक्षाएं स्कूल टाइमिंग के बाद और वीकेंड पर आयोजित की जा रही हैं। उन्होंने बताया कि कुल 2,200 सीटें मेरिट के आधार पर भरी गई हैं, जिनमें लड़कियों के लिए विशेष आरक्षण है। जेईई, नीट, सीएलएटी और सीए की 50 सीटों तथा सीयूईटी-यूजी की 1,000 सीटों में से 150 सीटें लड़कियों के लिए आरक्षित हैं। इन्हें एआई-सक्षम क्लासरूम, लाइव सेशन, स्टडी मैटेरियल और नियमित टेस्ट सीरीज उपलब्ध कराई जाएगी।

असम दिवस पर प्रधानमंत्री नरेंद्र मोदी ने दी बधाई

नई दिल्ली। असम दिवस (सुकफा दिवस) के मौके पर प्रधानमंत्री नरेंद्र मोदी ने असम के लोगों को हार्दिक शुभकामनाएं दीं। उन्होंने सोशल मीडिया प्लेटफॉर्म एक्स पर अपनी पोस्ट में असम की समृद्ध संस्कृति, इतिहास और तेज विकास की सराहना की। प्रधानमंत्री नरेंद्र मोदी ने लिखा, 'असम दिवस पर असम के मेरे च्यारे भाइयों-बहनों को ढेर सारी शुभकामनाएं। यह दिन स्वर्गदेव चाओलुंग सुकफा के सपनों को पूरा करने का संकल्प दोहराने का अवसर है। पिछले कुछ सालों में केंद्र सरकार और असम की एनडीए सरकार ने मिलकर राज्य के विकास के लिए दिन-रात मेहनत की है। सड़क, रेल, अस्पताल, स्कूल जैसे बुनियादी ढांचे में जबरदस्त सुधार हुआ है। ताई-अहोम संस्कृति और ताई भाषा को बढ़ावा देने के लिए भी कई कदम उठाए जा रहे हैं। इससे असम के युवाओं को नई ताकत और अवसर मिल रहे हैं।' वहीं केंद्रीय गृह एवं सहकारिता मंत्री अमित शाह ने भी असम के लोगों को शुभकामनाएं देते हुए कहा, 'असम दिवस की हार्दिक बधाई। यह दिन अहोम साम्राज्य के गौरवशाली इतिहास को याद करने और असम की समृद्ध संस्कृति की रक्षा का संकल्प लेने का दिन है। हर भारतीय को इस संस्कृति पर गर्व है। '

एमसीडी की बैठक में प्रदूषण पर गंभीर चर्चा, कई ठोस फैसले लिए

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नई दिल्ली। देर शाम तक चली दिल्ली नगर निगम (एमसीडी) के साधारण सभा की बैठक काफी हंगामाखेज रही। बैठक में दिल्ली में वायु प्रदूषण के खतरनाक स्तर को लेकर जबरदस्त बहस हुई और आरोप प्रत्यारोप का दौर चला। इसके बाद प्रदूषण को नियंत्रित करने के लिए कई ठोस उपायों पर कड़ाई से पालन करने के प्रस्ताव भी पारित हुए। सिविक सेंटर में शोक प्रस्ताव और दो मिनेट के मौन से शुरू हुई बैठक के तुरंत बाद हंगामे का माहौल बन गया। आम आदमी पार्टी (आपाप) के नेता प्रतिपक्ष अंकुश नारांग सहित विपक्षी पार्षदों ने कूड़े के ढेर और बढ़ते वायु-धूल प्रदूषण को लेकर नारेबाजी शुरू कर दी। विपक्ष का आरोप था कि भाजपा शासित एमसीडी स्वच्छता और प्रदूषण नियंत्रण में पूरी तरह नकााम साबित हुई है। विपक्षी सदस्यों के हंगामे और नारेबाजी के बावजूद महापौर राजा इकबाल सिंह ने बैठक को लगभग चार घंटे तक कारगर बनाए रखा। उप-महापौर जय भगवान यादव ने बताया कि वर्तमान भाजपा शासित एमसीडी गेजाना 35-40 हजार मीट्रिक टन कूड़ा निस्सारित कर रही है, जबकि आआपा सरकार के समय यह आंकड़ा सिर्फ 10 हजार मीट्रिक टन था। हेमचंद्र गोयल व समुगा चौधरी ने

बेघरों व गरीबों को सर्दी से बचाएगा विंटर एक्शन प्लान: सीएम रेखा गुप्ता

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नई दिल्ली। मुख्यमंत्री रेखा गुप्ता ने आज दिल्ली सचिवालय में विंटर एक्शन प्लान की तैयारियों की समीक्षा बैठक की। बैठक में मुख्य सचिव राजीव वर्मा सहित संबंधित विभागों के वरिष्ठ अधिकारी भी उपस्थित थे। मुख्यमंत्री रेखा गुप्ता ने विंटर एक्शन प्लान के अंतर्गत अधिकारियों को आदेश दिए गए हैं कि अस्पतालों में मरीजों को सर्दी से बचाव के लिए कंबल आदि की कमी न होने पाए। स्कूली बच्चों को सर्दी से बचाने के लिए विभिन्न संभावनाओं का पता लगाएं और उन पर अमल किया जाए, ताकि उनके स्वास्थ्य पर विपरित असर न पड़े। मुख्यमंत्री ने आंगनवाड़ी/पालना केंद्रों को भी सर्दी से बचाव के लिए पर्याप्त व्यवस्था के निर्देश जारी किए हैं।



