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RNI Regn No. DLMUL/26/A6883

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The Researchers'

NEWS BOX

Iranian UN delegation duo 'kicked out' of US: State Department

TEHRAN.(Agency)

The United States has "kicked out" two members of the Iranian delegation who attended the recent UN General Assembly after they ignored an order to leave the country, the State Department said Saturday.

"Two more members of the Iranian delegation were found still in (New York) long after the United Nations General Assembly had passed. They have now been kicked out of the US," a US official told AFP, adding that Secretary of State Marco Rubio "means business."



US media reported the State Department had told Iranian Foreign Minister Abbas Araghchi and his delegation to leave the country Monday, and resorted to

expelling the two members after learning from the Iranian mission to the UN they remained in the country on Friday. One member of the delegation left Friday night, while the second departed Saturday morning, according to Axios.

US and Iranian officials had met the week prior in New York on the sidelines of the UN General Assembly. US President Donald Trump had rejected a proposal from Tehran to reopen the Strait of Hormuz, but told US media he expected talks to resume in the coming days.

Iranian state news agency IRNA reported that Tehran had no more direct talks scheduled with Washington.

A \$28B hemp THC industry is fighting to save itself from a looming US government ban

World.(Agency)

In a commercial kitchen outside Raleigh, North Carolina, Nicholas Hohns spreads a blue-green goo into a gridded mold, making one of his company's signature products: potent THC gummies, featuring the primary intoxicating compound found in marijuana.

It's a business he might soon have to give up. America's multibillion-dollar market for impairing hemp products — from THC seltzers sold at some Target stores to smokable cannabis flowers, and different from the regulated legal marijuana industry — faces potential elimination after Congress voted to close a loophole in federal law that has allowed it to flourish.

Advocates for the industry, along with some lawmakers, are fighting to save it. The short-term government-funding bill signed by President Donald Trump last month delayed the effective date of the "hemp THC ban" from Nov. 12 to Dec. 11, giving Congress more time to consider regulating the products rather than banning them.

"It's such a weird spot to be in," said Hohns. "You worked 100 hours a week for the past four years, and, yeah, you made some money. But now you might have nothing to show for it."

Sen. Mitch McConnell closed a loophole in the hemp law he championed

Marijuana and hemp are the same plant — cannabis. Marijuana is cultivated for high levels of THC in its flowers. Low-THC hemp has historically been grown for its sturdy fibers, food or wellness products. "Rope, not dope" was long the motto of farmers who supported legalizing hemp. To give farmers a new cash crop, Kentucky Republican Sen. Mitch McConnell successfully pushed the legalization of industrial hemp in the 2018 farm bill.

Go after the money: How Zelenskyy plans to punish Russia for attacks on civilians

World.(Agency)

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

"We saw documents, and we know that they allow them to attack infrastructure, logistics, and especially to attack in the cities, in the villages, everywhere, roads, schools, hospitals," Zelenskyy told Reuters in an interview. "To pressure people to leave the capital, leave different cities: this is the goal of the operation."

Driving the shift in policy, Zelenskyy said, was Putin's desire to appear strong at a time when his military was losing ground in a key frontline region and sustaining higher levels of casualties.

The Kremlin was not available to comment on Saturday. But in a statement urging foreign nationals to leave Kyiv, the Russian Foreign Ministry said Moscow would continue to systematically hit targets in what it said were retaliatory strikes for Ukrainian attacks on Russia in recent months.

COUNTEROFFENSIVE IN DONBAS

Zelenskyy said a successful Ukrainian counteroffensive, code-named "Vivaldi", had recaptured around 140 sq km (54 sq miles) of Ukraine's eastern Donbas region and was still ongoing. Russia has said it must control Donbas in

its entirety as a condition for any peace deal. In recent weeks, US President Donald Trump's administration has sought to revive talks to end the four-year-old conflict — Europe's bloodiest since



World War Two. The US leader last month urged Ukraine to refrain from hitting Russian oil installations, saying that was sending global diesel prices surging.

But Zelenskyy, speaking as air raid sirens blared outside the gilded halls of the presidential offices, said he had received no indications from Russia that Putin was interested in peace talks or discussing a ceasefire on energy infrastructure.

Over the past week, the Ukrainian capital has come under persistent attack by Russian drones and missiles targeting energy and telecoms assets, road and rail infrastructure. For the first time, Russia has targeted the bridges across the Dnipro River connecting east and west Kyiv.

Zelenskyy said Ukraine would react to the change in tactics by Moscow, but would not target civilian infrastructure indiscriminately. "We have to respond in any way (we can). With their attacks on our energy, we have to respond on their energy. First of all, oil refiners, etc.: what gives money."

flydubai passenger feared pilots saving plane might hijack it, fly to Iran

Jerusalem.(Agency)

The two mystery pilots who stepped in to save a flydubai Dubai-Tel Aviv flight after Captain Smit Machchhar was attacked by his Omani co-pilot in the cockpit have yet to be publicly identified, three days after the dramatic mid-air incident. But as the pilots took control of the aircraft, terrified passengers briefly feared the worst -- that the plane could be hijacked and flown to Iran.

One passenger, Daniel Schlichter, said the two travelling pilots helped stabilise the aircraft after the cockpit attack, but their initial silence left some passengers unsure whether they could be trusted. "I was worried about this," Schlichter told The Associated Press, recalling that he feared the men might be "hijacking the plane into Iran, maybe".

Schlichter who was seated in the second row, provided one of the most

detailed accounts yet of how the two pilots helped avert a potential disaster. He said they took control of the aircraft after passengers realised that Omani co-pilot Hamam al-Hammami was attacking Machchhar inside the



cockpit, helping stabilise the plane before it eventually landed in Tabuk, Saudi Arabia. Hamam is currently in UAE custody, while Machchhar is recovering at a Dubai hospital.

The airline has described the mystery pilots only as on-duty crew members travelling on the aircraft, which was

carrying 182 people, but has not disclosed their names or provided further details about them. "This is one of the miracles. That not in every flight they bring two extra pilots. In this case, they brought them because they should have brought the plane back from Tel Aviv to Dubai, and this is the only reason they were there," Schlichter told The Associated Press.

The practice is known as deadheading. Schlichter said panicked passengers realised something was wrong in the cockpit and said the co-pilot was attacking Machchhar repeatedly, with "blood everywhere". The captain, though badly wounded, managed to unlock the cockpit door.

After one passenger grabbed the co-pilot and pulled him out of the cockpit, and others struggled with him to subdue him, Schlichter said one of the travelling pilots moved in quickly to take over the controls.

Jay Clayton to lead Trump's Super Intelligence Force on AI risks

World.(Agency)

US President Donald Trump has created a task force to examine the risks and opportunities posed by artificial intelligence (AI) and recommend what role the federal government should play in overseeing the technology, with a report due within 120 days, the Wall Street Journal reported on Saturday.

US Director of National Intelligence Jay Clayton, who will lead the group, told the newspaper that the task force would be known as the "Super Intelligence Force". A senior White House official described Clayton as effectively serving as Trump's AI czar, the report said.

The move comes days after Trump met with executives from some of the world's biggest technology companies at

the White House and endorsed an agreement aimed at strengthening voluntary safeguards for artificial intelligence. The September 29 agreement, signed by



Trump and executives from Google, Anthropic, Meta, OpenAI and Nvidia, called for companies to use external auditors to assess their AI controls, establish independent board oversight and maintain internal systems to monitor AI models during training and deployment. The companies were also urged to monitor their models for risks involving cybersecurity, biosecurity and chemical threats and ensure that

AI systems do not gain unintended access to technical systems. "Over time, it may make sense to codify these steps into laws or regulations," the White House accord

said, while calling the controls and audits critical to ensuring a safe future.

Saudi-Houthi fighting escalates as Yemen strikes Houthi targets in Sanaa, Saada

world.(Agency)

Yemen's armed forces launched strikes against Iran-aligned Houthi targets in the capital Sanaa and the group's stronghold of Saada early Sunday, marking another escalation in the rapidly intensifying conflict between the two sides.

A spokesperson for Yemen's armed forces, which are aligned with the internationally recognised government, said the strikes targeted what he described as "vital targets". He did not provide further details about the targets or the extent of the strikes.

The strikes came hours after the Houthis claimed they had attacked a Saudi Aramco facility in Riyadh with ballistic missiles and drones. The group said the assault was retaliation for Saudi attacks on Sanaa and other parts of Yemen.

A large plume of smoke and fire was seen near an Aramco facility in Riyadh on Saturday, according to a Reuters witness. Saudi authorities did not immediately confirm that the facility had been attacked, while Aramco also did not respond to a request for comment.

HOUTHIS REPORT SAUDI STRIKES ONSANAA

Houthi-run Al Masirah TV reported that

Saudi Arabia had carried out an attack on Sanaa. Saudi authorities did not immediately confirm the report.

The latest exchanges come amid a sharp deterioration in the Saudi-Houthi conflict, which had largely remained frozen under a 2022 truce. The renewed fighting is part of a



broader regional escalation linked to the war between Iran and the United States.

The Houthis declared a naval blockade on Saudi Arabia in July and subsequently stepped up attacks on Saudi territory and shipping. The group has also made significant territorial gains along Yemen's Red Sea coast.

Saudi Arabia has responded with air strikes in Yemen while backing forces loyal to the internationally recognised government in their fight against the Houthis.

Easy way or hard way: Trump says decision on Iran soon amid war stalemate

Moscow.(Agency)

US President Donald Trump on Saturday said a decision on Iran would come "very soon", warning that Tehran could face the "easy way or the hard way" as talks to establish peace and end the eight-month war remain deadlocked.

Speaking to reporters before departing the White House for Ohio to campaign for Republican candidates ahead of the November midterm elections, Trump said he was weighing his next steps on Iran.

"We have a decision that I'll make about Iran. Iran's been questioned. So the only question is, it'll either be the easy way or the hard way," Trump said.

He did not elaborate on what decision he was considering, but his remarks come amid growing speculation that Washington is reviewing military and diplomatic options should tensions with Tehran escalate again.

The US President also claimed that Iran was backing away from any effort to acquire a

nuclear weapon. "Iran is virtually giving up any plans to have a nuclear weapon," he said.

CAMP DAVID TALKS FUEL SPECULATION

Trump's comments came a day after Axios reported that his top national security advisers met at Camp David to discuss US



policy options on Iran as well as the escalating Saudi-Houthi conflict in Yemen. The discussions intensified speculation over whether the administration could consider renewed military action if diplomacy fails to break the deadlock with Tehran.

The latest developments came despite ongoing mediation efforts aimed at reviving negotiations between Washington and Tehran following months of conflict and instability across the region.

IRAN PREPARES FOR POSSIBLE RENEWED CONFLICT

Iran, meanwhile, has been preparing contingency plans in case the US resumes large-scale military operations, according to Iranian officials and a source familiar with internal deliberations who spoke to Reuters.

The planning reflects a growing belief within Iran's leadership that any future US military campaign should be met with a stronger response than the one launched during the conflict on February 28.

Senior Iranian commanders have reviewed options that would broaden potential targets beyond US-linked assets and could include countries

supporting American military operations, according to sources. Iranian officials are continuing diplomatic efforts to prevent a fresh confrontation, although some privately acknowledge that the chances of a breakthrough remain slim.

Delhi CM Rekha Gupta lays foundation of waste processing, biogas plant; inspects Okhla landfill

Delhi generates around 13,500 tonnes of municipal waste every day, while MCD currently processes around 60 per cent of the waste generated in the city.

Delhi. (Agency)

In a move aimed at increasing Delhi’s capacity to process fresh waste, the Municipal Corporation of Delhi (MCD) is setting up three new waste-processing plants at Okhla, Singhola and Ghazipur, along with a 300-TPD (tonnes per day) biogas plant at Ghazipur. Chief Minister Rekha Gupta on Saturday laid the foundation stones for the three plants and the biogas facility, virtually from the Okhla landfill site and carried out a site inspection as well. Delhi generates around 13,500 tonnes of municipal waste every day, while MCD currently processes around 60 per cent of the waste generated in the city. The three new plants will add 2,900 TPD of fresh-waste processing capacity, helping bridge the gap between the waste generated and the quantity being scientifically processed. The Okhla plant will have a capacity of 1,400 TPD, while the Singhola and Ghazipur plants will process 800

TPD and 700 TPD, respectively. The civic body’s survey identified approximately 125,000 cattle across Delhi, which generate roughly 1,500 tons of dung daily. MCD was directed by central and state authorities to intercept this waste and prevent it from entering city drains and polluting the Yamuna. A 300-TPD biogas plant for biodegradable waste is being set up at Ghazipur to prevent this waste from entering and polluting Yamuna. The projects are aimed at strengthening Delhi’s fresh-waste processing infrastructure and preventing waste generated each day from adding to the burden of the existing landfills. The civic body is also constructing two more decentralised fresh-waste processing plants with a combined capacity of nearly 3,000 TPD, which will be operational in the coming year,

officials said. Biogas plants at Goyla and Ghoga are set to be operational in the next two months, they added. Meanwhile, Gupta, during her inspection of Okhla landfill site on



Saturday, reviewed the status of waste disposal, land reclaimed and the capacity of the new processing facilities. She directed officials to make the new units operational at the earliest

and at their full capacity. The expansion of fresh-waste processing capacity comes alongside efforts to clear legacy waste from Delhi’s three landfill sites. According to government figures, 217.17 lakh metric tonnes of waste have been disposed of from Okhla, Bhalswa and Ghazipur over the past 18 months, freeing nearly 100 acres of land. MCD officials said the Okhla and Bhalswa landfill sites are expected to be cleared within three months, while the target for clearing Ghazipur is December 2027. Gupta said clearing the existing landfills would not be sufficient and that the system for processing fresh waste generated every day needed to be strengthened to prevent new garbage mountains from forming.

