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The Researchers'

Obama blasts Trump's 'chaos and cruelty' while campaigning for Democrats

WASHINGTON.(Agency)

Democrats are attempting to wrest back control of one or both chambers of the US Congress, which are currently controlled by Trump's Republican party.

The former president retains considerable popularity among the Democratic base, which he is keen to leverage to support his Democratic Party's candidates. In both states, the 65-year-old former president blamed the Trump administration for the rising cost of living, a top voter concern amid soaring fuel prices.

"The current president chose to make a series of bad decisions," Obama said in Ohio, where he rallied in support of former Democratic senator Sherrod Brown. "Most importantly, he decided to start an unnecessary war that nobody asked for."

"After two years of chaos and cruelty and corruption and incompetence, the likes of which we have not seen in the modern era, you get a chance to say, 'Enough is enough.'" Obama declared in Cleveland. "We are voting for change right here in Ohio." Later, in Michigan, Obama campaigned for Abdul El-Sayed, from the party's left wing, who is in a close race with Republican Mike Rogers for the US Senate.

Riyadh Airport Resumes Flight Operations Despite Houthi's "Unsafe" Warning

Riyadh.(Agency)

Riyadh's international airport said flights would resume on Sunday after a two-week closure following strikes from Yemen's Houthis on the Saudi capital, though the Iran-backed group warned of more to come. The Flight Radar monitoring site showed a plane taking off from Riyadh airport early Sunday, heading to the Saudi city of Jeddah. Saudi Arabia, along with Yemen's internationally recognised government that it backs, has faced a wave of Houthi attacks in recent weeks after a years-long truce broke down in the summer. The fighting has shifted the focus of the wider US-Iran war and deepened a humanitarian disaster crippling Yemen, one of the world's poorest countries. "Please be advised that Terminal (1) will be designated for domestic flights and Terminal (2) for international flights operated by national carriers at King Khalid International Airport in Riyadh, effective Sunday, October 25, 2026," King Khalid International Airport posted on X on Saturday.

12, Including 6 Children, Injured In Shooting Near Florida University

Tallahassee.(Agency)

At least 12 people were injured, including six children, in a shooting Saturday near a football stadium in Tallahassee on homecoming weekend for Florida A&M University,



authorities said. Tallahassee Police Chief Lawrence Revell told reporters that no arrests had been made. In a statement, police said the preliminary investigation indicates that a fight broke out prior to the shooting. It followed a football game in a crowded area. Eleven of the victims sustained gunshot wounds, and at least three victims sustained serious injuries, according to police.

More than 400,000 protest across France, challenging Macron as Paris clashes erupt

More than a month of unrest that started with protests in high schools for more funding and teachers is testing Macron's authority in the final months of his presidency before voters choose his successor in May.

PARIS.(Agency)

Clashes erupted in Paris as a mass march drew to a close Saturday, with more than 400,000 people rallying across France over school funding and soaring living costs in a fresh challenge to President Emmanuel Macron. Police made nearly 1,000 arrests, the government said. The Paris march began

peacefully, a week after widespread rioting and looting during protests across the country. But near the demonstration's endpoint in eastern Paris, masked protesters hurled objects and fireworks at police, who answered with clouds of tear gas, deafening sound grenades and jets of water cannons. Officers with megaphones urged protesters to disperse. Some demonstrators panicked as tear-gas canisters landed in their midst, scattering with screams. Veteran protesters shouted after them: "Don't run!"

The Interior Ministry put nationwide turnout at 410,000 — fewer than the 550,000 it said protested last weekend — while the CGT union that helped organize some of Saturday's protests estimated nearly 800,000. The ministry's estimate included 110,000 in Paris, where authorities confined the march to the city's southeastern edge, away from the center. The CGT put the number of protesters in Paris at 250,000.

Unrest is challenging Macron's final months in power. More than a month of unrest that started with protests in high schools for more funding and teachers is testing Macron's

authority in the final months of his presidency before voters choose his successor in May.

The stakes are high: The far-right National Rally party has accused his government of



failing to protect the public and urged people to channel their anger into votes for its candidate Marine Le Pen. On the far left, presidential candidate Jean-Luc Mélenchon has backed demonstrators and criticized policing that has left some teenage protesters with life-changing injuries. As dusk fell Saturday, violence erupted at the end of some

of the 289 protests counted by the Interior Ministry nationwide. Street fires burned in the cities of Marseille and Lyon. Police used tear gas in Lyon, Clermont-Ferrand,

Strasbourg and Bordeaux and water cannons in Nice and Nantes, French media reported. In Nice, far-right extremists fought with demonstrators downtown and 11 people were arrested, regional authorities said. Interior Minister Laurent Nuñez said police made nearly 1,000 arrests but added that the number is expected to increase significantly as more are counted. Nuñez said beefed-up policing, with 70,000 officers backed by helicopters, armored vehicles and other support, helped prevent a repeat of widespread looting and damage to shops the previous weekend."

A small protest became a national movement

What began last month as a protest over staff shortages at one high school southeast of Paris spread nationwide, drawing students demanding more funding for education and workers seeking help with soaring costs for fuel and other necessities.