लगाए जाएं। बैठक में मुख्यमंत्री को जानकारी दी गई कि सर्दी के दौरान राजधानी के बेघर और निर्धन नागरिकों को सर्दी के मौसम में सुरक्षित आश्रय देने की व्यवस्था कर

आईजीआई एयरपोर्ट पुलिस ने तमिलनाडु आधारित फर्जी फ्रेंच वीजा गिरोह का भंडाफोड़, मुख्य एजेंट गिरफ्तार

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नई दिल्ली। आईजीआई एयरपोर्ट थाना पुलिस ने फर्जी वीजा रैकेट के खिलाफ लगातार चल रही कार्रवाई के तहत एक बड़े अंतरराज्यीय नेटवर्क का पर्दाफाश किया है। यह गिरोह तमिलनाडु और तिरुचिरापल्ली जिलों में सक्रिय था और भारतीय युवाओं को फ्रांस में नौकरी दिलाने के नाम पर फर्जी फ्रेंच डी-टाइप वीजा उपलब्ध कराता था। पुलिस ने मामले में मुख्य एजेंट वी. कन्नन को तमिलनाडु से गिरफ्तार कर लिया है। जबकि उसके सहयोगियों की तलाश जारी है। आईजीआई एयरपोर्ट के पुलिस उपायुक्त विचित्र वीर ने मंगलवार को बताया कि 28 अक्टूबर 2025 को तीन भारतीय यात्री नवीराज सुब्रमण्यम (23), मोहन गांधी इलंगोवन (38)और प्रभाकरण सैथिलकुमार (28) पेरिस जाने के लिए टर्मिनल-3 पर इमिग्रेशन काउंटर पर पहुंचे। जांच के दौरान उनके पासपोर्ट पर लगे फ्रेंच डी-टाइप वीजा संदिग्ध पाए गए और महत्वपूर्ण सुरक्षा फीचर्स से रहित होने के कारण फर्जी घोषित किए गए। इसके बाद आईजीआई एयरपोर्ट थाने में



बीएनएस और पासपोर्ट अधिनियम के तहत मामला दर्ज किया गया। पूछताछ में खुलासा हुआ कि नवीराज का वीजा उसके भाई ने 6 लाख रुपये में कराया, जबकि मोहन गांधी और प्रभाकरण के फर्जी वीजा एक स्थानीय एजेंट ने 12-12 लाख रुपये में उपलब्ध कराए। पुलिस उपायुक्त के अनुसार मामले को गंभीरता से लेते हुए इस्पेक्टर वीरेंद्र त्यागी की देखरेखा में

पर्यावरण मंत्री ने टेरी की यमुना नदी में माइक्रोप्लास्टिक-फोमिंग पर रिसर्च रिपोर्ट की समीक्षा की

एजेंसी
नई दिल्ली। दिल्ली की मुख्यमंत्री रेखा गुप्ता के नेतृत्व में पर्यावरण विभाग ने एक उच्च-स्तरीय बैठक आयोजित की, जिसकी अध्यक्षता पर्यावरण मंत्री मनजिंदर सिंह सिरसा ने की। बैठक में टेरी की यमुना में माइक्रोप्लास्टिक और फोमिंग के स्तर के कारणों पर की गई विस्तृत स्टडी पर चर्चा हुई। टेरी के विशेषज्ञों ने मंत्री के समक्ष यमुना के पानी की गुणवत्ता पर विस्तृत जानकारी दी। जिसमें सफ़ैक्रेटेट्स, ऑर्गेनिक प्रदूषण, अमोनिया और माइक्रोप्लास्टिक की मात्रा शामिल थी। अध्ययन के लिए टेरी ने दिल्ली हिस्से में यमुना और उससे जुड़े प्रमुख नालों, औद्योगिक इलाकों और एसटीपी के लगभग 50 मुख्य स्थानों से करीब 100 सैंपल लिए। रिपोर्ट में

यह सामने आया कि कुछ जगहों पर बिना ट्रीट किया हुआ सीवेज, औद्योगिक अपशिष्ट और ठोस कचरा यमुना में फोमिंग, केमिकल प्रदूषण और माइक्रोप्लास्टिक बढ़ाने के प्रमुख कारण हैं। रिपोर्ट में एडवांस ऑक्सिडेशन प्रोसेस, बायोलॉजिकल ट्रीटमेंट और बेहतर मॉनिटरिंग जैसी तकनीकें अमनाले की सलाह दी गई है। सिरसा ने कहा कि मुख्यमंत्री रेखा गुप्ता के नेतृत्व में दिल्ली सरकार यमुना की सफ़ाई को सबसे बड़ा प्राथमिकता मानते हुए वैज्ञानिक और डेटा आधारित कदम तेजी से उठा रही है। टेरी की रिपोर्ट के आधार पर माइक्रोप्लास्टिक, फोमिंग और बाकी प्रदूषकों से निपटने के लिए सीवेज, उद्योग, ठोस कचरा और जन-जगह जगह पर एक साथ काम करना होगा। उन्होंने कहा कि टेरी ने