As activists try to return to Jantar Mantar, around 150 detained amid heavy security

Delhi. (Agency)

For the second consecutive day, protesters demanding the resignation of Chief Election Commissioner Gyanesh Kumar and raising concerns over the Special Intensive Revision (SIR) of electoral rolls were stopped from reaching Jantar Mantar, the designated protest site, on Saturday. Around 150 people, including AISA national president Neha Bora, activist Yogendra Yadav, and senior advocate Prashant Bhushan were detained. The police action drew a response from Lok Sabha Leader of Opposition Rahul Gandhi, who alleged that there were allegations of misconduct with women protesters during Saturday’s



demonstration. In a post on X, Gandhi referred to a female journalist’s allegation against a police officer. “And this isn’t the first time – we’ve seen video evidence before of police officers engaging in disgusting misconduct with women,” said Gandhi. He said that Delhi Police comes under the Ministry of Home Affairs, and added that Union Home Minister Amit Shah should “answer for this”. After the journalist alleged that Delhi Police was not registering an FIR, several people allegedly squatted outside the Parliament Street police station. Later, a policemen told the gathering that the journalist’s complaint has been received and a probe was underway.

Campus gate shut, food for protesters stopped: Ambedkar University students claim ‘manhandled by guards’

Delhi. (Agency)

At the gates of Dr B R Ambedkar University’s Kashmere Gate campus, students gathered on Saturday with packed food in their hands. It was meant for students and PhD scholars who had been sitting in an indefinite protest for six days inside the campus with demands ranging from drinking water and classrooms to faculty shortages, student representation, and access to campus areas. But those outside the gate alleged that security



guards stopped them from entering the campus and they could not hand over food to the protesters. Blessy, an MA student of Gender Studies, said students were stopped from entering the campus despite many having classes and exams. While alleging that the campus was closed to students on Saturday, she claimed that guards stopped students outside from passing food to the protesters and “manhandled” those trying to receive it. The Public Relations Office of the university, however, said in a statement on Saturday that items being delivered at the gate beyond normal hours were checked by security personnel on safety

Ex-CBI chief M Nageshwar Rao enters politics, becomes Sarvajana Sanatan Party chief

Former CBI Director M Nageshwar Rao took charge as Sarvajana Sanatan Party national president in Varanasi. He said the party aimed to pair modern development with Sanatan civilisational roots.

Delhi. (Agency)

Former CBI Director M Nageshwar Rao has entered active politics, taking charge as the National President of the Sarvajana Sanatan Party (SSP) in Varanasi on Saturday. Rao announced his new political role from Kashi, marking a new phase in his public career after nearly four decades in security, law and order, and administration. According to an ANI report, Rao said his experience in public administration had convinced him that India’s reconstruction could not be limited to administrative reforms. He said the country needed to pursue modern development while remaining connected to its civilisational roots.

PARTY’S FOUR PILLARS

Rao said the SSP’s vision of Sanatan goes beyond a method of worship and represents a way of life based on truth,



dharma, duty, compassion, justice, self-control, nature, family, society and public welfare. The party’s stated vision rests on four key pillars — education, health, livelihood and

civilisational reconnection. On education, the party seeks to connect Indian civilisation, history and knowledge traditions with modern and global-level education. On health, it has outlined a focus on quality and accessible healthcare, combining modern medicine with Indian health traditions. The livelihood pillar focuses on creating respectable livelihood opportunities for youth, farmers, artisans, labourers, small businesses and entrepreneurs. The fourth pillar, civilisational reconnection, places emphasis on India’s languages, arts, temples, pilgrimage sites, festivals, knowledge traditions, families and cultural institutions as sources of national strength.

Delhi cooperative housing societies told to conduct comprehensive safety audits of buildings

Delhi. (Agency)

Delhi’s office of the Registrar of Cooperative Societies (RCS) has instructed all Cooperative Group Housing Societies (CGHS) in the city to undertake comprehensive safety audits of their buildings and common facilities, with managing committees being made responsible for identifying structural and safety deficiencies and taking remedial action. A circular dated October 1, citing Rule 106 of the Delhi Cooperative Societies Rules, 2007, placed responsibility on the management committee for repairs and maintenance of the society’s property, regular inspection of relevant items and immediate action for their repair and maintenance. It also mentioned the directions issued by the government

regarding safety audits of cooperative group housing societies.

The audit is likely to cover structural safety through qualified structural engineers, verification of valid fire safety certificates or NOCs and proper



functioning of firefighting and safety installations, and verification of valid lift inspection or safety certificates and proper maintenance of lifts. The RCS has directed societies to

inspect buildings, common areas and facilities to ensure that there is no structural damage, major cracks, seepage, leakage, damage to roofs or external walls, staircases or any condition that could adversely affect the safety of buildings and their occupants. Any serious structural or safety deficiency posing an imminent risk to life or property has to be brought to the notice of the competent authority, with appropriate precautionary measures taken, the circular stated. The managing committees have also been asked to take immediate remedial action wherever defects are detected. If intervention from a civic or other competent authority is required, societies can approach agencies including the DDA, MCD and Delhi Fire Service and pursue the matter until necessary action is taken.

Delhi govt to conduct topographic, underwater terrain surveys of 48-km Yamuna stretch

Delhi will conduct topographic and underwater bathymetric surveys of the 48-km Yamuna stretch from Palla to Jaitpur to map the riverbed and identify clogged sections.

Delhi. (Agency)

The Delhi government will undertake topographic and bathymetric surveys of the entire 48-km Yamuna stretch from Palla at the Delhi-Haryana border to Jaitpur at the Delhi-Uttar Pradesh border to map the riverbed, identify clogged sections and assess changes in the river’s course, senior government officials said. A Bathymetric survey measures water depth and maps the three-dimensional shape and contours of underwater terrain. It functions as an underwater equivalent to a land topographic survey. The surveys will also map embankments, spurs, drains, islands, encroachments and ghats within 100 metres of either bank, with the findings expected to aid flood

riverfront development and boat navigation activities, officials said. Besides improving flood management, the government plans to undertake riverfront development projects and boat navigation activities in the river channel, with the survey findings helping in the planning, officials said. The Irrigation and Flood Control (I&FC) department invited bids on October 1 to undertake two types of surveys of the river from Palla to Jaitpur. “The bathymetric survey of the Yamuna will cover the entire 48km river course in Delhi. The exercise will undertake cross-sections of the river at every 250m interval. The topographical survey will also develop the contour plan of the

course and its topography. Both surveys will involve the use of electronic total station machines, echo sounders and sonar systems mounted on motorboats,” an official explained. A topographical



survey is an assessment of a site’s physical characteristics, including its natural and man-made features and their

underwater terrain by measuring water depths and can be crucial for understanding the riverbed’s condition and for future drainage and riverfront development projects. It maps the underwater terrain, much like a topographic survey maps the land’s surface. “The survey uses technologies like single-beam and multi-beam sonar, acoustic Dopplers, GPS and motion sensors mounted on a boat to map the bed as it passes along the water channel. The sound velocity data and sensor data are fed into software to get a digital map of the surface,” the official said. The Yamuna surveys are likely to cost around ₹80 lakh, and the agency will be given eight months to complete the



SUV hit them from behind. The accident was caught on CCTV cameras installed in the area. A video clip circulating on social media showed a Hyundai Creta taking a left turn and suddenly veering off course and hitting the couple from behind. The impact of the hit was such that the elderly man was flung in the air, while the woman fell on the side of the road, near an electric pole. The clip further showed the woman driving the SUV stepping out of her car and rushing towards where the elderly man is lying. She looks at the man who is lying injured face down on the road and then rushes back to the car and drives away. There are other passersby who also rushed in to help the elderly couple. The woman driver of the car, who hit them reportedly stayed on the road for around 30 seconds, before driving away in her vehicle.

BJP asks Karnataka police chief to stop action for submitting Form 7

BENGALURU(Agency)

Senior BJP leaders on Saturday urged the state police chief to stop registering FIRs against party workers who submitted Form 7 during the Special Intensive Revision (SIR) exercise. The BJP leaders alleged that after Chief Minister DK Shivakumar staged a protest before the Election Commission office in Bengaluru on Thursday regarding Form 7, the police department has been targeting BJP workers.

Former chief minister BS Yediyurappa, BJP state president BY Vijayendra, Leader of Opposition in the Assembly R Ashoka, Leader of the Opposition in the Legislative Council Chalavadi Narayanaswamy, MPs and MLAs met the DG&IGP and submitted a memorandum.

Ashoka said Congress leaders have put pressure on the police to register criminal cases against party members. Police stations have become Congress offices and criminal cases were registered against BJP workers, he said. The BJP leader said they can file Form 7 and it is for the Election Commission to decide whether a voter’s records are correct or not.

Jaishankar meets US Pacific Commander Paparo in Delhi, discusses security and maritime cooperation

NEW DELHI. (Agency)

External Affairs Minister (EAM) S. Jaishankar held a meeting with the Commander of the United States Pacific Command, Admiral Samuel J. Paparo, in New Delhi on Sunday, during which discussions were held on advancing the security partnership and maritime cooperation.

US Ambassador to India Sergio Gor was present at the meeting."Glad to meet Commander of the US Pacific Command, Admiral Samuel J. Paparo. Discussed advancing our security partnership and maritime cooperation in the Indo-Pacific," EAM Jaishankar posted on X.

On Saturday, Admiral Samuel J. Paparo arrived in New Delhi for a six-day official visit to strengthen the defence partnership between the two nations. Sergio Gor extended a warm welcome to Admiral Samuel Paparo.

During his visit, Admiral Paparo will hold talks with Indian counterparts on shared security priorities, including harnessing digital transformation and emerging technologies, maintaining regional strategic stability, strengthening defence energy resilience, and navigating an increasingly competitive technology landscape.

"From emerging technology to maritime security, the United States and India are building a defence partnership equipped to meet the challenges of the future," the US Embassy in India said in a statement.

"Admiral Paparo’s visit underscores the strength of the Major Defence Partnership and reaffirms the United States’ enduring presence and interests in the Indian Ocean region," it added.

Earlier, on September 28, Chief of Army Staff (COAS) General Dhiraj Seth and Deputy Commanding General of United States Army Pacific Lieutenant General Joel B. Vowell held a meeting in New Delhi, where the two sides discussed the evolving security landscape.

Truth Is Our Greatest Weapon’: Rahul Gandhi

Launches Satyagraha’ Digital Platform

New Delhi(Agency)

Congress leader Rahul Gandhi on Saturday alleged that truth is being suppressed and that it was his responsibility to ensure this did not happen, as he launched the 'Satyagraha' digital platform to consolidate issue-based protests unfolding across the country.

He urged people to register their protests against the government on the 'Satyagraha' platform, which he launched a day after the 157th birth anniversary of Mahatma Gandhi, to ensure help for people wherever truth was being crushed."Across the country, people are fighting for their rights and too often, fighting alone. Gen Z, students, farmers, Adivasis, Dalits, women -- every struggle has its own story. But a lone voice is often easier to silence."Satyagraha is an initiative to bring these voices together on one map," he said in a post on X.

Invoking Mahatma Gandhi, the Congress MP said, "Bapu taught us that truth is our greatest weapon. But an even greater weapon is standing together with the truth. If you too are fighting against any injustice, share your story. It will take just two minutes."

Gandhi said their protest will find a place on the Satyagraha map, adding, "You will see who else, like you, is fighting their own battle."

"And I will do whatever I can in Parliament, on the streets, through letters, wherever I am needed -- to stand with you. As the leader of the opposition, that is my responsibility. Tell me the story of your Satyagraha..." he said.

In a video posted along with it, the Raebareli MP said, "As you all know, truth is being



suppressed all across the country, and there are multiple protests happening across the country."

Noting that protests on land, women's rights, Dalit rights, OBC rights, education, and exams are taking place across the country, he said, "We want to help organise these protests, put them together on one map, and work together with you to see if we can help you resolve what you're fighting for. Take a look at the Satyagraha website. Fill out the form. Enrol your movement on the website, and we will try to see how we can support you. We'll be in touch."

"As the leader of the opposition, it's important for me to help people resist where truth is being crushed. The truth is important. It's important at the highest levels, but it's important that we fight for it in every corner of the country," Gandhi said in his video message.

Late evening, he put out another post, saying, "Satyagraha went live 9 hours ago. Since then, more than 10,000 people and groups have come forward. That's how many struggles Indians are already fighting -- quietly, convinced that no one was listening."

He said that, however, the Congress was listening.

"We are listening. Every submission will be read. Already, we see stories in the topics of education, corruption, social justice, farmers, labour, health, women's safety, land and environment," his post read.

Gandhi said his team will go through each grievance, work out how they can help, and reach out where more details are

Punjab's new de-addiction plan shifts focus to mental health, long-term recovery

Punjab(Agency).

Punjab Chief Minister Bhagwant Mann on Saturday gave in-principle approval for a pilot project to strengthen psychosocial care for people battling drug addiction in three border districts, as the state government seeks to supplement medical treatment with counselling, rehabilitation and relapse prevention.

The initiative will be launched in the districts of Amritsar, Tarn Taran and Fazilka, alongside existing medical treatment at outpatient opioid-assisted treatment clinics. The programme will also cover jails in Gurdaspur and Kapurthala, according to an



official statement.

The decision was taken during a meeting between Mann and a delegation of the Art of Living Foundation on Friday.

Chairing the meeting, Mann said the proposed programme would introduce an Art of Living-based spiritual wellness component to bridge the gap between medication-based treatment and sustained psychosocial rehabilitation.

Although Punjab has expanded access to medication for people affected by drug addiction, retaining patients in treatment during the initial months remains a major challenge, he said.

Owaisi warns of Jantar Mantar 2.0 in Hyderabad if Form 7 misused against Muslims

Addressing an Islamic religious gathering, the Hyderabad MP said the Election Commission should take action against concerned persons if 'false' Form 7 applications were being filed.

New Delhi(Agency).

AIMIM chief and Lok Sabha MP Asaduddin Owaisi has warned of massive protests in Hyderabad if Form 7 is misused during the Special Intensive Revision (SIR) of voter rolls.

Addressing an Islamic religious gathering at Milad Maidan in the city on Saturday, October 3, the parliamentarian said the Election Commission (EC) should take action against concerned persons if "false" Form 7 applications were being filed.

He said that if the names of genuine Muslim voters were struck off merely on the basis of their religion, Hyderabad would witness protests bigger than those seen in Delhi earlier this year.

"If false Form 7 are being filed, we appeal to the Election Commission to take action against



those responsible. If this drama does not stop, remember: protests bigger than those at Delhi's Jantar Mantar will take place on the roads and streets of Hyderabad, and it will create a lot of trouble for you. [AIMIM] will not remain silent," Owaisi was quoted as

saying by news agency ANI.

