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RNI Regn No. JHAMUL/2016/75465

researchers.asia@gmail.com



The Researchers'

NEWS BOX

Israel says killed October 7 attacker filmed abducting couple

JERUSALEM.(Agency)

Israeli forces have killed a Palestinian militant who was filmed abducting a couple at a music festival during Hamas's deadly attack on October 7, 2023, the military said on Sunday. Video footage widely circulated in the aftermath of the attack showed militants abducting Noa Argamani and her boyfriend Avinatan Or at the Nova music festival. Argamani was rescued in June 2024 during an Israeli operation in the central Gaza Strip, while Or was released by Hamas last October as part of a ceasefire deal. Israeli forces "struck in the Nuseirat area and eliminated the terrorist Saher Nidal Latfi Sakr, a terrorist operative affiliated with global jihadist organisations operating in the Gaza Strip," the Israeli military said in a statement on Sunday. Sakr drove the motorcycle used to abduct Argamani and Or, according to the statement. Hamas and allied factions killed at least 370 people and took 44 hostages at the Nova festival on October 7, 2023, according to Israeli figures.

Trump says Iran war will be won 'very soon', does not rule out strikes before midterms

TRENTON.(Agency)

US President Donald Trump has said he expects the conflict with Iran to be won "very soon", while declining to rule out the possibility of renewed American military strikes before the US midterm elections. Speaking to Fox News on the sidelines of the PGA Tour Presidents Cup on Sunday (local time), Trump said the primary US objective was to prevent Iran from acquiring a nuclear weapon. He also said the end of the conflict would lead to a sharp fall in global oil prices. "I think what's going to happen is we're going to win this war very soon, and as soon as we win it, the oil will go down, way down to what it was before the war," Trump said. Asked whether the US could carry out further military strikes before the midterm elections, Trump declined to rule out the possibility. "I don't want to say that. I don't want to say that. I mean, it's possible, but I just don't want to say that," he said. "And the key is, Iran will not have a nuclear weapon," Trump said, adding that nuclear deterrence was "key to the whole thing." On whether the US was making progress through military action or economic sanctions under what he



called "Operation Economic Outcast", Trump said Washington was succeeding on both fronts. "I think both. I think we'll win it both ways. We've already won it really from a military standpoint," he said, adding, "But that doesn't mean we've stopped that." Trump also claimed that Iran's economy had been severely damaged by US pressure. "We're certainly winning it very big. If you look at their economy, it's gone. They have no economy," he said. He claimed that Iran was facing soaring inflation and a collapse in the value of its currency. "The value of their money is, as they say, valueless. We have inflation. They have inflation now of close to 300%. I heard 318% as of this morning. 300, meaning their money is shot, their economy is shot, their military is shot. They're in trouble."

5 men arrested near UK air base used by US in Iran war on suspicion of preparing a terrorist act

The arrests come at a time of heightened tensions around the threat from hostile states to the U.K., with Russia and Iran among those that have used proxies to commit crimes on their behalf on British soil.

LONDON.(Agency)

U.K. police said that five men arrested in the early hours of Sunday near an air base used by the United States during its war against Iran are being held on suspicion of preparing a terrorist act that appeared to

involve three trucks. London's Metropolitan Police, which takes the lead on potential terrorist activities, said police received a call at 12:45 a.m. related to the three suspicious vehicles that appeared to be traveling toward RAF Fairford, a U.K.-owned base that is operated by the U.S. under an agreement dating back to the Cold War. The base is home to US bombers striking Iran. The arrests come at a time of heightened tensions around the threat from hostile states to the U.K., with Russia and Iran among those that have used proxies to commit crimes on their behalf on British soil. In March, officials said the number of national security cases involving activity by hostile states including Iran increased 50% in the six months to December 2025. Fairford has been used by American bombers for strictly limited strikes against Iranian missile sites under an agreement with

former British Prime Minister Keir Starmer, who voiced opposition to the war after it was launched by the U.S. and Israel



on Feb. 28. Authorities are investigating a link between the Fairford arrests and Iran as one possibility. Iran has previously indicated that a base used to attack its territory is a legitimate target. U.S. President Donald Trump praised those who were involved in making the

arrests. "It was an amazing job. We had them under investigation. They were looking to do big damage to our fort. And working with the British worked out great," he told reporters in Chicago on Sunday. "We had them under view for a long time and we got them."

Police feared an explosion

The five men were initially arrested on suspicion of committing offenses under the Explosives Act in the Whelford area, which backs onto RAF Fairford, which hosts the headquarters of the U.S. Air Force's 501st Combat Support Wing and the 420th Air Base Squadron. Aerial footage from Sky News appeared to show a bomb disposal robot roaming between three white trucks. The rear doors of two of the vans were open and large black items could be seen scattered around. The robot appeared to be working toward getting access to the third truck. Police gave no details as to the nationality of those arrested.

Araghchi: Iran seeks peace but is prepared for 'apocalyptic war'

wold.(Agency)

Iranian Foreign Minister Abbas Araghchi said Iran remains open to diplomacy but is also fully prepared for what he described as an "apocalyptic war" if the United States launches new attacks. Speaking on NBC's Meet the Press and in a post on X, Araghchi said he and President Masoud Pezeshkian traveled to New York to pursue peace rather than war. He stressed that Tehran would continue seeking a diplomatic solution while remaining prepared to respond to military aggression. The remarks come amid stalled US-Iran negotiations. Reports say the United States rejected a recent Iranian proposal involving the reopening of the Strait of Hormuz within seven days in exchange for an end to hostilities and the release of

frozen Iranian assets. US President Donald Trump has said further



indirect talks are expected, with Qatar continuing to relay messages between Washington and Tehran. Trump also expressed confidence that the conflict with Iran will be won "very soon," while acknowledging that fresh military strikes ahead of the US midterm elections are "possible." Speaking to Fox News on the

sidelines of the PGA Tour Presidents Cup on Sunday (local time), Trump said that an end to the confrontation would cause global oil prices to fall sharply, reiterating that denying Tehran a nuclear weapon is the primary American objective. "I think what's going to happen is we're going to win this war very soon, and as soon as we win it, the oil will go down, way down to what it was before the war," Trump told Fox News. When asked specifically whether military strikes could resume before the upcoming midterm elections, Trump declined to take the option off the table. "I don't want to say that. I don't want to say that. I mean, it's possible, but I just don't want to say that," Trump said. Emphasising the core focus of US policy, he added, "And the key is, Iran will not have a nuclear weapon."

Anthropic CEO Amodei to dine with Trump at White House

The meeting comes after months of open conflict between the artificial intelligence startup and the Trump administration.

world.(Agency)

President Donald Trump said he will have a late dinner Sunday night with Anthropic CEO Dario Amodei, the top AI executive who has cautioned about the technology's breakneck pace of development even as the president warns against slowing it. The meeting comes after months of open conflict between the artificial intelligence startup and the Trump administration. The private dinner is the first one-on-one meeting between the two men, according to US media

including Axios, which first reported the dinner plan. As he arrived at Joint Base Andrews near Washington after attending a golf tournament in Chicago, Trump joked about putting in a long day and having a late meal with Amodei. "And tonight, I'm having dinner with the head of Anthropic, so these are long days, but I seem to be able to handle it. Right?" Trump told reporters. So now I'm having dinner with Dario from, as you know, very highly respected, from Anthropic," Trump said. The invitation comes two days after a federal appeals court upheld the Pentagon's decision to classify Anthropic as a supply chain risk, which prohibits the United States military from using its models. The startup had been punished with sanctions by the Trump administration after refusing in February to allow its models to be used for fully autonomous weapons

or domestic mass surveillance.

Trump also badmouthed Amodei, saying he was trying to be "a perfect little angel" after the Anthropic chief called for a pause in AI development. Amodei was absent Thursday at the state dinner for Chinese President Xi Jinping attended by AI industry leaders, including Amodei rival Sam Altman of OpenAI. Despite mounting calls to slow down AI development due to the risk of losing human control of the technology, Trump insists the sector's major players — OpenAI, Anthropic, Google, and Meta — cannot afford to slow down for fear that China will gain the upper hand. Asked Sunday by Fox News about the numerous security incidents caused by advanced AI models, the president dismissed these concerns, saying "I'm not worried about it." Trump and Mike Johnson, the speaker of the House of Representatives,

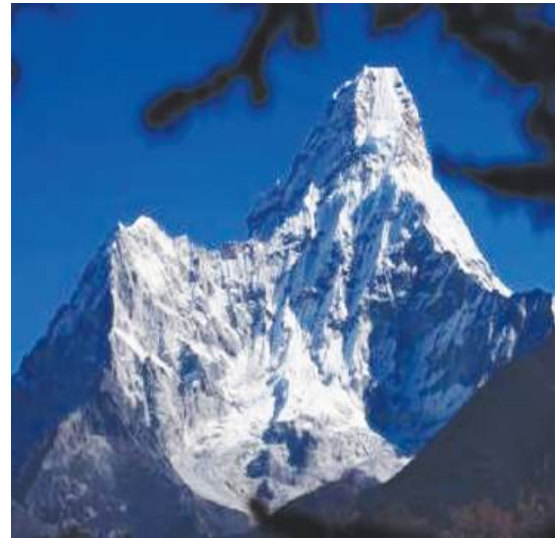
Two dead, 14 missing after avalanche strikes Nepal's Himlung Peak

UNITED NATIONS.(Agency)

At least two people have been killed and 14 remain missing after an avalanche at Nepal's Himlung peak, an official said on Monday, as rescuers resumed their search. The avalanche swept through the base camp of the 7,126-metre (23,345-foot) peak near the Chinese border early on Sunday, burying tents under deep snow. "Two bodies were found as rescuers worked until 6:00 pm last night," Tul Singh Gurung, president of the Nepal National Mountain Guide Association, told AFP. "The search continues for 14 expedition workers who are still missing." A team of eight mountain guides is involved in the search operation, he added. Mountaineer Mingma G Sherpa, who is leading the rescue team, said challenging weather conditions were hampering their efforts.

"We could have saved lives but due to bad weather, we reached the accident site only in the evening (on Sunday)," he wrote on Facebook.

Sherpa said the deceased were both guides, while the 14 missing were kitchen staff working at the expedition camp. Organisers initially reported that at



least 10 people were missing.

It was the latest natural disaster to hit Nepal in recent weeks. The Himalayan nation is rebuilding from a devastating glacial flood on August 26 that killed more than 1,400 people and left over 6,000 missing.

And heavy rain since Thursday has triggered other floods and landslides, killing at least 21 people, according to the national disaster agency.

Home to eight of the world's 14 highest peaks, Nepal relies heavily on mountaineering and trekking tourism.

Russian strikes kill eight in Ukraine, including children

world.(Agency)

Russian strikes killed eight people across Ukraine on Sunday, a day after Moscow vowed to pursue the war, authorities said Sunday. President Volodymyr Zelensky said that Russia had fired about 3,900 drones, aerial bombs and other missiles at Ukraine over the past week. Russia has stepped up attacks on Kyiv, with Ukraine charging that Moscow is deliberately hitting civilian targets as the country braces for another tough winter. Interior Minister Ivan Vyhivskiy announced that Russian strikes hit a children's centre in the northern city of Sumy, killing three people including a 16-year-old girl. Zelensky said three people had been killed in night-time strikes on the southern Zaporizhzhia region and a Russian drone strike had killed one man in Kyiv. Authorities in the Odesa region said a "massive strike" on the south of the Black Sea region had killed one more person. Kyiv mayor Vitaly Klitschko said a woman and two 16-year-olds had been wounded and

hospitalised in the capital. "The enemy continues to relentlessly attack the Kyiv region with strike drones," the city's administration said. "Sixteen sites have been damaged," including 12 houses, a warehouse and production facility, it added. Russian strikes in the Odesa region damaged housing, a shop, a hotel, a medical building and a grain warehouse, said regional head Oleg Kiper. Targeting 'civilian infrastructure' - "This past week, the Russians launched more than 2,200 attack drones against Ukraine, as well as around 1,650 aerial bombs and 38 missiles of various types, a significant number of them ballistic missiles," Zelensky posted on social media. The latest strikes had targeted two kindergartens, two schools, housing "and other civilian infrastructure" in various parts of the country, he added. "If Russia were truly preparing for any real steps toward de-escalation -- as it claims, particularly to American negotiators -- this wave of 'shahed' terror would not be happening."

Israel Revokes Dutch Diplomats' Status In West Bank Over Sanctions

Tel Aviv.(Agency)

Israel's foreign minister said on Sunday that the diplomatic accreditation of Dutch officials based in the occupied West Bank would be revoked, after the Netherlands began enforcing sanctions on goods from Israeli settlements. The diplomats have seven days to hand over Israeli-issued diplomatic papers, Foreign Minister Gideon Saar posted on X. "After this period, the diplomatic privileges and immunities granted to them by the State of Israel will expire," he added.

Saarsaid the move came after the Dutch government started enforcing a ban on goods imported from Israeli settlements in the Golan Heights, the West Bank and east Jerusalem. Israel conquered the territories during the 1967 Arab-Israeli war and has occupied them ever since. Settlements built there are illegal under international law.

Also Read: Israel Closes British Consulate Over West Bank Settlement Sanctions Dutch authorities announced this month that they would begin enforcing a ban on settlement



goods from September 22 and that it applied to personal baggage as well as commercial shipments. "In recent days, Dutch and Israeli media reported that passengers arriving from Israel at Amsterdam's Schiphol airport had their luggage searched for banned goods.

The US ambassador to Israel, Mike Huckabee, a strong supporter of settlers, posted on X that "There were some people from Netherlands in our church this morning who are flying back tomorrow and have to

check their souvenirs to make sure they aren't from Judea/Samaria-possible 6 yr prison term." Judea and Samaria is the biblical name for the West Bank that is still used by the Israeli government. The Dutch ban followed coordinated action by 12 Western countries, including Britain and France, to sanction goods from Israeli settlements at the start of the month. Excluding east Jerusalem, around 500,000 Israeli settlers live in the West Bank, which is home to three million Palestinians.

US Relies Heavily on Indian Medicines, Exempts Specialty Drugs as 100% Pharma Tariff Takes Effect

News Desk: The United States has included India among 20 jurisdictions eligible for zero tariffs on specified specialty pharmaceutical products, providing targeted relief to Indian drug exporters as Washington moves ahead with a 100% tariff on certain patented pharmaceutical imports. The US Department of Commerce, in a notice published on September 23, said specified products including orphan drugs, nuclear medicines, plasma-derived therapies, fertility drugs, cell and gene therapies, and antibody-drug conjugates can qualify for zero-tariff treatment, subject to prescribed conditions. India's inclusion in the eligible-jurisdiction list does

not mean that all Indian specialty medicines will automatically be exempt. The tariff treatment depends on the product category and the conditions laid down by US authorities. The move comes as the US prepares to impose a 100% tariff on specified patented pharmaceutical products and associated ingredients. For companies not covered by earlier implementation provisions, the higher tariff takes effect from September 29, 2026. Importantly, generic medicines, including biosimilars and their associated ingredients, remain outside the current Section 232 pharmaceutical tariffs, according to the Commerce Department. This is significant for



India, whose pharmaceutical industry has a major presence in the US generic drug market. The new framework also allows companies to seek tariff relief for pharmaceutical products that address an

urgent US health need. Such applications will be considered individually, with the Commerce Department consulting the US Trade Representative and Department of Health and Human Services.

The US tariff policy forms part of Washington's broader effort to encourage greater domestic production of pharmaceuticals and pharmaceutical ingredients and reduce vulnerabilities in critical medical supply

chains. The measures were introduced under Presidential Proclamation 11020. For Indian pharmaceutical companies, the latest deci-

sion creates an important distinction between generic medicines, patented drugs and specially designated pharmaceutical categories. While specified specialty products can qualify for zero tariffs, patented medicines outside the designated exemptions may face significantly higher duties. The development is also relevant to the wider India-US pharmaceutical trade

relationship. Indian drug-makers have established a substantial presence in the American market, particularly in supplying affordable

tion requirements. The final tariff treatment will depend on the product, company and applicable US regulatory conditions.

The US has included India among jurisdictions eligible for zero tariffs on specified specialty drugs as a 100% tariff on certain patented pharmaceuticals takes effect.

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relationship. Indian drug-makers have established a substantial presence in the American market, particularly in supplying affordable

tion requirements. The final tariff treatment will depend on the product, company and applicable US regulatory conditions.

BSL Teams Excel at CCQC'26, Bag 26 Awards



Bokaro: Bokaro Steel Plant (BSL) teams showcased strong performance at the Quality Circle Chapter Convention (CCQC'26) organized by the Quality Circle Forum of India (QCFI) on September 25-26, 2026.

Of the 26 BSL teams participating in the convention, 24 won 'Par-Excellence' awards and two received 'Excellence' awards in the case study and project presentation competition. Teams from Tata Motors, ITC, Vedanta, Electrosteel and SKF also participated.

BSL teams also excelled in other events. Vikram Sarabhai (PEB) secured first place and Dynamic Dragon (BGH) third in the model competition. In the Knowledge Test, Himalaya (HRCF) stood first and Pratigya third. The performance reflected BSL's focus on quality, innovation, teamwork and continuous improvement. BSL management congratulated all the winning teams.

Two DPS Bokaro Educators Honoured with Gargi Manju Samman 2026



Bokaro: Headmistress Priti Sinha and Senior Teacher P. Kalawati of Delhi Public School (DPS), Bokaro, were honoured with the Gargi Manju Samman Award 2026 at the fourth edition of the award ceremony held in Ranchi.

The event, which recognised 250 Hindi and English teachers from 114 schools across Jharkhand, was attended by noted Hindi poet and Padma Shri awardee Dr. Ashok Chakradhar and English scholar and artist Andrew Hoffland.

DPS Bokaro Principal Dr. A. S. Gangwar congratulated the awardees and highlighted the vital role of teachers in strengthening education and driving meaningful change. Priti Sinha has 22 years of teaching experience, while P. Kalawati has more than 25 years of experience. The two educators expressed gratitude to the Principal for his guidance and encouragement in fostering an environment that supports innovative and holistic teaching.

11,000 Voices Recite Bhagavad Gita Together at Kolkata's Netaji Indoor Stadium

Kolkata: Around 11,000 people gathered at Kolkata's Netaji Indoor Stadium on Sunday, September 27, for a mass recitation of the Bhagavad Gita, turning the venue into a major religious congregation in West Bengal.

The programme was organised by Bangur Jagaran Mancha, bringing thousands of participants together to recite the Gita collectively. Several reports put the number of participants at around 11,000. The event had been announced in advance as an 11,000-voice Bhagavad Gita recitation programme at the Netaji Indoor Stadium, drawing participants from Kolkata and other parts of West Bengal.

Suvendu Adhikari Addresses the Gathering

West Bengal Chief Minister Suvendu Adhikari attended the programme and addressed the gathering. In his speech, he urged people to openly recite and distribute the Bhagavad Gita and Hanuman Chalisa and to chant



the Hare Krishna mantra without hesitation. Adhikari said "mausam badal gaya hai", meaning "the winds have changed," while describing what he presented as a change in the environment surrounding religious expression in the state. He also said his government would protect what he described as traditional Hindu cultural practices and warned that those who insult saints, monks and spiritual leaders would face legal action. These remarks reflect Adhikari's statements at the event.

Religious Gathering Takes a Political Turn
Although the main focus

of the programme was the collective recitation of the Bhagavad Gita, parts of Adhikari's speech also touched on contemporary political issues. He appealed to people to remain united and referred to what he called the "tukde-tukde gang." He also commented on recent remarks and controversies involving former West Bengal Chief Minister Mamata Banerjee and religious preacher Dharendra Krishna Shastri, popularly known as Bageshwar Baba. Adhikari further said that he had attended the programme as a participant in the religious gathering rather than in

his official capacity as Chief Minister.