विभागवार एक्शन प्लान भी प्रस्तुत किया, जिसमें एसटीपी और सीईटीपी को एडवांस तकनीकों से अपग्रेड करने, स्थानीय स्तर पर छोटे एफ्लुएंट ट्रीटमेंट प्लांट बनाने, गैर-अनुपालन करने वाली यूनिट्स पर कड़ाई कार्रवाई करने, स्कूल-कॉलेजों में जागरूकता अभियान चलाने, संवेदनशील इलाकों में नियमित हेल्थ सर्वे कराने और रियल-टाइम मॉनिटरिंग डैशबोर्ड तैयार करने की सिफारिशें शामिल थीं। मंत्री ने कहा कि दिल्ली सरकार इन सिफारिशों का गहराई से विश्लेषण कर संबंधित विभागों के जरिए जमीन पर ऐसे कदम लागू करेगी जिससे यमुना के पानी की गुणवत्ता में वास्तविक सुधार दिखाई दे। उन्होंने पर्यावरण, उद्योग, जल बोर्ड, स्वास्थ्य, नगर निगम और

शहरी विकास विभाग को तय समय में एक्शन प्लान तैयार करने, प्राथमिक हॉटस्पॉट पहचानने और नियमित प्रगति रिपोर्ट देने के निर्देश दिए। सिरसा ने बताया कि यमुना सफ़ाई के लिए सभी मुख्य विभागों के अधिकारियों को शामिल करते हुए एक विशेष कोऑर्डिनेशन सेल कमेटी बनाई जाएगी, ताकि योजनाओं की प्लानिंग, क्रियान्वयन और मॉनिटरिंग बिना देरी के हो सके। उन्होंने कहा कि सभी विभागों को निर्देश दिया है कि वे मिलकर काम करें और प्रक्रिया में आने वाली रुकावटों को हटाएं, ताकि दिल्ली के लोगों को जमीन पर जल्द से जल्द साफ़ नज़र आने वाले परिणाम मिले। इस अवसर पर पर्यावरण, उद्योग, स्वास्थ्य, जल एवं अन्य विभागों के वरिष्ठ अधिकारियों भी मौजूद रहे।

दिल्ली विधानसभा का शीतकालीन सत्र पूरी तरह पेपरलेस होने के लिए तैयार : स्पीकर

एजेंसी
नई दिल्ली। दिल्ली विधानसभा ने पेपर सबमिशन, बिल और सवलों का तरीका पूरी तरह खत्म कर दिया है और आने वाले शीतकालीन सत्र में पूरी तरह डिजिटल होने का प्लान है। स्पीकर विजेंद्र गुप्ता ने यह बात कही। दिल्ली विधानसभा में हुए डिजिटल ट्रेनिंग प्रोग्राम के दौरान गुप्ता ने कहा, 'हम जो भी कागज को डिजिटलाइज करते हैं, वह पर्यावरण से किया गया हमारा वादा है।' आईटी विभाग के अधिकारियों ने जीएफसीटीडी के अलग-अलग विभाग के अधिकारियों को आने वाले विंटर सेशन के लिए नेशनल ई-विधान एप्लीकेशन पर ट्रेनिंग दी, जो इस महीने के तीसरे हफ्ते में शुरू होने की उम्मीद है। विधानसभा सचिवालय के वरिष्ठ अधिकारी भी इस दौरान वहां मौजूद थे। एक बयान में कहा गया कि स्पीकर ने अधिकारियों से बातचीत की और

उनसे ऐप को अच्छे से अपनाने की अपील की। उन्होंने कहा कि इस बदलाव से डिपॉर्टमेंट के साथ-साथ



विधानसभा के कामकाज को भी फायदा होगा। मंगलवार के ट्रेनिंग सेशन में सोशल वेलफेयर, एससी और एसटी के लिए वेलफेयर, कोऑपरेटिव, इलेक्शन, लॉ एंड जस्टिस, मजदूर,नौकरी, विकास, आर्ट, संस्कृति और भाषा, पर्यटन,

डबल डेकर प्राइवेट बस में लगी आग

एजेंसी
नई दिल्ली। उत्तरी जिले के कश्मीरी गेट इलाके में सुबह एक डबल डेकर प्राइवेट बस में आग लग गई। मामले की सूचना मिलते ही दमकल विभाग की टीम मौके पर पहुंच गई। कड़ी मशक्कत के बाद दमकल विभाग ने आग पर काबू पाया। आग लगते ही बस के अंदर बैठी सवारियां तुरंत बाहर आ गईं। गनीमत यह रही कि हदसे में कोई हताहत नहीं हुआ। शुरुआती जांच के बाद आग का कारण शार्ट सर्किट बताया जा रहा है। पुलिस मामला दर्ज कर आग लगने का कारण पता लगाने की कोशिश कर रही है। दमकल विभाग के मुताबिक दमकल विभाग को करीब 6.50 बजे आग लगने की सूचना मिली। आग कश्मीरी गेट से राज निवास की ओर जाने वाले मार्ग पर एक बस में लगी थी। सूचना



पर काबू पाया। इसके बाद कुलिंग का काम शुरू किया गया। बताया जा रहा है कि आग लगने के दौरान बस सामान व सवारियों से भरी हुई थी। आग लगने के बाद सभी सवारी सुरक्षित बाहर आ गईं। बस प्राइवेट है। आग लगने का कारण पता लगाया जा रहा है।