Form 7 is an application form for filing objections to the proposed inclusion or deletion of a name from the existing electoral rolls.

Owaisi alleged that the BJP and the wider "Sangh Parivar" were misusing Form 7 applications to remove the names of Muslims en masse from final electoral rolls.

He said, "Printed Form 7 are being submitted where the name of the person whose name is to be deleted is mentioned, but the name and details of the person filing the form are not being provided. If this is happening, it is completely wrong."

"If the Election Commission turns a blind eye and gives BJP people a free hand to remove the names of Muslims, we will not allow that to happen," the Hyderabad MP added.

'Cause For Worry': Air Force Chief On Pak-China Fighter Jet Collaboration

New Delhi(Agency)

The inordinate delays in inducting new combat jets, including the Tejas aircraft, are hurting the Indian Air Force (IAF) in view of the depleting strength of its fighter squadrons at a time when air power is increasingly becoming crucial to deal with security challenges, Chief of Air Staff Air Chief Marshal AP Singh said on Saturday.

Addressing a press conference ahead of the 94th Air Force Day, the IAF chief also said that the force requires induction of at least 36-40 fighter jets annually for the next few years to plug the gaps and hoped that the situation will improve with the induction of indigenously-built Tejas Mark-1A aircraft as well as Rafale combat jets to be procured under the multi-role fighter aircraft (MRFA) programme.

Air Chief Marshal Singh also flagged concerns over Pakistan collaborating with China on a fifth-generation fighter jet.

"It is a cause for worry," he said, adding: "We do have capabilities. It is not that one platform matters so much."

Elaborating on measures to enhance the IAF's combat prowess, he said the government is looking at finalising the

MRFA deal by this financial year, provided things go as per plan.

In its largest-ever defence acquisition push, India in February cleared a long-pending proposal to procure 114 Rafale fighter jets under a government-to-government framework with France, nearly two decades after the plan was originally rolled out to boost the Indian Air



Force's combat prowess.

The price negotiations and other critical issues relating to the project are currently being finalised.

"I think if things go well, we should be able to sign it (MRFA deal) in this financial year. That's what my hope is. But it is a two-way process," he said while referring to negotiations between the Indian and the French sides.

India, Canada to begin fifth round of trade pact talks as both sides target year-end deal

New Delhi(Agency).

India and Canada will begin the fifth round of negotiations for the proposed Comprehensive Economic Partnership Agreement (CEPA) in Ottawa on October 5, with both sides aiming to conclude the talks by the end of this year, according to a PTI report citing an official.

The five-day round of negotiations is expected to continue until October 9. The fourth round concluded in New Delhi on September 18.

According to PTI, the talks are moving at a faster pace as both countries seek to conclude the negotiations by the end of the calendar year.

The negotiations assume significance as Canadian Prime Minister Mark Carney had said last month that Prime Minister Narendra Modi is expected to visit Canada around December.

To give further impetus to the talks, Canada's

Trade Minister Maninder Sidhu is scheduled to visit New Delhi later this month with a 300-member business delegation.

Sidhu and Commerce Minister Piyush Goyal had met in Mumbai last month to review the progress of



the negotiations.

A CEPA is a type of free trade agreement under which two countries seek to significantly reduce or eliminate customs duties on a large share of traded goods.

Chief Minister Shri Vishnu Deo Sai reaches Singapore for SING Forum 2026

Chhattisgarh CM Vishnu Deo Sai arrived in Singapore to showcase the state’s investment potential and attract global capital through SING Forum 2026.

Chhattisgarh(Agency).

Chhattisgarh Chief Minister Shri Vishnu Deo Sai arrived in Singapore on Saturday to expand investment horizons and attract global capital to the state.

Upon his arrival, he was officially received by India’s High Commissioner to Singapore, Dr. Shilpak Ambule.

The visit follows a nomination by the Ministry of External Affairs, Government of India, designating Chhattisgarh to participate in the inaugural SING Forum 2026.

Organized by the Singapore Business Federation, the high-level international platform gives the state a dedicated stage to showcase its economic achievements, development potential, and business-friendly ecosystem to global investors.

Chief Minister Sai will lead the Chhattisgarh delegation at the forum.

A key highlight of his itinerary is a CEO Roundtable, where he will engage directly with top executives, industry

representatives, and institutional investors from Singapore.

The interactive session will focus on highlighting sector-specific opportunities and exploring cross-border investment partnerships across Chhattisgarh.

Highlighting his administration's vision,



Chief Minister Sai stated that concerted efforts are underway to establish Chhattisgarh as one of India's premier investment destinations.

He emphasized that the state's value proposition rests on its new industrial policy, abundant natural

What the Northeast can gain by seeing self as the imagined community

It is a truism that human aspirations and conditions, like everything else, are moving targets. What one generation conceived as their prized collective goal, hated adversary, or trusted ally may not remain so for the generations that follow. In fact, they seldom do. However, indigenous societies—which most in the Northeast belong to—often refuse to acknowledge this, trapping themselves in peculiar time warps. They may have moved on in the real world. But mentally, they often allow themselves to remain stuck in eras several decades gone, the departure points from which are etched in their collective memory by pivotal historical events.

This is the broad profile of the region’s grapple with modernity—brought in first by the British administration, and refined and democratised by independent India. The dilemma is reminiscent of iconic Nigerian writer Chinua Achebe’s 1958 novel, *Things Fall Apart*, where he conceptualises the agonising predicament indigenous African communities faced at the advent of modernity, represented in that case by the arrival and spread of Christianity. Without doubt, the new world brought with it dividends in terms of education, health, wealth and science. But it also replaced the older, familiar ways of life and their entrenched values.

Much of the ethnic unrest the Northeast witnesses today has this at its roots. The resistance against replacing customary land laws with modern revenue administration or the violent clashes over claims of primacy of one tribe’s customary law over that of others are just some examples of this complex maze of conflict scenarios in a multiethnic geography. Manipur is where this dynamic is playing out most prominently. But nobody in the Northeast will doubt that similar faultlines lie dormant in every Northeast state as frozen conflicts with fuses still practically intact.

While change is inevitable, as Nari Kaikhosru Rustomji, a civil servant who worked in the Northeast during the turbulent years of India’s transition from a colony to a republic, recommended, these changes must be paced out so that those affected can absorb the changes without detriment to their own social organism. Such empathetic and academically-detached observations are helpful in deciphering the volatile situation in the Northeast. But today, a multiplying number of self-ordained experts, who presume patronising foreknowledge of the region’s issues, are spoiling the broth. Annoying paratrooping reportages of the prolonged Manipur crisis demonstrated this. The bigger challenge, however, is for the region’s communities to introspect and come to terms with their new reality. All must change—preferably on consensually evolved terms of law that leave no party feeling like a loser.

Irish political scientist Benedict Anderson’s seminal 1983 book arguing that the nation is an “imagined community”—and therefore also given to reimagining—is a helpful reminder. A century before him, French scholar Ernest Renan also anticipated this necessity for change in his 1882 lecture ‘What is a nation?’, where he concluded that the nation is a “daily plebiscite”. At the time of Indian independence, upheavals broke out among many Northeast communities who were outraged over their traditional notions of sovereignty being overturned. Many of them hardened into violent insurgencies. After the lapse of eight decades, should it now not be time to rethink and realign to the shifts their original targets would have undergone? Are the grievances of that era still those of the present generation? The past is very much real—and a traumatic past is even more unforgettable. The important and difficult question, therefore, always is how any society with a painful past would leave it behind—without disowning it or its contributions—so that the present can move forward unfettered.

Sigmund Freud’s famous 1917 essay, ‘Mourning and Melancholia’, addresses this problem to identify two broad strategies that people use to cope with grief and loss. Some get trapped in melancholia, by taking perverse gratification in their very idea of victimhood and by pointing accusatory fingers at the perceived perpetrators of their grief.

India must brace for global capital war

China has halved its US holdings, while Japan is moving away too

IN the retreat from globalisation, the world has already seen multiplying restrictions on the cross-border movement of people. Since Donald Trump’s return to the US presidency and the advent of tariffs as a coercive instrument of policy, the global trade in goods and services will also take a hit. What may come next are restrictions by the rich countries on the international movement of capital (capital controls have long been the norm in developing nations).

The primary provocation for such a radical move (unthinkable until just the other day) lies in the United States, where the irresistible force of growing corporate borrowings is up against the immovable object of the US budget deficit. The big corporations leading the tech and AI race were until recently financing their capital budgets out of their earnings. No longer, as investment plans have ballooned. Now they are borrowing in the market, and borrowing big as corporate bond issuances in the US have grown 80% in two years. At the same time, the federal deficit has grown to 7% of GDP, and shows no sign of coming under control. US savings aren’t anywhere near enough to feed these hungry beasts, which is why the US has been for decades the world’s biggest borrower. But its growing need for capital from other countries is up against the fact that almost all large nations are turning away from US securities. China has halved its US holdings in the last few years, while Japan (now the largest holder of US securities) has started moving away too. The total foreign holdings of marketable US treasuries are down to 30% of the total, from 50% in 2015. Even as central banks reduce their dollar holdings, they have increased the share of gold in their reserves. Last year, gold replaced US government bonds as the largest reserve asset; the price of gold has increased by 25% in a year (and Indians are still big-time buyers!). With increasing dollar debt issuances in the face of fading appetite for such debt, the inevitable has happened: interest rates have gone up. US treasury rates are now the highest in two decades, and climbing. Yet international bidders for fresh US debt now account for a smaller part of the market than before. Five-year treasury interest rates have gone up by 0.64% in just one month. US Treasury Secretary Scott Bessent has spent the past few weeks trying a variety of gambits to talk the market down, but to no effect.

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smaller part of the market than before. Five-year treasury interest rates have gone up by 0.64% in just one month. US Treasury Secretary Scott Bessent has spent the past few weeks trying a variety of gambits to talk the market down, but to no effect. If, despite higher rates, the US doesn’t get the capital that it wants from other countries, it could simply print dollars, cause inflation as more money chases the same goods, and thereby reduce the debt burden in real (inflation-adjusted) terms. India has done this for decades. In fact, as Western countries’ debts have grown, inflation over the last five years has been more than twice as high as in the previous decade in the US, three times as high in Europe and five times as high in Japan. Inflation wars to control debt, you might say.

There is also the possibility (still remote but real) that the US might turn coercive on capital, as it has on trade. Already, Trump has made investment commitments a part of some of his bilateral trade deals. Today, he is coercing inflow. Tomorrow, he may squeeze outflow.

In anticipation, some countries have started taking defensive measures. The Netherlands moved 78 tonnes of gold from New York to London in the last few months. The explanation was possible “geopolitical unrest”. Shortly before that, France moved all its gold out of the US. There are calls in Germany to do the same. Unthinkable as it may have been not long ago, trust in the continued openness of the US capital market has begun to chip away at the margins. Meanwhile, expert voices in Europe have called for disincentivising the movement of European capital to the US, since Europe needs to invest in itself. Any such move by Europe will almost certainly be met by a counter-move from Washington. It is not for nothing that a headline in the *Financial Times* said in early September, “The capital wars are coming”. All this should be of serious concern to India. Portfolio capital has been moving out of the country for the last couple of years, and the rupee has taken a tumble, falling 13% in value despite the Reserve Bank of India’s (RBI) active intervention, even as rising energy prices affect the trade balance. It is not for nothing that the main stock market indices are back to where they were two-and-a-half years ago. The last time the market disappointed investors over an extended period was in the wake of the 2008 financial crisis. The RBI’s biggest initiative in the face of these trends was to offer a huge free lunch to non-resident Indians: deposits at attractive interest rates along with currency protection.

Centre, states must cooperate to address looming food crisis

Jaishankar’s warning should prompt preparation, not alarm. The Inter-State Council, which has not held a plenary meeting since 2016, can provide one forum for discussing these policies

External Affairs Minister S Jaishankar’s warning of a “major food crisis” in the months ahead comes at a time India has plenty of reasons to be watchful. There is no crisis yet. But irregular rainfall and lower production estimates point to a difficult agricultural year. More than 6.11 lakh hectares of farmland have been affected by excessive rain and flood, while drought has been declared in five states. As the kharif paddy acreage has shrunk almost 4 percent, the Centre has lowered its foodgrains production target for 2026-27 to 373.93 million tonnes, down 2.63 million tonnes from last year’s output. Adding to the woes, the cost of sulphur, an important fertiliser input, has risen substantially amid disruptions caused by the West Asian conflict. These developments are noted as El Niño conditions are expected to strengthen. The growing unpredictability of rainfall makes the old way of managing agriculture increasingly difficult. A good harvest in one season cannot make up for weaknesses accumulated over years. The most obvious one is water. In



several parts of the country, groundwater is being extracted faster than it can be replenished, even as farmers continue to plant crops that require large quantities of water. Drought management cannot consist only of compensation after crops fail. In water-stressed areas, crop choices will have to change. Irrigation practices will have to become more efficient, and groundwater

extraction will need firmer regulation. The government’s push for pulses and oilseeds, including the use of rice fallows in eastern India, is therefore important. So is the emphasis on crop plans based on soil moisture and water availability. These cannot remain annual conference recommendations. States need the money, seeds, technology and procurement arrangements to make such changes possible. Food security also has a nutritional side. The public distribution system has long been built around cereals. Pulses, millets and bio-fortified crops deserve a larger place in government procurement and nutrition programmes. This will require closer cooperation between the Centre and states. The Inter-State Council, which has not held a plenary meeting since 2016, can provide one forum for discussing these policies. Jaishankar’s warning should prompt preparation, not alarm. India cannot determine the weather or global fertiliser prices.

Steering the biotech bus India's way

Recent advances call for India to set higher ambitions for its bioeconomy sector. Some existing missions can be rationalised and an enabling framework built to help researchers become entrepreneurs. Also required are stronger universities, smarter regulators and a large growth fund

In frontier technologies, leadership is decided long before markets are fully formed. Countries that move early don’t just capture disproportionate value—they help write the rules and, as we are increasingly seeing, secure control over critical supply chains. For India to truly lead in frontier technologies, we must spot the shifts early—and act with the ambition and intent to lead. Few shifts on the technology horizon will be more consequential than the convergence of artificial intelligence and biology, enabling what many call ‘programmable biology’: the ability to design and engineer living systems with unprecedented precision. Put simply, what computing did for information, biology is beginning to do for matter itself—transforming how we discover medicines; grow food; manufacture materials; produce sustainable fuels’ and protect human, animal and planetary health.