Riyadh airport resumes flights after two-week closure following Houthi attacks

RIYADH.(Agency)

Riyadh's international airport said flights would resume on Sunday after a two-week closure following strikes from Yemen's Houthis on the Saudi capital, though the Iran-backed group warned of more to come. The Flight Radar monitoring site showed a plane taking off from Riyadh airport early Sunday, heading to the Saudi city of Jeddah. Saudi Arabia, along with Yemen's internationally recognised government that it backs, has faced a wave of Houthi attacks in recent weeks after a years-long truce broke down in the summer. The fighting has shifted the focus of the wider US-Iran war and deepened a humanitarian disaster crippling Yemen, one of the world's poorest countries. "Please be advised that Terminal (1) will be designated for

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effective Sunday, October 25, 2026," King Khalid International Airport posted on X on Saturday. Passengers with confirmed bookings have been advised to contact their airlines to verify flight status before heading to the

airport... The Houthis have carried out waves of strikes on Riyadh's airport, including an attack this month that killed 13 people and wounded more than 300, the deadliest in the kingdom in more than a decade. Houthi military spokesman Yahya Saree warned that the airport was still "unsafe" and a "military target". "The Yemeni Armed Forces warn all international, regional, and local airlines -- as well as staff and travellers -- against using King Khalid Airport in Riyadh, as it is unsafe and serves as a military target for our forces," he said.

"The Saudi regime shall bear the consequences of any operations at the airport." The Saudi-led military coalition fighting the Houthis said early Sunday it had shot down two drones in the Riyadh area.

At least 12 people injured in shooting near a football stadium in Florida

TALLAHASSEE.(Agency)

At least 12 people were injured, including six children, in a shooting Saturday near a football stadium in Tallahassee on homecoming weekend for Florida A&M University, authorities said. Tallahassee Police Chief Lawrence Revell told reporters that no arrests had been made. In a statement, police said the preliminary investigation indicates that a fight broke out prior to the shooting. It followed a football game in a crowded area. Eleven of the victims sustained gunshot wounds, and at least three victims sustained serious injuries, according to police. The university said on social media that the shooting happened near its campus and that it remained safe.



Ukraine Violated Starlink, Used It To Kill People': Elon Musk As Speed Restores

world.(Agency)

Elon Musk said on Saturday that his company SpaceX had throttled the Starlink satellite internet service in Ukraine, disrupting operations that the country relies on to defend itself against Russia. Musk's admission on social media came after Ukrainian President Volodymyr Zelensky said that Ukraine's access to Starlink and Starshield satellite links has been restored to the speeds it had before restrictions that disrupted front-line operations for more than a week. Questions have persisted since last week about who ordered the interruptions to the Musk-made satellite internet system that Kyiv has relied on for years to counter Moscow's attacks. "The speeds are now where they need to be," Zelensky wrote on X, adding that restoration began overnight and were sufficient by Saturday morning, improving front-line logistics and defense against Russian jet-powered Shahed drones. After Ukraine said the services had been restored, Elon Musk spoke out on the speed restrictions that began last week. In a post Saturday on X, Musk acknowledged that his company SpaceX throttled the Starlink satellite internet service. Using Starlink, a civilian commercial service, for offensive drone strikes to kill people has never been allowed, nor should it be," Musk wrote. "Ukraine military violated Starlink terms of service and used it for offensive drone strikes to kill people. That loophole was closed last week."

But he maintained that the US government

controlled whatever changes happened with Starshield, the military-grade version of Starlink that is the backbone of Ukraine's drone operations and communication. He also defended the role of SpaceX in bolstering Ukraine's defenses since Russia's full-scale invasion of Ukraine in February 2022.

Restrictions imposed last week on Starshield alarmed the country's military and government officials, with commanders reporting lost drones and disrupted missions. The restoration follows a new US diplomatic push to end the war. Russia agreed Wednesday to resume three-way negotiations with Washington and Kyiv next month. On Friday, Kyiv and Moscow also agreed to a localized ceasefire brokered by first lady Melania Trump around Oleshky, a war-ravaged, Russian-occupied town in Ukraine's southern Kherson region. The episode added to tensions between Kyiv and Washington, a relationship already strained by President Donald Trump's reported deal with Moscow on Russian diesel imports, which Ukraine viewed as a betrayal. Ukraine's Defense Minister Yevhenii Khmara credited "direct dialogue" and Zelensky's diplomacy with Washington, adding that the outcome mattered most "for our front, for the military, the work of drones, logistics and communications." "Trump has maintained that he didn't make the call, while also saying Musk should not be blamed. Vice President JD Vance has hinted at White House coordination with Musk, while Secretary of State Marco Rubio and Defense Secretary Pete Hegseth have denied any administration involvement.

Nearly 1,000 arrested in French protests marred by 'elevated' violence: Minister

PARIS.(Agency)

French police arrested "nearly 1,000" people Saturday in nationwide protests in which officers were confronted with "an extremely elevated level of violence" from black-clad extremists, Interior Minister Laurent Nunez said.

Although marches over the cost of living "passed off well" in cities, "ultra-left" groups took to throwing projectiles and aiming fireworks at police to provoke clashes, he told journalists. Two people were "seriously injured", he said: one in the city of Toulouse, where a 20-year-old man reportedly had fingers blown off, and the other in Clermont-Ferrand. He did not give details of either case.

Nunez compared Saturday's figures with those from a week ago, when a first round of national demonstrations over the cost of living degenerated into street violence, with hundreds of shops looted and 2,700 people ending up being arrested. He said that the nearly 1,000 arrests recorded on Saturday compared with the same time a week ago, when authorities had recorded 385 arrests. He also said that, while some shops and businesses had been vandalised and looted on Saturday, "the scale was far smaller" than a week earlier, and he stressed that shopping centres had been well protected this time.

In Paris, where the main demonstration

passed off largely peacefully but clashes broke out with police as the crowd dispersed, Nunez said "several thousand radical activists gathered at the rear of the march, including around 500 individuals identified as rioters". Ensuing clashes in the capital lasted for around two hours, he said. The minister said that in the southern cities of Cannes and Montpellier, authorities "for the first time" saw far-right activists who sought confrontations with "ultra-left militants" or who claimed to be there to protect businesses.