आईपीयू का दिल्ली फार्मास्यूटिकल साइंसेज एंड रिसर्च यूनिवर्सिटी के साथ हुआ समझौता

एजेंसी
नई दिल्ली। गुरु गोविंद सिंह इंद्रप्रस्थ विश्वविद्यालय (आईपीयू) ने प्रतिष्ठित दिल्ली फार्मास्यूटिकल साइंसेज एंड रिसर्च यूनिवर्सिटी (डीपीएसआरयू) के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए हैं। एमओयू पर आईपीयू के रजिस्ट्रार डॉ. कमल पाठक और डीपीएसएआरयू के रजिस्ट्रार डॉ. रामचंद्र खत्री ने हस्ताक्षर किए। एमओयू का उद्देश्य फार्मास्यूटिकल साइंसेज, बायो-फार्मास्यूटिकल्स, नई दवाओं और वैक्सीन विकास के क्षेत्रों में अनुसंधान, प्रशिक्षण और टूल डेवलपमेंट में सहयोगी साझेदारी स्थापित करना है। दोनों संस्थान संयुक्त रूप से वैज्ञानिक और तकनीकी समीक्षा में शामिल होंगे, साथ ही अपने-अपने विशेषज्ञता के क्षेत्रों का लाभ उठाते हुए अनुसंधान और विकास में परामर्श सेवाएं प्रदान करेंगे। दोनों संयुक्त रूप से फंडिंग के अवसरों की पहचान और उनका पालन करेंगे, संबंधित दस्तावेज तैयार करेंगे और अपनी संयुक्त पहलों के प्रभाव को बढ़ाने के लिए अपनी रणनीतिक प्राथमिकताओं को संरेखित करेंगे। एमओयू में फार्मास्यूटिकल साइंसेज,



बायोटेक्नोलॉजी, बायो-फार्मास्यूटिकल्स, वैक्सीन और दवाओं से संबंधित अनुसंधान के क्षेत्रों में उन्नत तकनीकों और पद्धतियों पर ध्यान केंद्रित करते हुए संकाय, शोधकर्ताओं और छात्रों के लिए संयुक्त प्रशिक्षण कार्यक्रम, इंटरशिप और आदान-प्रदान के अवसरों को व्यवस्था भी की गई है। इसके अलावा दोनों विश्वविद्यालय वैक्सीन और संबंधित क्षेत्रों पर कार्यशालाएं, सेमिनार और सम्मेलन आयोजित करने की योजना बना रहे हैं, जिससे इन महत्वपूर्ण क्षेत्रों में ज्ञान साझा करने और क्षमता निर्माण को और मजबूत किया जा सके। इस अवसर पर आईपीयू के कुलपति प्रो. (डॉ.) महेश वर्मा ने कहा कि यह एमओयू

मानवता के लिए अनुसंधान और विकास के क्षेत्र में एक नए अध्याय की शुरुआत करेगा। दोनों विश्वविद्यालयों ने एक मजबूत और स्थायी सहयोगी संबंध को बढ़ावा देने के लिए अपनी प्रतिबद्धता की पुष्टि की है। डीपीएसआरयू के कुलपति प्रो. रविचंद्रन वी., यूएसबीटी की डीन प्रो. प्रमिला गुप्ता, प्रमुख निदेशकों और दोनों विश्वविद्यालयों के संकाय सदस्यों ने भाग लिया।

केजरीवाल ने केन्द्र से की संचार साथी ऐप को वापस लेने की मांग

एजेंसी
नई दिल्ली। आम आदमी पार्टी (आआप) के राष्ट्रीय संयोजक अरविंद केजरीवाल ने केंद्र सरकार से संचार साथी ऐप को अधिसूचना तुरंत वापस लेने की मांग की। अरविंद केजरीवाल ने सोशल मीडिया प्लेट फार्म एक्स पर लिखा कि सरकार का सभी मोबाइल कंपनियों को नई और पुरानी दोनों तरह की डिवाइस में संचार साथी ऐप इंस्टॉल करने का परमान निजता और आजादी पर सीधा हमला है। दुनिया के किसी भी लोकतंत्र ने कभी ऐसा करने की हिम्मत नहीं की। सरकार की जारी अधिसूचना में यूजर की सहमति लेने या ऐप कभी भी डिलीट करने का विकल्प देने का एक शब्द तक नहीं है।



हो जाएगी। उन्होंने जोर देकर कहा कि सवाल-जवाब, बिल, डेबल पर रखे गए पेपर, स्पेशल मेंशन और असेंबली के दूसरे काम जो पहले प्रिंटेड रूप में आते थे, अब पूरी तरह से डिजिटल मॉड्यूल के जरिए प्रोसेस किए जाएंगे, जिससे सरकारी डिपॉर्टमेंट और असेंबली के बीच समय पर, अच्छे से और पूरी तरह से जवाबदेह कम्युनिकेशन पक्का होगा। उन्होंने कहा कि दिल्ली विधानसभा पर्यावरण, बेहतर कामकाज, नई तकनीक और लोकतांत्रिक संस्थाओं को मजबूत बनाने के अपने वादे को दोबारा दोहराती है।

इस ट्रेनिंग कार्यक्रम में विभाग की सक्रिय भागीदारी के साथ, स्पीकर ने कहा कि विधानसभा अब बिना कागज के काम करने वाली और भविष्य के लिए तैयार व्यवस्था की ओर तेजी से बढ़ रही है। यह मॉडल देश की बाकी विधानसभाओं के लिए भी उदाहरण बनेगा।

एजेंसी
नई दिल्ली। साउथ वेस्ट जिला पुलिस ने नवम्बर माह के दौरान विभिन्न भाग क्षेत्रों से लापता हुए 84 लोगों को खोज कर परिजनों से मिलाया है। इनमें 30 नाबालिंग भी शामिल हैं। लापता लोगों की तलाश