Plans for Larger Gita Recitation Programme

The Kolkata gathering also became a platform for announcing plans for another much larger Gita recitation programme.

Adhikari said a programme involving around 10 lakh people was planned in Kolkata for December 29, and indicated that RSS chief Mohan Bhagwat could attend. He also referred to plans involving Jagadguru Rambhadracharya around Makar Sankranti next year. In addition, he said the West Bengal government would set up a pavilion at the Gita Mahotsav in Kurukshetra. These are future programmes mentioned by the Chief Minister and would be subject to further confirmation. The September 27 gathering was notable for its scale, with around 11,000 participants joining the collective recitation of the Bhagavad Gita at a single venue in Kolkata.

Tamil Nadu CM Vijay launches 1-gram gold ring scheme for newborns

Chennai: Tamil Nadu Chief Minister C. Joseph Vijay on Monday launched the 'Thaai Maaman Thanga Mothiram Thittam', a state scheme under which eligible newborns delivered at government hospitals and primary health centres will receive a one-gram, 22-carat gold ring. The scheme was launched at Government Rajaji Hospital in Madurai, where Vijay presented gold rings to newborns. The initiative seeks to reflect the traditional practice of a maternal uncle



gifting a newborn while also encouraging institutional deliveries at government healthcare facilities. The Tamil Nadu government has allocated ₹755.83

crore annually for the scheme, which is expected to cover around 4.41 lakh eligible babies every year. The benefit has been extended retrospectively to eligible

babies born from June 22, 2026, from noon onwards. Officials clarified that the scheme does not cover every newborn in Tamil Nadu. Eligibility is primarily linked to births at government healthcare institutions and other conditions prescribed under the scheme.

The government has also made provisions for certain special cases, including eligible babies abandoned at government healthcare facilities under the state's cradle-baby programme.

Shorties

J&K Assembly Passes Resolution Seeking Immediate Restoration of Full Statehood

Srinagar: The Jammu and Kashmir Legislative Assembly on Monday passed a resolution seeking the immediate restoration of full statehood to the Union Territory.

The resolution was moved by Chief Minister Omar Abdullah and was passed by voice vote after a debate in the House. BJP legislators opposed the resolution and staged a walkout before the voting.

The resolution calls for its forwarding to the Government of India for necessary action.

Four MP Heritage Sites Added to UNESCO Tentative List

Bhopal: Four heritage sites in Madhya Pradesh have been added to UNESCO's World Heritage Tentative List, giving a fresh international spotlight to the state's cultural legacy. The sites are Udayagiri Caves, Bagh Cave Paintings, Ginnorgarh Fort, and the Group of Temples of the Chambal Valley (Bateshwar, Padavali and Kakarmath). UNESCO records show that all four were submitted by India on July 8, 2026. Udayagiri is noted for its Gupta-period rock-cut caves, sculptures and inscriptions, while the Bagh Caves are known for their Buddhist architecture and ancient murals. Ginnorgarh represents the region's historic fort architecture, and the Chambal Valley nomination covers a group of significant temple complexes.

The inclusion places these sites on UNESCO's Tentative List, an important step in the World Heritage nomination process, but does not mean they have yet been declared UNESCO World Heritage Sites.

Ranchi IT Park Planned by 2029, 75,000 Jobs Targeted in Phases

Ranchi: Jharkhand is planning to develop Ranchi as a major IT hub with a proposed state-of-the-art IT Park targeted for launch by 2029 and phased employment generation of around 75,000 jobs.

The plan was discussed when RMZ Infrastructure President Deepak Chhabria met Chief Minister Hemant Soren at his official residence. The first phase is expected to create around 20,000 jobs, with the capacity planned to expand to nearly 75,000 jobs over the following three years.

Discussions also covered setting up a Global Capability Centre (GCC) and attracting investment in IT, artificial intelligence, semiconductors, manufacturing, nuclear energy and digital infrastructure. The initiative is aimed at strengthening Jharkhand's technology and industrial ecosystem.

The proposed development is also expected to create opportunities for skilled youth and technology professionals in the state while encouraging new companies and technology-driven businesses to establish operations in Ranchi. The government and industry representatives discussed ways to build the infrastructure and investment ecosystem required to support the planned expansion.

"Tension in Ujjain as Protest Erupts Over Shahi Masjid Portion Removal

Ujjain: Tension prevailed in Ujjain on Monday as protesters opposed the removal of a portion of the historic Shahi Masjid for a road-widening project ahead of Simhashta 2028. The situation escalated after stones were allegedly thrown at security personnel, following which police used tear-gas shells to disperse the crowd. Heavy security was deployed around the mosque as the Ujjain Municipal Corporation moved ahead with the removal process. The action involves only the portion of the mosque falling within the proposed road alignment, not the entire structure. According to records before the Madhya Pradesh High Court, the proposed removal includes part of the Jamat Khana (prayer hall), a 120-foot-high minaret and the



Mazhar Chouk Shahi. The mosque is registered as a Waqf property. The road-widening project covers the stretch between Kanthal Chauraha and Gopal Mandir, with the road proposed to be widened to about 15 metres. Authorities have said the work is intended to improve traffic movement and accommodate the large influx of pilgrims expected during Simhashta 2028. The dispute had ear-

lier reached the Madhya Pradesh High Court. On September 9, the Indore Bench dismissed petitions challenging the municipal corporation's action, after considering objections raised by the petitioners under Articles 14, 25 and 26 and Article 300A of the Constitution. The court also recorded that other religious structures along the road had been affected by the widening exercise. Members of the Muslim

community had gathered at the mosque, with some reportedly staying overnight to oppose the proposed removal. They argued that the road could instead be widened from the opposite side and that religious structures should be spared. The High Court was informed on Monday that the parties had reached a settlement concerning removal of obstructions from the mosque premises, after which related appeals were disposed of. The mosque's imam, Mohammad Ibrahim, has described the structure as around 636 years old, dating to 1390. Monday's confrontation occurred as civic authorities proceeded with the road-widening work amid tight security, with police taking measures to disperse protesters after the reported stone-pelting.

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Gyanesh Kumar shouldn't resign under Opposition pressure: NDA ally Athawale

Mumbai (Agency)

Union Minister Ramdas Athawale on Sunday said Chief Election Commissioner (CEC) Gyanesh Kumar should not resign under Opposition pressure over the Special Intensive Revision (SIR) process, and argued that opposing transparent electoral rolls amounts to opposing the democratic system itself. Athawale said the Election Commission was working impartially and should be allowed to carry out the exercise to ensure transparent elections. He also claimed there were no differences among the election commissioners. "The Election Commission is a constitutionally independent body. Demanding the resignation of the Chief Election Commissioner and opposing transparent electoral rolls is an opposition to the democratic system itself," said the RPI (A) chief, whose party is a constituent of the BJP-led NDA. He said Kumar should not resign under the Opposition's pressure.

Punjab Women Panel Seeks Reports In Rape, Student Death Cases In Universities



Punjab (Agency)

The Punjab State Women Commission has taken suo motu notice of two separate incidents involving women students at Lovely Professional University (LPU) and Chitkara University. The cases include allegations of rape at LPU and the reported suicide of a student at Chitkara University. Punjab State Women Commission Chairperson Raj Lalli Gill said the Commission has sought detailed reports from the concerned district administrations, including the Deputy Commissioners (DCs) and Senior Superintendents of Police (SSPs). According to the notice, the Commission has taken suo motu cognisance of the incidents reported at both universities and has asked the district administrations to submit detailed reports. In the LPU case, allegations of rape have triggered protests by students against the university management. The protesting students have questioned why, according to them, no immediate action was taken by the management after it allegedly became aware of the incident. The Commission is expected to examine the circumstances surrounding the allegations, the response of the university authorities, and the action taken by the police and district administration. In the Chitkara University case, involving a girl student who was reportedly missing and later found dead in an apparent suicide, the Commission will examine the circumstances surrounding the incident. It is also expected to seek details about the concerns and issues reportedly faced by students and whether these were brought to the notice of the university management and addressed appropriately.

When will you address inflation? Congress slams PM over festive-season price hikes



New Delhi (Agency)

Congress on Monday attacked Prime Minister Narendra Modi over rising prices and looming appliance hikes. The attack sharpens the inflation debate as households brace for higher festive-season expenses.

The Congress on Monday attacked Prime Minister Narendra Modi over rising prices, citing reports that electronic appliances such as LED TVs and washing machines are set to become costlier ahead of the festive season. The party said the impact of inflation is spreading beyond kitchen essentials and asked when the prime minister would address what it called the country's most pressing concern. Congress general secretary in-charge communications Jairam Ramesh shared a screenshot of a media report which said several electronic items, including LED TVs and washing machines, are likely to become more expensive from October 1. According to the report, companies are preparing to raise prices by 5 to 10 per cent because of higher raw material costs, including copper and aluminium. In a post in Hindi on X, Ramesh said, "The spree of fleecing the public during the festival season continues unabated." He said, "The brunt of inflation is no longer confined just to the kitchen, yet the Prime Minister remains blissfully unconcerned, blowing his own trumpet." Ramesh said vegetables are becoming more expensive by the day, with onion prices rising by 48.27 per cent in August, while products such as air conditioners, TVs and

refrigerators are also set for price hikes. He claimed that household savings are steadily declining and family debts are mounting. In such a situation, he asked how a common family was supposed to meet its needs. Referring to the Prime Minister's radio programme, Ramesh said, "In his 'Mann Ki Baat' radio series, the Prime Minister keeps sermonising on various issues, but when will he address the country's most pressing concern – inflation? When will he care about the public's worries?" He said people were already struggling with rising prices and there was no relief coming from the government. Asking how the average family was supposed to manage its budget, Ramesh said, "How long will the middle class and the poor have their backs broken with a burden like this?" The Congress has been targeting the government over rising prices of essential commodities and household items, and has urged it to reduce the burden on ordinary people. The government, however, has rejected the Congress's claims and has pointed to GDP figures to say the economy is growing at a fast pace.

On what legal basis, who earns? SC asks government to explain UPI MDR charge

The court asked the authorities to explain the legal basis for charging MDR on UPI transactions. It also sought clarity on the role of the RBI and NPCI under the new framework.

New Delhi (Agency)

The Supreme Court on Monday sought clarity from the Centre, RBI and NPCI on the legal basis for imposing a Merchant Discount Rate (MDR) on certain UPI transactions. The court also asked who would earn from the charges and how the money would be distributed. The matter came up during a plea challenging the Centre's decision to impose MDR on specified UPI person-to-merchant transactions above Rs 2,000. The petitioner sought a stay on the implementation of the charges, but the Supreme Court declined to grant an immediate stay.

SC ASKS GOVERNMENT TO EXPLAIN LEGAL BASIS

The court asked the authorities to explain the legal basis for charging MDR on UPI transactions. It also sought clarity on the role of the RBI and NPCI under the new framework. The court said it would consider the issue after the concerned authorities file their affidavits. It has not taken a final view on the legality of the charges at this stage.



WHAT IS THE NEW UPI MDR FRAMEWORK?

The government has ended nearly six years of fully free UPI payments by introducing a 0.4 per cent fee on specified merchant payments above Rs 2,000 from October 15. Person-to-person transfers and smaller payments will remain outside the charge. The MDR will be capped at Rs 300 for payments of Rs 75,000 and above. Essential and thin-margin sectors, including railways, telecom, insurance, fuel and agricultural inputs, will pay a flat MDR of Rs 5 per transaction for payments above Rs 2,000.

1,500 stranded pilgrims on Kedarnath trek route rescued after landslide

Rescue teams evacuated about 1,500 pilgrims stranded near Chirbasa on the Kedarnath trek route after a landslide. The operation was carried out amid continuous rockfall as heavy rain kept the Char Dham Yatra suspended.

Madurai (Agency).

About 1,500 pilgrims stranded in the Chirbasa area along the Kedarnath trek route were successfully evacuated, officials said on Monday. Joint teams comprising State Disaster Response Force (SDRF), National Disaster Response Force (NDRF) and District Disaster Response Force (DDRF) successfully rescued and escorted approximately 1,500 pilgrims to Gaurikund after they were stranded late at Sunday night, the SDRF said in a press statement. It said that the Sonprayag police received information that several pilgrims were stranded on the other side of the route in the Chirbasa area -- located about 3 kilometres beyond Gaurikund -- due to a landslide. Upon receiving the information, an SDRF team from Sonprayag, led by Sub-Inspector Ashish Dimri, arrived at the site and found debris accumulated on the road near the Chirbasa helipad due to the landslide, officials said. Additionally, continuous rockfalls from the hillside made the movement of pilgrims extremely hazardous.



Assessing the situation, the SDRF, NDRF, and DDRF teams launched a joint rescue operation, they said. The rescue teams carefully guided the pilgrims across the landslide zone; they were safely escorted to the other side and sent onward

to Gaurikund, according to the statement. The Char Dham Yatra in Uttarakhand remained suspended for the second consecutive day on Sunday due to incessant heavy rain, officials have said.

Rajeev Chandrasekhar presses for Rahul Gandhi's apology over SIR dissent row

Kerala BJP chief Rajeev Chandrasekhar renewed his demand that Rahul Gandhi apologise to Prime Minister Narendra Modi and the Election Commission over his remarks on the dissent between election commissioners over the SIR exercise.

Thiruvananthapuram (Agency).

Kerala BJP president Rajeev Chandrasekhar on Monday reiterated what he called an "offer" to Chief Minister VD Satheesan, saying Rahul Gandhi should apologise to Prime Minister Narendra Modi and the Election Commission or "be prepared to be called out as frauds". In posts on Facebook and X, Chandrasekhar repeated the position he had taken a day earlier after Satheesan criticised his remarks against the Leader of Opposition in the Lok Sabha. The exchange also followed Satheesan's criticism of Chandrasekhar's response to reported differences of opinion within the Election Commission (EC) over the Special Intensive Revision (SIR) of

electoral rolls. On X, Chandrasekhar wrote, "Here's my offer to CM @vdsatheesan. If you don't take up my offer but persist in using lies, unkept promises, corruption, and



have him apologise to the Election Commission for lying, then I promise to stop referring to Rahul Gandhi as a fraud."

Satheesan condemned some of his remarks against Rahul Gandhi and said personal and abusive comments against the Leader of the Opposition in the Lok Sabha did not amount to political criticism. Responding to Satheesan, Chandrasekhar said he seldom made personal attacks on political opponents but was "compelled" to do so in Rahul Gandhi's case. He also criticised Rahul Gandhi over his remarks against the Prime Minister and the Election Commission, saying those remarks should be condemned. He had said, "If you get Rahul to apologise for calling our PM Narendra Modi a 'deshdrohi' and have him apologise to the Election Commission for lying, then I promise to stop referring to Rahul Gandhi as a fraud."

Milk more important: BJP flags dairy crisis as Vijay promises gold for babies

Chief Minister C Joseph Vijay launched a gold ring scheme for newborns in Madurai. The rollout drew BJP criticism, with Tamilisai Soundararajan saying children need quality milk more urgently than gold.

Madurai (Agency).

Tamil Nadu Chief Minister C Joseph Vijay on Monday launched a gold ring scheme for newborns in Madurai, but the initiative has already drawn criticism from the BJP over the reported shortage of milk in the state. BJP leader Tamilisai Soundararajan hit out at the state government over the scheme, saying that children need milk more than gold. An electoral promise, Vijay unveiled the 'Thaimaaman Thanga Modhiram' scheme at the Government Rajaji Hospital in Madurai.

The welfare initiative is aimed at honouring motherhood, promoting women's health and encouraging institutional births by attracting more families to public healthcare. The scheme will provide 22-carat gold rings to eligible newborns. The state government has earmarked an annual outlay of Rs 755.83 crore for the programme and has already procured 1.28 lakh gold rings for its initial rollout. It will cover eligible babies born in state-run hospitals to native mothers on or after June 22, 2026. Vijay is scheduled to present the gold rings to beneficiaries at the Rajaji Government Hospital during the statewide launch of the scheme.



BJP FLAGS MILK CRISIS
In her attack, BJP's Tamilisai Soundararajan also questioned when the reported shortage of quality milk would be addressed. "Children need milk...We are going to give gold jewellery; when are we going to fix the shortage of quality milk?" she said, adding that the need for quality milk was greater than gold for children.

Working the government with borrowed eyes

Every morning, before I leave for work, I ask a machine whether my shirt matches my trousers. It is not a question I could once answer for myself. For a person blind since birth, the small rituals that sighted people perform without a thought—checking that a collar is clean, that the colours do not quarrel, that no stain is announcing itself ahead of a review meeting—have always meant borrowing someone else’s eyes: a parent’s, a spouse’s, a colleague’s, a kind stranger’s. You learn to live with the borrowing. You also learn what it costs, in small surrenders of privacy, to need another person simply in order to know how you look. Now an application on my phone tells me, in its level voice, that the blue shirt does not agree with the green trousers, and that I would do well not to step out dressed like Dobby the house-elf in Harry Potter’s world. The relief is out of proportion to the task. It is the relief of deciding something about myself, by myself. This is the part of the artificial intelligence story that the productivity debates keep missing. For most people, these tools are a faster horse—they do a little more quickly what could already be done. For a blind person, they are often the difference between doing a thing oneself and not doing it at all. A machine that can look at a photograph and describe it does not so much save me time as hand back a small piece of the world that was previously shut.

The examples multiply once you begin to notice them. A blind student can now have the diagram in her textbook described to her—the graph, the labelled figure, the illustration that carried half the lesson and none of the words, and that students before her, myself included, simply had to do without. She can be in on the meme her classmates are laughing at, fluent at last in a visual language everyone else speaks without effort—which is less about information than about belonging. None of this shows up in any measure of efficiency. All of it decides, quietly, whether a person is folded into the ordinary life around her or left a little to one side of it. I meet the same capability at my own desk, at a larger scale. Governments run on things a screen reader was never able to read: scanned files, photographed documents, hand-drawn maps, a junior officer’s picture of a half-built road sent up from the field. For much of my career, these were sealed to me unless someone read them aloud. Now I can ask a machine to describe the worksite in the photograph, or to boil a two-hundred-page project report down to the parts that deserve a closer look. It is the same trick that sorts my wardrobe—sight, briefly, on loan—turned to the work of governance instead of the work of a morning.

I try not to mistake the gift for a miracle. The machine is confident even when it is wrong, and I cannot glance at the original to catch it out; the duty of verification that everyone now carries sits a little heavier on someone who cannot see the thing being described. With a shirt, the stakes are low and the bargain is plainly worth it—the worst case is a small sartorial crime. With a confidential file, I am not permitted to feed into a public tool in the first place, or a Tamil document the model only half-follows, the sum comes out differently. And the tools that promise access are themselves, often enough, delivered through apps and pages a blind user can barely move through—an irony one learns to curse under one’s breath. hich is exactly where the State should come in, for none of this ought to depend on the luck of which application a person can afford or reach. Accessibility already sits in our law—the Rights of Persons with Disabilities Act, the guidelines for government websites—and is honoured largely in the breach. As governments now hurry to buy and build AI, the moment is unusually good to insist that access be a condition of purchase rather than a patch applied afterwards; that public-facing systems work with a screen reader from the first line of code.