The Bio Century—a term popularised by American author Jeremy Rifkin—is no longer a distant promise. The world’s first personalised CRISPR gene-editing technology has already saved an infant with a rare genetic disorder in the US. Japan is advancing therapies based on genetically reprogrammed cells for diseases such as Parkinson’s. Precision genome engineering is helping create climate-resilient crops in India as well as many other parts of the world. Many of the most consequential scientific breakthroughs of recent years are emerging at the intersection of biology, engineering and computation. Biology is clearly moving rapidly from discovery to real-world impact. By 2050, the global bioeconomy is projected to exceed \$30 trillion. India cannot afford to be a late entrant to this transformation. The good news is that we are not starting from scratch. Over four decades, India

has built a strong biotechnology ecosystem anchored in a strong vision, institution building and consistent policy. India’s bioeconomy has grown nearly 20-fold from \$10 billion in 2014 to \$195.3 billion in 2025, and now contributes almost 5 percent of GDP. But the future demands a much bigger ambition. We, at Niti Aayog, estimate that India has the potential to build a \$691-billion bioeconomy by 2035 and a \$2.6 trillion one by 2047, while creating more than 30 million high-value jobs.

The road lies not in simply creating more institutions or programmes. It is in connecting and converging what we already have—bringing our scientific institutions, industry, startups and the government together around shared national missions, backed by patient capital, enabling infrastructure and regulatory reforms that dramatically shorten the journey from lab to market. We need to focus on five priorities to make this happen. First, converge our capabilities around six nationally-coordinated missions. Spanning gene and cell therapies, climate-resilient agriculture, synthetic biology, the One Health programme, marine biotechnology and next-generation biopharmaceuticals, these missions would bring together existing programmes, institutions and capabilities into a coherent national architecture—with clear 10-year roadmaps, accountable lead agencies and measurable outcomes. The objective is to break down silos and turn India’s individual strengths into national capabilities at scale. Second, bridge one of India’s biggest structural gaps: the journey from lab discovery or innovation to commercial scale. Too many promising technologies fall

by the wayside because the patient capital required for scaling up is scarce. We recommend a ₹50,000-crore bioeconomy growth fund anchored within the national research, development and innovation framework to address this through finance, equity and infrastructure



support. The goal is not simply to fund more research, but to create globally-competitive biotechnology companies. Third, make regulation an enabler of innovation. We recommend simpler, predictable and risk-based regulatory pathways, regulatory sandboxes for frontier technologies, a strengthened Central Drugs Standard Control Organisation and clearer intellectual property frameworks. This is not about weaker

regulation, but smarter norms to protect safety while giving innovators and investors greater certainty and speed. Fourth, invest decisively in talent. No country becomes a biotech powerhouse without world-class scientists, engineers, entrepreneurs and regulators. India’s demographic advantage will translate into scientific leadership only if we significantly strengthen universities, research institutions and advanced training, while enabling researchers to become innovators and entrepreneurs. Finally, create the governance architecture for execution at scale. Biotech cuts across healthcare, agriculture, manufacturing, environment, trade and finance; fragmented decision-making cannot deliver integrated outcomes. We propose an empowered committee on national bio-missions to drive coordination across government, supported by a national bio-data council, an investment and policy forum, and a dedicated bio-intellectual property mechanism to accelerate commercialisation.

Ultimately, India must begin to treat biotech as core national infrastructure—strategically as important to our future as digital public infrastructure or energy systems. We have already demonstrated that we can build world-class capabilities. Our next challenge is bigger: to move from building a biotech sector to building a biotech-powered economy—one that transforms industries, strengthens strategic resilience, creates crores of high-value jobs.

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आप अपनी त्वचा को खूबसूरत बनाए रखने के लिए कई तरह के जतन करते हैं, लेकिन ये ब्लैकहेड्स ... जब तक त्वचा पर उभर आते हैं और सारी कोशिशों पर पानी फेर देते हैं। लेकिन ज्यादा परेशान होने की जरूरत नहीं.. अजी ब्लैकहेड्स ही तो हैं। यह लीजिए हम बता देते हैं, आपको इस मुसीबत से निजात पाने के ढेरों उपाय। अब तो खुश ... चलिए जान लेते हैं ब्लैकहेड्स हटाने और त्वचा को साफ व बेदाग बनाने के के यह 13 उपाय -

1 कॉर्नस्टार्च -

कॉर्नस्टार्च यानि मक्के का आटा और विनेगर को तीन अनुपात एक मात्रा में मिलाकर पेस्ट बना लें। अब इस पेस्ट को ब्लैकहेड्स वाले हिस्से पर लगाकर कम से कम 15 मिनट तक रखें। इसे आप आधा घंटा भी लगाकर रख सकते हैं। अब आधे घंटे बाद गुनगुने पानी से धोकर साफ कर लें। इससे आपकी समस्या दूर हो सकती है।

2 दही -

दही सेहत के साथ सौंदर्य का भी खजाना है। किसी कटोरी में तीन चम्मच दही लेकर उसमें लगभग दो चम्मच ओटमील या जौ का आटा मिलाएं। अब इस मिश्रण में एक चम्मच जैतून का तेल और इतनी ही मात्रा में नींबू का रस डालकर पेस्ट तैयार करें। अब इस पेस्ट को अपने चेहरे या ब्लैकहेड्स वाले स्थान पर लगाकर, पांच से सात मिनट के बाद ठंडे पानी से धो लें। फिर देखिए असर।

3 बादाम -

बादाम के पाउडर को जौ के आटे में मिलाकर गुलाबजल के साथ मिक्स करके पेस्ट तैयार करें। अब इस पेस्ट को प्रभावित स्थान पर उंगलियों के पोरों से लगाएं। लगभग 15 मिनट के बाद इसे ठंडे पानी से धो लें। इस प्रयोग से ब्लैकहेड्स की समस्या खत्म होती है।

4 चावल -

जौ हं, चावल भी आपके चेहरे को बेदाग और खूबसूरत बनाने में मदद करता है। इसके लिए चावल को दूध में लगभग 5 घंटे तक भि?गोकर, इसे मिक्सर में पीसकर स्क्रब बना लें। अब इसे सामान्य स्क्रब की तरह ही प्रयोग करें। इससे ब्लैकहेड्स की समस्या समाप्त होगी।

5 दूधपेस्ट -

ब्लैकहेड्स प्रभावित स्थान पर दूधपेस्ट की एक पतली सी परत लगाएं और लगभग 20 से 25 मिनट तक इसे रहने दें। इसके बाद जब आप इस परत को हटाएंगे, तो त्वचा पर ब्लैकहेड्स या सफेद दानें आपको नजर नहीं आएंगे। इस प्रयोग को दो हफ्ते तक एक दिन छोड़कर करें। ऐसा करने से यह समस्या पूरी तरह से समाप्त हो जाएगी।

6 नींबू -

नींबू में प्राकृतिक अम्ल होता है, जो त्वचा की गंदगी साफ करने में मदद करता है। इसके लिए एक नींबू का रस निकालकर उसमें एक चुटकी नमक मिलाएं और इस मिश्रण को ब्लैकहेड्स वाले स्थान पर लगाकर लगभग 20 मिनट तक रखें। इसके बाद इसे हल्के गर्म पानी से अच्छी तरह से धो लें। यह नुस्खा काफी कारगर है।

7 आलू -

आलू भी इस मामले में बड़े काम की चीज साबित होगा। कच्चे का आलू का टुकड़ा ब्लैकहेड प्रभावित स्थान पर अच्छी तरीके से रगड़ें। अब इसके रस को कुछ समय तक त्वचा पर रहने दें और 15 मिनट के बाद धो लें।

8 धनिया पत्ती -

हरा धनिया स्वाद बढ़ाने में जितना कारगर है, उतना ही सुंदरता के लिए भी। इसकी पत्तियों को चुटकी भर हल्की के साथ पीसकर पेस्ट बना लें। इस इस पेस्ट को ब्लैकहेड वाले स्थान पर लगाकर रखें और

इन 13 तरीकों से

त्वचा

होगी साफ और

बेदाग

कुछ समय बाद धो लें। ब्लैकहेड तो कम होंगे ही, त्वचा में जान आ जाएगी।

9 ओटमील -

ओटमील को ग्राइंडर में पीसकर गुलाबजल डालकर पेस्ट बना लें। अब इस पेस्ट को चेहरे पर 15 मिनट लगाकर रखें और ठंडे पानी से धो लें। इससे भी त्वचा की गंदगी साफ हो जाएगी।

10 बेकिंग सोडा -

बेकिंग सोडा में जरा सा पानी डालकर पेस्ट बनाएं और इसे स्क्रब की तरह त्वचा पर लगाएं। इससे त्वचा के ब्लैकहेड और अन्य गंदगी समाप्त हो जाएगी। इसे 15 मिनट प्रयोग करने के बाद ठंडे पानी से धो लें।

11 मेथी की पत्तियां -

मेथी की पत्तियों को पीसकर चेहरे पर लगाने से भी त्वचा की अंदरूनी सफाई हो जाती है, और झाड़ियां, दाग आदि नहीं रहते। इसका प्रयोग प्रतिदिन रात के वक्त किया जा सकता है।

12 शहद -

ब्लैकहेड्स से निजात पाने के लिए आप शहद का प्रयोग भी कर सकते हैं। इसके लिए शहद की एक परत त्वचा पर लगाकर रखें और कुछ समय बाद इसे धो लें। इससे भी त्वचा के ब्लैकहेड और अन्य समस्याएं समाप्त हो जाएंगी।

13 टमाटर -

यह आपकी त्वचा को साफ करने के लिए बेहद कारगर चीज है। टमाटर को मैश करके इसका छिलका उतार दें और इसे प्रभावित स्थान पर कुछ घंटों के लिए लगाकर रखें और छोड़ दें। अब हल्के गर्म पानी से इसे धो लें। ऐसा करने से भी ब्लैकहेड और सफेद दानों की समस्या हल हो जाएगी।

खूबसूरती

चाहिए तो पढ़ें 5

चेहरे पर उतरती है, तो आंतरिक सुंदरता बेहद आकर्षित करती है। मेडिटेशन आपके हाव भाव और स्वभाव से आपको खूबसूरत बनाता है। यह आंतरिक खूबसूरती कुछ समय के लिए नहीं बल्कि हमेशा आपके साथ रहती है। खूबसूरती चाहिए तो पढ़ें 5 टिप्स

योग-व्यायाम – योग, व्यायाम या एक्सरसाइज, कुछ भी कह लें, लेकिन यह आपके शरीर और आत्मा, दोनों को एक साथ खूबसूरत बनाता है। आपके अंदर सकारात्मक उर्जा का संचार करता है, जो आपके चेहरे पर साफ तौर पर दिखाई देता है। योग, मानसिक और शारीरिक दोनों तरह से प्रभावित करता है।और व्यायाम शरीर में रक्तसंचार को सुव्यवस्थित करता है, जिससे आपके चेहरे का ग्लो बढ़ जाता है, और विकृतियां भी दूर हो जाती है।

फल व सब्जियां

– भोजन में तेल व मसालेदार पदार्थों के बजाए सात्विक भोजन एवं भरपूर मात्रा में फल और सब्जियों का सेवन आपके लिए बेहद

फायदेमंद हो सकता है। इसके इलावा इनमें पोषक तत्वों के साथ पानी की मात्रा भी होती है। हर तरह के फल का नियमानुसार सेवन आपके शरीर में विटामिन व मिनरल्स की कमी को दूर कर शरीर को स्वस्थ खता है, और चेहरे पर प्राकृतिक चमक लाता है। सकारात्मक **नजरिया** –

आप अपने जीवन में चाहें कितने भी सफल क्यों न हों, कितने भी बेहतर क्यों न हों, वह सफलता कोई मायने नहीं रखती, जब तक आप खुद सकारात्मक न हों। सकारात्मकता का आपके व्यक्तित्व पर उतना ही असर पड़ता है, जितना पोषक तत्वों का शरीर पर। सकारात्मकता आपको अंदर से खूबसूरत बनाती है। आप अपने अंदर एक रौनक महसूस करेंगे, जो आपके चेहरे पर भी दिखाई देती है।

मौजिक मुल्लानी मिट्टी का

चेहरे की चमक को बरकरार रखने के लिए मुल्लानी मिट्टी का प्रयोग किसी भी उम्र में किया जा सकता है। इसके इस्तेमाल से त्वचा में कसाव और रंगत में निखार आता है। यह स्किन के लिए बढ़िया टोनर और मॉश्चराइजर भी है। तो फिर क्यों न मुल्लानी मिट्टी से सौंदर्य निखार के कुछ नुस्खे आप भी आजमाइए।

रोमकूपों की सफाई हो जाए
मुल्लानी मिट्टी का प्रयोग त्वचा के रोमकूपों की गंदगी की सफाई के लिए करना हो तो 2 छोटे चम्मच मुल्लानी मिट्टी में 4 छोटे चम्मच टमाटर का रस मिलाकर चेहरे पर प्रतिदिन लगाएं। रोमकूप साफ हो जाएंगे। इसे हाथों या अन्य जगह भी लगा सकती हैं।

झाड़ियां दूर हो जाए
चेहरे की झाड़ियां दूर करने के लिए थोड़ी अरहर की दाल का पाउडर, दही व पिसी हल्दी में थोड़ी सी मुल्लानी मिट्टी मिलाकर पेस्ट बना लें और चेहरे पर लगाएं। कुछ दिन के नियमित प्रयोग से झाड़ियां दूर हो जाएंगी।
मुंहासे गायब हो जाएं
मुंहासे सता रहे हों तो 2 छोटे चम्मच मुल्लानी मिट्टी, 1 छोटा चम्मच नींबू का रस, 1 छोटा चम्मच बेसन और चुटकी भर हल्दी मिलाकर पेस्ट बनाएं। मुंहासों वाली स्किन पर मुल्लानी मिट्टी का लेप सप्ताह में दो बार लगाएं। इससे त्वचा स्वस्थ व निर्मल हो जाएगी और मुंहासे भी गायब हो जाएंगे।