Overall, Nunez said, Saturday's outcome appeared more "positive" than a week ago, with more police on the streets acting more rapidly, conducting more pre-demonstration checks and better protecting businesses.

The authorities would remain "on high alert" through the night and into Sunday, he said.

Delhi Police traces bomb-threat email sent to school; student apprehended

Delhi.(Agency)

Delhi Police have arrested a girl student in connection with a false bomb threat sent to a school in New Delhi, with investigators revealing that the hoax was orchestrated simply to secure a day off from classes.Delhi Police said it has traced a bomb-threat email sent to a School in New Delhi and apprehended a girl student of the same school in connection with the incident, police said on Saturday. The school received a threatening email with the subject line Bombs Placed in Your Building on October 23. Following the



incident, PS Cyber, South, launched a technical investigation to identify the sender. According to police, the investigation revealed that the alleged sender was a girl student of the school. She reportedly sent the email with the intention of getting the school closed for the day. The team further conducted a detailed technical investigation and examined digital evidence to trace the source of the email, following which legal action has been initiated against the Child in Conflict with Law (CCL) in accordance with the applicable provisions of the Juvenile Justice Act, police said.

‘Free Umar Khalid’, ‘Long Live Naxalbari’ graffiti at JNU sparks row, administration reacts

Delhi.(Agency)

Grffiti reading ‘Free Umar Khalid’ and ‘Long Live Naxalbari’ appeared on the walls of Jawaharlal Nehru University on Saturday, prompting an administrative response and objections from the Akhil Bharatiya Vidyarthi Parishad.A university official said the administration had taken cognisance of the matter and would examine it. The official added that JNU would not allow vested interests to disturb campus peace. University sources said authorities would not tolerate such graffiti.

ABVP demands action

The ABVP’s JNU unit accused Left-wing student organisations of disturbing the university’s academic atmosphere. It demanded that the administration identify those responsible and take action. In a statement, the organisation alleged that photographs circulating from campus showed All India Students’ Association members involved in objectionable writing alongside a portrait of Hindutva ideologue VD Savarkar.

ABVP JNU president Mayank Panchal said freedom of expression could not justify disrespect towards national figures or damage to public property. Unit secretary Praveen Piyush said the university belonged to no single ideology and its academic environment deserved protection.

Khalid’s prolonged incarceration Khalid, a former JNU research scholar, has remained in jail since September 2020 in the case concerning an alleged larger conspiracy behind the February 2020 Delhi riots. The violence killed 53 people. Authorities charged him under the Unlawful Activities (Prevention) Act. Student organisations and civil rights activists have repeatedly questioned his prolonged incarceration and delays in the trial.

Similar row at Jamia

The JNU incident followed the discovery of ‘Free Kashmir’ and ‘Free Sharjeel Imam’ slogans on Jamia Millia Islamia’s walls on Friday. The graffiti appeared amid student protests seeking the restoration of the university’s students’ union, which has remained disbanded since 2006.

In its current interpretation, peace bond won’t be signed by AISA: Neha

AISA president Neha appeared before a special executive magistrate in Delhi on Saturday after the High Court dismissed her plea challenging a police notice asking her to execute a Rs 10,000 peace bond.

Delhi.(Agency)

AISA president Neha on Saturday appeared before the special executive magistrate (SEM) at the Mandir Marg police station a day after the Delhi High Court dismissed her plea challenging a police showcause notice directing her to execute a Rs 10,000 “peace bond” with one surety.Following HC directions, the SEM provided Neha’s counsel documents that formed the basis of the police allegation that there is a likelihood of her breaching peace and hence she should sign a “peace bond”. Neha had declined to sign the peace bond.The SEM has given Neha time to reply by October 29, her advocate Abhik Chimni said.Before reaching the SEM court around 2 pm, Neha held a press conference at the Press Club of India, where she criticised the concept of peace bonds itself.Maintaining that signing the peace bond would squander the right to democratic dissent, Neha said, “As we take the movement forward, it is important for it to sustain so that peaceful demonstrations are not declared a breach of peace. In its current interpretation, the peace bond won’t be signed by AISA.”



provided to us. Today, we showed the judgment to the SEM, who gave us all the documents. We will examine them before the next hearing on the 29th,” Chimni told mediapersons.“The court’s findings are important as they uphold the right of detained persons to know the allegations against them and have a reasoned opportunity to reply,” he added.The showcause notice, issued on October 17 under Section 126 of the Bharatiya Nagarik Suraksha Sanhita

(BNSS), directed Neha to appear before the magistrate and explain why she should not sign a personal bond of Rs 10,000 with one surety to maintain peace during the inquiry. Neha approached the HC, challenging the notice which she said was vague, factually incorrect and unsupported by material indicating a likelihood of breach of peace.Refusing to interfere with preventive proceedings initiated against Neha, the HC had observed that the showcause notice met the requirements of law. It had said that “it is not necessary that the SEM has to investigate like a fact-finding authority” at this stage.It also held that “even one incident is sufficient” for initiating preventive proceedings “if the circumstances so suggest that there is an apprehension that such a person will indulge in further incidents of the same nature which can breach peace and disturb public tranquillity”.The case is part of the police action following protests against Chief Election Commissioner Gyanesh Kumar over allegations of deletion of votes through the Special Intensive Revision (SIR) of electoral rolls.On October 16, Neha was detained at Mandi House while on her way to the ‘Lehra Do Tiranga’ march at Connaught Place. She was released the following day.