Why it’s getting harder to end wars

Conflicts are increasingly viewed through the implications for the wider balance of power

NEARLY 2.5 lakh people were killed in armed conflicts in 2025. The Uppsala Conflict Data Program recorded 65 armed conflicts involving states, the highest number since the Second World War. More than four years after Russia’s full-scale invasion, the war in Ukraine grinds on without a political settlement. In Gaza, three years of fighting have left over 73,000 dead. A ceasefire has not resolved the underlying political and security questions, and violence continues. The war launched by the US and Israel on Iran has passed the six-month mark and spread across the region. In 1971, Fred Iklé published *Every War Must End*, a book in which he observed that war termination was a neglected element in strategic thought. Governments, he argued, devoted considerable attention to the preparation for and conduct of wars, but far less thinking to the political and military conditions necessary to bring them to an end. He attributed this difficulty to the disconnect between military action and political purpose, shifting aims as conflict progressed, and the weight of sacrifices already made, which made compromise increasingly difficult. None of the difficulties described by Iklé has disappeared, but the problem today may extend beyond the failure of governments to think strategically about how wars should end. Three contemporary developments deserve particular attention. Taken together, they raise the possibility that the conditions necessary to terminate wars have become more difficult to establish. The first is a sharpening of geopolitical power competition as the American unipolar moment recedes. Conflicts are increasingly viewed not merely through the objectives of the belligerents, but through the implications for the wider balance of power. A rival’s war can become an opportunity to weaken it, even when negotiations are possible. The Western support for Ukraine serves both as a defence against Russian aggression and the wider strategic objective of constraining Russia. China and Russia have an interest in propping up Iran so that the US cannot achieve a quick victory. The institutions entrusted with maintaining international peace and security have fallen prey to the same geopolitical divisions. When permanent members of the Security Council are themselves belligerents or have a strategic interest in the outcome of the war, they have little incentive to come together to halt aggression. Other multilateral forums like the SCO, BRICS and G20 offer few alternatives and have struggled to develop a common approach to ending ongoing conflicts. War termination thus becomes hostage



capture territory extremely hazardous. On paper, the US and Israel possess an overwhelming military advantage over Iran, but that has not stopped Iran from widening the conflict with missile attacks across the region. The ability to inflict enormous military damage does not necessarily translate into the ability to compel an adversary to accept defeat. Nuclear weapons introduce another paradox. They are the ultimate instrument of force, yet their possession can make a decisive victory against a nuclear-armed adversary exceptionally difficult. Russia’s nuclear arsenal constrains the extent of Western military support, while the fear of escalation keeps the conflict limited below the threshold that could invite a nuclear response. Where both adversaries are nuclear-armed, nuclear weapons can help bring an immediate confrontation to a halt without resolving its underlying causes. The fighting

ends, but the conditions that gave rise to it remain. The third development is a changing information environment that has narrowed the political space for compromise. Leaders mobilise public support for war by promising ambitious objectives and demonising the adversary. Social media amplifies these messages, and they become entrenched in public memory. Any tentative concession by the government is portrayed by the domestic Opposition as a surrender or betrayal. Even when the two sides recognise the need for compromise, leaders find themselves constrained by the high expectations they have created among their populations. The proliferation of fake news and AI-generated photos and videos has further complicated matters. Both sides can selectively present battlefield success, exaggerate enemy losses and even manufacture evidence of victory. These competing narratives can sustain public expectations of victory even when the military situation offers no such justification. Leaders find it difficult to acknowledge setbacks that contradict their own claims of success. The battle to control perceptions has thus become an obstacle to ending the war itself. These three developments reinforce each other. When decisive military victory becomes elusive, a negotiated settlement assumes greater importance. However, geopolitical competition makes such settlements difficult to achieve, while competing narratives leave leaders with little space for compromise. As fighting continues, external interests become entrenched and public expectations harden. What begins as a conflict with clear objectives can develop into one in which neither side can secure victory, yet neither can easily accept peace. Iklé’s warning thus acquires renewed significance for contemporary strategic thinking. Governments must clearly define what they seek to achieve through the use of military force, but also retain the flexibility to reassess political objectives based on military realities. Ultimately, wars are a two-sided contest, and their termination cannot be based on one side’s objectives alone. The adversary has his own interests and calculations about the costs of continued fighting. Ending a war requires understanding what could persuade the enemy that stopping the fighting is the preferred outcome. A strategy that leaves the opponent with no acceptable way out gives him every reason to keep fighting.

Apart from culprits, act against assault videos shared online

Policymakers must also examine if the existing laws suffice to target the evolving methods of sexual violence in the digital sphere, especially if visuals are shared in the seedier sections of mainstream platforms for profit

Women and girls are accustomed to having their movements restricted in the name of safety. If they venture out alone and face violence, society often turns the accusatory lens on them to police their behaviour, rather than the perpetrator. Taking a male relative or friend along is thought to protect them. Yet, recent incidents in a New Delhi park and two Bihar districts have shown that even such a safeguard can be meaningless. On the contrary, the presence of a boy with a young girl is easily weaponised against her on the euphemism of ‘moral policing’. In reality, this behaviour that is often exercised by men—and validated by other men—is another way in which patriarchal values are reinforced by clamping down on women’s rights and freedoms. In the Delhi case, three men are accused of sexually assaulting a 17-year-old girl, who was accompanied by a male friend, by posing as police personnel. In Bihar’s Jamui, the violence that a girl and her teenage classmates faced after sundown was filmed. Just



days later, another video from Samastipur was shared in which a group rounds up on a young couple in broad daylight. Following these incidents, women students of the renowned Lady Shri Ram College in Delhi, that is located near the park, raised concerns for their own safety. Meanwhile, Bihar police initiated action to take down videos of the underage girls’ molestation from social

media accounts. Three aspects deserve particular attention. First, almost 14 years after the Delhi rape protests, it is unconscionable that public spaces in the capital and elsewhere remain utterly unsafe for women. The ‘smartness’ of India’s cities is meaningless if they cannot, at the very least, be well-lit and adequately policed. Second, filming of sexual violence by perpetrators has become a dangerous norm. In such cases, the police must also invoke the relevant laws to crack down on the additional digital violence that re-victimises the survivor for as long as the material is online. Policymakers must also examine if the existing laws suffice to target the evolving methods of sexual violence in the digital sphere, especially if visuals are shared in the seedier sections of mainstream platforms for profit. Third, as experts and this publication continue to contend, it is the certainty of punishment that reduces crime, not the severity.

What Gandhi's experiments with food can teach us

➤As a nationwide nutrition campaign plays out, it would be instructive to look at the Mahatma’s inquiries about diet. Despite being a vegetarian, he believed food choices should never be forced

Anyone who reads Mahatma Gandhi’s primary writings, like his 96-volume collected works, will be startled by the sheer amount written on nutrition. “My experiments on dietetics are dear to me as my researches on ahimsa. They give me recreation and joy,” he wrote in *The Story of My Experiments with Truth*. He constantly experimented with his diet, trying new foods or regimens. andhi also happily advised others on what they to eat, and ended letters to family members with a description of his current diet and an exhortation for them to tell him what they were eating. He tried to keep up with dietary writings, like the works of the American dietician J H Kellogg, whose magnum opus, *The New Dietetics: A Guide to Scientific Feeding in Health and Disease*, he received in 1927. “It is enough to make one giddy even to contemplate reading that volume,” he wrote to his American correspondent R B Gregg. Which is why, among the myriad ways modern India might disappoint Gandhi, our continued failures on nutrition might be what hurts him most personally. What is the value of our technological leaps and massive infrastructure development when you know that lakhs of children remain hungry or are eating food of such poor quality that their lives are stunted from the start? Yes, this is simplistic, and arguments about how development at all levels raises the economy in general may be true. But can you honestly say you haven’t felt that sickening feeling sometimes, as you speed by to another restaurant, that India still has people whose daily nutritional intake is less than what was probably wasted in preparing your meal? The tourism ministry recently announced a deal to get Michelin’s restaurant guide to India. Would Gandhi have felt this was

an achievement? What is particularly odd is that this nutritional deficiency exists at a time when more nutritional advice comes at us than ever before. Companies push products on us. Social media influencers attack companies for doing that, and make their own suggestions. Politicians and pundits offer advice on how we can improve our life by changing our diets. And the algorithms are always telling us to take a supplement, stop eating this, start eating that and find the food hack that will deliver us true health. Yet, the lecturing doesn’t seem to be accompanied by listening. When it comes to nutrition, there seems to be gap in understanding why people make their food choices. What you eat has become a way to label and then judge you, rather than a way to understand you. A good example is the government’s millets campaign, which never seems to end—as was evident with the millet pulao served at the BRICS banquet. But where are all the people willingly eating snacks, main meals and banquets made of millets? The campaign never stopped to ask why Indians stopped eating millets. Traditional consumption of millets started dropping from the late 19th century, as maize in particular substituted it, along with increased availability of rice and wheat. Indians didn’t forget that millets were healthy, but just didn’t like eating them as much as these other grains. Millets are, as their name indicates, mostly grains so small that their husk can’t be removed, so they must be consumed whole. This is what makes millets more nutritious rather than the starch-heavy milled wheat and rice, but also makes them stodgy when cooked. The millet campaign might have had more

success if it started by working for solutions people would accept. This might have included focusing on ragi, the one millet that’s easy to eat, or advocating easier-to-eat mixes of millets and starchy grains. It might even have



concluded that most people would not eat millets, but they could still be grown to ferment into ethanol or as a substitute for sugarcane, as one variety of sorghum (jowar) can be grown. But this would have meant really engaging, without judgement, with what people ate and didn’t. It was easier just to tell them that they should eat instead, and then jump on this badgering bandwagon with books, articles and events—which people would consume and then go back to eating rice and wheat. This is a recent example, but this tendency to find magic solutions and then lecture Indians

on why they should follow them goes back decades—to the lean years after independence and famines of the 1960s. Gandhi’s long engagement with diets suggests a slightly different approach. He was ready to give advice, but also listen to it—hence his regular requests for correspondents to tell him what they were eating. He experimented with many different diets—salt-free, fruitarian, raw food—but ultimately concluded that there was no one solution, just constant listening to one’s body and experimenting with what works. He was always interested in the potential of new foods—for example, discussing the potential of avocados with Paramahansa Yogananda, the California-based guru, or the soy-based experiments of Narahari Rao, Vinoba Bhave’s father. Gandhi was a committed vegetarian, but he was never dogmatic about it, nor did he believe that it automatically made you better or even healthier. From his early years as a student in London, where his political awakening happened while working with the Vegetarian Society, he was aware of how painfully dogmatic and divisive vegetarians could be and how, crucially, this was counter-productive to their cause. When a correspondent raised a hypothetical question about whether a husband who had become a vegetarian could compel his wife to do the same, Gandhi replied that, on the contrary, it was his duty to keep buying her meat while still trying to persuade her to switch from true conviction. He believed that real change could not be achieved through forcing a choice, but from genuinely convincing people why a certain way was best.

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Owned by PACE (Peoples Association for Charity & Edification), Published by Ashish Kumar Sinha, on behalf of PACE, Printer Prithwis Das, Printed at DB Corp. Ltd., Near Forest Range Office, Lalgutuba, Ranchi, Jharkhand-835303. Published at Ranchi, 23 - East Jail Road, Lalpur, Ranchi, Jharkhand. Pin 834001. Editor: Ashish Kumar Sinha. *Editor as per provision of Section 7 of PRB Act. I RANCHI:- PRGI – JHAMUL/2016/75465 | email: mail4daily@gmail.com | Call: 9334220098 | All disputes will be subject to Ranchi Court | web: www.theresearchers.us | Delhi: 8416, Basant Kunj-8C, New Delhi-110070 | Mumbai: Building No. 11, Flat No. 604, DB Ozone, Western Express Highway, Mira Road East, Mira Bhayander, Thane, Maharashtra-401107 | Kolkata: Nischinda Madhypara, Bally, Ghoshpara, Howrah, WB- 711227





नवरात्र में व्रत रखने के साथ-साथ सेहत का ध्यान रखना भी जरूरी

नवरात्र में नौ दिन के व्रत में सामान्यतः फलाहार लिया जाता है। कुछ लोग केवल एक व्रत खाते हैं और कुछ फलाहार के चलते सामान्य दिनों के मुकाबले अधिक अर्सतुलित आहार लेने लगते हैं। इससे शरीर को पोषण तो नहीं मिलता, लेकिन कैलोरी, वसा और शर्करा की मात्रा जरूर बढ़ जाती है। इसी तरह लंबे अंतराल के बाद जब कुछ खाते हैं तो

कि किन खाद्यों के सेवन से आप अपने व्रत को स्वास्थ्य की दृष्टि से भी सार्थक बना सकते हैं...

पर्याप्त तरल पदार्थ

व्रत के दौरान शरीर को हाइड्रेटेड रखना भी जरूरी है। पर्याप्त मात्रा में पानी तो पीना ही है, साथ में अन्य तरल पदार्थ जैसे नींबू का जूस या शिकंजी और नारियल पानी भी पिएं। फलों का रस ले सकते हैं लेकिन छाने बिना यानी कि जिसमें फल के रेशे भी हों। फलों के रस के साथ-साथ फाइबर भी मिलेगा जो कि भोजन को पचाने के लिए बहुत जरूरी है। तरल पदार्थ से शरीर को जरूरी विटामिन और खनिज मिलेंगे। फाइबर युक्त भोजन लेने की दूसरी वजह यह भी है कि व्रत के दरमियान कम भोजन ग्रहण करने से कब्ज की समस्या हो सकती है। इसलिए

लोग ले सकते हैं जिन्हें फल खाना पसंद नहीं या चबा नहीं सकते। यह भी ध्यान रखें कि जूस घर का बना ही पीना है।

खानपान की सलाह

कम होती है और पोषक तत्वों की मात्रा अधिक होती है। इसी तरह कम वसा युक्त दही, लस्सी और छाछ ले सकते हैं। तेल की बहुत कम मात्रा में भुनी हुई मूंगफली, कुट्ट के आटे की रोटियां ले सकते हैं। कम तेल या घी में बने हुए फलाहारी आलू, साबूदाना खिचड़ी या टिक्की ले सकते हैं। तेल में तली हुई टिक्कियां खाने से बचें। आलू के बजाय लौकी की सब्जी और हलवा (कम घी में) ले सकते हैं। सबसे जरूरी बात, व्रत के दौरान घर का बना शुद्ध भोजन ही खाएं।

फल-सब्जियां लें

व्रत में फल और सब्जियों के सलाद का सेवन कर सकते हैं। एक या

पर्याप्त मात्रा ले सकते हैं। गैर मौसमी फल, जैसे तरबूज, खरबूज, संतरे आदि का सेवन बिल्कुल न करें। वहीं सब्जियों में खीरा, टमाटर, चुकंदर, हरा धनिया और शकरकंद आदि पर संधा नमक और काली मिर्च पाउडर डालकर खाया जा सकता है।

थोड़ा-थोड़ा खाएं

ऐसे कई लोग हैं जो व्रत के दौरान दिनभर कुछ नहीं खाते, और जब खाते हैं तो भूख से अधिक खा लेते हैं, जैसे कि एक प्लेट भरकर फलाहारी आलू, सिंघाड़े का हलवा, थोड़े-से आलू के चिप्स और एक गिलास दूध। इससे स्वास्थ्य को नुकसान पहुंचेगा और वजन भी बढ़ेगा। एक-साथ खाने के बजाय बेहतर है कि आप दिनभर में तीन-चार बार थोड़ा-थोड़ा खाएं।

शरीर को आराम दें

इस दौरान खानपान में बदलाव होने के कारण आपके दिमाग और शरीर को खानपान के पैटर्न को समझने में समय लगेगा। इस स्थिति में थोड़ा आलस्य महसूस हो सकता है या चिड़चिड़ाहट हो सकती है। बेहतर होगा कि समय-समय पर आराम करें। रात को जल्दी सोएं और भरपूर नींद लें। यदि दफ्तर में हैं तो दिमाग और शरीर को अधिक मेहनत न कराएं।



दिवाली की तैयारी कई महीनों पहले से ही शुरू हो जाती है। अमूमन महिलाएं दिवाली से पहले अपने घर के कोने-कोने की सफाई कंप्लीट कर लेना चाहती हैं। यूं तो हम सभी अपने घर को समय-समय पर साफ करते हैं, लेकिन दिवाली के अवसर पर घर के हर कोने को साफ किया जाता है।

दिवाली वर्ष में एक बार आने वाला ऐसा त्योहार होता है, जिसकी तैयारी कई महीनों पहले से ही शुरू हो जाती है। अमूमन महिलाएं दिवाली से पहले अपने घर के कोने-कोने की सफाई कंप्लीट कर लेना चाहती हैं। यूं तो हम सभी अपने घर को समय-समय पर साफ करते हैं, लेकिन दिवाली के अवसर पर घर के हर कोने को साफ किया जाता है। अगर आप दिवाली की सफाई बिना किसी परेशानी के बेहद ही आसान तरीके से करना चाहती हैं तो इन गैजेट्स की मदद ले सकती हैं। हालांकि, ऐसा करने में बहुत अधिक समय व मेहनत खर्च करना पड़ता है। कई बार महिलाओं का बहुत अधिक समय दिवाली की सफाई करने में ही खर्च हो जाता है। लेकिन अगर आप अपने समय व मेहनत को बचाना चाहती हैं तो कुछ गैजेट्स को खरीद सकती हैं। यह क्लीनिंग गैजेट्स आपके घर की सफाई के काम को ना केवल आसान बनाते हैं, बल्कि इससे आपको अधिक बेहतर रिजल्ट भी मिलते हैं।

खरीदें स्क्रीन क्लीनिंग ब्रश



यह एक मल्टीफंक्शनल स्क्रीन ब्रश होता है, जिसकी मदद से आप ग्लास, खिड़कियों, काउंटरटॉप आदि कई जगहों की बेहद आसानी से सफाई कर सकती हैं। आप इसे लिट ब्रश के रूप में भी उपयोग कर सकती हैं और अपने कपड़े, सोफे आदि से धूल और बालों को हटा सकते हैं। इसकी खासियत यह है कि इसे गीला व सूखा दोनों तरह से इस्तेमाल किया जाता है। धूल हटाने की सफाई इसे सूखा उपयोग करें, वहीं विंडो क्लीन करने के लिए इसे गीला इस्तेमाल करें।

गुलाब के फूलों की खुशबू से बेहतर दूसरी खुशबू शायद ही कोई और हो। इसलिए आप रोज एसेंशियल ऑयल को बतौर परफ्यूम इस्तेमाल करें। इसकी महक काफी तेज होती है, इसलिए आपको इस तेल का उपयोग विवेकपूर्ण तरीके से करना चाहिए। एक बूंद आपको प्यारी महक देगी।

हम सभी अपनी डे डू डे लाइफ में तरह-तरह के परफ्यूम का इस्तेमाल करना पसंद करते हैं। इनकी महक आपको एक फील गुड देता है। लेकिन कई लोगों को परफ्यूम के इस्तेमाल के कारण परेशानी होती है। ऐसे में सबसे अच्छा तरीका है कि आप एसेंशियल ऑयल को ही परफ्यूम की तरह इस्तेमाल करें। यह ना केवल आपको पूरा दिन महकाने में मदद करेगा, बल्कि आपको अन्य भी कई लाभ मिलेंगे। कई परफ्यूम में फेंथलेट्स जैसे हानिकारक सिंथेटिक तत्व होते हैं, वहीं दूसरी ओर एसेंशियल ऑयल सिंथेटिक नहीं होते हैं और इनमें वास्तव में उपचार गुण हो सकते हैं।