त्वचा हो जाए मुलायम
दो बड़े चम्मच मुल्लानी मिट्टी में 1 बड़ा चम्मच दही घोलकर उसमें एक बड़ा चम्मच नींबू का रस मिलाएं। अच्छी तरह केशों की जड़ों में लगाएं और थोड़ी देर बाद धो लें। इससे केश मुलायम, रेशमी तथा घने होने के साथ अधिक समय तक काले भी रहेंगे।

चम्मच, चंदन पाउडर, 2 छोटे चम्मच नारियल पानी, 2 छोटे चम्मच खीरे का रस मिलाकर चेहरे पर 15 मिनट के लिए लगाएं। सप्ताह में 1 बार लगाने से त्वचा साफ, सुंदर और आकर्षक हो जाएगी।

सांवलापन दूर हो जाए

त्वचा का सांवलापन कम करने के लिए 2 चम्मच मुल्लानी मिट्टी में चौथाई छोटा चम्मच ग्लिसरीन और 2 बड़े चम्मच गुलाबजल मिलाकर चेहरे पर 10 मिनट तक लगाएं। फिर साफ, गुनगुने पानी से धो डालें। सप्ताह में दो बार इस फेस पैक का प्रयोग करने से सांवली त्वचा



में काफी हद तक निखार आ जाता है।
झुर्रियों से बचाव हो जाए
चेहरे को झुर्रियों से बचाने के लिए बादाम की 4-5 गिरियां पीस लें। इसमें 4 छोटे चम्मच खीरे का रस तथा 2 छोटे चम्मच मुल्लानी मिट्टी मिलाकर पेस्ट बनाएं। महीने में चार बार इसका नियमित प्रयोग करें। कुछ दिनों बाद झुर्रियां कम हो जाएंगी।
केश मुलायम, रेशमी और घने हो जाएं
दो बड़े चम्मच मुल्लानी मिट्टी में 1 बड़ा चम्मच दही घोलकर उसमें एक बड़ा चम्मच नींबू का रस मिलाएं। अच्छी तरह केशों की जड़ों में लगाएं और थोड़ी देर बाद धो लें। इससे केश मुलायम, रेशमी तथा घने होने के साथ अधिक समय तक काले भी रहेंगे।



हम खुद को खूबसूरत दिखाने

के लिए तरह-तरह के जतन

करते हैं। कभी कपड़ों के

जरिए, तो कभी मेकअप और

तरह तरह के स्टाईल अपनाकर

हम खूबसूरत दिखने में सफल

तो हो जाते हैं, लेकिन यह

खूबसूरती कुछ ही समय तक

रहती है। हम आपको बता रहे हैं

कुछ ऐसी बातें, जो बनाती है,

आपको अंदर से खूबसूरत -

आत्मविश्वास – खूबसूरत दिखने के लिए आप चाहें कुछ भी आजमाएं, चेहरे की चमक आत्मविश्वास से ही बढ़ती है। वैज्ञानिकों ने भी इस बात की पुष्टि की है। जब भी आप किसी कार्यक्रम या समारोह में शामिल होते हैं, या फिर कोई इंटरव्यू देने जाते हैं। हर जगह आत्मविश्वास से लबरेज चेहरा आकर्षित करता है।आपका यही आकर्षक आपको सबसे बेहतर बनाता है, जिसके कारण आपके आसपास के लोग खुद में आत्मविश्वास की कमी महसूस करने लगते हैं। कई बार आपका आत्मविश्वास आपके बिना कुछ किए ही आपको सफलता दिला देती है। प्रसन्न मन- मन की खुशी हमेशा चेहरे पर झलकती है, और चेहरे की चमक अपने आप बढ़ जाती है। हंसमुख चेहरा हर किसी के दिल में जगह बना लेता है, और हर कोई उसकी तरफ खुद-ब-खुद आकर्षित होने लगता है।किसी समारोह में तो यह खुशामिजाज चेहरा हर किसी के आकर्षण का केंद्र होता है। प्रसन्न मन का फायदा आपके चेहरे और स्वास्थ्य दोनों पर पड़ता है।प्रसन्न चेहरे की रौनक देखते ही बनती है।

मेडिटेशन – मेडिटेशन आपके मन को एकाग्र करने के साथ-साथ आपके मन को शांत करता है, जिसका असर आपके चेहरे पर प्रत्यक्ष तौर पर दिखाई देता है। मन की शांति जब, सोम्यता और धैर्य के साथ



NEWS BOX

IND vs BRA: From Chennai to Bhopal, Brazil supporters bring samba flair to Kolkata



New Delhi. (Agency)

S**T**imesofIndia.com in Kolkata: People from different walks of life made their way to the Salt Lake Stadium in Kolkata for the historic India versus Brazil friendly. Even though the iconic venue wasn't filled to its 65,000 capacity, many were still keen on making the most of this once-in-a-lifetime opportunity. A family of six from Chennai. A Brazilian living in Delhi. A family with two young boys from Delhi. Another family had travelled from Bhopal with their two daughters. Kohana had her husband and four boys for company. They went through India and Brazil jerseys on the street adjacent to the venue. The father went through them one by one while the four boys tested the size by placing the jerseys against themselves. "We live in Chennai but we're from Japan. We bought tickets last week and have travelled just for this match. I'm supporting both teams today but the boys are big fans of the Brazilian team," said Kohana, who hails from Osaka, with a smile. "We wanted to stay for the Uruguay game also but because they have school next week, we'll do just the Brazil match," she said, referring to the next FIFA friendly on October 6. Forty-six-year-old Felipe, who comes from Porto Alegre, the birthplace of Ronaldinho, has taken the trip from New Delhi. He works in the tourism sector in the capital with the aim of bringing more Brazilians, like himself, to travel to India. The moment he heard about the match, he didn't hesitate to buy a ticket online. Mere hours after arriving in Kolkata, he was overwhelmed by the city's food offerings. "I never thought Brazil would come here. When I saw the Brazilian team was coming to India, I decided that no matter what, no matter how, I have to be there. I have to see this match," he said, revealing that he had spent around €150 on the ticket (Rs 16,000). I like the city. I like the food, it is very good. I went to the Victoria Memorial, it's beautiful. I went to the New Market, a lot of things to see and buy," he continued. Adeeba and Aneefa Warsi donned the yellow and green of Brazil as they readied themselves outside the Salt Lake Stadium.

India vs West Indies ODI series rewrites record books with highest scoring rate ever



New Delhi. (Agency)

The India-West Indies ODI series was a run-fest from start to finish, with the three-match contest setting a new record for the highest scoring rate in a bilateral series involving at least three ODIs. The series recorded a scoring rate of 7.43 runs per over, the highest in the format for a bilateral series of three or more matches. The previous record was held by England's 2015 home series against New Zealand, which produced a scoring rate of 7.15 runs per over. India themselves were involved in the third-highest mark, scoring at 7.00 runs per over against England in the 2017 series. England's 2019 series against Pakistan comes fourth at The numbers underline just how explosive the India-West Indies contest was. The first ODI saw 595 runs scored, with West Indies making 295 for seven before India chased down the target in just 41.4 overs, finishing on 300 for two. The second ODI raised the bar considerably. West Indies piled up 405 for seven, only for India to chase down the target in 43.3 overs, reaching 406 for two. The match produced 811 runs. The run-scoring continued in the series finale, with India making 351 for seven before West Indies completed a record chase of 352 for five in 48.2 overs. The third ODI alone produced 703 runs. Across the three matches, both teams repeatedly crossed the 300-run mark. India eventually won the series 2-1, sealing victories by eight wickets in the first two matches before West Indies produced a five-wicket consolation win in the finale. The series was so heavily tilted towards the batters that, apart from Kuldeep Yadav's four-wicket spell in the opening ODI, there was little in the bowling departments to remember. The India spinner's spell stood out as one of the few occasions when a bowler managed to exert sustained influence on a contest otherwise dominated by the bat.

Asian Games: How Pakistan thriller prepared India for hockey final vs Malaysia

Craig Fulton said India's nerve-jangling semi-final win over Pakistan helped his side get ready for their Asian Games final against Malaysia. India defended their gold medal with a 5-1 win over Malaysia in Nagoya.

New Delhi. (Agency)

India's victory over Pakistan in a tense semifinal gave the men's hockey team the confidence and momentum to produce a commanding performance against Malaysia in the Asian Games final, according to head coach Craig Fulton. The result secured India back-to-back Asian Games gold medals and also sealed their place at the 2028 Olympics. Harmanpreet Singh led from the front with two goals as India brushed aside Malaysia 5-1 in the final, successfully defending their Asian



Games title. However, they were given an almighty scare in the semi-final as Pakistan came back from three goals down to level the game 3-3 before Abhishek got his side over the line. "We played a great game. We almost needed that semifinal (win) to get

into this mindset," Fulton said after the final, as quoted by Fulton said that the team had an honest debrief after the Pakistan game and the aim was to focus on tempo and play without fear. "We just had a good debrief. We were just honest with the way

we played and I think the occasion got to us a little bit." "Because if we didn't get to four and five goals and then you make one or two mistakes and then Pakistan get their tail up and they can play and they can score goals," said Fulton. "I'm glad we found a way to win that game because that was the difference and I think that helped us in this final." **'ASIAN GAMES WAS MAIN GOAL FOR 2026'** India's win in the final against Malaysia meant that they secured direct qualification for the LA Olympics in 2028. This comes on the back of a poor World Cup campaign, where India finished in 8th spot. Fulton said that the main aim for 2026 was to win the Asian Games and secure the Olympic berth. "That was the main goal of 2026. Had we won the World Cup we still would have had to come here and play. Obviously the World Cup didn't go the way we wanted it to.

‘This is all fake’: Shoaib Akhtar dismisses reports of taking up role in Mohsin Naqvi-led PCB

New Delhi. (Agency)

Shoaib Akhtar has dismissed reports linking him with the role of Pakistan's chief selector, making it clear that he has no interest in taking up any position with the Pakistan Cricket Board (PCB). Speculation around a major overhaul of Pakistan's coaching and selection setup has intensified since Babar Azam's side suffered a 0-3 defeat in the three-match Test series against England. Amid the reports of possible changes, Akhtar had been tipped for a key role in the selection committee. However, speaking during a live programme on PTV Sports, the former Pakistan fast bowler rejected the claims. The anchor reminded Akhtar of his earlier comments that his mother had advised him to stay away from the PCB and Pakistani politics. Asked directly about the latest reports, Akhtar said:

"There is no such thing, and all that is being said is speculative. I stand by my statement, and I am going to stick to that advice." "There is no truth to these claims. I am not at all interested in going to the



PCB. I stand by my statement. I am hearing all this news about taking on the role of chief selector. This is all fake, and there is no truth to such claims. I just want the betterment of Pakistan cricket," he added. Akhtar also said he has not held any

discussions with the Mohsin Naqvi-led PCB over the reported appointment. The former pacer is currently in Houston on a private visit. **‘Many other ways’** Despite ruling out any formal association with the PCB, Akhtar said he remains keen to contribute to Pakistan cricket and believes he can do so without taking up an official position. "I would love to serve Pakistan cricket, but I think I can do it in many other ways," Akhtar said. Akhtar, who played 46 Tests, 163 ODIs and 15 T20Is for Pakistan, has remained away from an official role with the board. The reports had earlier claimed that Akhtar met PCB chairman Naqvi for detailed discussions about the national team and ways to improve its fortunes. They also suggested that the relationship between the two had improved in recent months.

Not a good sign for World Cup: Shubman Gill flags concerns after India’s defeat in 3rd ODI vs West Indies

New Delhi. (Agency)

Indian skipper Shubman Gill flagged death bowling and fielding as major concerns heading into the 2027 ODI World Cup after India suffered a five-wicket defeat in the third and final ODI of the three-match series against West Indies in Mullanpur on Saturday. West Indies pulled one back to end the series 1-2 after India won the first two games on the trot. It was a poor bowling performance from the hosts as they failed to defend a target of 352 runs, allowing West Indies to pull off their highest-ever successful run chase in ODIs. India's bowling woes were left exposed throughout the series as their bowlers kept conceding runs heavily. India conceded over 400 runs in the 2nd ODI and failed to defend 352 runs in the third ODI

on Saturday, highlighting their woes. The hosts were also poor on the field, dropping



as many as five catches in the series. Speaking after his side's defeat, Gill said India's poor show with the ball and the dropped catches are not good signs heading into the 2027 ODI World Cup. "Lot of boxes ticked, but there are some

areas that definitely need fine-tuning. Our fielding could be better. We dropped around 6-7 catches. That is not a good sign leading up to the World Cup," said the Indian skipper after the game. Gill also said that India need to work on their death bowling, stressing that the bowlers need to be clear on their plans and the execution. India heavily leaked runs in the death overs in the 3rd ODI against West Indies on Saturday as Shai Hope took the match away from them with his brilliant 162-run knock. "We need to work on our death bowling. We are not clear whether we're attacking or defending, especially when we are bowling the death overs. One day such a game, six down, you are never really sure what fields to take, whether we are going for the death too early or we are still bowling kind of like middle overs.

No Insta, no off-days: At 17, Kumkum Mohod lives and breathes archery



New Delhi. (Agency)

At some point during the final against South Korea's Oh Yejin, Kumkum Anil Mohod had already done the difficult part. She had fallen behind, recovered, fallen behind again and forced the contest into a shoot-off. What remained was one arrow, one target and a chance to do something no Indian recurve archer had done before at the Asian Games. Kumkum shot a 10, and with it won a historic Gold medal in women's individual recurve archery in Aichi-Nagoya on Saturday, October 3. The 17-year-old from Amravati crossed a barrier that Indian recurve archery had spent years pressing against. Kumkum became the first Indian woman to win an individual Asian Games medal in recurve, after helping India win a historic women's team gold and adding a mixed team silver. She did it at her first Asian Games, against a Korean opponent, in a final that went down to its last arrow. The victory also secured an individual quota place for India at the Los Angeles 2028 Olympics. There was a strange inevitability to it. Her coach, Praful Dange, had been telling her for years that the individual medal was the one he wanted. Team and mixed-team medals were welcome, he says, but they were not the ultimate test. "I addressed her as 'Champion' first," Dange tells India Today.in, recalling the conversation after the gold. "Until now, she didn't have an individual medal in the international circuit. "She achieved that for the first time, and that too a Gold! I always tell her that I am not interested in team or mixed team events. I want an individual medal because our game is individual. Team and mixed team are good if they happen, but if you win an individual medal, according to me, you are the real champion of that tournament.