के लिए पुलिस ने व्यापक स्तर पर छानबीन की। इस वर्ष अब तक पुलिस 1201 लापता लोगों की तलाश कर चुकी है। इनमें से 399 नाबालिंग शामिल थे। साउथ वेस्ट डीसीपी अमित गोयल ने बताया कि सभी थानों को लापता लोगों की

सूचना पर तत्परता से काम करने तथा उनको खोजने के निदेश दिए गए हैं। इसी के तहत नवम्बर माह में 30 नाबालिंग बच्चों समेत 84 लोगों को खोज निकाला गया। लापता लोगों की सूचना मिलते ही पुलिस टीमों ने तुरंत सच ऑपरेशन

शुरू कर दिया। लापता व्यक्ति के संबंध में लोकल स्तर पूछताछ के अलावा सीसीटीवी कैमरों की फुटेज खंगालने के अलावा ऑटो स्टैंड, ई-रिक्शा स्टैंड, बस स्टैंड और रेलवे स्टेशनों पर लापता हुए लोगों की फोटो दिखाकर उन्हें

तलाश करने का प्रयास किया गया। बस ड्राइवर्स, कंडक्टरों और वेंडों से भी पूछताछ की गई। इसके अलावा आसपास के पुलिस स्टेशनों और अस्पतालों के रिपोर्टों को भी चेक किया गया। कुछ मामलों में सोशल मीडिया की मदद भी ली गई।

इलाका- खोजे हुए लापता लोग कापसहेडड़ा- 9 नाबालिंग, 14 पुरुष/महिला पालम गांव- 4 नाबालिंग, 5 पुरुष/ महिला वसंत कुंज नॉर्थ- 2 नाबालिंग, 2 पुरुष/ महिला

सागरपुर-8 पुरुष/ महिला किशगढ़- 2 नाबालिंग, 7 पुरुष/ महिला वसंत कुंज साउथ -3 नाबालिंग, 5 पुरुष/महिला आर.के. पुरम- 1 नाबालिंग, 1 पुरुष वसंत विहार- 4 नाबालिंग, 2

पुरुष/ महिला सरोजिनी नगर- 1 नाबालिंग, 1 पुरुष सफदरजंग एन्क्लेव - 2 नाबालिंग, 5 पुरुष/महिला साउथ कैपेस- 1 पुरुष दिल्ली कैन्ट- 2 नाबालिंग, 3 पुरुष/ महिला

Nari Shakti to vikas: Focus must shift to women-led progress

New Delhi, Agency: Gender equality and women's empowerment is the organising idea for our brighter todays and our transformed tomorrows. In this age of acceleration, we cannot afford to wait another century to achieve gender parity. The cardinal concept of nari shakti (women's power) and of women as devis (goddesses), which is India's civilisational gift to the world, must now move from symbolic reverence to practical power and take our virasat (tradition) of respect for women into a vikas (development) pathway of women led sustainable development.

When the freedoms and life chances of half of humanity expand, societies are rewired. Gender equality is an ideal in its own right and also a powerful force multiplier of social, economic, political, technological and environmental progress. The 2015 McKinsey Global Institute report, the 2024 analysis using National Family Health Survey data, and EY's India@100 work, together make a compelling economic case: Closing gender gaps can

add 20 to 30% to GDP and is indispensable for India to become a \$28 trillion economy by 2047.

India is living through a demographic moment. Our young population will yield a dividend only if it becomes a female dividend. Fertility is declining and the ambitions of girls and young women are rising. India now has near parity in higher education and around 43% of STEM students are women. After years in which women's work was pushed into informality and invisibility, female labour force participation has begun to climb again and must translate into better quality, formal and future ready jobs.

A defining feature of Prime Minister Narendra Modi's government has been targeted flagship programmes in which women are the principal labharthi (beneficiaries), combined with transversal programmes in infrastructure, health, education and social protection that are gender responsive. Scholarships, hostels and reserved seats have lifted women's presence in higher and technical education and opened pathways



into the knowledge, health, green and care economies. Digital missions and rural programmes have trained tens of millions of women and put smartphones with affordable data and Jan Dhan accounts in their hands, giving direct access to information, markets and services.

Flagship schemes such as Pradhan Mantri Ujjwala Yojana, PM MUDRA, Swachh Bharat and PM Awas have put clean energy, access to credit, sanitation and secure housing in crores of women's names, while schemes such as the

Sukanya Samriddhi and Lakhpati Didi have enabled direct benefit transfers into their bank accounts and rising incomes. The next level must move them decisively from labharthi to adhikar pati, from recipients of entitlements to full rights holders and decision makers in the economy and society. That is the essence of achieving SDG 5 on gender equality by 2030.

Intersectionality in India means that many women face multiple layers of disadvantage through poverty, caste, tribe, religion, disability or

location. The abolition of instant triple talaq has strengthened Muslim women's rights in marriage. The election of Droupadi Murmu, a woman from an Adivasi background, as President of India embodies how far a marginalised woman can rise in a republic, deepening its commitment to gender and social justice. The tomorrow we must build is one in which such trajectories are systemic and widespread rather than exceptional.

Freedom from violence remains the non-negotiable foundation of a gender equal society. Ending violence against women and girls in all its forms, from domestic abuse and trafficking to workplace harassment and online hate, must stay at the top of the agenda, together with sustained investment in women's health and in sexual and reproductive rights that guarantee autonomy and dignity.