जैसमीन एसेंशियल ऑयल

जैसमीन एसेंशियल ऑयल एक ऐसा ऑयल है, जिसे परफ्यूम के रूप में आसानी से इस्तेमाल किया जा सकता है। यह महंगा है, लेकिन किसी खास अवसर के लिए इसे इस्तेमाल किया जा सकता है। इस तेल में एक मीठी, फूलों की सुगंध है जो आपको ऐसा महसूस कराएगी कि आप चमेली के बगीचे से गुजर रहे हैं। चमेली के तेल में अपनी मादक सुगंध के अलावा चिंता को कम करने की क्षमता भी होती



दिवाली पर आपकी क्लीनिंग को बेहद आसान बनाएंगे ये गैजेट्स

खरीदें माइक्रोफाइबर फैन क्लीनिंग डस्टर



यह एक बेहद ही काम का प्रोडक्ट है, जो दिवाली की क्लीनिंग के दौरान आपके बेहद ही काम आने वाला है। यह वास्तव में एक फैन क्लीनिंग डस्टर है, लेकिन आप इससे सिर्फ फैन ही नहीं, बल्कि अपने घर के कई कोनों को आसानी से साफ कर सकती हैं। फर्श की सफाई करने से लेकर आप झूमर, दीवारों व कई ऐसी जगहों को क्लीन कर सकती हैं, जिसे हाथों की मदद से साफ करना काफी कठिन है। माइक्रोफाइबर फैब्रिक के उपयोग के कारण आपको अधिक बेहतर रिजल्ट मिलता है।

खरीदें शॉवर हेड क्लीनिंग ब्रश

दिवाली की सफाई के दौरान बाथरूम को साफ करना काफी मुश्किल होता है और इसमें काफी वक्त भी लगता है। मसलन, अगर आप शॉवर हेड को क्लीन करते हैं तो उसके छेदों-

छोटे छेदों को साफ करना यकीनन एक टफ टास्क है। ऐसे में आप शॉवर हेड क्लीनिंग ब्रश का इस्तेमाल करें। इसके ब्रश ऐसे होते हैं जो उन छोटे छेदों को अनक्लॉग करके उसे अच्छी तरह साफ करने में आपकी मदद करते हैं। हालांकि, इस ब्रश की मदद से आप शॉवर हेड के अलावा अपना फोन या घर की टैप आदि को भी साफ कर सकती हैं।

खरीदें इलेक्ट्रिक स्पिन स्क़बर

दिवाली पर जब महिलाएं अपने घर को साफ करना शुरू करती हैं तो वह हर कोने को साफ करने के लिए उसे अच्छी तरह रगड़ती हैं। जिसके कारण उनके हाथों से लेकर कमर तक में दर्द हो जाता है। लेकिन अगर आप इस दिवाली इलेक्ट्रिक स्पिन स्क़बर खरीदती हैं तो आपको अपने घर को रगड़ने की मेहनत नहीं करनी पड़ेगी। आप अपने फर्श से लेकर दीवारों, शॉवर, बाथटब, किचन आदि जगहों पर इस इलेक्ट्रिक स्पिन स्क़बर का इस्तेमाल करें। यह कुछ ही मिनटों में उस जगह को एकदम से चमका देगा।



बाजार से परफ्यूम क्यों खरीदना ? बस इन एसेंशियल ऑयल का करें इस्तेमाल

है। तो ऐसे में आप खुद को तनावमुक्त रखने के लिए भी इसके इस्तेमाल पर विचार कर सकते हैं।

रोज एसेंशियल ऑयल

गुलाब के फूलों की खुशबू से बेहतर दूसरी खुशबू शायद ही कोई और हो। इसलिए आप रोज एसेंशियल ऑयल को बतौर परफ्यूम इस्तेमाल करें। इसकी महक काफी तेज होती है, इसलिए आपको इस तेल का उपयोग विवेकपूर्ण तरीके से करना चाहिए। एक बूंद आपको प्यारी महक देगी।

इलंग इलंग एसेंशियल ऑयल

इलंग इलंग एसेंशियल ऑयल इलंग इलंग फूलों से बनाया जाता है। इसकी सुगंध काफी आनंददायक होती है। यह आपको एक खुशनुमा अहसास करवाती है। अगर आप चाहें तो इसे भी बतौर परफ्यूम इस्तेमाल करने पर विचार कर सकते हैं। इसकी खुशबू काफी रोमांटिक होती है। इंडोनेशिया में तो नवविवाहितों के पलंगों के ऊपर इलंग इलंग के फूल बिछाए जाते हैं।



फलाहार के नए स्वाद स्टफ्ड साबूदाना बड़ा, मीठे में पान की मिठाई और फलों का श्रीखंड बनाएं

नवरात्र में व्रत के दौरान फलाहार को लेकर अक्सर असमंजस बना रहता है कि हर रोज ऐसा क्या बनाएं, जो स्वाद में नयापन लिए हो और सेहत के लिहाज से भी ठीक हो। आपकी इस मुश्किल को दूर करने के लिए हम नौ दिनों के लिए नौ खास रैसिपी यहां प्रस्तुत कर रहे हैं। इन्हें तैयार करने में समय भी कम लगेगा और व्रत में नया फलाहार भी मिलेगा।

स्टफ्ड साबूदाना वड़ा



क्या चाहिए

दही- 5 बड़े चम्मच (हंग कर्ड), जीरा पाउडर- 1/2 छोटा चम्मच, आलू- 4 मध्यम आकार के उबले हुए, साबूदाना- 1 कप (6-8 घंटे पानी में

मूंगफली- 1/2 कप दरदरी पिसी, हरा धनिया- आवश्यकतानुसार, सेंधा नमक- स्वादानुसार, काली मिर्च पाउडर- 1/2 छोटा चम्मच। भरावन के लिए- दही- 5 बड़े चम्मच (हंग कर्ड), जीरा पाउडर- 1/2 छोटा चम्मच, सेंधा नमक- स्वादानुसार।

ऐसे बनाएं

बोल में आलूओं को मसल लें। इसमें साबूदाना, हरी मिर्च, हरा धनिया, सेंधा नमक, काली मिर्च पाउडर, अमचूर पाउडर और मूंगफली डालकर गूंध लें। अलग बोल में भरावन की सामग्री मिला

भरावन भरें। वड़े को बंद करके गर्म तेल में सुनहरा भूरा होने तक तल लें। साबूदाना वड़े को चटनी के साथ परोसें।

पान की मिठाई



क्या चाहिए

मिल्क पाउडर- 6 बड़े चम्मच, आइसिंग शुगर- 1 बड़ा चम्मच, खाने वाला नारियल तेल- 5 बड़े चम्मच, गुलकंद- 1 बड़ा चम्मच, पान का

लिए- फूल के आकार का सिलिकॉन सांचा।

ऐसे बनाएं

मिक्सिंग जार में मिल्क पाउडर, आइसिंग शुगर, नारियल तेल, गुलकंद और पान का पत्ता डालकर पीस लें। अब सांचे में पहले 4-5 टूटी परुटी डालें फिर थोड़ा पिसा हुआ मिश्रण डालकर अच्छी तरह से दबा दें। मिश्रण भरे सांचे को फ्रिज में रखें और आधे घंटे बाद निकालें। अब हल्के हाथों से सांचे को दबाते हुए मिठाई को बाहर निकाल लें। इसे सामान्य तापमान में लाकर या ठंडा ही सर्व करें।

समा चावल फिरनी



क्या चाहिए

समा के चावल- 1/4 कप, दूध- 500 मिली, शक्कर- स्वादानुसार, बादाम और काजू- 1/2- 1/2 बड़ा चम्मच कटे हुए, पिस्ता-

1 छोटा चम्मच कटा हुआ, इलायची पाउडर- 1/4 छोटा चम्मच, अनन्नास के टुकड़े- 1/4 कप, केसर- 5-6 धागे।

ऐसे बनाएं

कड़ाही में दूध उबलने रखें। एक-दो उबाल आने पर समा के चावल

जब तक कि वो गाढ़ी न हो जाए। चावल पकने के बाद आखिर में

काजू, पिस्ता और इलायची पाउडर डालकर मिलाएं। फिरनी को ठंडा करके अनन्नास के टुकड़े डालकर परोसें।

पनीर-केला रोल्ट्स

क्या चाहिए

पनीर- 200 ग्राम, हरी मिर्च- 3 बारीक कटी, नमक- स्वादानुसार, काली मिर्च- 1/4 छोटा चम्मच, हरा धनिया- जरूरत के अनुसार। लपेटने के लिए- कच्चे केले- 1-2, लौंग- 8-10, तेल- 2 बड़े चम्मच। सलाद के लिए- गाजर- 2 किसी हुई, ऑलिव ऑयल- 1 बड़ा चम्मच, तिल- 1/2 छोटा चम्मच, काली मिर्च पाउडर- 1/4 छोटा चम्मच, नमक- स्वादानुसार।

ऐसे बनाएं

कच्चे केले को छीलकर उसकी लंबी स्लाइस काट लें। इन स्लाइस को पैन में एक चम्मच तेल डालकर शैलो फाय करें। इन्हें टिशू पेपर

लें फिर इसमें हरी मिर्च, हरा धनिया, नमक और काली मिर्च पाउडर मिला दें। पनीर की छोटी-छोटी बॉल्स बना लें और केले की स्लाइस से लपेटकर उनमें लौंग लगा दें, ताकि ये खुलें नहीं। अब इन पनीर रोल्ट्स को पैन में एक चम्मच तेल डालकर दोनों तरफ से सुनहरा होने तक शैलो फाय करें। सलाद बनाने के लिए कद्दूस की हुई गाजर में नमक, काली मिर्च पाउडर, तिल और ऑलिव ऑइल मिलाएं। प्लेट में गाजर का सलाद और पनीर-केला रोल्ट्स रखकर परोसें।



NEWS BOX

Frame hit costs India women's 25m pistol medal at Asian Games. What is it?



New Delhi. (Agency)

India's shooting campaign at the Asian Games suffered another setback on Monday, September 28, with the defending champions finishing fifth in the women's 25m pistol team event. Manu Bhaker, Esha Singh and Rahi Sarnobat finished with 1727 points, eight points behind silver medallists South Korea and seven behind bronze medallists Chinese Taipei, after China won gold with 1743. India had been in contention for a medal before a disastrous rapid series from Sarnobat changed the complexion of the competition. Sarnobat registered a frame hit during the crucial stage of the competition, resulting in a score of zero for that shot. India subsequently appealed the decision, believing the shot had not been properly registered by the scoring technology. The appeal, however, was rejected by the Asian Games authorities, who upheld the original decision.

WHAT IS A FRAME HIT?

A frame hit occurs when a shot hits the frame surrounding the scoring area rather than the target itself, resulting in no score.

Asian Games Live: September 28 Updates

In a high-pressure competition such as the Asian Games, a frame hit can prove particularly costly because every shot matters in a team event where the combined scores of three shooters determine the final standings. In Sarnobat's case, India believed the zero could have been the result of a technical issue with the scoring system. The matter was reviewed, but the authorities concluded that Sarnobat had fired before properly settling on the target and upheld the frame-hit call. One of the shooting coaches explained to India Today that such an error can happen under pressure, particularly when a shooter is unable to settle properly before taking the shot. The zero came at a crucial point for India, who had been in the hunt for a podium finish.

India vs Afghanistan: When and where to watch Asian Games cricket quarterfinal



NAGOYA. (Agency)

India begin their bid to defend the men's cricket gold medal at the Asian Games 2026 when they face Afghanistan in the quarter-finals at the Korogi Sports Park in Nisshin on Monday, September 28. Shreyas Iyer's side received a direct entry into the last eight based on India's position among Asia's top-ranked T20I teams, while Afghanistan had to fight through the group stage. India head into the knockout stage with a strong squad featuring several established T20 names. Abhishek Sharma will be one of the biggest threats at the top of the order after his explosive recent performances, while Sanju Samson, Ishan Kishan and Tilak Varma give India plenty of batting depth. Captain Shreyas Iyer will be expected to anchor the middle order and lead a side packed with experience. The bowling attack also has considerable firepower. Jasprit Bumrah brings experience and control with the new ball and at the death, while Arshdeep Singh offers another left-arm pace option. Axar Patel, Washington Sundar and Ravi Bishnoi give India multiple spin options, which could become particularly important if the pitch offers assistance. It remains to be seen whether Vaibhav Sooryavanshi gets an opportunity after being benched for the three-match T20I series against Afghanistan and the solitary T20I against Japan.

HOW AFGHANISTAN REACHED THE QUARTERFINAL

Afghanistan were placed in Group A alongside Japan and Nepal. They began their campaign with a convincing 48-run win over hosts Japan, posting 129 for 6 before bowling Japan out for 81. Arab Gul Momand was the star with the ball, taking 4 for 8, while Nangeyalia Kharote claimed 3 for 19. Afghanistan then lost to Nepal by five wickets, leaving the group qualification race dependent on the final Nepal-Japan match.

Akshaj Shenoy: India's League of Legends captain faces tough odds Asian Games

Asian Games 2026: Akshaj Shenoy has been playing against the odds his entire life. Now, as India's League of Legends captain, he faces his biggest challenge yet. Chasing India's first esports medal.

New Delhi. (Agency)

Akshaj Shenoy has been playing against the odds his entire life. At 24, he will captain India's team at the Asian Games 2026 in Aichi-Nagoya. But the real fight started long before this tournament. It started when he was a kid in Kochi with a shared PC and a game nobody in India cared about. It

continued when he had to hop between foreign servers because India did not have one. It persisted when his relatives mocked what he was doing, when society said this was not a real career, and when the infrastructure did not exist. Now he faces the odds again. India's group at the Asian Games is brutal. The toughest possible draw. South Korea will be there. Chinese Taipei will be there. Teams that have been building professional ecosystems for 15 years while India is just starting to believe esports was real. But here is what matters: if India wins, it will be the country's first esports medal at the Asian Games. That is what he is playing for. I wanted to prove something," Akshaj said in an exclusive interview with India Today.

KOCHI, THE PC, THE GAME

Akshaj grew up fighting his cousins for time on a shared PC. When they left, the machine was his. As most 90s kids would relate, most high-end games would not run on it. Too demanding. League of Legends

would. He downloaded it after seeing some videos on YouTube, started playing for fun, and that was it for ten years. Just a hobby for a kid with time to kill.



As he was building his skills in the game, he hopped servers looking for competition. North America. Europe. Japan. The ping made everything unplayable. The connection was terrible. The equipment was wrong. But he kept playing anyways. One day while playing on the Japanese server, he found a fellow Indian player.

"Why are you playing here?" the stranger asked. That one conversation led him to the Indian League of Legends community. It was small. Real tournaments existed, but barely. Real players existed, but they were scattered across the country. By 11th grade, Akshaj had a plan. He identified the best player in every role. Then he approached them all. Stop playing separately. Form a super team. See where that goes.

They said yes. His experience there gave him insights into leadership. Not because there was a pathway or a system. Simply because he liked the game and wanted to build something from it.

THE PATTERN REPEATS

The team competing at this edition of the Asian Games came together over many years. Three players stayed with him from India's 2022 team, which finished fifth in Hangzhou. Ahmed Shahid joined them. They won domestic tournaments. They beat Southeast Asian and Middle Eastern teams on multiple occasions.

I'm hurting: PV Sindhu slams organisers in scathing post after Asian Games heartbreak

New Delhi. (Agency)

PV Sindhu has hit out at the Asian Games organisers after her quarter-final exit in women's singles, saying the punishing schedule had taken a toll and questioning the absence of video review during her defeat to China's Chen Yufei. Sindhu lost 21-11, 18-21, 10-21 to the World No. 4 on Sunday after taking the opening game comfortably. The Indian was locked at 18-18 in the second game before Chen won three straight points to take control of the contest, eventually forcing a decider and winning it 21-10. Sindhu said those three points have continued to play on her mind. "My Asian Games campaign is over, and I'm hurting. Three points from closing out that quarterfinal. I keep coming back to those three points," Sindhu wrote in a social media post.

ASIAN GAMES IN SHAMBLES

The former world champion also

suggested that the absence of a video review system had added to her frustration. Sindhu played her quarter-final on Court 4, where video referral was



not available, with the system being used only on Courts 1 and 2 at the Asian Games. She felt some of the close line calls could have gone her way and potentially changed the momentum of the second

game. The scheduling had also left Sindhu with little time to recover between matches. She played three singles matches in roughly 24 hours, with her third-round contest against Japan's Tomoka Miyazaki ending around 1:30 am on Sunday before she returned to the court for her quarter-final against Chen less than 12 hours later. "Three matches in 18 hours. Back at 3 a.m., out again at 8:30 a.m. It took a toll," Sindhu wrote. The demanding schedule had affected other singles players as well. Unnati Hooda also played three matches in roughly 26 hours before losing to Japan's Akane Yamaguchi in the quarter-finals.

I'M HURTING: PV SINDHU

The compressed schedule had also drawn criticism from other players at the Asian Games. China's women's doubles World No. 1 Tan Ning said.

Lovlina's next fight is for Asian Games gold, but the journey matters more



New Delhi. (Agency)

The silver medal in Glasgow did not leave Lovlina Borgohain with regrets alone. It left her with questions. What could she have done earlier? Which openings did she miss? Where did her rhythm slip? And what would it take to make sure those small moments went her way the next time? At 28, Borgohain knows that a boxing career is rarely defined by one result. Tokyo gave her the joy of an Olympic breakthrough. Paris left her with the pain of disappointment. Glasgow brought her a first Commonwealth Games medal, but the silver after a defeat to Australia's Emma-Sue Greentree left her with unfinished business.

Each tournament has changed her in a different way. Each setback has forced her to look more closely at the boxer she is becoming. Now, as she prepares for another Asian Games campaign in the 75kg category, Borgohain carries the experience of a career that has already taken her to Olympic, World Championships, Asian Games and Commonwealth Games podiums.

The medals have come. So have the difficult questions. The hunger, however, remains. Her most recent lesson came in Glasgow, where Borgohain won her first Commonwealth Games medal but had to settle for silver after losing to Greentree in the final. Rather than allow the defeat to linger, she went back to the fight, studied the moments she could have handled differently and turned the loss into part of her preparation. Now, with just eight boxers in the 75kg draw, Borgohain is one victory away from securing another Asian Games medal. She opens against South Korea's Suyeon Seong and could meet reigning 70kg world champion Natalya Bogdanova of Kazakhstan or Uzbekistan's world bronze medallist Aziza Zokirova in the semifinal.

Former WWE wrestler Benjamin Satterley 'Pac' dies aged 40

MANCHESTER. (Agency)

Professional wrestler Benjamin Satterley, better known as 'Pac' in All Elite Wrestling and 'Neville' during his time in WWE, has passed away at the age of 40. All Elite Wrestling confirmed his death on Sunday night. The promotion did not reveal the cause of death or share information about the circumstances surrounding his passing.

"All Elite Wrestling is saddened to announce the passing of Benjamin Satterley, aka Pac. A native of Newcastle upon Tyne, England, Satterley began his wrestling career in 2004 and went on to perform for wrestling organizations all over the world, captivating fans with innovative high-flying moves and incredible in-ring ability," AEW said in a statement. Pac signed with All Elite Wrestling in 2019 and held multiple AEW Championships and competed in some of the most memorable matches in AEW

history," it added. Satterley's death came shortly after his final appearance in the ring. He wrestled at AEW All Out in Chicago on September 26, facing Andrade El Idolo for the AEW National



Championship. Andrade retained the title after countering Pac's Brutalizer submission into a pin. At present, no official information has been released regarding the cause of Satterley's death.

Who was Benjamin Satterley?

Satterley was born in Newcastle upon Tyne, England, on August 22, 1986. He started his wrestling career in 2004 and established himself on the British independent circuit before taking his career overseas, most notably competing in Japan for Dragon Gate.