India earn praise from Carlo Ancelotti despite 4-0 defeat against Brazil in historic friendly

➤Brazil head coach Carlo Ancelotti praised the India for their "organised" defense despite the hosts' 4-0 defeat in the historic friendly.

New Delhi. (Agency)

Brazil head coach Carlo Ancelotti praised India for their "organised defense" and counter-attacking style despite the hosts' 4-0 defeat in the historic friendly between the two sides at the Salt Lake Stadium in Kolkata on Saturday, October 03. Brazil had a nervy spell at the start of the contest, but grew in confidence to thrash India comfortably. Ancelotti fielded a second-string side as the five-time champions played under muggy conditions at the Salt Lake Stadium. Estevao William opened the scoring for Selecao in the 28th minute,



following which the visitors scored three more goals to make light work of India. Nonetheless, India managed to catch the eyes of Ancelotti, who praised them for remaining organised under pressure and playing counter-attacking football, which gave them the most realistic chance of

hurting world-ranked 5th Brazil. "They defended, they were organised, they tried to play counter-attack. I think they played a good game," Ancelotti said on India after the friendly. He admitted to Brazil facing some anxious moments in the game at the start of the contest, but insisted their first

goal changed the complexity of the game. After Estevao's opener, Pedro (42nd) and Samuel Lino (58th, 90+5) scored three goals to wrap up a 4-0 win for the visitors. We had difficulty to open the score but the moment we opened the score with Estevao, we had more opportunity to control better the game," said Ancelotti. "We defended well. We could have defended better. It was a new defence that never played together, so it could be that not everything was perfect," he added. Brazil look to rebuild after disappointing World Cup Brazil are aiming for a rebuild under Ancelotti after their pre-quarterfinal exit from the FIFA World Cup 206 earlier this year. The head coach gave chances to several young players on Brazil's recently concluded tour of India and Australia in a bid to give them the opportunity to showcase their talent. "It was a test. Now it's a moment for us to give an opportunity to the young, to be part of the squad, to know — and for us to know — if they have the quality to be part of the national team in the future," said the Brazil manager after the India friendly.



Parineeti Chopra

Slams Trolls Targeting Katrina Kaif's Postpartum Body: 'Absolutely Uneducated'

Bollywood actress Katrina Kaif was recently subjected to intense trolling over her postpartum appearance after she attended the Ambani family’s Ganpati celebrations with husband Vicky Kaushal. Recently on Bigg Boss 20, Salman Khan seemingly slammed the body-shaming trolls for targeting the actress. Now, Parineeti Chopra has also called out those trolling Katrina for her postpartum appearance. She called out the severe scrutiny female actors face regarding their physical appearance.

Parineeti Chopra Defends Katrina Kaif

In a conversation with PTI, Parineeti was asked about those trolling Katrina for her appearance, and how Salman Khan seemingly stepped in to defend her. Opening up about the unfair expectations placed on women in the public eye, Parineeti didn’t hold back, labeling the trolls as completely ‘uneducated.’

“When someone comments on a postpartum body, I find it uneducated,” Parineeti shared. “You get a haircut, your hair’s going to be shorter. You go for a vacation, you’re going to come back with a tan. There’s going to be evidence of what you did on your body, and all that is celebrated. But making a human life, a baby, that evidence on the body is not celebrated. How is it negative?”

“I would look at a woman and say, ‘Oh my God, I see a stretch mark. Did you grow a baby? That’s so amazing. How’s your baby?’ That’s how I would look at it. I would look at your haircut and say, Oh, did you get a new haircut? Your hair looks really cool.’ How can I make that evidence on a woman’s body negative? I find it uneducated,” she said.

Parineeti Chopra On Tuning Out The Noise

Parineeti admitted that she deliberately keeps her distance from social media to protect her peace, calling online negativity an absolute waste of time and energy.

“And who are these people who are commenting? I mean, why are we talking about it? It’s such a stupid waste of time to even speak about it,” she said. She further added, “So a woman produces a baby, her body may have changed. If it doesn’t change, I’d be worried. Every pregnancy will give you some evidence that you have grown a whole entire human being”

“I don’t even know the trolling that is happening around me, around people... because that’s how insignificant I feel it is,” she said. Questioning the motives behind internet bullies, she added, “Are they trying to make a career on social media? Are they trying to get attention? Are they trying to get followers? What is the problem?”



After Salman Khan Seemingly Defended Katrina Kaif, Sameera Reddy Pens Moving Note: 'A New Mama...'



Actress Sameera Reddy has shared a strong body positivity post, encouraging people to embrace their bodies and not let others’ opinions define how they feel about themselves. Taking to Instagram, the ‘Maine Dil Tujhko Diya’ actress shared a video featuring words such as “plumpy”, “thicc”, “curvy”, “chubby”, “healthy”, “chunky” and “golu”, celebrating the different ways in which bodies are described. Alongside the video, Sameera wrote, “Whether you are a well-known personality, a young teen finding her way, a new mama, a woman seen year of judgement .. or just a person who needs to hear this – Your body listens and needs you to love it back irrespective of anything anyone has to say. Curvy – Beautiful- luscious You #bodypositivity #imperfectlyperfect She posted her video with words written, “Words I love being called plumpy thicc curvy chubby healthy chunky golu.”

In the video, the actress is seen confidently flaunting her curves in a variety of outfits, embracing her body and celebrating her appearance.

Meanwhile, Salman Khan recently raised concerns over online trolling and paparazzi culture during the “Bigg Boss 20 Weekend Ka Vaar” episode. He criticised the practice of targeting people over their age, weight, appearance, family background, professional setbacks or experiences of motherhood. The actor also urged paparazzi to avoid capturing actresses in inappropriate or objectionable ways.

The ‘Sultan’ actor said, “Suddenly, everyone starts talking about age, saying someone has gotten old. What do you want to troll someone for? Their weight, their looks, their family, their smile, a career flop or becoming a mother? You are merely revealing your own upbringing.”

“Yes, I have turned 60, man. Why do you troll a woman who is pregnant? Everyone gains weight during pregnancy... she gained weight because she was pregnant; she will get fit again when she returns to films. She simply wanted to spend time with her family. Don’t troll,” he added.

Sunita Ahuja Does Not 'Regret' Marrying Govinda: 'I Was Very Nice, Very Honest'



Sunita Ahuja does not regret marrying Govinda. The two have been married for 40 years. However, for the last few months, their divorce rumours and Govinda’s link-up reports have been making headlines. Despite this, in a recent interview, Sunita Ahuja clarified that she does not regret marrying Govinda because he was a ‘very nice’ and ‘very honest’ person. “I have no regrets. When I met Govinda, he was a very nice person. He was very honest. I am a very emotional person. People think I am very hard and strict but whatever I speak I say it from my heart. There are very few people who can understand me,” Sunita said, while speaking to Balaji Telefilms.

“I don’t have any regrets for marrying him. I want people to live their life and let others also live,” she continued and then added, “He is living his life. I have started living my life.”

What’s Happening Between Sunita And Govinda? Reports of trouble in Sunita’s marriage with Govinda have been making headlines for a long time now. It all started after rumours of Govinda dating his upcoming co-star Komal Rani surfaced online. The two were spotted together at the Mumbai airport, which raised eyebrows and left everyone wondering if there’s something between them.

Later, Sunita also reacted to the speculation surrounding Govinda and Komal. When asked about the actor’s appearance with the actress, she told paparazzi, “Vinash Kale Viprit Buddhi,” suggesting that she was unhappy with the situation. Govinda also hit back at Sunita and issued a video statement asking her not to drag family matters in the media.

Following this, Sunita Ahuja withdrew her divorce case. She claimed that she took back the case after learning that Govinda was planning to marry actress Komal Rani. However, Govinda’s manager, Shashi Sinha, denied the claim and said there was no second marriage in the offing. He also maintained that Sunita remained Govinda’s wife.

Kareena Kapoor’s

46th Birthday Cake Has A Special ‘Amma’ Message, Actress Thanks Fans For Their Love

Bollywood star Kareena Kapoor, who turned 46 on September 21, shared a glimpse of her birthday celebrations on Tuesday. The actress gave her fans a look at the special cake prepared for the occasion and thanked everyone for their love and wishes.

Kareena took to her social media account and shared a picture of a chocolate cake decorated with 46 candles and a large golden number “46” on top.

The cake was tied with a red ribbon and featured a message reading, “Happy Birthday Amma!”. Sharing the picture, Kareena wrote, “Thank you, everyone. I have felt the love in each and every message you’ve sent my way... I’m forever grateful, and I will only and always continue to be myself... To make the best choices I can, with all your love and positivity by my side... Onwards and upwards, peeps! Love you all, always and forever.”

Kareena received many wishes from members of her family, including her elder sister Karisma Kapoor. Karisma shared a childhood throwback featuring the two sisters and wrote, “Happy birthday to the best sister ever. Always side by side, always twinning and winning. Love you mostest.”

Her sisters-in-law Soha Ali Khan and Saba Pataudi also shared heartfelt birthday posts for Kareena.

Saba Pataudi had looked back at her relationship with Kareena and recalled meeting her and Saif during a shoot. She also remembered being

present when Kareena first met her father, late cricketer Mansoor Ali Khan Pataudi.

Kareena’s close friend Amrita Arora also penned a playful birthday poem for her. Kareena responded by calling Amrita a “poet bro.” Priyanka Chopra Jonas also wished Kareena on her special day, sharing a picture of the actress in a saree and writing, “Happy Birthday Kareena. There will never be anyone like you.”



The two actresses have previously worked together in Aitraaz. Born on September 21, 1980, in Mumbai, Kareena comes from the illustrious Kapoor film family. She is the daughter of actors Randhir Kapoor and Babita and the younger sister of actress Karisma Kapoor.

Kareena made her acting debut with J.P. Dutta’s Refugee in 2000, opposite Abhishek Bachchan. Her first commercial success came with Mujhe Kucch Kehna Hai in 2001. It was her role as Poo in Kabhi Khushi Kabhie Gham that same year made her a household name.



Al Qaeda Praises Flydubai Attack, Calls for Similar Strikes on US, Israeli Planes

News Desk: A publication linked to Al Qaeda supporters has reportedly praised the recent incident aboard a Flydubai flight and called for similar attacks targeting aircraft carrying Americans and Israelis, according to reports.

The reported development has added a new dimension to the investigation into the September 30 incident involving Flydubai Flight FZ1073, which was travelling from Dubai to Tel Aviv. **Al Qaeda-linked propaganda praises incident**

According to reports, the latest edition of an Arabic-language publication associated with Al Qaeda supporters referred to the Flydubai incident while invoking the September 11,

2001 attacks in the United States.

The publication reportedly called on extremists to replicate attacks against aircraft carrying Americans, Israelis and others whom the group considers its enemies. The material was circulated through online channels associated with Al Qaeda supporters.

Security analysts have warned that such propaganda can be used by extremist organisations to glorify acts of violence, encourage lone actors and exploit high-profile incidents for recruitment and radicalisation.

What happened on Flydubai flight?

The incident occurred on September 30 aboard Flydubai Flight FZ1073 dur-



Flydubai Attack: Al Qaeda-Linked Publication Calls for Copycat Aviation Strikes

ing its journey from Dubai to Tel Aviv. According to reports, the aircraft's Indian captain, Smit Machch-

har, was allegedly attacked inside the cockpit by the co-pilot, Hamam al-Hammami, an Omani national.

The incident reportedly involved an attempt to take control of the aircraft. The flight was subsequently

diverted to Tabuk in Saudi Arabia, where it landed safely. Passengers and crew members were reported safe, while Captain Machchhar received medical attention following the incident.

Authorities have been investigating the circumstances surrounding the attack, including the co-pilot's background and possible extremist connections. **Questions over extremist links**

Investigators are also examining material reportedly associated with al-Hammami's social-media activity and his alleged interest in Al Qaeda figures and extremist ideology. However, the reported material does not by itself establish

that he was an operational member of Al Qaeda. Investigators are expected to determine whether there was any direct organisational connection or whether the incident was carried out independently.

The distinction is significant because extremist groups frequently claim or praise attacks after the event without necessarily having planned or directed them.

Aviation security concerns grow

The Al Qaeda-linked praise has heightened concerns over the possibility of extremist groups using the Flydubai incident as propaganda. The episode has also raised questions about pilot screening, cockpit security,

intelligence sharing and the monitoring of individuals with suspected extremist affiliations.

For aviation authorities, the immediate challenge is to establish exactly what led to the cockpit confrontation, how the alleged attacker was cleared to operate as a co-pilot and whether any warning signs were missed before the flight.

The reported Al Qaeda reaction is therefore being viewed as a significant propaganda development, but it should not by itself be interpreted as evidence that a new attack is imminent. The investigation into the Flydubai incident and the alleged extremist links of the co-pilot remains ongoing.

'Medicine Theft' Charge in Jharkhand: ₹3.50 Amoxicillin vs ₹1.15, BJP Targets Irfan Ansari



Ranchi: The Jharkhand BJP has stepped up its attack on the state government over alleged irregularities in the procurement of medicines for government hospitals, questioning Health Minister Irfan Ansari's accountability for the functioning of the Health Department.

BJP state spokesperson Ajay Sah alleged that Jharkhand is paying substantially higher prices for medicines that are reportedly being procured at much lower rates in states such as Bihar, Rajasthan and Chhattisgarh.

Citing procurement figures, Sah claimed that Amoxicillin 500 mg is being purchased in Bihar for around ₹1.15 per tablet, while the reported rate in Jharkhand is about ₹3.50. He also questioned the reported procurement cost of 21-gram ORS, which he said is around ₹8.50 in Jharkhand.

Sah said the BJP had earlier raised questions over the tendering process involving government hospitals, including allegations that contracts for 11 Sadar hospitals were awarded to firms allegedly linked to members of a single Ranchi-based family.

He further alleged that some medicines and services were being procured at rates substantially above market prices.