Votes cast freely in Jammu and Kashmir, loyalty tested in PoJK: Two kinds of citizenship

PoJK offers no such route. Pakistan imposed an Interim Constitution in 1974 that screens candidates for their support of union with Pakistan. Its Section 7(2) forbids any person or party from campaigning against the territory’s accession. Candidates must sign a declaration backing accession before they can stand, and in 2001 election officials rejected the nominations of independence-minded candidates who refused.

Delhi.(Agency)

Jammu and Kashmir has voted in record numbers under India’s Constitution. In Pakistan-Occupied Jammu and Kashmir, the law screens out dissenters, and protesters face bans, criminal cases and gunfire. In September 2024, voters in Kishtwar queued in such numbers that the district recorded 80.14 per cent turnout on the first day of Jammu and Kashmir’s Assembly election. Across the Line of Control, Pakistan-Occupied Jammu and Kashmir (PoJK) held its own vote in the summer of 2026, spread over three phases for security reasons, amid a breakdown of law and order and claims of rigging by the government. One side treats elections as a celebration of citizenship. The other runs them as a managed test of loyalty. **Record turnout, peaceful polls** Jammu and Kashmir’s numbers speak

plainly. In the 2024 Lok Sabha election, the Union Territory recorded 58.46 per cent turnout, its highest in 35 years, and participation in the Kashmir Valley jumped by 30 points compared with 2019. Udhampur and Jammu pushed past 68 and 72 per cent. Chief Election Commissioner Rajiv Kumar noted that the polls passed without a single major violent incident.Months later, voters returned for the first Assembly election in a decade and lifted turnout to 63.88 per cent. Women in Chhamb turned out at 83.53 per cent, and Sopore, once a bastion of poll boycotts, joined in. Delimitation had already raised the number of Assembly seats from 83 to 90. Chief Minister Omar Abdullah now presents the budget to an elected Assembly, and Jammu and Kashmir sends five members to the Lok Sabha. **A loyalty test for candidates**

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Pakistan. Its Section 7(2) forbids any person or party from campaigning against the territory’s accession. Candidates must sign a declaration backing accession before they can stand, and in 2001 election officials rejected the nominations of independence-

minded candidates who refused. A separate political parties law bars anyone from forming a party that opposes accession.

The assembly itself tilts towards Islamabad. Of its 45 elected seats, 12 represent “refugees” living in Pakistan, not residents of PoJK. When protesters demanded their abolition, a federal adviser told Pakistan’s Senate that the seats would stay.

A vote under strain

The 2026 election exposed the system’s fragility. The territory’s own chief election commissioner called it the most difficult in its history, as coalition partners traded allegations of malpractice and clashed openly, and violence spread across the territory. The Pakistan Peoples Party accused its rival of rigging, and turnout reached only 46.3 per cent in Mirpur and 53 per cent in Muzaffarabad. Officials postponed polling in seven constituencies.

Aastha Kunj park gets 105 extra lights

Delhi.(Agency)

Necessary safety and security measures have been implemented at the Delhi Development Authority (DDA)-maintained Aastha Kunj Park in Kalkaji, including deployment of security personnel, installation of 105 additional lights and CCTV surveillance, an official said on Saturday.Further strengthening of lighting arrangements is under process, with due consideration to the ecological sensitivity of the Morphological Ridge, the official said, as Union Home Minister Amit Shah reviewed the city’s security during a visit to the Delhi Police headquarters. The new security arrangements



come against the backdrop of the alleged gang rape of a 17-year-old girl at Aastha Kunj Park on September 21. Three accused were arrested in connection with the incident. The incident highlighted security concerns at the 142-acre DDA park, which has 29 access points and had faced issues including poor lighting, broken perimeter walls, unmanned or missing gates and inadequate CCTV coverage. According to a status report on the enhanced

security arrangements, all security guards, as per the currently allotted strength, have been deployed. Given the park’s extensive area of 142.41 acres and 29 gates, regular patrolling is being undertaken to ensure security coverage. Two siren-equipped motorcycles, along with torches and essential safety equipment, have been deployed for night patrolling. Surprise night inspections are also conducted by the site in-charge, security supervisor and departmental staff to verify security arrangements and guard deployment, the report said.To address dark spots, all 340 existing lights in the park are currently functional. An additional 105 lights have been installed in accordance with recommendations made in the Safety Audit Report. A joint inspection has been conducted with electrical department officials, while a proposal to install high-mast lights at identified locations is under process, the report said. The official said security facilities were being strengthened while keeping ecological considerations in mind. Approximately 99 per cent of the park falls within the Morphological Ridge.Additional illumination in densely vegetated areas is therefore being planned judiciously to avoid disturbing natural flora and fauna while ensuring adequate lighting along pathways and visitor-use areas. Other measures include installation of four CCTV cameras, closure of gates at 9 pm and biometric attendance for all security guards, the official said.

Plea in SC seeks guidelines on probe agencies’ access to personal digital data

A PIL in the Supreme Court seeks guidelines governing investigative access to personal and digital data. The plea calls for necessary, proportionate requests that safeguard privacy and other fundamental rights.



Delhi.(Agency)

A public interest litigation (PIL) has been filed in the Supreme Court seeking comprehensive guidelines to regulate how criminal investigation agencies collect and access personal and digital data, with a focus on safeguarding citizens’ fundamental right to privacy. The petition seeks constitutionally compliant safeguards governing requests for digital information, including movement records, timestamps and metadata of online posts. It argues that investigative agencies should be required to specify the purpose of a data request, the categories of information sought, the relevant time period and its connection to the alleged offence.