He then signed with WWE in 2012 and was introduced to NXT fans as Adrian Neville. He became one of the prominent performers during its early years, clinching the NXT Tag Team Championship and later the NXT Championship. His reign as NXT champion lasted 286 days, from February to December 2014. He earned the nickname of 'The Man Gravity Forgot' for his brilliant high-flying style and became a fan favourite for his signature move 'The Red Arrow', which is a spectacular 450° splash performed from the top rope.

In Virat Kohli we trust: Shubman Gill leaves batter alone as India begin World Cup prep

CHENNAI. (Agency)

India captain Shubman Gill is more than happy to leave Virat Kohli alone as India begin their preparation for the ODI World Cup 2027. Kohli, on Sunday, September 27, put up another staggering performance, hitting yet another ODI century against West Indies. Kohli smashed an unbeaten 139 off just 88 balls, helping India chase down 296 runs in just 41.4 overs. The hundred, Kohli's fourth in the last 11 innings, was yet another proof of the legend, perhaps enjoying his finest batting form in his ODI career. The batter has recently unlocked his ODI batting, where instead of playing the long game, he shows aggression from the very start of his innings. Kohli's sensational form more or less confirms him for the ODI World Cup spot. Reacting to Kohli's knock after the game, Shubman said Kohli has won enough

games for India to let him do his thing and the team trusted him to do exactly that.

"Someone like him, who has won so many games for the country. Who has done it over and over again, you just let him play however he wants to play on the day because when he plays well, he can win matches for you," Shubman said after India's win in the 1st ODI against West Indies.

IN VIRAT KOHLI WE TRUST

Gill's comments underline the kind of freedom India can afford to give Kohli when he is in this kind of form. With the veteran batter continuing to produce match-winning performances, India's captain is happy to let him decide how he wants to approach his innings. And Kohli knows that his batting has changed. "I've got a challenge at this stage of my career to kind



of up the ante and play a gear or two higher, and yeah, that was exciting for me to work on," Kohli said after his century. The 37-year-old said the challenge of finding another version of himself at this stage of his

career had been a motivating factor. "Again, it excites you when you have to unlock a new version at this stage of your career, which will eventually help any team that you play for, be it playing for India or in the IPL." That new version was on full display in Thiruvananthapuram.

Kohli took 40 balls to reach his fifty before accelerating dramatically. He finished unbeaten on 139 from 88 balls, hitting 10 fours and nine sixes, as India completed a comfortable chase of 296. His 151-run partnership with Gill was the foundation of the chase. Gill made 110 from 108 balls, but it was Kohli who provided the explosive finish, taking the game away from West Indies in the latter stages.



Sonakshi Sinha

Zaheer Iqbal Perform Ganesh Aarti At Arpita Khan's Home, Turn Off Comments On Celebration Clip

Sonakshi Sinha and Zaheer Iqbal have become a much-loved couple among fans, often winning the internet over with their playful chemistry and relatable moments. The couple recently stepped out together in the city, arriving at Arpita Khan’s residence to seek Lord Ganesha’s blessings during Ganesh Chaturthi. A while ago, Sonakshi and Zaheer gave fans a glimpse of the festivities by sharing a video from the celebration. The couple was seen participating in the Ganesh aarti before joining everyone in bidding an emotional farewell to Bappa.

Sonakshi Sinha and Zaheer Iqbal perform Ganesh Aarti

In the Instagram video, Sonakshi Sinha was dressed in a traditional blue ensemble, while Zaheer Iqbal opted for a casual white T-shirt paired with black trousers. The couple was seen performing the aarti before leaving for the visarjan. Sonakshi, however, turned off comments on the post. She simply captioned the video, “Ganpati Bappa Morya.” Have a look:

Meanwhile, as they arrived for the celebration, Zaheer was spotted walking with a stick after suffering a leg injury. The couple’s playful chemistry was on display when photographers asked him about his injured leg. Sonakshi quickly turned the moment into a joke with her witty response, leaving Zaheer and those around them laughing. Before Zaheer could answer, she joked, “Maine Nahi Kiya Hai Ye (I didn’t do this).”

Sonakshi Sinha and Zaheer have often celebrated festivals from each other’s traditions, even as their interfaith marriage has faced public scrutiny. In 2025, Sonakshi opened up about the mutual respect for each other’s cultures that forms an important part of their relationship. She earlier told Hauterrfly, “We appreciate each other’s cultures. They follow certain traditions at their house; I follow certain traditions at my house. He comes and sits in my Diwali puja. I go and sit in their niyaaz, and that’s all that matters. I respect them and their culture, and they respect me and mine. That’s how it should be. Under the best circumstances, what was the best way to get married was a special marriage act where I, as a Hindu woman, do not need to change my religion and he, as a Muslim man, can remain a Muslim man, and two people in love share a beautiful bond of marriage. So it was as simple as that. There was never a question asked like, Are you going to convert? We love each other; we are getting married.”



Aditya Chopra Was 'Chasing Drones' At His Secret 13-Guest Wedding With

Rani Mukerji

Reveals Sabyasachi

Rani Mukerji and filmmaker Aditya Chopra have managed to keep their marriage remarkably private, despite both being prominent names in the Hindi film industry. The couple, who had largely kept their relationship away from the public eye, got



married in an intimate ceremony in Italy on April 21, 2014. Yash Raj Films confirmed the wedding at the time, describing it as a small affair attended only by close family members and friends.

One of the most talked-about details of Rani Mukerji and Aditya Chopra’s intimate wedding was the actor’s bridal look. Rani became the first official Sabyasachi bride, with designer Sabyasachi Mukherjee creating her

wedding ensemble. He has now opened up about the experience of designing Rani’s lehenga for her private wedding in Italy. He told Diet Sabya, “When she did a secret wedding with 15 people, I think only 13 people were allowed, and Adi was chasing drones.”

Sabyasachi has often made exceptions for Rani Mukerji, including continuing to create custom outfits for her when he largely no longer takes on such bespoke requests for other Indian actors. He added, “I don’t do custom for Bollywood. But I did a custom sari for her. Because I don’t think Rani is Bollywood. She’s family.

Only a select group of close friends and family members attended Rani Mukerji and Aditya Chopra’s intimate wedding, with Karan Johar among the guests. The actress has continued to keep her wedding pictures private even 12 years after tying the knot with Aditya Chopra. The couple welcomed their daughter, Adira, in 2015. Rani had previously joked that making the photographs public on their 25th wedding anniversary would be a “very good idea”, but admitted that she doubts Aditya would ever agree to release them.



'Didn't Feel Any Vulgar': Mandakini Backs Raj Kapoor's Ram Teri Ganga Maili Waterfall, Breastfeeding Scenes



Veteran actor Mandakini, who became one of the most popular faces of Hindi cinema in the 1980s, has recalled shooting the most-talked-about waterfall scene from Raj Kapoor’s ‘Ram Teri Ganga Maili’, saying she did not find anything vulgar or uncomfortable about the sequence. Mandakini was just 16 when she stepped in front of the camera for the film, which was Raj Kapoor’s last directorial venture.

Despite being a newcomer to the industry in the 1980s, Mandakini’s portrayal of Ganga left a lasting impact on audiences and established her as one of the prominent actresses of her era. However, her rise to fame also brought intense public attention, with several sequences from ‘Ram Teri Ganga Maili’ becoming the subject of discussion and controversy over the years.

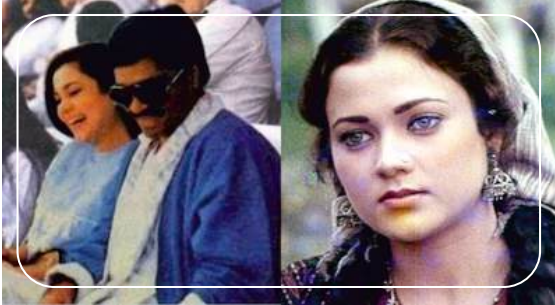
Revisiting those moments, Mandakini opened up about the most-talked- about waterfall sequence in the song ‘Tujhe Bulayen Yeh Meri Bahen’, in which she appeared wearing a white saree. She also spoke about the much-debated breastfeeding sequence, saying the scenes were rooted in the film’s larger message of innocence and purity rather than the way they were later perceived.

In an exclusive interview with ANI, she revealed that she was just 16 when she started shooting for the film and did not fully understand how the scenes would be perceived later.

Speaking about the waterfall scene in the movie, Mandakini said Raj Kapoor had explained the sequence to her and rejected the perception that the scene was intended to be vulgar. She said the film’s central idea was about purity and the character of Ganga.

“Unka tarika aesa tha ki aap unse koi sawaal hi nahi karte the...itna pyar se itna gentle jaise aapka family member aapse karwa raha ho... (He had such a gentle and affectionate way of doing things that you would not even question him, as if a family member was guiding you through it.) I didn’t feel any vulgarity from anywhere. There was no disgusting feeling at all.

Mandakini Reacts To Infamous Photo With Dawood Ibrahim, Says He Didn't Invite Her To Dubai: 'Show Ke Liye...'



Veteran actress Mandakini has clarified that she was not invited by underworld don Dawood Ibrahim after a controversial photograph of them together resurfaced years ago. She said she had travelled to Dubai for a show and later attended a cricket match, where the photograph was taken.

Speaking to ANI in an exclusive interview, Mandakini said she had no control over the reports and speculation that followed. She also revealed that the controversy had a damaging effect on her film career.

Mandakini denies being invited by Dawood Ibrahim

Mandakini explained that she was in Dubai for a professional commitment when she attended the cricket match. She said several people were present and that, as an artist, she did not choose whom to interact with based on their background.

“Jo bhi log likhna chahe, jo bhi bolna chahe, we don’t have control over it. Ek artist ko hazaron log milte hain aur hum sabke liye barabar hai. Bahut saare log saath mein the...kiske liye choose karein, kiske liye choose na karein... Hum waha kisi show ke liye gaye the. No, I was not invited by Dawood. (Whatever people want to write or say, we don’t have control over it. An artist has to meet many people, and we are equal to everyone.

There were so many people with us; whom do we choose, and whom do we not? I was in Dubai for a show and then went for the match. I was not invited by Dawood. I didn’t realise it at the moment”, she said.

The actress added that she did not realise the impact of the photograph at the time. However, once it surfaced, it became the subject of reports and speculation.

संक्षिप्त समाचार

पाकुड़ में बाइक दुर्घटना के बाद लगी आग :चालक बाल-बाल बचा



पाकुड़,एजेंसी। पाकुड़ जिले के महेशपुर थाना क्षेत्र के शहरग्राम पोखरिया लिंक रोड पर रविवार देर रात एक मोटरसाइकिल दुर्घटनाग्रस्त हो गई। दुर्घटना के बाद बाइक में आग लग गई, जिससे इलाके में हड़कंप मच गया। हालांकि, बाइक चालक बाल-बाल बच गया। लोगों ने बताया कि पोखरिया से शहरग्राम जा रही बाइक अचानक सड़क पर नियंत्रण खोकर गिर गई। गिरते ही उसमें आग लग गई और चालक किसी तरह दूर होकर अपनी जान बचाई। जब तक लोग कुछ समझ पाते, बाइक तेजी से जलने लगी। बाद में लोगों ने आग पर काबू पाया। स्थानीय लोगों ने बताया कि इस लिंक रोड पर अमड़पाड़ा से पाकुड़ तक हाइवा से कोयले का परिवहन होता है। सड़क पर कोयले के डस्ट गिरने से अक्सर छोटी दुर्घटनाएं होती हैं। ग्रामीणों ने कहा कि कोयला कंपनी के द्वारा समय-समय पर सड़क में पानी का छिड़काव किया जाता है लेकिन पानी के छिड़काव के कारण भी सड़क में फिसलन बनी रहती है इससे भी कभी-कभी दुर्घटनाएं घट जाती हैं। लोगों ने कहा कि सड़क में तेज रफ्तार से आने वाली मोटरसाइकिलें अक्सर इस डस्ट के कारण फिसल जाती हैं। ग्रामीणों ने सड़क की नियमित सफाई की मांग की है, ताकि दुर्घटनाएं कम हों। दुर्घटना के बाद चालक मौके से चला गया, इसलिए उसकी पहचान नहीं हो पाई। वहीं, सोमवार सुबह मोटरसाइकिल में आग लगने की खबर सुनकर मौके पर बड़ी संख्या में लोगों की भीड़ देखी गई वहीं मोटरसाइकिल जलकर पूरी तरह से क्षतिग्रस्त हो चुकी थी।

बाइक लूट की कोशिश में मारी गोली, घायल

दुमका,एजेंसी। जला के हंसडीहा थाना क्षेत्र के दुमका-हंसडीहा मुख्य मार्ग पर लकड़ाटांड स्थित हरदिया नदी के समीप सोमवार सुबह बाइक लूट की प्रयास में अपराधियों ने एक व्यक्ति को गोली मार दी। घटना सुबह करीब पांच बजे की बताई जा रही है। स्थानीय लोगों से मिली जानकारी के अनुसार, लकड़ाटांड निवासी शिवलाल हांसदा (55) अपनी बाइक से जा रहे थे। इसी दौरान बाइक पर सवार दो अज्ञात अपराधियों ने उन्हें रोककर बाइक छीनने का प्रयास किया। विरोध करने पर अपराधियों ने उन पर फायरिंग कर दी। गोली उनके बाएं पैर में लगी। घायल होने के बावजूद शिवलाल हांसदा अपनी बाइक पर ही बैठे रहे। बताया जाता है कि गोली चलने की आवाज सुनकर आसपास के लोग घटनास्थल की ओर दौड़े। लोगों की आवाजाही बढ़ती देख दोनों बदमाश मौके से फरार हो गए। घटना के बाद क्षेत्र में दहशत का माहौल है। घायल व्यक्ति को पुलिस की ओर से इलाज के लिए मेडिकल कॉलेज दुमका भेज दिया गया है। घटना स्थल से घायल व्यक्ति का घर महज 20 मीटर की दुरी पर है। सूचना मिलते ही हंसडीहा थाना पुलिस मौके पर पहुंच जांच शुरू कर दी। पुलिस अपराधियों की पहचान एवं गिरफ्तारी के लिए छापेमारी कर रही है। प्राथमिक तौर पर मामला बाइक लूट के प्रयास से जुड़ा बताया जा रहा है, हालांकि पुलिस सभी पहलुओं की जांच कर रही है।

तेज रफ्तार ट्रेलर दो दुकानों में घुसा

धनबाद,एजेंसी। धनबाद के बरवाअड्डा थाना क्षेत्र में तेज रफ्तार ट्रेलर ने सर्विस रोड किनारे स्थित दो दुकानों को अपनी चपेट में ले लिया। लोहारबरवा में हुए इस हादसे में एक चाय दुकान पूरी तरह क्षतिग्रस्त हो गई, जबकि बगल की दुकान के बाहर खड़ी चार मोटरसाइकिलें भी ट्रेलर की चपेट में आकर क्षतिग्रस्त हो गईं। गनीमत रही कि चाय दुकान पर मौजूद दुकानदार हादसे में बाल-बाल बच गया। तस्वीरें हादसे की भयावहता बयां करने के लिए काफी हैं। लोहारबरवा स्थित सर्विस रोड किनारे सुनील की चाय दुकान और लिट्टी दुकान के पास अचानक तेज रफ्तार ट्रेलर अनियंत्रित होकर घुस गया। हादसे में सुनील की चाय दुकान पूरी तरह क्षतिग्रस्त हो गई। वहीं, दुकान के समीप खड़ी चार मोटरसाइकिलें भी ट्रेलर की चपेट में आ गईं और उन्हें नुकसान पहुंचा। दुकानदार के मुताबिक घटना के वक्त दुकान पर वह अकेले मौजूद थे। ट्रेलर के दुकान में घुसते ही अफरा-तफरी मच गई। हालांकि, उन्होंने किसी तरह अपनी जान बचाई।

Jharkhand

देवघर- 3 महीने में सांप काटने के 60-70 मामले

औसतन हर डेढ़ दिन में एक केस, चार की मौत, 250 से अधिक सांपों का हुआ रेस्क्यू

देवघर,एजेंसी। देवघर जिले में जुलाई से सितंबर के बीच करीब 60 से 70 लोग सर्पदंश के शिकार हुए। तीन माह यानी करीब 92 दिनों के इस आंकड़े के हिसाब से औसतन हर डेढ़ दिन में एक व्यक्ति को सांप ने डंसा। इस दौरान सर्पदंश से चार लोगों की मौत की भी जानकारी है। सदर अस्पताल से मिली जानकारी के अनुसार, बारिश के इन तीन महीनों में सर्पदंश के मामले सामने आए हैं। वहीं, सांपों के रिहायशी इलाकों में पहुंचने की घटनाओं को देखते हुए वन विभाग की विशेष रेस्क्यू टीम ने पिछले दो महीनों में 250 से अधिक सांपों को सुरक्षित पकड़ा है। इनमें कई जहरीले सांप भी शामिल हैं। रेस्क्यू के बाद सांपों को सुरक्षित प्राकृतिक स्थानों पर छोड़ दिया गया है।

रेस्क्यू टीम को मिले हैं उपकरण और गाइडियां: देवघर जिले में बारिश के दौरान सांपों के रिहायशी इलाकों में पहुंचने की घटनाओं को देखते हुए वन विभाग ने विशेष रेस्क्यू टीम गठित की है। विभाग के अनुसार, पिछले दो महीनों में टीम ने 250 से अधिक सांपों का



सुरक्षित रेस्क्यू किया है।

बारिश के दौरान बिलों में पानी भरने के बाद सांपों के रिहायशी इलाकों तक पहुंचने की घटनाएं सामने आ रही हैं। घरों के आंगन, बगीचे, रसोई और अन्य हिस्सों से सांप मिलने की सूचना पर टीम को भेजा जा रहा है। सांप

पकड़ने में दक्ष राजीव रंजन के अनुसार वन विभाग ने रेस्क्यू टीम को आवश्यक उपकरण और दो वाहन उपलब्ध कराए हैं। जिला वन पदाधिकारी अभिषेक भूषण ने बताया कि सांप मिलने की सूचना के बाद रेस्क्यू टीम को आधे घंटे के भीतर मौके पर पहुंचने का निर्देश दिया

बिंदल मॉल गोलीकांड में फरार तीन आरोपितों पर एक-एक लाख का इनाम

बिंदल,एजेंसी। सोनारी थाना क्षेत्र स्थित बिंदल मॉल के एक रेस्टोरेंट में 26 सितंबर को हुई गोलीबारी के मामले में पुलिस ने फरार तीन आरोपितों की गिरफ्तारी के लिए एक-एक लाख रुपये के नगद इनाम की घोषणा की है। जिला पुलिस की ओर से रविवार दी गई जानकारी के अनुसार घटना में तीन युवकों की सलिमता सामने आई है, जिनमें दो की पहचान अजित मंडल और मोहन यादव के रूप में हुई है, जबकि तीसरे आरोपित की पहचान अभी नहीं हो सकी है। तीनों घटना के बाद से फरार हैं और गिरफ्तारी से बचने के लिए लगातार अपना ठिकाना बदल रहे हैं वरीय पुलिस अधीक्षक, पूर्वी सिंहभूम की ओर से जारी सूचना के अनुसार 26 सितंबर 2026 को दोपहर करीब 1.30 बजे सोनारी थाना क्षेत्र के बिंदल मॉल स्थित एक रेस्टोरेंट में तीन युवकों ने जान मारने की नीयत से गोलीबारी की थी। इस घटना में कुल चार लोग घायल हुए थे। घटना के बाद पुलिस ने मामले की गंभीरता को देखते हुए तत्काल जांच शुरू की और आरोपितों की पहचान तथा गिरफ्तारी के लिए प्रयास तेज किए। मामले को लेकर सोनारी थाना कांड संख्या 80/26, दिनांक 26 सितंबर 2026 के