The BJP spokesperson said the controversy adds to a series of concerns surrounding Jharkhand's public healthcare system, including ambulance services, availability of essential medicines and earlier reports of expired medicines and destruction of medicine stocks.

Targeting Irfan Ansari, Sah alleged that controversies relating to tenders, ambulance services, cataract surgeries and medicine procurement have surfaced during his tenure as Health Minister.

He demanded that the government explain the procurement process, pricing and accountability mechanisms in the Health Department.

Taking a political swipe at Ansari, Sah said the minister should answer questions about the alleged "theft of medicines" instead of making political statements on allegations of vote theft.

The allegations made by the BJP spokesperson could not be independently established from the information available in the statement.

The Health Department's response to the specific procurement-price allegations was not included.

Darjeeling Toy Train Heritage Revived as 146-Year-Old Sukna Station Gets New Look

Siliguri: The Northeast Frontier Railway (NFR) has stepped up efforts to preserve the heritage of the iconic Darjeeling Himalayan Railway (DHR) with the revitalisation of the historic Sukna railway station, a 146-year-old landmark at the foothills of the Himalayas.

The initiative seeks to protect the station's historic character while making it a more engaging destination for tourists travelling on the world-famous Darjeeling Toy Train. A key attraction of the revamped station is a new heritage photo gallery showcasing the history and evolution of the Darjeeling Himalayan Railway. The photographs are equipped with QR codes, allowing visitors to scan them and access additional information about the railway's rich heritage.

The heritage initiative was highlighted during a programme attended by NFR General Manager Chetan Kumar Shrivastava, which also featured traditional Nepali folk dances and musical per-



formances. Shrivastava said passenger traffic on the DHR has been rising and that the railway is taking steps to improve the heritage-train experience. Additional Toy Train services are also planned during the Durga Puja season to meet the expected surge in tourist demand.

Sukna's special place in Toy Train history

Sukna holds a special place in the DHR's story as the railway begins its dramatic climb from the plains towards Darjeeling from this region. The historic railway, built between 1879 and 1881, is renowned

for its engineering innovations, including loops and zigzags that allow trains to negotiate the steep Himalayan terrain.

The DHR, with its 2-foot narrow-gauge track, was declared a UNESCO World Heritage Site in 1999 as part of the Mountain Railways of India. UNESCO describes it as an outstanding example of a hill passenger railway and an important landmark in railway engineering.

NFR is also focusing on the preservation of the railway's historic locomotives. At the Tindharia workshop, one of

the key maintenance centres of the DHR, the railway continues to maintain its fleet of heritage steam locomotives.

The revival of Sukna is therefore more than a station upgrade—it is an effort to keep alive a 146-year-old railway legacy while presenting its history to a new generation of travellers.

With the Darjeeling Himalayan Railway set to approach its 150th anniversary in 2030, the renewed focus on stations, locomotives and heritage tourism could give India's iconic Toy Train a fresh lease of life.

Krishna-Radha Getups Steal the Show at Sanskar Bharati Event in Bokaro

by Arun Pathak

Bokaro: The Bokaro district unit of Sanskar Bharati, an organisation dedicated to promoting Indian art and culture, organised competitions in Bal-Krishna fancy dress, dance and dance-drama at DAV Public School, Sector 4, on Sunday.

The programme was inaugurated by S.K. Mishra, Principal of DAV Public School, Sector 4 and ARO, DAV Zone-K, along with Sanskar Bharati office-bear-



ers and guests. The event began with the organisation's anthem, followed by a Saraswati Vandana presented by DAV students. Students from different schools participated enthusiastically. Children dressed

as Lord Krishna and Radha particularly attracted attention with their colourful costumes and expressive performances. The competitions were judged by Dr Shubhra Mukhopadhyay, Lipi Bose, Dr Manjari Sriv-

astava and Chamcham Kumari.

Addressing the gathering, S.K. Mishra praised Sanskar Bharati for its efforts to promote Indian art, culture and traditional values among children. Sanskar Bharati Bokaro president Amarji Sinha and general secretary Swaroop Shekhar Pandey thanked the DAV School management for its support. The programme was anchored by Priyanka Sharma and Arun Pathak and concluded with the singing of Vande Mataram.

₹1,200 Crore Patna Water Metro Plan: World-Class Cruise Terminals Proposed at Kangan, Pehalwan Ghats

Patna: Patna is moving towards a major expansion of river-based transport and tourism infrastructure with a proposed Water Metro system estimated at around ₹1,200 crore along the Ganga. Linked to National Waterway-1 (NW-1), the project envisages modern passenger water transport, river-cruise facilities and supporting infrastructure.

Patna has been identified among the cities under Phase-I of the national Water Metro rollout. Feasibility studies for the city have been completed and accepted, while the Inland Waterways Authority of India (Iwai) is preparing detailed plans for the proposed urban water transport network.

Kangan, Pehalwan Ghats to Get Cruise Terminals

Kangan Ghat and Pehalwan Ghat have been identified for major river-cruise terminal infrastructure. The Bihar government has reportedly allocated two acres at each location to



Iwai for the proposed facilities. The two terminals are estimated to cost around ₹200 crore, with construction targeted for completion before 2029. At Kangan Ghat, the proposed terminal will have a 150-metre pontoon in the Ganga, connected to the terminal by a gangway beneath the JP Ganga Path. The facility is planned to accommodate up to four vessels simultaneously, besides a proposed fuel-bunkering facility.

At Pehalwan Ghat, an elevated terminal with an approach

ramp to the river pontoon has been proposed. Stone pitching along the riverbank is also part of the plan.

Wider Urban Water Transport Network

The proposed Water Metro is not limited to river tourism. An Iwai consultancy exercise has proposed a detailed urban water transport system covering the Ganga and Gandak rivers, with several potential passenger locations.

These include Chechar Ghat, Kangan Ghat, Gai Ghat, Gandhi Ghat, Digha Ghat, Fakkar

Mahto Ghat, Nariyal Ghat, Panapur, Konhara Ghat and Kali Ghat in Sonpur. The network is intended to provide an additional mode of passenger transport and improve connectivity through the city's waterways.

₹1,200 Crore Figure Yet to Be Final

The project has evolved through different stages of planning. An earlier proposal was linked to an estimated ₹908 crore, while subsequent planning has put the broader Water Metro project at around ₹1,200 crore.

The ₹1,200-crore figure should therefore be viewed as an estimated project cost at the planning stage, rather than a final sanctioned expenditure. If implemented, the project could strengthen Ganga-based tourism and urban mobility in Patna, while creating opportunities in cruise operations, hospitality, transport and other waterfront-related activities.

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BRIFF NEWS

Rs 3,750 crore RCom fraud: CBI names ex-LIC executive



New Delhi, Agency: CBI has filed a chargesheet against Reliance Communications Ltd and three key executives in a Rs 3,750 crore fraud case alleged by Life Insurance Corporation (LIC). The document names Amitabh Jhunjhunwala, Group MD of Reliance ADA Group, Vishwas Joshi, senior VP of Reliance Capital Limited, and P Venugopal, the then chief investment officer of LIC. CBI filed its report before the special judge for CBI cases in Mumbai.

The accused have been charged with offences of criminal conspiracy, cheating, and criminal breach of trust under IPC sections, alongside charges under the Prevention of Corruption Act.

According to CBI, its investigation revealed that in 2012, LIC subscribed to Non-Convertible Debentures worth Rs 1,500 crore issued by Reliance Communications Ltd. based on serious misrepresentations.

"The funds received from the subscription were subsequently diverted to other Reliance ADA Group companies, resulting in wrongful gain to the accused while causing a total alleged loss of ₹3,750 crore to LIC," CBI has said in the chargesheet. The probe agency had registered this case on April 1, 2026, following a complaint lodged by LIC. This submission represents the eighth chargesheet filed by the agency in a broader crackdown on Reliance ADA Group entities.

Insurance companies want policyholders to pay 10% of health claims



Mumbai, Agency: Non-life insurers are considering a 10% co-payment by policyholders on retail health policies from Jan 1, 2027, with the patient's contribution capped at Rs 5 lakh per claim. In return, customers would pay lower annual premiums.

The proposal, being considered by the General Insurance Council, would pair the change with common hospital empanelment and a formal mechanism for settling disputes between insurers and hospitals. The arrangement would require even those with comprehensive health insurance to keep funds for medical emergencies, as they would have to pay 10% of admissible inpatient hospitalisation costs, including those arising from accidents, whether claims are settled through cashless procedure or reimbursement. The proposal covers retail indemnity products, retail-undergroup policies, indemnity components of combi products, internal migrations and portability business. Outpatient claims would remain outside the scheme.

Co-payment cannot be waived, reduced or modified through riders or endorsements, and the customer's 10% contribution cannot be recovered from another health insurance policy.

Kerala orders vigilance probe into 2006 suicide case linked to CEC Gyanesh Kumar

New Delhi, Agency: Kerala home minister Ramesh Chennithala has ordered a Vigilance investigation into allegations of irregularities involving Chief Election Commissioner Gyanesh Kumar during his tenure as the state's Public Works Department Secretary in 2006, news agency Media reported. The case concerns the death by suicide of Malaysian civil engineer Lee See Been, who was associated with the PATI-BEL consortium involved in the upgradation of MC Road under the Kerala State



Transport Project. Been's suicide note reportedly mentioned Gyanesh Kumar. The investigation has been ordered following allegations that external pressure was exerted and that the original inquiry into the case was derailed. Chennithala has directly

instructed the Vigilance Director to conduct a thorough inquiry into the allegations of external influence in the case involving Gyanesh Kumar and take appropriate action based on the findings, the Home Minister's Office said. The development comes

as opposition parties, student organisations and youth groups held protests in Delhi and Mumbai on Friday, demanding Kumar's resignation over alleged irregularities in the Special Intensive Revision (SIR) of electoral rolls and claims of mass voter deletions.

Around 700 people were detained in Delhi, while thousands gathered at Mumbai's Shivaji Park despite police denying permission for the demonstrations. In Delhi, those detained included AAP leaders Atishi, Saurabh Bharadwaj and Sanjeev Jha,

AISA president Neha Bora, CPI(M) leaders M A Baby and Brinda Karat, CPI national secretary P Sandosh Kumar, RJD leader Manoj Jha, social activist Yogendra Yadav, DYFI president A A Rahim and former JNUSU president Aishe Ghosh.

The agitation intensified after media reports claimed that Election Commissioners Sukhbir Singh Sandhu and Vivek Joshi had raised objections on at least 14 occasions over 10 months regarding decisions and procedures linked to the SIR exercise

and other electoral matters.

The reported objections covered issues including voter deletions, Form 6 and access to electoral-roll databases. The Election Commission, however, rejected suggestions that the objections reflected institutional dissent, saying operational queries, inputs and suggestions raised during the draft stage were part of its routine administrative and decision-making process. The ECI said the three-member commission had taken all decisions, including those related to the SIR, unanimously.

Supreme Court steps in over relocation of 135-year-old govt library housing 8.5 lakh books

New Delhi, Agency: The Supreme Court has taken suo motu cognisance of the proposed relocation of Delhi's 135-year-old Central Secretariat Library, which holds more than 8.5 lakh books. The court's intervention comes amid reports that the library, currently located in Shastri Bhawan, has not been allotted space in the new Central Vista Plan. The building is proposed to be demolished as part of the Central Vista redevelopment.

A Bench of Justices Sanjay Kumar and Sanjeev Sachdeva is scheduled to hear the matter on Monday, October 5, reported LiveLaw.

Court steps in over library's future: The suo motu case, titled "In Re: 135-Yr-Old Library 8.5 Lakh Books- And No Room In The



New Central Vista Plan", was registered on October 3.

The concerns centre on where the library and its vast collection of books would be housed if Shastri Bhawan is demolished. Reports said the Ministry of Housing and Urban Affairs and the Central Public Works Department were still looking for suitable space for the library. The proposed relocation has also raised concerns about ensuring

proper facilities for the preservation of its extensive collection.

Government says space has been provided: The Union ministry of housing and urban affairs, however, has rejected reports that the library has been left without space under the redevelopment plans. "Contrary to a few reports, it is clarified that space for the Central Secretariat Library has been provided for in the Kartavya Path redevelopment plan. The necessary process for construction of the library is underway," the ministry wrote in a post on X.

The ministry's statement indicates that a new location for the library has been included in the Kartavya Path redevelopment plan, although the Supreme Court is now set to examine the issue.

BJP hits back at Kharge over 'illegal' remark

New Delhi, Agency: Hitting back at Congress president Kharge for his "illegal" jibe at PM Narendra Modi and home minister Amit Shah, BJP said Saturday that it is not only an insult to the democratic wisdom of 140 crore Indians but also shows brazen disrespect for the Constitution and a reflection of the opposition's arrogance.

"Insulting people's mandate is an old characteristic of Congress. Whenever people reject Congress, it begins to discredit constitutional institutions and the mandate," Union minister Shivraj Singh Chouhan said. He added,



"Calling the PM, who has been elected with a full majority and a record mandate 'illegal' reflects Congress' arrogance and its distrust of the democratic system. Does democracy become legitimate only when the Gandhi family or Congress is in power?"

PK Mishra: India must stay open but not become vulnerable

New Delhi, Agency: India needs to remain open to the world without becoming "excessively vulnerable" to the globe amid export restrictions, sanctions and tariffs being weaponised, principal secretary to PM PK Mishra said on Saturday.

At the Kautilya Economic Conclave, Mishra said the changing nature of trade policy was adding to uncertainty for economies. "The question before policymakers is not whether globalisation has ended... The question is how we preserve the gains from openness while making economies less vulnerable to concentrated and unpredictable shocks." The economic logic of globalisation was built around specialisation and production



where costs are lowest, and goods move efficiently across borders. He said the logic remains "relevant" and even powerful. He said the world in the near future will belong to those who can be steady without being closed and ambitious without being naive, and India aims to be such a country. Speaking at the event, VP CP Radhakrishnan said it is essential that the fruits of development reach everyone, failing which youth may lose faith in democracy.

India summons Pak envoy over 'cross-border infiltration', rejects Ferozepur claims

New Delhi, Agency: The ministry of external affairs on Saturday summoned the Chargé d'Affaires of the Pakistan high commission to lodge a strong protest over what it described as the continued facilitation of illegal cross-border infiltration from Pakistan.