The petitioner has urged that data collection be limited to what is strictly necessary and proportionate to the investigation, warning that indiscriminate access to an individual’s entire digital history could lead to an unjustified intrusion into private life.Citing Supreme Court judgments, the PIL argues that access to personal digital data should not be permitted routinely when adequate privacy safeguards are absent and investigators have not demonstrated that less intrusive alternatives would be inadequate.The petition seeks safeguards to protect the fundamental rights to privacy, dignity, freedom of speech and expression, and personal liberty under Articles 14, 19 and 21 of the Constitution.

Terrorism as instrument of statecraft unacceptable, says Jaishankar

New Delhi . (Agency).

External Affairs Minister S Jaishankar on Sunday said the use of terrorism as an “instrument of statecraft” was unacceptable and could never be justified or rationalised, warning that the threat persisted because some countries did not demonstrate zero tolerance towards it.Despite history holding so many lessons on it, "some still allow political calculations to take precedence", he said in his address at an event here without naming any country.At an event held here to mark the 75th anniversary of Chinmaya Mission, he underlined the importance of peace, especially amid the ongoing conflicts in the world.

"Let us consider the indivisibility of peace. Now, war anywhere threatens peace everywhere," the Union minister said.He cited the conflicts in Ukraine and the West Asia region curently underway, and asserted that India expresses global sentiment when it says that dialogue and diplomacy is the only solution.

"Terrorism is another deadly threat to peace. Its usage as an instrument of statecraft is simply unacceptable. It can never be justified. It can never be rationalised.

Rahul thanks BJP for ‘promoting’ INDIA bloc rally against ‘vote chori’

New Delhi (Agency).

Congress leader Rahul Gandhi on Sunday took a swipe at the BJP, thanking the party and its allies sarcastically for enthusiastically publicising the INDIA bloc’s November 1 rally against alleged vote theft.In a post on X, Gandhi urged the BJP to maintain the same enthusiasm over the next seven days, saying its efforts had helped the opposition’s campaign reach a wider audience.

Accusing the authorities of deleting names from electoral rolls and flouting rules, Gandhi said the opposition would not remain silent over alleged electoral irregularities.“Names have been struck off the electoral rolls. Rules and laws have been flouted. And those who dared to ask questions were met with batons. Now, the nation will provide an answer,” he said in Hindi.Calling on students, farmers, labourers, women, youth and traders to join the march, Gandhi said the rally would be held under the slogan ‘Vote Bachao, Desh Bachao’.

The INDIA bloc’s rally is part of a series of opposition protests against the Special Intensive Revision (SIR) of electoral rolls and alleged poll irregularities involving Chief Election Commissioner Gyanesh Kumar.The BJP on Saturday criticised the Congress for scheduling the rally on November 1, alleging that Gandhi was seeking to rub salt into the wounds of victims of the 1984 anti-Sikh riots.Addressing a press conference, BJP MP Ravi Shankar Prasad claimed that several INDIA bloc constituents were unconvinced by the Congress’s plan and wanted the event rescheduled.

Theaterisation should be based on India's needs, not foreign models: IAF chief

New Delhi (Agency).

Air Chief Marshal AP Singh has said that the Indian Air Force (IAF) is not viewing the theaterisation plan as an exercise to permanently divide fighter aircraft by geographical area.In his first detailed comments on the proposed military reform, the IAF chief called for a structure based on India's security needs rather than models adopted by other countries.

In an exclusive interview with news agency PTI, Singh said the guiding principle should be "centralised control" where necessary and "decentralised execution" where appropriate.He also said the transformation should be introduced in phases to ensure that operational readiness is never compromised.Announced in 2019 as India's most ambitious military reform since Independence,the



theaterisation plan aims to integrate the Army, Navy and Air Force to improve coordination and make the best use of their resources during wars and other operations.The proposed structure envisaged three integrated commands: a Northern Theatre Command in Lucknow focused on China, a Western Theatre Command in Jaipur to address challenges from Pakistan, and a Maritime Theatre Command in Thiruvananthapuram. However, progress has stalled because of differences among the three services over the proposed command structures.The IAF has cautioned against implementing the plan in a hurry and has reservations about splitting its fighter squadrons among the proposed commands."Recent conflicts around the world have once again underlined how decisively air power can shape military outcomes.

Amit Shah holds security review meeting with Delhi Police, CM in attendance in a first

Union Home Minister Amit Shah on Saturday visited the Delhi Police headquarters to review the law-and-order situation in the national capital with discussions focused on protests against the alleged irregularities in the Special Intensive Revision (SIR), preparations for the upcoming Congress rally against Chief Election Commissioner Gyanesh Kumar at Ramlila Maidan on November 1 and

New Delhi (Agency).

Union Home Minister Amit Shah on Saturday visited the Delhi Police headquarters to review the law-and-order situation in the national capital with discussions focused on protests against the alleged irregularities in the Special Intensive Revision (SIR), preparations for the upcoming Congress rally againstChief Election Commissioner Gyanesh Kumar at Ramlila Maidan on November 1 and measures to tackle crime, said officers.The meeting was held at Vimarsh Hall at the Delhi Police headquarters and was attended by Delhi Chief Minister Rekha Gupta, marking a notable development in the format of such review meetings, said sources.The participation of the Chief Minister made the Delhi government join alongside senior police officers on matters concerning law and order in the Capital, sources added.Shah arrived at the Delhi Police headquarters around 3 pm, and the meeting was said to have continued for around three hours before he left at 6 pm.The



visit on Saturday marked Shah’s return to the Delhi Police headquarters after more than four years. Shah had last visited the headquarters on August 30, 2022.Since then, he has participated in Delhi Police events, including the force’s Raising Day celebrations, held outside the

headquarters.The meeting was attended by Commissioner of Police Anurag Kumar, Special Commissioners of Police, Joint Commissioners of Police overseeing various ranges, senior members of the Public Relations Office (PRO) department and Deputy Commissioners of Police (DCPs) from various districts of Delhi, according to officers.