तहत भारतीय न्याय संहिता की धारा 109, 111(2)(बी), 3(5) तथा आर्म्स एक्ट की धारा 27 के तहत प्राथमिकी दर्ज की गई है। प्राथमिकी में ह्रूम पाइप, छायांगर निवासी अजित मंडल, आदर्श नगर ग्वाला बस्ती निवासी मोहन यादव तथा एक अज्ञात युवक को आरोपी बनाया गया है। पुलिस के मुताबिक कांड में सलिम तीनों आरोपी फिलहाल फरार हैं। पुलिस ने उनकी तस्वीरें जारी करते हुए आम लोगों से अपील की है कि यदि इनमें से किसी आरोपी के संबंध में

कोई जानकारी मिलती है या उनके ठिकाने का पता चलता है तो तत्काल पुलिस को सूचित करें। पुलिस का कहना है कि तीनों आरोपी गिरफ्तारी से बचने के लिए लगातार स्थान बदल रहे हैं और छिपकर रह रहे हैं, इसलिए उनकी गिरफ्तारी के लिए आम लोगों से मिलने वाली सूचना महत्वपूर्ण हो सकती है। पूर्वी सिंहभूम पुलिस ने फरार तीनों आरोपियों की गिरफ्तारी में सहयोग करने वाले व्यक्ति को प्रत्येक आरोपित के संबंध में एक-एक लाख रुपये का नगद पुरस्कार देने की घोषणा की है। पुलिस ने स्पष्ट किया है कि सूचना देने वाले व्यक्ति की पहचान पूरी तरह गुप्त रखी जाएगी। किसी भी आरोपी के बारे में जानकारी मिलने पर वरीय पुलिस अधीक्षक, पूर्वी सिंहभूम के कार्यालय में 9431706480 नंबर पर सूचना दी जा सकती है। पुलिस ने आम लोगों से अपील की है कि आरोपी के संबंध में किसी भी प्रकार की जानकारी होने पर स्वयं उससे संपर्क या उसे पकड़ने का प्रयास न करें, बल्कि तत्काल पुलिस को सूचित करें। बिंदल मॉल के रेस्टोरेंट में हुई गोलीबारी के बाद पुलिस आरोपितों की गिरफ्तारी के साथ-साथ घटना के सभी पहलुओं की जांच कर रही है।

झारखंड में 4 अक्टूबर तक बारिश के आसार; यलो अलर्ट 29 सितंबर से चार अक्टूबर तक बदलेगा मौसम, मध्यम से भारी बारिश संभव

रांची,एजेंसी। झारखंड में अगले छह दिनों तक मौसम का मिजाज बदला रहेगा। मौसम विज्ञान केंद्र ने चार अक्टूबर तक राज्य के अलग-अलग हिस्सों में बारिश को लेकर यलो अलर्ट जारी किया है। इस दौरान कई स्थानों पर मध्यम से भारी बारिश हो सकती है। 29 सितंबर को दक्षिणी झारखंड के कोल्हान और आसपास के क्षेत्रों के अलावा मध्य हिस्से, जिसमें राजधानी रांची और आसपास के जिले शामिल हैं, कई स्थानों पर गर्जन, वज्रपात और तेज हवाओं के झोंके के साथ बारिश की संभावना है। इस दौरान हवा की गति 30 से 40 किलोमीटर प्रति घंटे तक रह सकती है। मौसम विभाग ने लोगों से खराब मौसम के दौरान सतर्क रहने की सलाह दी है।

30 और एक को कई जगह मध्यम से भारी बारिश: मौसम विज्ञान केंद्र के अनुसार, 30 सितंबर और एक अक्टूबर को भी झारखंड के कई हिस्सों में मध्यम से भारी बारिश हो सकती है। इस दौरान गरज के साथ बारिश और तेज हवा की स्थिति बन सकती है। दो अक्टूबर को



राज्य के पूर्वी हिस्से, खासकर संताल परगना और आसपास के क्षेत्रों में बारिश होने का अनुमान है।

वहीं, तीन अक्टूबर को राज्य के उत्तर-पूर्वी और निकटवर्ती मध्य हिस्सों में कई

स्थानों पर भारी बारिश हो सकती है। इस दौरान भी हवा की रफ्तार 30 से 40 किलोमीटर प्रति घंटे तक पहुंचने की संभावना है। मौसम विभाग के पूर्वानुमान के अनुसार चार अक्टूबर को राज्य के

उत्तर-पूर्वी हिस्से में कई स्थानों पर भारी बारिश हो सकती है। इसे देखते हुए चार अक्टूबर तक यलो अलर्ट जारी किया गया है।

रांची सहित राज्य में हल्की बारिश: इधर, रविवार को राजधानी रांची के बाहरी इलाकों में बारिश हुई। बारिश के बीच कई बार धूप भी निकली। मौसम केंद्र के अनुसार, राजधानी में करीब छह मिमी बारिश रिकॉर्ड की गई। बारिश के कारण दिनभर मौसम सुहाना रहा और आसमान में बादल छाए रहे। हालांकि, कुछ समय के लिए धूप निकलने से उमस भी महसूस हुई। राज्य के अन्य हिस्सों में भी बारिश का असर देखने को मिला। जमशेदपुर में करीब चार मिमी और डालटनगंज में करीब दो मिमी बारिश दर्ज की गई।

मौसम विभाग के अनुसार, आने वाले दिनों में बारिश का असर राज्य के अलग-अलग हिस्सों में अलग-अलग रूप में देखने को मिलेगा। खासकर दक्षिणी, मध्य और उत्तर-पूर्वी क्षेत्रों में गरज, वज्रपात, तेज हवा और बारिश को लेकर विशेष सतर्कता बरतने की जरूरत है।

गुमला के पालकोट में 17 जंगली हाथियों का झुंड पहुंचा

वन विभाग ने ग्रामीणों को किया अलर्ट, फसलों और घटों को नुकसान की आशंका

गुमला,एजेंसी। सिमडेगा जिले में उत्पात मचाने के बाद 17 जंगली हाथियों का झुंड गुमला जिले के पालकोट प्रखंड में पहुंच गया है। इससे ग्रामीणों में दहशत है। लोगों को धान, मक्का, बादाम, उड़द और केले की फसलों के साथ-साथ घरों और जान माल की भी नुकसान पहुंचने की आशंका है। हाथियों से छेड़छाड़ न करने की अपी वन विभाग की टीम ने बताया कि हाथियों का झुंड पालकोट प्रखंड की बिलिंगबांरा पंचायत स्थित सनईडीह गांव के जंगलों में है। वनपाल कृष्णा महतो ने ग्रामीणों से हाथियों से दूरी बनाए रखने और छेड़छाड़ न करने की अपील की है। ग्रामीणों में दहशत का माहौल पिछले दिनों भी 2,3 जंगली हाथी ने अलग-अलग प्रखंडों में और फसलों को काफी क्षति पहुंचाया है, जिसको लेकर ग्रामीणों में दहशत का माहौल है। इस तरह से 17 हाथियों के झुंड के आगमन के साथ ही लोगों की परेशानी फिलहाल बढ़ी हुई है। हालांकि बताया जा रहा है वन विभाग की टीम लगातार नजर बनाए हुए है। हाथियों का यह झुंड सिमडेगा जिले के बीरू और जापकाकोना क्षेत्र से होते हुए पालकोट आया है। विभाग की योजना हाथियों को सुरक्षित तरीके से रायडीह प्रखंड की ओर ले जाकर छत्तीसगढ़ भेजने की तैयारी की जा रही है। इसके लिए हाथी भागाओ दस्ता को भी बुलाया गया है।



प्रतिभागियों को हृदय रोग से बचाव और स्वस्थ जीवनशैली से जुड़े सुझाव दिए। वॉकार्थोन से पहले जुंबा सेशन का आयोजन किया गया, जिसमें प्रतिभागियों ने उत्साह के साथ हिस्सा लिया। हाथों में हृदय स्वास्थ्य से जुड़े संदेशों वाली तख्तियां लेकर लोगों ने वॉकार्थोन में भागीदारी की। कार्यक्रम के दौरान प्रतिभागियों को विशेषज्ञ चिकित्सकों से सीधे संवाद करने का अवसर

भी मिला। फैसिलिटी डायरेक्टर ए धर्मा ने आयोजन में सहयोग करने वाले किसना डायमंड एंड गोल्ड ज्वेलरी, बैंक ऑफ इंडिया, एलआईसी ऑफ इंडिया, सहित अन्य संस्थाओं के प्रति आभार जताया। वॉकार्थोन में कार्पोरेट जगत, मीडिया, शैक्षणिक संस्थानों, सामाजिक संगठनों, क्लबों और स्वास्थ्य क्षेत्र से जुड़े लोगों के साथ बड़ी संख्या में आम नागरिक शामिल हुए।

इंटरनेशनल ट्रेड शो : ‘रिस्कल मंच’ पर बच्चों से लेकर बुजुर्गों तक ने दिखाई अपनी प्रतिभा

एजेंसी

नोएडा।

उत्तर प्रदेश की कला, कौशल और कारीगरी को वैश्विक मंच देने वाले उत्तर प्रदेश इंटरनेशनल ट्रेड शो के तीसरे दिन उत्तर प्रदेश कौशल विकास मिशन (यूपीएसडीएम) का पवेलियन हुनर, रचनात्मकता और सीखने के उत्साह से गुलजार रहा। छुट्टी का दिन होने के कारण बड़ी संख्या में परिवार, युवा, बच्चे और बुजुर्ग पवेलियन पहुंचे और यहां न सिर्फ प्रदेश की पारंपरिक कला और उत्पादों को करीब से देखा, बल्कि कई कौशलों को खुद करके सीखने का अनुभव भी लिया। यूपीएसडीएम के ‘रिस्कल मंच’ पर नन्हे-मुन्नों की प्रतिभा ने खास आकर्षण पैदा किया। बच्चों ने मंच पर अपनी प्रस्तुतियों से दर्शकों की खूब तालियां बटोरीं। युवाओं ने भी गायकी और फाइन आर्ट्स के जरिए अपनी रचनात्मकता का प्रदर्शन किया। ‘हुनर’ थीम पर रंगों के जरिए युवाओं ने अपनी कल्पनाओं को मंच पर आकार दिया।खास बात यह रही कि मंच पर सिर्फ युवा ही नहीं, बल्कि बच्चों से लेकर बुजुर्गों तक ने अपनी प्रतिभा और कौशल का प्रदर्शन किया। पहली बार शुरू किए गए ‘रिस्कल मंच’ का उद्देश्य युवाओं और आम लोगों को अपनी प्रतिभा दिखाने के साथ कौशल, करियर और रचनात्मक गतिविधियों से जोड़ना है।

भारतीय स्वदेशी अनुसंधान में वैश्विक स्तर पर प्रभाव छोड़ने की क्षमता: डॉ. जितेंद्र सिंह

नई दिल्ली। केन्द्रीय विज्ञान एवं प्रौद्योगिकी मंत्री डॉ. जितेंद्र सिंह ने कहा कि भारत के स्वदेशी अनुसंधान में वैश्विक स्तर पर प्रभाव छोड़ने की अपार क्षमता है। नैनो मेडिसिन अगली पीढ़ी की सटीक चिकित्सा और व्यक्तिगत स्वास्थ्य सेवा को नई दिशा और गति प्रदान करेगी। केन्द्रीय मंत्री डॉ. जितेंद्र सिंह ने दिल्ली स्थित विज्ञान भवन में आयोजित ‘विश्व नैनो मेडिसिन कांग्रेस 2026’ के उद्घाटन समारोह को संबोधित करते हुए कहा कि नैनो मेडिसिन चिकित्सा क्षेत्र के सबसे क्रांतिकारी नवाचारों में से एक है, जो स्वास्थ्य सेवा को अभूतपूर्व सटीकता प्रदान करने में सक्षम है। केन्द्रीय मंत्री ने कहा कि आधुनिक चिकित्सा पद्धति अब व्यक्तिगत स्वास्थ्य सेवा की ओर बढ़ रही है। एक ही बीमारी से पीड़ित अलग-अलग रोगियों को उनकी आनुवंशिक प्रोफाइल, खानपान, जीवनशैली और पर्यावरणीय कारकों के आधार पर भिन्न उपचार की आवश्यकता होती है। नैनो तकनीक कोशिकीय स्तर पर सूक्ष्म हस्तक्षेप करके ऐसे उपचारों को अधिक सटीक और प्रभावी बनाने में सक्षम है। इसके उपयोग से स्वास्थ्य प्रक्रियाओं की लागत-प्रभावशीलता बढ़ेगी और देश की समग्र अर्थव्यवस्था को भी गति मिलेगी।

प्रधानमंत्री को मिले उपहारों की ई-नीलामी में इसबार राजस्थान का प्रतिनिधित्व करने वाली 37 विशिष्ट कलाकृतियां

नई दिल्ली। प्रधानमंत्री नरेंद्र मोदी को मिले उपहारों की वार्षिक ई-नीलामी (8वें संस्करण) में इस बार राजस्थान की समृद्ध सांस्कृतिक विविधता, राजसी वैभव, लोक आस्था और पारंपरिक शिल्पकला की संपन्न छाप देखने को मिल रही है। केन्द्रीय संस्कृति एवं पर्यटन मंत्रालय के अनुसार, इस ई-नीलामी में राजस्थान का प्रतिनिधित्व करने वाली कुल 37 विशिष्ट कलाकृतियों को शामिल किया गया है, जो राज्य के सदियों पुराने इतिहास और जीवंत परंपराओं को दर्शाती हैं।संग्रह के प्रमुख आकर्षणों में राजस्थान की पारंपरिक काष्ठ कला का उत्कृष्ट प्रदर्शन शामिल है। इनमें पारंपरिक नक्काशी और बारीक पैटर्न से सजा, हौदा युक्त हाथ से तराशा गया लकड़ी का भव्य अंबाबारी हाथी, समारोहिक परिचारकों तथा शाही हौदे के साथ सजी लकड़ी की हाथियों की शोभायात्रा का जीवंत दृश्य और पिछवाई से लेकर फड़ चित्रकला तक शामिल है। राजस्थान की विश्वप्रसिद्ध चित्रकला शैलियों को भी नीलामी सूची में प्रमुख स्थान मिला है। इसमें भी नाथद्वारा की प्रसिद्ध कृष्ण भक्ति परंपरा को दर्शाती श्रीनाथजी की पावन पिछवाई पेंटिंग, भगवान लक्ष्मी-नारायण के प्रसंगों को उकेरती पारंपरिक फड़ पेंटिंग और श्रीकृष्ण की रासलीला को चित्रित करती पट्टचित्र शैली की कलाकृतियां शामिल हैं। संग्रह में जन-आस्था के प्रमुख केंद्रों और लोक देवताओं से जुड़े प्रतीक चिह्नों में लोक देवता तेजाजी महाराज की अश्वारूढ़ चांदी की स्मृति चिन्ह (उनके पारंपरिक प्रतीक भाले और सर्प को दर्शाया गया है)।

दलित-आदिवासी सम्मान बैठक बुलाएगी कांग्रेस

नई दिल्ली। कांग्रेस ने 29 सितंबर को दिल्ली में दलित-आदिवासी सम्मान बैठक बुलाने की घोषणा की है। बैठक में कांग्रेस अध्यक्ष मल्लिकार्जुन खरगे की उत्तराखंड के हल्द्वानी दौरे के बाद हुई कथित शुद्धिकरण घटना, अनुसूचित जाति एवं जनजाति समुदायों के खिलाफ हो रहे अत्याचार तथा ऐसी घटनाओं को रोकने के लिए आगे की रणनीति पर चर्चा की जाएगी। बैठक में लोकसभा और राज्यसभा के कांग्रेस सांसद, पूर्व सांसद, कांग्रेस शासित राज्यों के मंत्री, विधायक तथा अखिल भारतीय कांग्रेस कमेटी के प्रतिनिधि हिस्सा लेंगे। कांग्रेस मुख्यालय में आयोजित प्रक्रार वार्ता में तेलंगना के नागरकनूल से सांसद डॉ. मल्लू रवि ने बताया कि 29 सितंबर को दोपहर 2:30 बजे संविधान क्लब के मावलांकर हॉल में दलित-आदिवासी सम्मान बैठक आयोजित की जाएगी। बैठक का मुख्य उद्देश्य हल्द्वानी में कांग्रेस अध्यक्ष मल्लिकार्जुन खरगे की सभा के बाद हुई कथित शुद्धिकरण घटना पर चर्चा करना है। यह केवल खरगे का नहीं बल्कि पूरे अनुसूचित जाति और अनुसूचित जनजाति समुदाय का अपमान था।

दीनदयाल उपाध्याय की पुस्तकों को पाठ्यक्रम में शामिल करने की मांग

चरित्र-निर्माण और राष्ट्रबोध पर जोर

एजेंसी

नई दिल्ली।

सुपरिचित साहित्यकार डॉ. ओम प्रकाश झा ने पंडित दीनदयाल उपाध्याय द्वारा लिखित ‘जगदुरु श्रीशंकराचार्य’ और ‘सम्राट चन्द्रगुप्त’ पुस्तकों को उत्कृष्ट ऐतिहासिक रचनाएं बताते हुए इन्हें शैक्षिक पाठ्यक्रमों में शामिल करने की मांग की।

उन्होंने कहा कि दोनों पुस्तकें आकार में छोटी हैं, लेकिन इनमें राष्ट्र की एकता, चरित्र-निर्माण, राष्ट्रबोध और नैतिक मूल्यों का महत्वपूर्ण संदेश है। वे नई दिल्ली में अखिल भारतीय साहित्य परिषद् से संबद्ध इंद्रप्रस्थ साहित्य चर्चा की ओर से आयोजित पुस्तक चर्चा में बोल रहे थे। चर्चा पंडित दीनदयाल उपाध्याय द्वारा लिखित दोनों पुस्तकों पर केंद्रित



विविधता में एकता स्थापित करने के लिए शंकराचार्य ने भारत के चारों कोनों में चार प्रसिद्ध मठों की स्थापना

की। जब देश राजनीतिक रूप से बिखरा हुआ था, तब शंकराचार्य ने सांस्कृतिक राष्ट्रवाद के माध्यम से पूरे भारत को जोड़ने का प्रयास

राष्ट्रप्रेम को दर्शाया गया है। दोनों पुस्तकों के माध्यम से विद्यार्थियों ने राष्ट्रबोध और नैतिक मूल्यों को मजबूत किया जा सकता है। सुपरिचित लेखक चन्दन कुमार ने कहा कि ‘जगदुरु श्रीशंकराचार्य’ समाज को एक सूत्र में पिरोने का शास्वत और जीवंत दस्तावेज है। उन्होंने कहा कि ‘सम्राट चन्द्रगुप्त’ में चाणक्य चन्द्रगुप्त से स्पष्ट कहते हैं कि राष्ट्रहित के सामने का कोई मूल्य नहीं है। राजा राष्ट्र के लिए होता है, राष्ट्र राजा के लिए नहीं। उन्होंने कहा कि दीनदयाल उपाध्याय ने दोनों पुस्तकों में राष्ट्र को सशक्त बनाने पर बल दिया है। पुस्तक चर्चा का संचालन इंद्रप्रस्थ साहित्य भारती के मध्य क्षेत्र साहित्य केंद्र के संयोजक वरुण कुमार ने किया। कार्यक्रम में अखिल भारतीय साहित्य परिषद् के केंद्रीय कार्यालय सचिव संजीव सिन्हा, विकास आनंद, संदीप द्विवेदी, शिवनारायण और इन्डल कुमार ने सहभागिता की।