It also rejected as "baseless and motivated" Pakistan's allegations over an October 2 incident in the Ferozepur sector of Punjab along the International Border.

MEA said that Pakistani was informed that three individuals had entered Indian terri-



tory and continued moving towards the border fence despite repeated warnings from the BSF to return. The force subsequently engaged them after they were assessed to pose an imminent security threat.

"The Pakistani side was informed that three individuals infiltrated into Indian territory and despite multiple warnings by BSF to return to

Pakistan, continued to move towards the border fence. The BSF was compelled to engage them for posing an imminent security threat," MEA said in a statement.

MEA said the incident was part of a repeated pattern of cross-border movement by armed narcotics syndicates operating from Pakistan. Islamabad was urged to

investigate such infiltration and drug-smuggling activities, including the alleged involvement of Pakistani border forces, and take appropriate corrective measures.

"This incident highlights a clear pattern of repeated cross-border movement by armed narcotics syndicates operating from Pakistan. Government of Pakistan was urged to investigate these cross-border infiltration, drug smuggling activities and the complicity of Pakistan Border Guarding forces therein, and to take appropriate remedial measures," it said.

PoK woman crosses LoC in Rajouri, detained

Jammu, Agency: A 19-year-old woman from Pakistan-occupied Kashmir (PoK) was intercepted by Army personnel after she crossed the LoC in J&K's Rajouri district, officials said Saturday.

Nothing incriminating was found with Samiya Azeem when she was caught late Friday, the offi-



cials said, adding she is a resident of PoK's Kotli district. "During preliminary interrogation, the girl

maintained she had inadvertently crossed the LoC and entered Indian territory," an official said. Troops found Samiya in the border village of Pukhemi in Rajouri's Nowshera sector. The teenager was later handed over to J&K Police officers for further detention and inquiries, the officials said.

Russia to take 70,000 Indian skilled workers this year, Jaishankar tells panel

New Delhi, Agency: External affairs minister S Jaishankar on Saturday briefed a parliamentary consultative committee on India's "multifaceted" engagement with Russia, covering bilateral trade, investment and energy cooperation as well as New Delhi's diplomatic efforts to contribute towards ending the Ukraine conflict.

Chairing the meeting on India-Russia relations, Jaishankar also informed members that Russia has agreed to take around 70,000 Indian skilled workers this year, particu-



larly in construction and logistics, people familiar with the discussions said, according to news agency Media.

Jaishankar said India and Russia share an ambition to expand bilateral trade in a more balanced manner, including by

increasing Indian exports to Russia across seven sectors - automobiles, pharmaceuticals, food, marine products, engineering goods, chemicals and textiles.

Trade, connectivity and energy cooperation: The minister highlighted

various areas of bilateral engagement, including trade, investments, energy, connectivity, culture and people-to-people ties, according to a social media post by Jaishankar.

The discussions also covered an India-Eurasian Economic Union Free Trade Agreement, the Chennai-Vladivostok corridor, the International North-South Transport Corridor (INSTC) and the Northern Sea Route.

On energy cooperation, Jaishankar said India's priority was to safeguard the interests of Indian consumers.

Kashmir professor removed for 'harassing' students



Srinagar, Agency: Central University of Kashmir has removed chemistry department head Chinnappan Baskar after some female students accused him of harassing them and asking one of them out on a "date". "Pending an inquiry into the complaint, Chinnappan Baskar is attached with the office of dean (academic affairs) with immediate effect and relieved of all official assignments," an order issued by the varsity's deputy registrar stated.

Scores of students had protested against Baskar on Thursday, accusing him of passing "lewd remarks" at female students, telling one of them she was becoming "more beautiful with each passing day" before asking her out on a date. The protesters also alleged that Baskar threatened

to "destroy" their careers.

Registrar Nisar Ahmad Mir said he had spoken to the protesting students and assured them that anyone using "such language" should be reported to university authorities immediately. He quoted the students as saying that Baskar used "abusive language in the class." "We brought the matter to the notice of the vice-chancellor, who ordered his attachment and an inquiry," Mir said. He claimed this was the first such complaint officially made to varsity officials.

In a statement on Saturday, the university reaffirmed its zero-tolerance policy on sexual harassment, assuring complainants confidentiality and action under the 2013 Prevention of Sexual Harassment (POSH) Act.

Rani Durgavati: The Queen Who Chose Resistance Over Surrender



Mughal governor Asaf Khan moved towards the Gond kingdom. The conflict was unequal from the beginning. The Mughal forces possessed considerable military resources, while Durgavati's forces were smaller. Yet the queen chose resistance rather than surrender.

The first stages of the conflict demonstrated her knowledge of terrain and military strategy. Rather than abandoning the kingdom immediately, she attempted to use the geographical advantages of the region to counter the invading forces. Her army fought with determination, and her son Vir Narayan also participated in the resistance.

The decisive confrontation took place near Narrai, an area surrounded by hills and rivers. Durgavati understood that the landscape could help compensate for her army's numerical disadvantage. Her forces initially succeeded in putting pressure on the Mughal troops. However, the superior resources of the opposing army eventually changed the balance of the battle.

During the fighting, Rani Durgavati herself was wounded. Historical accounts state that she was struck by arrows but refused to allow herself to be captured. Facing defeat, she made the decision to end her own life rather than surrender to the enemy. Her death on 24 June 1564 transformed her from a regional ruler into a lasting symbol of resistance and self-respect.

The significance of Rani Durgavati's story extends beyond the battlefield. Her life challenges the idea that women in medieval Indian history were merely passive figures within royal households. She governed a kingdom, made political decisions, directed military resistance and accepted the consequences of her choices.

Rani Durgavati occupies a distinctive place in the history of medieval India. Remembered for her courage, administrative ability and determination to defend her kingdom, she became one of the most prominent women rulers associated with the Gondwana region. Her story is not simply that of a queen who fought a battle; it is the story of a ruler who placed the dignity and independence of her kingdom above personal safety. Centuries after her death, her legacy continues to resonate, particularly among tribal communities and in the historical memory of central India.

Born into the Chandela Rajput family, Durgavati grew up in an environment shaped by the traditions of courage, military discipline and political responsibility. She was born on 5 October 1524 at Kalinjar, according to widely accepted historical accounts. Her upbringing prepared her for a life that would eventually take her into the political landscape of Gondwana, a region covering large parts of present-day Madhya Pradesh and adjoining areas.

Her marriage to Dalpat Shah, the son of Gond ruler Sangram

Shah, brought her into the Gond royal family. After Dalpat Shah's death, Durgavati assumed responsibility for the kingdom as regent for her young son, Vir Narayan. This was a period when political authority was frequently contested and powerful kingdoms were attempting to expand their territories. For a woman to exercise effective political and military authority in such circumstances was itself remarkable.

Rani Durgavati's reputation as a capable administrator grew during her rule. Historical accounts describe a kingdom that experienced political stability and economic development under her leadership. She is associated with efforts to improve agriculture, strengthen irrigation and encourage settlement and trade. Her understanding of the geography of the region also became an important advantage. The hills, forests and valleys of Gondwana were not merely parts of the landscape; they formed a natural defensive system for the kingdom.

Her reign eventually came into direct conflict with the expansionist ambitions of the Mughal Empire under Emperor Akbar. In 1564, the

Rani Durgavati and the Power of Women’s Leadership in Medieval India



When the history of medieval India is discussed, the names of powerful emperors, generals and kings often dominate the narrative. Yet the period also produced remarkable women who exercised political authority, managed kingdoms and made difficult decisions in times of war and uncertainty. Among them, Rani Durgavati stands out as one of the most compelling examples of female leadership. Her story is significant not merely because she fought a powerful invading army, but because she successfully governed the Gond kingdom of Garha-Katanga during a politically challenging period.

Rani Durgavati was born in 1524 into the Chandela royal family. Her upbringing was shaped by a tradition in which courage, responsibility and martial skills were valued. Her later marriage to Dalpat Shah, heir to the Gond kingdom, connected her with the political world of Gondwana. After Dalpat Shah died in 1550, their son Vir Narayan was still young. Durgavati therefore assumed the responsibility of governing the kingdom as regent.

Taking charge of a kingdom under such circumstances required more than royal status. She had to maintain political stability, manage relations with neighbouring powers, protect the kingdom and ensure that the administration continued to function. Her reign demonstrated that women could occupy positions of real political authority even in an era when power was overwhelmingly

dominated by men.

One of the most important aspects of Durgavati's leadership was her ability to understand the strengths of her kingdom. Garha-Katanga covered a large area of central India, much of it characterised by forests, hills and difficult terrain. Such geography could create challenges for administration and communication, but it could also provide natural protection against external enemies. Durgavati understood the strategic value of the landscape and used it as part of her broader approach to defence.

Her rule is associated with efforts to strengthen agriculture and irrigation. Water management was particularly important for a kingdom whose economy depended heavily on agriculture. Tanks and other water structures helped support farming communities and contributed to economic stability. In this respect, her leadership was not limited to military affairs. The strength of a kingdom depended upon the well-being of its people, the productivity of its land and the stability of its revenue system.

This aspect of her rule deserves greater attention because popular memory often presents Durgavati primarily as a warrior. The warrior image is certainly justified by her final resistance, but it represents only one part of her political career. Before she faced the Mughal forces, she had already spent years governing a substantial kingdom.



Gondwana’s Forgotten Heritage

The World Rani Durgavati Ruled

The story of Rani Durgavati cannot be fully understood without understanding Gondwana, the land and society over which she ruled. Often remembered mainly as the kingdom that resisted Mughal expansion in the sixteenth century, Gondwana was far more than a battlefield. It was a region of forests, hills, rivers, agricultural settlements, forts and thriving local communities. Its history reflects the political strength and cultural richness of central India long before modern state boundaries were drawn.

Rani Durgavati became one of the most celebrated rulers of this region, but the kingdom she inherited had already developed a significant political tradition. The Garha-Katanga kingdom, commonly associated with Gondwana, emerged as one of the most important Gond states of central India. Under rulers such as Sangram Shah, its influence expanded considerably, creating the political foundation that later supported Durgavati's rule.

The word Gondwana itself carries a deep historical and cultural association with the Gond people, one of India's major tribal communities. The Gonds have lived for centuries across parts of present-day Madhya Pradesh, Maharashtra, Chhattisgarh, Telangana and neighbouring regions. Their history is closely connected with forests, agriculture, local landscapes and community institutions.

The geographical character of central India played a major role in the development of Gond society. Dense forests provided timber, fruits, medicinal plants and other resources. Rivers and streams supported agriculture and settlement. Hills and valleys created natural boundaries and defensive

positions. For kingdoms such as Garha-Katanga, the landscape was not simply the setting in which history happened; it was an essential part of political and economic life.

Agriculture formed an important foundation of the kingdom's economy. Communities cultivated crops suited to local conditions and depended upon seasonal rainfall and water resources. Irrigation structures and water tanks helped support agriculture in areas where rainfall was uneven. The ability of rulers to maintain agricultural productivity was closely linked to their capacity to sustain the administration and military.

The Gond kingdom also developed an extensive network of forts and fortified settlements. These structures were adapted to the terrain of central India. Some were located on hills, while others took advantage of forests and natural barriers. Their purpose was not only military. Forts could serve as administrative centres, places of refuge and symbols of political authority.

Among the historical sites associated with the Gond rulers, Chouragarh holds particular importance. Located in present-day Madhya Pradesh, the fort is connected with the history of the Gond kingdom and its rulers. Such sites offer a physical connection to a period that can otherwise seem distant and abstract. Ruins, walls, pathways and surrounding landscapes help historians and visitors understand how political power operated in central India.

Gondwana's heritage, however, cannot be reduced to forts and royal history. Its cultural traditions are equally important.

Gond communities developed distinctive forms of art, music, storytelling and religious practices.

From Tribal Queen to National Icon

How Rani Durgavati’s Legacy Lives On

More than four and a half centuries after her death, Rani Durgavati continues to occupy a distinctive place in India's historical memory. The queen of Gondwana, who died resisting Mughal forces in 1564, is remembered today not only as a courageous warrior but also as a symbol of tribal heritage, women's leadership, political independence and cultural pride. Her journey from a regional ruler of sixteenth-century central India to a widely recognised historical figure reflects the changing ways in which India remembers its diverse past.

For generations, the story of Rani Durgavati survived strongly through local traditions, oral histories and community memory. Among the Gond people and communities of central India, her name remained associated with courage and dignity.



Folk traditions helped preserve a history that was not always prominently represented in mainstream accounts of medieval India.

This form of historical memory is important because written records are only one way societies remember their past. Songs, stories, festivals, local monuments and family traditions can preserve the memory of historical personalities for centuries. In the case of

Rani Durgavati, community memory played a major role in keeping her story alive.

Her recognition has expanded considerably in modern India. Schools and universities increasingly include regional and tribal figures within discussions of Indian history. Public institutions and cultural organisations have also highlighted her contribution.

Rani Durgavati and the Forests

A Legacy of Tribal Knowledge and Nature



The history of Rani Durgavati is inseparable from the landscape of central India. The forests, hills, rivers and valleys of Gondwana were not simply the backdrop to her reign; they were closely connected with the economy, culture, defence and everyday life of the communities living in the region. Centuries later, as India confronts questions of deforestation, biodiversity loss, climate change and sustainable development, the history of Gondwana offers another way of thinking about the relationship between people and nature.

Rani Durgavati ruled the Garha-Katanga kingdom in the sixteenth century, a region that covered substantial

parts of present-day Madhya Pradesh and adjoining areas. Much of this territory consisted of forests and undulating terrain. For the Gond communities who lived there, forests provided food, fuel, medicines, materials and livelihood. They were also connected with cultural traditions and community identity.

The relationship between tribal communities and forests developed over generations. Knowledge about plants, seasons, animals, water sources and agricultural practices was passed from one generation to another. Such knowledge was practical, but it was also cultural. The environment was understood not merely as a collection of resources but as a living landscape in which human communities had to maintain a relationship of dependence and responsibility.

This relationship influenced the political and military character of Gondwana as well. Forests and hills provided natural protection to settlements and kingdoms. Local knowledge of the terrain could be an important advantage during periods of conflict.