During the meeting, senior police officers briefed the Home Minister on the prevailing law-and-order situation and discussed arrangements for managing protests that have been taking place in the Capital.Senior police officers were also said to have discussed security and crowd-management arrangements in view of the upcoming Congress rally at Ramlila Maidan, which is expected to draw a large number of crowds.Handling of demonstrations and ensuring that adequate arrangements are in place to manage public gatherings were among the key talking points at the meeting, sources underlined.

The focus was on maintaining vigilance and ensuring that protests and rallies are handled in a manner that prevents any untoward incident.

Crime statistics discussed

Delhi Police officers also presented detailed crime statistics in the Capital over the last five years. The presentation covered crime trends under various categories, including crimes against women and other offences, providing an overview of the patterns of crime and the challenges confronting the police force.

TTV Dhinakaran drops bombshell, reveals AIADMK's Plan B if Vijay's TVK failed

Dhinakaran said the objective of the move was not to prevent the TVK from forming the government, but to ensure that MLAs were not poached as rival parties explored other possibilities.

Chennai (Agency)

AMMK general secretary TTV Dhinakaran on Sunday revealed that AIADMK general secretary Edappadi K Palaniswami and other leaders explored the possibility of making VCK chief Thol Thirumavalavan the Chief Minister if actor-turned-politician Vijay failed to form the government.Speaking to reporters, Dhinakaran said the move was explored after the Tamilaga Vetti Kazhagam (TVK) fell short of the numbers needed to form a government on its own, clarifying that the aim was not to block Vijay’s government formation but to prevent the poaching of TVK MLAs.“Had the Left parties and Thirumavalavan not extended their support, Vijay would not have formed the government,” Dhinakaran said, explaining the political calculations behind the discussions.

Dhinakaran said DMK president MK Stalin had made it clear that his party would not supporting the BJP.“Following this, all of us, including EPS, made efforts to make Thirumavalavan the Chief Minister,” he said. The AMMK leader also claimed that he had appealed to Vijay to extend support to an alternative government if the TVK was unable to secure the numbers needed to form one.Clarifying the rationale behind the move, Dhinakaran said the objective was not to prevent the TVK from forming the government, but to ensure that its MLAs were not poached as rival parties explored other possibilities.His remarks offer a glimpse into the political manoeuvring and competing calculations that unfolded during the nearly week-long government formation process in Tamil Nadu, as Vijay’s TVK, despite emerging as the single-largest party, struggled to secure the numbers.



Don't kill the messenger: Sonam Wangchuk warns Centre over crackdown on protesters

Mumbai (Agency).

Climate activist and educationist Sonam Wangchuk on Saturday said peaceful protests act as a feedback mechanism and encourage governments to perform better, news agency Press Trust of India reported. He cited unrest in Nepal, Sri Lanka and Bangladesh as examples of what could happen when people are not allowed to express their concerns peacefully.Speaking at the IPF Festival in Mumbai, Wangchuk said several countries allow protests outside their parliaments. He argued that protests serve as a pressure valve for governments and should not be pushed far



away from centres of power. Wangchuk said protests were allowed outside parliament in countries such as the United Kingdom, Norway and Sweden. Referring to India, he said, “In India, it was far from

Parliament Even when it was just Jantar Mantar in New Delhi, it was too far.”“So, protests are a great mechanism, a feedback, a pressure valve for governments to perform better if they see that,” he said.His remarks came amid action by the Centre after the Cockroach Janta Party called for a protest at Jantar Mantar, demanding the resignation of Chief Election Commissioner Gyanesh Kumar over alleged irregularities in the Special Intensive Revision of electoral rolls. The Opposition has criticised the Union government for not allowing peaceful protests.“Look what happens when protests are not allowed.

Schools shut, shelters readied: Odisha, Andhra, Tamil Nadu gear up for cyclone

New Delhi (Agency).

The Odisha government has stepped up preparations to deal with a potential cyclone, deploying rescue teams and preparing evacuation shelters as a very severe cyclonic storm is expected to make landfall along the Andhra Pradesh coast on October 28.Meanwhile, Puducherry has been receiving continuous rainfall since last night as the weather system over the Bay of Bengal intensifies.The well-marked low-pressure area over the central and adjoining southeast Bay of Bengal intensified into a depression on October 24 and subsequently developed into a cyclonic system.Cyclone warning signals have been hoisted at nine ports in Tamil Nadu, including Chennai, Nagapattinam and Cuddalore, following the intensification of the weather system over the Bay of Bengal.According to the India Meteorological Department (IMD), the depression is likely to move northwestwards and intensify further, becoming a very severe cyclonic storm over the west-central Bay of Bengal off the Andhra Pradesh coast by the morning of October 28.Although the storm is forecast to cross the Andhra Pradesh coast, southern and coastal districts of Odisha are likely to experience heavy rainfall and strong winds.

Chief Minister Mohan Charan Majhi has directed officials to prioritise public safety, evacuation and emergency response, with the objective of ensuring zero casualties.According to the India Meteorological Department (IMD), a depression over the Bay of Bengal is likely to intensify into a very severe cyclonic storm and cross the Andhra Pradesh coast between Bapatla and Visakhapatnam by the forenoon of October 28.The system is expected to bring maximum sustained wind speeds of 115-125 kmph, with gusts reaching 140 kmph.