भारत के खिलाफ आतंकवाद को हवा देने वाले देश से बातचीत की गुंजाइश खत्म : राजनाथ सिंह

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हमारी नीति बहुत स्पष्ट है। भारत शांति का पक्षधर है, लेकिन अपनी सुरक्षा को लेकर किसी भी तरह का समझौता नहीं करेगा। यह बात रक्षा मंत्री राजनाथ सिंह ने कही।

उन्होंने कहा कि भारत बातचीत में विश्वास रखता है। लेकिन यदि कोई देश भारत के खिलाफ आतंकवाद को हवा देगा तो बातचीत की गुंजाइश ही खत्म हो जाती है। राजनाथ सिंह ने कहा कि भारत सहयोग चाहता है, लेकिन

राष्ट्रीय हित की कीमत पर नहीं। भारत वैश्विक स्थिरता चाहता है, लेकिन अपनी रणनीतिक स्वायत्तता छोड़कर नहीं। उन्होंने बताया कि अभी शंवाड़ी सहयोग संगठन की बैठक में प्रधानमंत्री मोदी ने साफ कहा है कि जो देश

आतंकवाद को अपनी नीति का साधन बनाते हैं, आतंकियों को पनाह और समर्थन देते हैं, उन्हें कड़ा संदेश देना होगा कि आतंकवाद किसी के लिए रणनीतिक संपत्ति नहीं हो सकता। जब तक हमारा पड़ोसी देश आतंकवाद की

राज्य नीति पर कायम रहेगा, भारत भी आतंकवाद के खिलाफ हर तरह की कार्रवाई के लिए पूरी तरह स्वतंत्र है। रक्षामंत्री ने कहा कि भारत दुनिया के साथ सम्मानजनक संबंध चाहता है। संवाद के रास्ते से हर समस्या का

समाधान चाहता है। सभी के लिए साझी समृद्धि चाहता है। हम सामूहिक सुरक्षा के मूल्य में विश्वास रखते हैं। रक्षामंत्री ने कहा, ‘मैं एक बात बिल्कुल स्पष्ट करना चाहता हूँ। भारत शांति में विश्वास करता है।

युवाओं ने ‘चलो भगत सिंह के साथ’ वॉकथॉन में लिया हिस्सा

सहकारिता एवं समाज कल्याण मंत्री रविन्द्र इन्द्राज सिंह ने कहा कि संसद



मार्ग स्थित यह परिसर केवल एक सरकारी कार्यालय नहीं, बल्कि शहीद-ए-आजम भगत सिंह के जीवन और संघर्ष से जुड़ी महत्वपूर्ण

ऐतिहासिक धरोहर है। अब इसे ‘शहीद-ए-आजम भगत सिंह

संघर्षस्थली’ के रूप में पहचान दी गई है। उन्होंने बताया कि असेंबली में बम फेंकने के बाद गिरफ्तारी के उपरांत भगत सिंह को तत्कालीन

संसद मार्ग कोतवाली से इसी परिसर में स्थित कोर्ट रूम में लाया जाता था, जहां उनके मुकदमे की कार्यवाही होती थी। सहकारिता विभाग की जिम्मेदारी मिलने के बाद उन्होंने इस स्थान से जुड़े ऐतिहासिक दस्तावेज और अभिलेख एकत्र कर इस तथ्य की पुष्टि की। इसके बाद मुख्यमंत्री और केंद्रीय गृह मंत्री अमित शाह के समक्ष इस ऐतिहासिक स्थल के संरक्षण का विषय रखा। रविन्द्र इन्द्राज सिंह ने कहा, ‘आज यह गर्व का विषय है कि जिस स्थान को अब तक आरसीएस कार्यालय के नाम से जाना जाता था, वह अब ‘शहीद-ए-आजम भगत सिंह संघर्षस्थली’ के नाम से जानी जाएगी। यह देश के महान क्रांतिकारियों के प्रति दिल्ली

सरकार की सच्ची श्रद्धांजलि है। संसद मार्ग से शुरू हुआ वॉकथॉन विठ्ठल भाई पटेल हाउस, मावलंकर सभागार, श्रम शक्ति भवन, रफी मार्ग और कृषि भवन होते हुए कर्तव्य पथ तक पहुंचा। कर्तव्य पथ पर देशभक्ति गीतों एवं सांस्कृतिक प्रस्तुतियों के साथ शहीद-ए-आजम सरदार भगत सिंह के जीवन, संघर्ष और बलिदान पर आधारित लाइव एंड साउंड शो प्रस्तुत किया गया। रविन्द्र इन्द्राज सिंह ने कहा कि देशभक्ति की जो लौ आज हर युवा के दिल में जली है, उसे बुझने नहीं देना है। उन्होंने युवाओं से शहीदों के विचारों, साहस और देश के प्रति उनके समर्पण को आगे बढ़ाने का आह्वान किया।

युद्ध का स्वरूप बदल रहा है, हमारी सोच को भी लगातार बदलना होगा: सेना प्रमुख

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रक्षा क्षेत्र में आत्मनिर्भरता का अर्थ केवल देश में हथियार और सैन्य उपकरण बनाना नहीं है। भारत के पास ऐसी क्षमता होनी चाहिए जिससे वह लंबे समय तक चलने वाले युद्ध में अपनी सैन्य ताकत को बनाए रख सके। यह बात थल सेनाध्यक्ष जनरल धीरज सेठ ने कही। उन्होंने कहा कि ऐसी क्षमता होनी चाहिए जिससे बदलती जरूरतों के अनुसार सैन्य ताकत को ढाल सके और लगातार मजबूत कर सके। उन्होंने आज के युद्धों को ‘रुक-रुक कर होने वाले युद्ध’ बताया है। ‘बदलते युद्ध के दौर में आत्मनिर्भरता’ विषय पर बोलते हुए थल सेनाध्यक्ष ने कहा कि युद्ध का स्वरूप, तकनीक और उसकी अवधि तेजी से बदल रही है। इसलिए सैन्य क्षमता के विकास और आत्मनिर्भरता की हमारी सोच को भी लगातार बदलना होगा। साल 1971 में ढाका में हुए ऐतिहासिक आत्मसमर्पण का

जिक्र करते हुए जनरल सेठ ने कहा, ‘पिछली सदी के युद्धों की एक स्पष्ट समाप्ति होती थी। 1971 की वह तस्वीर ऐसा ही एक क्षण थी, जब यह साफ था कि युद्ध समाप्त हो गया है। लेकिन आज के युद्धों में ऐसी स्पष्ट समाप्ति दिखाई नहीं देती। संघर्ष लंबे समय तक चलते हैं और बीच-बीच में भीषण लड़ाई होती रहती है।

तकनीक लड़ाइयों की अवधि कम कर सकती है, लेकिन जरूरी नहीं कि वह युद्धों की अवधि भी कम करे। ये ‘रुक-रुक कर होने वाले युद्ध’ हैं।’ उन्होंने कहा कि सैन्य क्षमता को तैयार करने, विकसित करने, परखने और सेना में शामिल करने में कई वर्ष लगते हैं, जबकि तकनीक बहुत कम समय में बदल जाती है। इसलिए चुनौती केवल स्वदेशी हथियार बनाने की नहीं, बल्कि यह सुनिश्चित करने की भी है कि सेना में शामिल होने तक वह तकनीक उपयोगी और आधुनिक बनी रहे।

प्रवेश वर्मा के थप्पड़ कांड पर राहुल गांधी बोले- भाजपा को वोटर से डर लगना बंद हो गया है

जीवन का सबसे बड़ा उद्देश्य क्या है और उसे पाने के लिए सबसे पहली शर्त क्या है।

भारतीय संस्कृति में जीवन के चार मुख्य लक्ष्य यानी पुरुषार्थ (धर्म, अर्थ, काम तथा मोक्ष) माने गए हैं। श्लोक का भावार्थ है कि यदि मनुष्य का शरीर स्वस्थ (रोगमुक्त) नहीं है, तो वह इनमें से एक भी कार्य ठीक से नहीं कर सकता। अगर शरीर अस्वस्थ है, तो इसान पूजा-पाठ या परोपकार जैसे धर्म के कार्य नहीं कर सकता। बीमारी को हलत में कमाना कठिन है, इसलिए अर्थ नहीं जुट सकता। रोगी व्यक्ति जीवन के भौतिक सुखों या काम का आनंद नहीं ले सकता और जब शरीर व मन पीड़ित हों, तो ध्यान या आत्मज्ञान द्वारा मोक्ष की प्राप्ति भी असंभव हो जाती है। स्वास्थ्य (आरोग्य) हो जाये पहली सीढ़ी या जड़ है, जिस पर टिककर मनुष्य अपने जीवन के सभी बड़े लक्ष्यों को हासिल कर सकता है।

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दिल्ली के तिलक नगर में सड़क निर्माण कार्य के निरीक्षण के दौरान मंत्री प्रवेश वर्मा द्वारा एक युवक को थप्पड़ मारने का वीडियो सामने आने के बाद कांग्रेस सांसद और लोकसभा में नेता विपक्ष राहुल गांधी ने भाजपा पर निशाना साधा है। राहुल गांधी ने सोशल मीडिया प्लेटफॉर्म एक्स पर एक पोस्ट में लिखा कि दिल्ली की भाजपा सरकार के एक मंत्री वीडियो में एक नौजवान को थप्पड़ मारते दिख रहे हैं। उसका गुनाह? वो वीडियो बना रहा था। मंत्री के सामने सड़क खोदकर दिखाई जा रही थी, और उसके हाथ में कैमरा था। ये उस सत्ता का चेहरा है जिसे अब वोटर से डर लगना बंद हो गया है। सड़क पर सवाल पूछो - थप्पड़? पेपर लोक पर सवाल पूछो - लाठी। संसद में सवाल पूछो - माइक बंद। उन्होंने कहा कि ये लोग ऐसा इसलिए करते हैं क्योंकि इन्हें अब ये

डर नहीं है कि चुनाव इन्हें हटा सकता है। वोट चोरी यही खरीदती है, सिर्फ नतीजा नहीं, उसके बाद आने वाला अहंकार भी। जो सरकार जीत को पक्का मान लेती है, उसे आपकी रजामंदी नहीं चाहिए, आपकी खामोशी और अंधभक्ति चाहिए। इससे पहले कांग्रेस नेता अभिषेक दत्त ने घटना को लेकर दिल्ली सरकार और भाजपा नेताओं पर गंभीर आरोप लगाए। उन्होंने कहा कि राजधानी में आम नागरिकों के साथ दुर्व्यवहार, महिलाओं के खिलाफ अपराध और अन्य घटनाओं पर सरकार की ओर से पर्याप्त कार्रवाई नहीं की जा रही है। अभिषेक दत्त ने समाचार एजेंसी आईएनएस से बात करते हुए कहा कि तिलक नगर की घटना को लेकर उन्हें कोई आश्चर्य नहीं हुआ। उन्होंने आरोप लगाया कि भाजपा नेताओं को यह भरोसा है कि उनके खिलाफ कार्रवाई नहीं होगी। दत्त ने कहा कि किसी भी जनप्रतिनिधि को आम

नागरिक के साथ इस तरह का व्यवहार नहीं करना चाहिए और सार्वजनिक पद पर बैठे लोगों से संयम तथा जिम्मेदारी की अपेक्षा की जाती है। कांग्रेस नेता ने दिल्ली के सत्य निकेतन में इमारत गिरने की घटना का भी उल्लेख किया। उन्होंने आरोप लगाया कि इस मामले में भाजपा नेताओं की भूमिका के बावजूद कोई प्रभावी कार्रवाई नहीं की गई। इसके अलावा उन्होंने राजधानी में महिलाओं और लड़कियों के खिलाफ दुर्घमों और हत्या की घटनाओं को लेकर भी सरकार पर सवाल उठाए। अभिषेक दत्त ने कहा कि दिल्ली में महिलाओं की सुरक्षा को लेकर सरकार को जवाब देना चाहिए। उन्होंने आम आदमी पार्टी की एक महिला राज्यसभा सदस्य का नाम लिए बिना आरोप लगाया कि वह विभिन्न मुद्दों पर सोशल मीडिया के माध्यम से प्रतिक्रिया देती हैं, लेकिन इस मामले में उनकी ओर से कोई बयान सामने नहीं आया।

दिल्ली विस लोकतांत्रिक आवाज और स्वतंत्रता संग्राम की जीवंत गाथा : मोहन सिंह बिष्ट

दिल्ली विधानसभा सचिवालय के वरिष्ठ अधिकारियों एवं कर्मचारियों ने भी दोनों महान विभूतियों को पुष्पांजलि अर्पित की।

एजेंसी

नई दिल्ली।

दिल्ली विधानसभा के उपाध्यक्ष मोहन सिंह बिष्ट ने कहा कि दिल्ली विधानसभा उन महान व्यक्तित्वों के साहस की जीवंत गवाही है, जिन्होंने भारत की लोकतांत्रिक आवाज को सशक्त किया और स्वतंत्रता संग्राम को नया आयाम दिया।

मोहन सिंह बिष्ट ने आज वीर विठ्ठलभाई झावरभाई पटेल की 153वीं जयंती और शहीद भगत सिंह की 119वीं जयंती के अवसर पर उन्हें पुष्पांजलि अर्पित करते हुए यह बात कही। दिल्ली विधानसभा सचिवालय के वरिष्ठ अधिकारियों एवं कर्मचारियों ने भी दोनों महान विभूतियों को पुष्पांजलि अर्पित की। इस मौके पर विधानसभा उपाध्यक्ष ने कहा कि वीर विठ्ठलभाई पटेल और शहीद भगत सिंह भारत के स्वतंत्रता

आंदोलन के दो सशक्त आयामों का प्रतिनिधित्व करते हैं, एक ने विधायी संस्थाओं के माध्यम से भारतीयों की आवाज और गरिमा को सशक्त किया, जबकि दूसरे ने अपने साहस



और बलिदान से पूरी पीढ़ी को प्रेरित किया। ऐतिहासिक दिल्ली विधानसभा परिसर हमें याद दिलाता है कि भारत की स्वतंत्रता का संघर्ष विधायी संस्थाओं के भीतर भी लड़ा गया और उनके बाहर भी। उन्होंने वीर विठ्ठलभाई पटेल के ऐतिहासिक योगदान को रेखांकित करते हुए कहा कि 24 अगस्त 1925 को वे केंद्रीय विधानसभा के

प्रथम भारतीय निर्वाचित अध्यक्ष (स्पीकर) बने थे। उस समय केंद्रीय विधानसभा का संचालन वर्तमान दिल्ली विधानसभा परिसर से ही होता था। उनका कार्यकाल भारत के संसदीय इतिहास में महत्वपूर्ण पड़ाव था। विठ्ठलभाई पटेल ने आसदी की स्वतंत्रता और गरिमा को बनाए रखा, सदस्यों के अधिकारों एवं विशेषाधिकारों की रक्षा की तथा एक स्वतंत्र विधान सभा सचिवालय की स्थापना की दिशा में कार्य किया। निष्पक्षता, संसदीय अनुशासन और संस्थागत स्वायत्तता की उनकी विरासत आज भी देश की विधायी

संस्थाओं के लिए महत्वपूर्ण है। शहीद भगत सिंह को स्मरण करते हुए मोहन सिंह बिष्ट ने कहा कि उनका नाम ऐतिहासिक केंद्रीय विधानसभा से अभिन्न रूप से जुड़ा हुआ है, जहां 8 अप्रैल 1929 को भगत सिंह और बटुकेश्वर दत्त ने औपनिवेशिक कानूनों के विरोध में बम फेंके और उसके बाद हुई कार्यवाही के माध्यम से अपने प्रतिरोध का संदेश देश तक पहुंचाया। भगत सिंह का साहस, देशभक्ति और देश की स्वतंत्रता के लिए बलिदान देने का उनका संकल्प आज भी पीढ़ियों को प्रेरित करता है। ऐतिहासिक दिल्ली विधानसभा परिसर को एक साथ श्रद्धांजलि अर्पित किया जाना भारत की विधायी विरासत और स्वतंत्रता संग्राम के बीच गहरे संबंध को याद दिलाता है। यह वर्तमान पीढ़ी के उस दायित्व को भी रेखांकित करता है कि वह उन लोकतांत्रिक मूल्यों को सुदृढ़ बनाए रखें, जिनके लिए अनीनित स्वतंत्रता सेनानियों ने अपना जीवन समर्पित किया।

Shivraj launches Rabi Abhiyan 2026, says Centre and states to jointly develop climate-friendly agriculture roadmap

New Delhi,Agency: Union Agriculture and Farmers Welfare Minister Shivraj Singh Chouhan said on Monday that now the goals of food security and farmer income will be achieved not through old methods but through data-based planning and Centre-State partnership. We face challenges like climate change, erratic rainfall and water scarcity.

Union Agriculture Minister Shivraj Singh called upon the states to complete preparations for the Rabi season with clear coordination, scientific planning and ground monitoring. He was speaking at the inaugura-

tion of the two-day 'National Agriculture Conference – Rabi Abhiyan 2026' organized at the C. Subramaniam Auditorium, Pusa, of the Union Agriculture and Farmers Welfare Department, Delhi.

Union Agriculture Minister Chauhan, describing the "water budget" as the most important parameter in Rabi preparations, said that every state and district must assess how much water is available for irrigation. He added that crops must be selected keeping in mind the limited water availability: where water is scarce, low-water crops (pulses and oilseeds) should be



prioritized, and where irrigation facilities are good, other crops should be planned.

He noted that current rainfall

has been below average, but not so low that it severely impacts water availability. However, water shortages in some states are a cause for concern. He urged states to plan Rabi properly throughout the season and, in areas with scarce water resources, assess the availability of water and soil moisture in areas with scarce water resources, and make arrangements for irrigation water now. He warned that there should be no such parameter where excess water is used and later lack of water is likely to lead to crop failure. He said that preparations should not be delayed, as

we are now at the cusp of Rabi sowing, and while water-based crops have already begun to grow in rain-fed areas, there are no other crops available here.

Union Minister Shivraj Singh Chouhan expressed concern over the severe drought situation in Maharashtra and Karnataka, stating that nearly two-thirds of Maharashtra's area is affected, and a state-level drought has been declared there, while Karnataka also faces drought. He assured that a central team will conduct a ground assessment of the drought in Karnataka on October 3rd, and a central team

will also be sent to Maharashtra. He stated that he himself will visit these states with his team, and that the central government, under the leadership and guidance of Prime Minister Narendra Modi, stands firmly with farmers at this time.

Context of the Conference and Future Action Plan The first day of the conference will feature three rounds of thematic group discussions, covering issues such as self-reliance and diversification, sustainability and climate-resilient agriculture, and digital agriculture, infrastructure, financing, and risk management.

Mayawati demanded that the use of EVMs be stopped and ballot papers be used for voting

Lucknow,Agency: Bahujan Samaj Party (BSP) national president and former Chief Minister of Uttar Pradesh Mayawati has demanded to stop the use of Electronic Voting Machines (EVMs) in elections and to conduct voting through ballot papers again. She also alleged that the BJP had rigged the elections to harm the BSP and ensured the victory of Azad Samaj Party chief and current Nagina MP Chandrashekar Azad. Referring to the allegations being leveled by opposition parties against the Election Commission in a press conference in Lucknow on Monday, Mayawati said that to restore everyone's faith in free and



fair elections in the country, the BSP strongly demands that the use of EVMs be immediately stopped and the process of voting through ballot papers be restarted in its place. The BSP chief said that since the first elections in the country, ballot papers were used for voting for nearly five decades,

which were opened and counted in front of representatives of all parties at the time of counting. She alleged that the Election Commission has abolished this process and is now using EVMs instead of ballot papers.