Political voice and leadership multiply the impact of every other intervention and give women the power to shape tomorrow's rules. At the grassroots, 33% to 50% reservations in panchayats

and urban local bodies have created 1.5 million women leaders. The Nari Shakti Vandan Adhiniyam, reserving one third of seats in the Lok Sabha and all state assemblies for women, is a historic step towards real parity in law-making and governance. Women are reshaping electoral outcomes, as seen recently in Bihar, as conscious voters rewarding governments that deliver on safety, mobility, education, health and livelihoods.

Culture is an infrastructure of meaning through which societies understand themselves and imagine their future. For centuries it was built from a male vantage of patriarchy, even in civilisations that worshipped the feminine divine. Today, women across the creative industries, from media and literature to cinema, music, sport and digital content, are rewriting that script and reclaiming the Devi idea so that reverence is expressed as equal rights, equal respect and shared responsibility in the home, the economy and the public sphere.

‘All kinds of deities’: Revanth Reddy sparks row after remarks on Hindu Gods

Telangana, Agency: chief minister Revanth Reddy sparked a political row in the state, and possibly nationally, through his lighthearted remarks about Hindus having “a God for every occasion”.

Reddy made the comments during a meeting of the Congress executive, giving the opposition BJP and its ideological fountainhead, the RSS, the opportunity to corner him. The opposition has accused the CM of hurting Hindu sentiments.

"How many deities are there in Hinduism? How many deities? Three crores? Why? For those who are unmarried, there is god Hanuman. For those who are married twice, there is another god. For those who drink, there is another god. Yellamma, Pochamma, Maisamma. For those who



demand chicken, there is a god. And for those who eat dal-rice, there is another god, right? There are all kinds of deities," Revanth Reddy said, according to videos of the address that surfaced online.

Reddy framed the remarks as an observation delivered "in a lighter vein".

CM Revanth Reddy's remarks caused a massive

backlash, with the opposition quickly terming them as a mockery of the fundamental tenets of the Hindu faith and customs.

Union minister and former Telangana BJP chief Bandi Sanjay Kumar condemned the remarks through social media, accusing the Congress party of holding deep-rooted hatred towards Hindus.

"I strongly condemn the comments made by Chief Minister Revanth Reddy insulting Hindus and Hindu deities. The Congress has always been a party that bends before the AIMIM. Revanth Reddy himself said Congress is a Muslim party. That statement alone exposes their mindset. Congress carries deep-rooted hatred towards Hindus," Bandi Sanjay said in a social media post.

"This is exactly why we warned during the Jubilee Hills by-election that if Congress or BRS accidentally won, Hindus would not be able to step out with dignity.

The Chief Minister's latest comments prove the BJP was right. The hatred Congress holds towards Hindus and Hindu gods now stands exposed.

Delhi MCD bypoll results: BJP wins big, bags 7 of 12 wards but fails to retain 2 seats; AAP wins 3



New Delhi, Agency: The counting of votes for the bye-election for the Municipal Corporation of Delhi (MCD polls) is underway. The counting began on Wednesday morning amid tight security across 10 counting centres in the national capital. With the counting now over, BJP has won seven wards. Meanwhile, AAP won three, while the Congress and the All India Forward Bloc emerged victorious in one ward.

The elections for 12 MCD

wards comes after the Bharatiya Janata Party (BJP) secured a landslide victory in the capital in February 2025. Of the 12 wards were voting was held, nine offices were held by the BJP and three by the Aam Aadmi Party.

As per information shared by the State Election Commission, 10 counting centres have been set up at Kanjhawala.

Pitampura, Bharat Nagar, Civil Lines, Rouse Avenue, Dwarka, Najafgarh, Gole Market, Pushp Vihar and Mandawali.

Two held for alleged rape of minor school girl in Karnataka's Belagavi

Karnataka, Agency: A class seven girl was allegedly sexually assaulted by two men while she was returning home from a flour mill in this district, police said on Wednesday.

The accused duo, Manikant Dinnimani and Iranna Sankammanavar, were arrested on Tuesday in connection with the incident that occurred last month, they said.

According to police, on November 21, the accused allegedly dragged the girl into a sugarcane field while she was returning home from a flour mill

located near her house, and raped her.

The victim lodged a complaint on Monday evening following which a POCSE (Protection of Children from Sexual Offences) Act case was registered at the Murgod police station here. In her complaint, the girl has alleged that Dinnimani sexually assaulted her while Sankammanavar assisted him. According to Belagavi Superintendent of Police, Bhimashankar Guled, both the accused were taken into custody for questioning.

SC allows entry of pregnant woman, her child into India from Bangladesh on humanitarian grounds

New Delhi, Agency: The Supreme Court on Wednesday allowed on “humanitarian grounds” the entry of a pregnant woman and her eight-year-old child into India, months after they were pushed into Bangladesh.

A Bench of Chief Justice Surya Kant and Justice Joymalya Bagchi asked the West Bengal government to take care of the minor and directed the chief medical officer of Birbhum district to provide all possible medical assistance to the pregnant woman Sunali Khatun,



including free of cost delivery.

The Bench noted the submission of Solicitor General Tushar Mehta,

appearing for the Centre, that the competent authority has agreed to allow the woman and her child into the country

purely on humanitarian grounds without prejudice to rights and contentions, and they would be kept under surveillance.

The top court was hearing a plea of the Centre challenging the September 26 order of the Calcutta High Court by which it had set aside the Central Government's decision to deport Khatun and others to Bangladesh and termed it as “illegal”.The Bench further said they would eventually be brought back to Delhi from where they were picked up and deported to Bangladesh.