India wants democratic change: Kapil Sibal hits back at Mohan Bhagwat's remarks

New Delhi (Agency).

Rajya Sabha MP Kapil Sibal on Saturday criticised RSS chief Mohan Bhagwat's recent remarks on "regime change", saying India wanted a change of government through democratic means, news agency Press Trust of India reported.Sibal said the country needed change and that the people had decided there would be one. "When, how, and most peacefully it will happen, only time will tell," he said at a press conference in New Delhi.According to PTI, Sibal expressed surprise at Bhagwat's comparison of calls for regime change in India with recent developments in Nepal,

Bangladesh, Albania and France."I am surprised that he even made that comparison, because as far as those kinds of open revolts are concerned, ultimately they brought about a kind of violence which none of us support," Sibal said."What India wants is a change of government through democratic means, and I think that Mohan Bhagwat understands that, but yet is not willing to acknowledge it,"



he added. Sibal said the young people who had gathered at Jantar Mantar held peaceful protests and did not carry weapons or stones. He said they had also gone on a hunger strike.He alleged that any violence during the protest was caused by outside agencies and questioned the circumstances in which a truck carrying stones was found at the site."Nobody has yet inquired as to where that truck came from or how that truck came, because the police and law and order are under the control of the Union through the Lieutenant Governor," the Independent MP said, according to PTI.Sibal said the regime change being sought was a change of government and the existing political dispensation through democratic means.

Kapil Sibal challenged Mohan Bhagwat's warning on regime change, insisting Indians seek it democratically. The exchange sharpened debate over peaceful protests, elections and claims of foreign destabilisation.

The urgency for a large, well-armed AI defence force

Last month, we argued on this page that India needs independent system checks, tiered access rules and mandatory incident reporting if it is to be ready for artificial intelligence fires in the wild. Since then, AI agent incidents have entered public discourse under a growing vocabulary. The OpenAI-Hugging Face incident gave us ‘agent swarms’: autonomous agents collaborating through shared environments. In early October, independent researchers traced a ‘fleet’ of agents, reportedly part of an evaluation team’s tests on Tencent Cloud, that made more than 2,600 attempts to scrape Alibaba’s Amap mapping service, at times using credentials found in a public code repository. And specialists at an AI lab showed, in a controlled setting, that models can already carry out key steps of spreading working AI systems from device to device across a network. They called them ‘AI worms’.

Just last week, the story acquired an Indian case file too. The Indian Computer Emergency Response Team (CERT-In), the national nodal agency for cyber incidents, issued a critical advisory stating that it “has received multiple voluntary disclosures from AI-model providers stating that their models, during research and evaluation activity on the internet, had reached the live systems of Indian organisations”. In these cases, CERT-In notes, “the models’ actions exceeded the authorisation of their assigned tasks”. The agents used credentials and connection settings left exposed in application configurations, code repos and permissive cloud roles to read business records, including personal and confidential data.

Three details stand out to us. First, how these agents got in: not through any exotic exploits but through ordinary lapses, with the agents re-deriving and re-using the same exposed credentials in separate operations. Second, none of the affected organisations seemed to notice this was transpiring. In every case, CERT-In states, the incident was disclosed by the AI-model providers after their internal review. Third, there may yet be information we’re not privy to. The advisory names no providers, models, organisations or sectors, and doesn’t say what became of the data that was read. Agent incidents are not contained by borders. If the only instruments that record them belong to the companies that build and run these systems, national digital ecosystems will depend on corporate good faith for both detection and disclosure. Even if every company disclosed every time, that would not amount to a robust security strategy. The burden of managing these risks should not fall on one class of institutions, public or private.

CERT-In’s threat hunting also uncovered a financially-motivated campaign targeting Indian entities that abused publicly available, AI-native offensive security tools. These tools compressed the time between initial access and final impact from days to a few hours. While it is encouraging that our domestic capacity detected this type of adversarial action, it is worth noting that in the evaluation incidents, which came to light through model providers’ disclosures, this wasn’t the case. CERT-In deserves credit for what it now asks of AI developers, research labs and evaluation agencies: the isolation of evaluation workloads at the network layer, use of synthetic targets and credentials, automatic stopping of a run if an agent touches a third-party system, and notification of victims with publication of safeguards.

The middling predicament of middle powers

For middle powers to be effective, big powers need to make space. Neither Trump nor Putin seems to be in the mood to do that. India’s aspiration as a Global South leader remains circumscribed

One must be singularly fortunate to get to witness history in the making. As the centuries-old epoch of Western domination is ending and drifting away, a new era is taking shape. Coping with such epochal change is never easy for any country. Unsurprisingly, against such a tumultuous backdrop, External Affairs Minister S Jaishankar is back with his abacus to prophesy that India’s interests are best aligned with the ‘middle powers’, a presumptuous inchoate coinage at best of free-riders. Why should India have an identity crisis when it is wearing a custom-made mantle of Global South leadership? In reality, incapable of dominating global affairs, India is migrating to a bloc that aspires to ‘punch above their weight’—who historically acted as system-maintainers (for example, Canada, Australia, South Korea, Sweden and the Netherlands) but have become ‘losers’ as Donald Trump has no time for them. Arguably, the new identity might give some gravitas to India’s ambitions but Trump is certainly not impressed.