Former Chief Minister Mayawati claimed that when the Congress Party was in power at the Centre, the BJP was the first to oppose it. BJP members had claimed that EVMs are machines with electronic chips that can be easily hacked. They even published a book providing evidence of this. They alleged that the Congress Party wins elections by misusing EVMs. Surprisingly, after the BJP won the elections

and came to power at the Centre, instead of abolishing EVMs, it has continued the voting and counting process. The BSP has opposed EVMs from the very beginning.

Mayawati alleged that the BJP rigged EVMs to ensure the victory of current Nagina MP Chandrashekar Azad, despite his lack of support. Now, acting at the behest of this party, it reaches wherever injustice and atrocities, especially against Dalits, occur. By instigating protests and demonstrations, especially by instigating youth, it files cases against them under various sections. This will prevent them from getting government jobs quickly, even until their cases are over.

JP Nadda attacks the opposition, says - the opposition is trying to weaken the constitutional institutions

New Delhi,Agency: Amidst the ongoing political controversy over the functioning of the Election Commission, former Bharatiya Janata Party (BJP) national president and Union Minister JP Nadda targeted the Congress and the opposition alliance. He alleged that the Congress and opposition parties are disappointed with the country's development journey and have neither a clear policy nor a concrete plan for the future. Because of this, the opposition is trying to create an atmosphere of confusion and instability in the country.

Speaking to reporters at his residence on Monday, JP Nadda said that due to the efforts of 1.4 billion countrymen, India is moving towards



the goal of becoming a developed nation and the country's influence is increasing globally. According to him, the Congress and the opposition alliance are not happy with this progress.

Nadda alleged that a few days ago, a nationwide uproar was created over an allegedly fabricated news. Now, despite the Election Commission's clarification of the allegations, the opposition is attempting to vitiate the atmosphere.

Subhash Rai and Liladhar Mandloi were awarded the 'Agyeya Shabd Srishti Samman

Bengaluru,Agency: Bengaluru's literary organisation 'Shabd' has announced the prestigious awards for the year 2026. This year 'Agyeya Shabd Sarjan Samman' will be jointly given to biographer Subhash Rai and poet-writer Liladhar Mandloi. At the same time, language activist Narayan Saav has been selected for 'Dakshin Bharat Shabd Hindi Sevi Samman'. The organisation has also announced to start 'Rajasthan Gaurav Puraskar' from this year. Its first award will be given to Jaipur's famous folk singer Seema Mishra.

Dr. Shrinarayan Samir, President of Shabd, announced on Monday that the 'Agyeya Shabd Sarjan Samman' worth one lakh rupees will be given to Subhash Rai for his work 'Digambar Vidrohidini Akk Mahadevi' and to Liladhar Mandloi for his autobiography 'Jab Se

Aankhon Khuli Hai'. Both writers will receive a cash prize of 51,000 rupees each, along with the traditional Mysore Peta, a memento, a coconut, and an angavastram.

Under the 'Dakshin Bharat Shabd Hindi Seva Samman', Narayan Saw will receive a prize money of 25,000 rupees, in addition to the honorary symbols. This amount will be provided courtesy of the 'Dakshin Bharat Rashtramat' newspaper group, published from Bangalore and Chennai. According to the jury, Narayan Saw has made significant contributions in making Hindi the dominant language in the functioning of the southern region of the power grid and many important establishments in non-Hindi speaking states.

Dr. Samir also announced that Shabd will now award the 'Rajasthan Gaurav Award' worth one lakh rupees

CM Vijay launched the 'Tayamaman Gold Ring Scheme' in Madurai, newborns will receive a one-gram gold ring

Madurai,Agency: Tamil Nadu Chief Minister Vijay Rupani launched the 'Thayamaman Gold Ring Scheme' at the Government Rajaji Hospital in Madurai on Monday. Under the scheme, children born in government hospitals and government primary health centers in the state will receive a one-gram gold ring from the government.

The program began with the Tamil Thai Vazhthu. During the ceremony, Chief Minister Vijay Rupani personally placed gold rings on newborns. Many mothers placed their babies in the Chief Minister's lap and took selfies with him. The Chief Minister also took the children in his lap, caressed them, and placed



rings on them.

The government has allocated a budget of ₹755.83 crore for this scheme in the current financial year. In the first phase, 1.28 lakh gold rings have been purchased. The first phase of the scheme will begin on September 28th and continue until November 14th. During this period, eligible children born in government

hospitals and primary health centers in the state, starting June 22nd, 2026, will be given a one-gram gold ring.

Under the scheme, rings will be distributed twice daily for the next 40 days: from 10:00 AM to 1:00 PM and from 2:00 PM to 4:00 PM. To control crowding, a maximum of 50 rings will be distributed per day at each center, with 25

in the morning and 25 in the afternoon.

According to the state government, children born after September 28th will be given the benefit of the "Tayamaman Gold Ring Scheme" during delivery or as per the prescribed procedure in the respective government hospital.

The objective of the scheme is to encourage deliveries in government hospitals, celebrate the birth of a newborn, and strengthen public confidence in government health services.

Following the ceremony, Chief Minister Vijay will inaugurate the renovated Gandhi Museum on Collector's Office Road in Madurai district.

Mallikarjun Kharge calls CWC meeting, demands Gyanesh Kumar's resignation

New Delhi,Agency: Amidst the ongoing controversy over the functioning of the Election Commission, Congress President Mallikarjun Kharge has called a meeting of the Congress Working Committee (CWC) on Tuesday. The meeting will discuss issues related to the Election Commission and consider the party's future strategy.

Speaking to reporters on Monday, Mallikarjun Kharge said that the Congress will seriously address this issue and that all CWC members will present their suggestions. This issue is not just about any one political party, but concerns the protection of the country's democracy and Constitution. He stated that the Congress is taking this issue seriously and a future strategy will be formulated at the CWC meeting.

The Congress President, while questioning the functioning of the Election Commission, alleged that even its own members have



raised questions about its functioning. He cited the claim of former Kerala Chief Secretary GG Thomson, who stated that in 2016, then-IAS officer Gyanesh Kumar suggested he contest the 2019 Lok Sabha elections on a BJP ticket. According to Thomson, he did not accept this suggestion. Based on this claim, Kharge questioned the impartiality of Chief Election Commissioner Gyanesh Kumar. He stated that if an officer, while in service, suggested contesting elections on

a political party ticket, it raises serious questions about the Election Commission's impartiality. However, Thomson's claim is based on his own statement and has not been confirmed by any public response from Gyanesh Kumar.

The Congress president also demanded the resignation of Chief Election Commissioner Gyanesh Kumar. He said that Gyanesh Kumar should step down from his post and demanded that action be taken against him even after his resignation.

This controversy has intensified amid opposition questions about the Election Commission's functioning regarding the Special Intensive Review (SIR). Congress says that serious discussion is necessary on questions related to the Election Commission's independence, impartiality, and institutional accountability. Meanwhile, the Election Commission has issued clarifications regarding its decisions and the SIR process.

The Income Tax Department raided several locations including film actress Rakul Preet Singh, film producer Vashu Bhagnani and Panorama Studios

Mumbai,Agency: The Income Tax Department has been conducting raids since Monday morning at 12 locations, including those of film actress Rakul Preet Singh, film producer Vashu Bhagnani, and Panorama Studios, in connection with financial irregularities. The

Income Tax Department has not released official information about the raids.

According to Income Tax Department sources, this action is being taken as part of an investigation into alleged remittances abroad by individuals and companies asso-

ciated with Bollywood and the film industry in the name of film projects, shooting, overseas distribution, and production. The Income Tax Department received some inputs regarding alleged irregularities in financial transactions and tax-related irregularities.

Prime Minister, Lok Sabha Speaker and Defence Minister pay tribute to Lata Mangeskar on her birth anniversary

New Delhi,Agency: Several leaders including Prime Minister Narendra Modi, Lok Sabha Speaker Om Birla and Defence Minister Rajnath Singh paid tribute to singer Lata Mangeskar on her birth anniversary on Monday.

Narendra Modi wrote on the social media platform, "Respectful salutations to Lata on her birth anniversary, who brought glory to the country in the world with her divine singing talent. She not only adorned India with her melodious voices but also always encouraged every initiative related to

the prosperity of the country. Her incomparable contribution to the world of Indian music will be remembered for ages to come."

Om Birla said that Lata is the immortal identity of Indian music. In her extraordinary musical journey, she lent her voice to thousands of songs in many Indian languages and gave Indian film music a unique identity whose resonance reached far beyond the country's borders. For decades, she elevated Hindi cinema music to new heights and made countless songs

timeless.

Rajnath Singh said that the voice of Lata Mangeskar, considered India's "Nightingale of India," connected generations of this country to a world of emotions where the notes of love, devotion, and patriotism resonate together. Her voice resides not only in songs but in the hearts of every Indian. Her music is timeless, and her legacy will remain immortal.

Union Home and Cooperation Minister Amit Shah said that Lata's voice possessed a natural, steady, and soulful quality

that captivated every listener. Lata Didi, who enriched the music of many languages and dialects with her voice, will always remain etched in the hearts of the countrymen through her songs.

Union Parliamentary Affairs Minister Kiren Rijiju said that Lata, who gave Indian music a new identity worldwide with her melodious and unique voice, still resonates in the hearts of generations. Her unparalleled contribution to music and art is an invaluable asset to the country's rich cultural heritage.

Crane Chick Gives Hope for the Return of a Lost Species

For centuries, the haunting calls of cranes echoed across Britain's wetlands. These majestic birds, known for their elegant appearance, long legs, and impressive wingspans, were once a familiar sight in marshes and fens across the country. However, by the Elizabethan era, cranes had vanished as a breeding species in the United Kingdom. Hunting and the widespread destruction of wetland habitats pushed them to the brink, leaving generations of Britons without the opportunity to witness one of the country's most iconic birds.

Now, more than 400 years later, conservationists are celebrating a remarkable success story. The sighting of a healthy 12-week-old crane chick at RSPB Ham Wall Nature Reserve on the Somerset Levels is being hailed as another important milestone in the species' recovery. The young bird, recently observed preparing to take its first flight, represents not only a new generation of cranes but also a symbol of hope for wildlife conservation in Britain.

A Species Lost to History

Cranes once flourished throughout the UK's wetlands. Historical records suggest that they were widespread and likely abundant in suitable habitats. Their presence was so common that crane meat was even considered a delicacy at royal feasts and noble banquets.

However, human activities gradually led to their disappearance. Extensive hunting reduced crane populations dramatically, while large-scale drainage projects transformed wetlands into agricultural



land. As marshes, fens, and reedbeds vanished, so too did the habitats that cranes depended upon for nesting and feeding.

By the late 16th century, cranes had ceased breeding in Britain altogether. For more than four centuries, they remained absent from the country's breeding bird list, surviving only as occasional visitors from continental Europe.

The loss of cranes was not merely the disappearance of a bird species; it represented the decline of entire wetland ecosystems that had once supported a rich variety of wildlife.

The Great Crane Project

The journey toward bringing cranes back to Britain began in the early 21st century. Recognizing the importance of restoring native species, conservation organizations launched an ambitious initiative known as The Great Crane Project.

The project, which ran between 2010 and 2014, involved a partnership between the Royal Society for the Protection of Birds (RSPB), the Wildfowl and Wetlands Trust (WWT), and other conservation groups.

Young crane chicks were carefully collected from healthy populations in Germany and transported to specially designed facilities in the United Kingdom. Conservationists hand-reared the birds while minimizing human contact to ensure they retained natural behaviors.

Once mature enough, the cranes were released into suitable wetland habitats, particularly on the Somerset Levels. The goal was simple yet ambitious: establish a self-sustaining breeding population that could survive and expand without ongoing human intervention.

The results have exceeded expectations. Cranes have successfully bred in the wild, established territo-

ries, and expanded their range across southern England.

The Story of Meg

The latest success revolves around a female crane named Meg. Her story perfectly illustrates how conservation efforts can produce lasting results.

Meg herself is the offspring of two first-generation Somerset cranes released as part of The Great Crane Project. In other words, she belongs to the first generation born as a result of the reintroduction program.

Today, Meg is raising chicks of her own, demonstrating that cranes are no longer simply surviving in the landscape—they are thriving and reproducing naturally.

The recently observed chick marks Meg's third consecutive successful breeding season at RSPB Ham Wall. Such consistency is a powerful sign that cranes have become firmly established in the region.

Conservationists believe the chick's father is likely the same unringed male that has partnered with Meg in previous years. This is unsurprising because cranes are well known for forming long-term pair bonds and often mate for life.

These enduring partnerships contribute significantly to breeding success, allowing pairs to cooperate in nesting, chick-rearing, and territory defense.

Why Ham Wall Is Ideal for Cranes

RSPB Ham Wall Nature Reserve has emerged as one of the most

important locations for cranes in Britain. Situated within the Somerset Levels, the reserve consists of extensive reedbeds, wetlands, and grazing marshes that provide ideal conditions for breeding birds.

According to reserve staff, cranes are particularly attracted to Ham Wall because of its dense reedbeds. These areas offer exceptional protection from predators and human disturbance.

Unlike open landscapes where nests may be vulnerable, the thick vegetation of the reedbeds creates natural fortresses that are extremely difficult for predators to penetrate.

The reserve also offers excellent feeding opportunities. Areas such as Broomfields provide a mosaic of habitats rich in seeds, roots, insects, worms, and snails.

Young crane chicks benefit greatly from these food-rich environments. During their early weeks, they require a steady supply of nutrients to support rapid growth and development.

The combination of secure nesting sites and abundant food resources makes Ham Wall one of the best crane habitats in the country.

Signs of a Growing Population

The appearance of a healthy young crane is more significant than it may initially seem.

Wildlife populations are often judged not simply by the number of adults present but by their ability to reproduce successfully. A stable or growing population requires regular breeding and high chick survival rates.

Britain's Oldest Avocet: A 36-Year-Old Bird That Tells a Remarkable Story of Survival and Conservation



In the world of wildlife, longevity is often a sign of resilience. For birds, whose lives are filled with dangers ranging from predators and disease to habitat loss and climate change, surviving for decades is an extraordinary achievement. That is why conservationists and birdwatchers across Britain were thrilled when an avocet spotted at RSPB Middleton Lakes in Staffordshire was confirmed to be the oldest of its kind ever recorded in the country.

The distinctive black-and-white wading bird, identified through its unique colored leg rings, has reached the remarkable age of 36 years—more than five times the average lifespan of an avocet, which is typically around seven years. The discovery is not only a fascinating record for ornithologists but also a powerful symbol of the success of long-term conservation efforts that have transformed the fortunes of one of Britain's most iconic bird species.

The story of this record-breaking avocet is one of survival, scientific research, and the incredible impact that habitat protection can have on wildlife.

A Record That Few Birds Ever Achieve

The avocet was recently observed at RSPB Middleton Lakes, a nature reserve located near the Staffordshire and Warwickshire border. At first

glance, it appeared much like any other avocet, gracefully walking through shallow water in search of food.

However, experienced birdwatchers noticed the unique combination of colored identification rings attached to its legs.

These rings revealed an astonishing history.

The bird had first been ringed as a nestling at RSPB Titchwell Marsh in Norfolk on 2 July 1990. Since then, records maintained by the British Trust for Ornithology (BTO) have documented its remarkable life.

Now, at 36 years old, it has officially become Britain's oldest known avocet, extending a record it already held.

Its previous confirmed sighting came in 2022, when it was already recognized as the oldest avocet in the country at 31 years of age. With each passing year, the bird continues to rewrite the record books.

For a species whose average lifespan is only about seven years, surviving for over three decades is truly exceptional.

Meet the Avocet

The avocet is one of Britain's most recognizable wading birds.

It is instantly identified by its elegant black-and-white plumage, long blue-grey legs, and distinctive slender beak that curves gently upwards.

This uniquely shaped bill allows the bird to sweep from side to side through shallow water, catching tiny aquatic insects, crustaceans, worms, and other invertebrates.

During the breeding season, avocets are highly active, nesting in colonies near shallow wetlands, salt marshes, and coastal lagoons.

Their graceful appearance and striking coloration have made them one of Britain's most admired birds.

The species is also deeply connected to British conservation history, serving as the official logo of the Royal Society for the Protection of Birds (RSPB).

For millions of people, the avocet represents hope for endangered wildlife and the power of conservation.

From Extinction to Recovery

Although the avocet is now found across many parts of Britain, its history has not always been so positive.

By the 1840s, the species had disappeared completely as a breeding bird in Britain.

The reasons were familiar ones that affected many wetland birds. Large areas of marshland were drained for farming and development, while human disturbance and egg collecting placed further pressure on already declining populations.

For more than a century, Britain had no breeding avocets.

Everything changed after the Second World War.

In 1947, four breeding pairs unexpectedly settled on the Suffolk coast in what later became RSPB Minsterme Nature Reserve.

Recognizing the importance of these birds, conservationists launched an extraordinary protection effort.

Operation Zebra: Saving a Precious Species

One of the most fascinating chapters in British conservation history is known as Operation Zebra.



Rare American Bird Makes History with First-Ever Sighting in Jersey

For birdwatchers, there are moments that make years of patient observation worthwhile. The sight of a rare species, especially one that has travelled thousands of kilometres from another continent, is among the most exciting experiences nature can offer. Such a moment recently unfolded in Jersey when a lesser yellowlegs—a wading bird native to North America—was spotted for the first time in the island's recorded history.

The unexpected visitor, seen at The Scrape at St Ouen's Pond, created a wave of excitement among local bird enthusiasts and conservationists. Although the bird remained on the island for just a single day, its appearance has already secured a place in Jersey's ornithological records.

The sighting highlights the remarkable journeys undertaken by migratory birds, the importance of protecting wetlands, and the crucial role that birdwatchers play in documenting changes in wildlife populations around the world.

A Historic Discovery

On an otherwise ordinary Monday morning, members of Jersey Birds were carrying out routine observations at St Ouen's Pond, one of the island's most important wetland habitats.

At around 9:00 a.m., experienced birdwatcher Tony Paintin noticed something unusual feeding in the shallow water.

The bird immediately stood out.

It resembled a greenshank in size but possessed unusually long, bright yellow legs—a key identifying feature of the lesser yellowlegs.

Realizing the significance of the discovery, local birdwatchers quickly began documenting the sighting with photographs and field notes before informing other members of Jersey

Birds.

After careful examination and verification, experts confirmed that the bird was indeed a lesser yellowlegs, making it the first officially recorded sighting of the species in Jersey.

For local birdwatchers, it was a once-in-a-lifetime event.

What Is the Lesser Yellowlegs?

The lesser yellowlegs (*Tringa flavipes*) is a medium-sized wading bird native to North America.

It breeds primarily in the boreal forests, marshes, and wetlands of Alaska and Canada before migrating thousands of kilometres each year to spend the winter in the southern United States, the Caribbean, Central America, and South America.

The species is known for its elegant appearance.

It has long, slender yellow legs, a slim black bill, grey-brown upperparts, and a white underside. During flight, it displays graceful, rapid wingbeats and emits a distinctive, high-pitched call.

Its slender body and active feeding style make it one of the more graceful members of the sandpiper family.

Normally, there is little reason for a lesser yellowlegs to appear in the British Isles.

That is precisely why this sighting generated so much excitement.

A Journey Across the Atlantic

One of the biggest mysteries surrounding rare bird sightings is how birds end up so far from their normal migration routes.

Scientists believe that several factors may explain such extraordinary journeys.

Young birds undertaking their first migration sometimes make navigational errors, a phenomenon known as "vagrancy."