2 Delhi University colleges receive bomb threats, triggering panic

New Delhi, Agency: Two Delhi University colleges received bomb threats via email on Wednesday morning, triggering panic and deployment of Bomb Detection and Disposal Teams (BDDT) and police. The latest in a series of such emails was sent around 1.59am to Ramjas College and Deshbandhu College.

Deputy police commissioner (north) Raja Banthia said the principal of Ramjas College reported the threat early in the morning, after which BDDT and local



police began anti-sabotage checks on campus. Similar checks were carried out at Deshbandhu College as

well. So far, no suspicious objects have been found. Police said the sender of the threat email was yet to be

identified.

A Ramjas College official said they checked the mail in the morning around 10 and immediately asked staff and students to vacate the campus. The students were escorted off campus, and police were called.

Ramjas College principal Ajay Arora said practical exams were scheduled for Wednesday. “But the minute we received the bomb threat, we immediately vacated the college and asked the students to go back home.

Flight operations hit across airports, chaos at Hyderabad's RGI over check-in system glitch

A glitch in check-in systems caused widespread disruptions at several airports on Wednesday, possibly contributing to chaotic scenes that were reported at Hyderabad's Rajiv Gandhi International Airport.

A video showed a large group of travellers surrounding an airline helpdesk at the Hyderabad airport on Wednesday morning, demanding clarity on the status of their flights. Passengers can be seen raising their voices, holding up tickets and mobile phones as

they question staff about the delay.

Airline employees appear overwhelmed as they attempt to pacify the crowd. Despite repeated explanations from the counter staff, passengers continue pressing for answers, leading to heated exchanges.

Check-in systems at various airports faced issues on Wednesday due to a system outage as per PTI news agency. Reportedly, some flights were delayed due to the issues.



Winter Skin & Hair Care Routine for a Healthy Glow

New Delhi, Agency: Winter can be harsh on both skin and hair due to cold winds, low humidity, and indoor heating. These conditions strip natural moisture, leading to dryness, flakiness, itching, and dullness. A well-planned winter skin and hair care routine can help maintain your natural glow even in chilly weather.

Start with gentle cleansing. Choose hydrating cleansers that don't strip away natural oils. Use lukewarm water instead of hot water, as hot water worsens dryness. After cleansing, apply a thick, deeply hydrating moisturizer while

your skin is still slightly damp. Look for ingredients like shea butter, hyaluronic acid, glycerin, or ceramides, which help keep moisture locked in.

Lip care is essential during winter because lips dry out quickly. Apply a moisturizing lip balm containing vitamin E or shea butter, and avoid licking your lips as it increases dryness.

Sunscreen remains important even in winter. UV rays penetrate through clouds and damage the skin, causing pigmentation and premature aging. Apply sunscreen daily, especially during outdoor activities.

For hair care, start by oiling your hair once or twice a week using coconut, olive, almond, or castor oil. Warm oil massages improve blood circulation and nourish hair roots. Use mild shampoos and conditioners to prevent dryness. Avoid washing hair with hot water, as it strips natural oils.

Deep-conditioning treatments once a week help reduce frizz and add shine. You can also use natural hair masks made from banana, yogurt, aloe vera, or egg to restore moisture.

Scalp care becomes important due to increased chances of dandruff in winter.

Smart Winter Lifestyle Choices for Better Health



New Delhi, Agency: As winter approaches, our lifestyle has to adapt to a completely different rhythm. The cold winds, shorter days, and low humidity create challenges for both physical and mental well-being. Making smart winter lifestyle choices helps maintain good health, energy, and positivity throughout the season.

One of the most important aspects of winter wellness is maintaining a balanced diet. Cold weather often triggers cravings for deep-fried or sugary foods, but these can weaken immunity in the long run. Instead, opt for warm, nutrient-rich meals such as soups, dals, vegetable stews, roasted seasonal vegetables, and khichdi. Include winter superfoods like carrots, spinach, methi, ginger, turmeric, sesame seeds, dates, jaggery, bajra, and til ladoos. These foods not only provide warmth but also strengthen immunity and improve digestion.

Another essential winter lifestyle tip is staying hydrated. People often drink less water during winter because they don't feel thirsty, but dehydration can make skin dry, reduce metabolism, and cause fatigue. Keep a bottle of warm water handy, sip herbal teas, and enjoy nutritious drinks like hot milk with turmeric or cinnamon. Soups and broths also add hydration while keeping the body warm.

Maintaining physical activity is equally important. The cold weather makes it tempting to skip workouts, but inactivity leads to stiff joints, weight gain, and low energy levels. Even 30 minutes of exercise-such as brisk

walking, yoga, stretching, indoor aerobics, or cycling-can improve mood and boost immunity. Morning sunlight is especially valuable in winter, as it provides vitamin D and helps keep seasonal depression away.

Skin care becomes crucial as well because winter dries out the skin quickly. Use gentle cleansers, thick moisturizers, lip balm, and sunscreen since UV rays can still harm the skin. A humidifier at home can also help maintain moisture in the air.

Winter is also the perfect time to focus on mental well-being. Cozy evenings create opportunities to read books, practice mindfulness, and enjoy quality time with family. Listening to soothing music, enjoying hobbies, or simply unwinding with warm drinks reduces stress levels.

Proper sleep is another valuable lifestyle element. Long nights naturally support restful sleep, but irregular routines can disrupt this rhythm. Maintain a fixed sleep schedule, reduce screen time before bed, and keep your room warm but well-ventilated.

Lastly, keep your surroundings clean and germ-free. Winter is a peak season for viral infections, so sanitize frequently touched surfaces, wash hands regularly, and keep windows slightly open for ventilation.

By adopting these simple yet effective winter lifestyle habits-eating well, staying active, caring for skin, and nourishing mental health-you can enjoy the season comfortably while boosting your overall well-being.



Winter Fitness & Wellness: How to Stay Active and Energetic

New Delhi, Agency: Staying active during winter is a challenge for many people. The cold temperatures make it tempting to stay in bed, skip workouts, and indulge in comfort foods. However, maintaining fitness during the winter months is essential for good health, strong immunity, and overall energy levels. With the right mindset and simple strategies, you can stay active and feel your best throughout the season.

First, set realistic fitness goals. Instead of aiming for intense workouts, focus on consistency. Even light physical activity such as a daily 20-30 minute walk can make a big difference. Indoor workouts are highly effective during winter. Try activities like yoga, Pilates, skipping, body-weight exercises, dance fitness, or simple stretching routines. These exercises improve flexibility, strength, and circulation while keeping you warm.

Using winter as an opportunity to try new fitness routines can help you stay motivated. Online workout classes, fitness apps, or guided

home exercise videos provide variety and structure. This keeps the routine interesting and prevents boredom. You can also include family members in your fitness schedule to make exercise more enjoyable and engaging.

A warm-up routine is crucial during winter workouts because cold muscles are more prone to injury. Spend at least 10 minutes doing light stretches or mobility exercises before starting your main workout. Wearing layers of breathable clothing also helps maintain body temperature while allowing flexibility.

Nutrition plays an equally important role in winter fitness. Incorporate foods that fuel your workouts, such as nuts, seeds, bananas, oats, whole grains, eggs, lean proteins, and seasonal vegetables. Make hydration a priority. Even though you may not feel thirsty, your body needs water to regulate energy levels and digestion. Warm water, herbal teas, and low-calorie hot drinks like green tea or lemon water are excellent choices.

To maintain motivation, create a fitness-friendly envi-

ronment at home. Keep your workout equipment-like dumbbells, yoga mats, resistance bands, or skipping ropes-easily accessible. Track your progress with a journal or fitness app to stay accountable.

Winter fitness is also closely linked to mental wellness. Regular exercise releases endorphins, which reduce stress, anxiety, and fatigue. For people who experience seasonal mood dips, staying active can significantly improve mood and mental clarity.

Make sleep a priority as well. Adequate sleep enhances muscle recovery, boosts metabolism, and keeps your mood stable. Avoid heavy meals and caffeine at night to improve sleep quality.

Remember, winter fitness is not about pushing yourself too hard-it's about maintaining a healthy lifestyle with steady effort. Staying active, eating nourishing foods, hydrating, and taking care of your mental well-being will help you stay energetic and confident throughout the winter season.



Winter Home & Lifestyle Habits for a Cozy, Comfortable Season

New Delhi, Agency: Winter is the perfect time to create a cozy home environment and adopt lifestyle habits that enhance comfort and warmth. With a few thoughtful changes, you can transform your living space into a winter-friendly haven that keeps you relaxed, healthy, and stress-free.

Start by reorganizing your home for warmth. Use thick curtains, carpets, and rugs to retain heat and reduce cold drafts. Adding warm blankets, soft cushions, and fluffy throws creates a cozy ambience. Using warm lighting instead of harsh white lights adds comfort to the space. Scented candles or essential oil diffusers with lavender, cinnamon, or eucalyptus uplift the mood and create a soothing environment.

Keeping your home well-venti-

lated is important even in winter. Although cold air makes you want to shut windows permanently, indoor air needs circulation to avoid dampness and stale air. Opening windows for 10-15 minutes daily improves air quality and reduces germs.

Winter is also an ideal time to declutter and reorganize indoor spaces. A clean, organized home boosts mental clarity and reduces stress. Store summer clothes properly and make warm clothing easily accessible. Incorporate warm beverages into your daily routine. Herbal teas, hot chocolate, masala chai, turmeric milk, and soups provide warmth and comfort. These drinks also support digestion and immunity. Adopt a mindful lifestyle during the winter season. Practice meditation, journaling, or light breathing exercises. These activities

help reduce stress and promote inner calm. Spend quality time with family-playing board games, watching movies, or cooking together strengthens bonds. Creating a winter evening routine can greatly improve mental and emotional well-being. Light warm lamps, play soft music, and unwind with a book or creative hobby. Reduce screen time before bed to promote better sleep. Maintain hygiene to avoid seasonal infections. Wash hands frequently, change bedding weekly, and sanitize frequently touched surfaces. Using antibacterial room sprays or natural disinfectants keeps your home germ-free. Winter is also an ideal time to declutter and reorganize indoor spaces. A clean, organized home boosts mental clarity and reduces stress. Store summer clothes properly and make warm clothing

easily accessible. Winter fashion is another enjoyable part of the season. Layer your clothing with sweaters, shawls, jackets, mufflers, and woolen socks. Choose breathable fabrics that keep you warm without discomfort.

Finally, ensure safety during winter. Keep floors dry to avoid slipping, repair heaters or electrical appliances, and store essential winter supplies.

like warm clothing, medicines, and first-aid items. Winter is also an ideal time to declutter and reorganize indoor spaces. A clean, organized home boosts mental clarity and reduces stress. Store summer clothes properly and make warm clothing easily accessible.

By incorporating these winter home and lifestyle habits, you can enjoy a cozy, healthy, and joyful season with comfort and warmth.