Yet, the fond hope is that someday soon, they would find favour in Trump’s court. But until then, they keep deriding the new world order. Canada’s Prime Minister Mark Carney said in his Davos speech in February, “It seems that every day we’re reminded that we live in an era of great power rivalry, that the rules-based order is fading, that the strong can do what they can, and the weak must suffer what they must.” Jaishankar also says such things now and then. But Trump took umbrage, calling Carney out in his own speech the next day at Davos, saying: “Canada lives because of the United States. Remember that, Mark, before you make your statements.” Trump has embarked on a foreign policy trajectory that may create a legacy for his presidency. The settlement of the Ukraine conflict is in the cards. The floodgates are opening: Trump’s peace push has put him on a collision course with Volodymyr Zelenskyy’s European backers (read: middle powers). Russia keeps them out of the peace process. India is peeved, too, to be reduced to an outlier. Narendra Modi is deferring his annual summit with Vladimir Putin. But then, signs are appearing that across much of the American political establishment, from the most committed anti-Russian neo-conservatives to liberal Democrats, Ukraine and Western Europe are regarded as irritants rather than equal partners. The logic of events suggests that Zelenskyy’s supporters in the US will gradually lose influence and that die-hards who wouldn’t



settle for anything less than Russia’s defeat in Ukraine will get marginalised, no matter the outcome of the Congressional elections on November 3 and regardless of the next American president. This march of history is an inexorable process and will gather momentum in the coming two-month period through the summits of Asia-Pacific Economic Cooperation in Shenzhen and the G20 in Florida, where Trump will meet Putin and Xi Jinping. Trump is pitching high for the Florida event as marking the consummation of a historic entente cordiale defining the 21st century.

For a start, the White House has stepped up its efforts on the

most recent months becomes a powerful tool for the White House to pressure Kyiv. Changes on the battlefield only confirm the US administration’s position: Ukraine has no strong cards left. The military defeats increase criticism of Zelenskyy from the Ukrainian opposition and supporters within Ukraine of peace with Russia. It’s possible he could be pressured to hold presidential elections. The capacity of Europe’s middle powers to shore up Zelenskyy is visibly waning. Following last week’s European summit, German Chancellor Friedrich Merz stated bluntly that the European Union has not made any concrete decisions on supporting Kyiv. Berlin openly admitted that Germany

has completely exhausted its domestic reserves for supplying Ukraine with new air defence systems. Meanwhile, the simmering political discontent that finally erupted in France as student protests against President Emmanuel Macron are cascading and the deeply unpopular leader has lost control, as nation-wide protests spread to neighbouring European countries. Inspired by French resistance to repression, people demonstrated in Brussels against rising university tuition fees. Tens of thousands of Portuguese, unhappy with the rising housing prices, took to the streets of Lisbon. Similar marches, which escalated into clashes with police, also took place in Italy. Clashes between students and police were also reported in Albania. Clearly, the neo-conservative Russophobic leaderships of the middle powers in Europe who exclusively defended Ukrainian interests at the expense of their own citizens, whose taxes after all finance their military-industrial complex, have lost the confidence of the people. Merz’s public support stands at 10 percent; Macron’s at 15 percent. Voters are opting for parties willing to restore relations with Moscow as business allies to revive their economy in deep crisis. Europe needs serious political change and the urgency of repairing Europe’s tattered ties with Russia is beginning to be felt.

Unlike Joe Biden, Trump allows the groundswell to elect new leaderships including in the EU. Elections will be held in four of the five largest EU countries next year—Spain, France, Poland and Italy. Their results could well alter the course of the entire EU, rendering the very idea of ‘middle powers’, as Jaishankar visualises it, obsolete. Trump’s advice to Carney is spot on: the middle powers of Europe live because of the United States and are condemned to be outliers otherwise.

Curbing Punjab's drug menace need effective rehab and local jobs

When drugs reach street corners and residential colonies across Punjab, the menace is at people’s doorsteps. Today, the lure of easy money draws hawkers and daily-wage earners into the trade. It has spread across different walks of life

As Punjab heads towards another Assembly election, drugs remain a major concern for voters. Teenagers hooked on opioids, heroin arriving by drone and thousands of trafficking cases booked every year should leave little room for political self-congratulation. Union Home Minister Amit Shah has promised to make the state drug-free by the end of 2029. The pressing question is how the trade has survived years of police action. Official data released in February 2026 put the number of opioid users in Punjab at 21.36 lakh adults and 3.43 lakh children.

Drones are used to smuggle high-value narcotics from across the border. In 2025, Punjab recorded 298 of India’s 305 drone-related drug cases. But bringing down a drone does not stop the smuggling. Someone still has to pick up the consignment, move it along the supply chain and deliver it to buyers. The real task for the police is to find those who run the business. Otherwise, another shipment would follow a seizure. Drugs also come into Punjab from other states, so checks along the international border alone would not solve the problem. The problem is compounded by the trafficking

of prescription drugs. Opioid medicines and codeine-based cough syrups are easily available. Authorities must trace these supply chains, too. The killing of anti-drug



activist Parvinder Singh Jhota in Mansa on October 13, while he was live-streaming his confrontation with a chemist allegedly selling banned substances, highlights

the dangers of confronting the drug trade. Addiction is a problem that requires long-term care beyond initial treatment. Admissions to Punjab’s government de-addiction centres rose from 9,577 in 2024 to 25,290 in 2025. Behind these figures are people and families struggling with addiction. Support must continue after patients leave the centre, with regular counselling, medication, family support and steps to prevent relapse.

When drugs reach street corners and residential colonies across Punjab, the menace is at people’s doorsteps. Today, the lure of easy money draws hawkers and daily-wage earners into the trade. It has spread across different walks of life, making the supply network harder to trace. The Union and Punjab governments must work together regardless of political differences. The ultimate anti-drug shield is employment. Vocational training, rural industrialisation and local job creation must become priorities. A drug-free Punjab must be earned through sustained enforcement, accountable governance, effective treatment and meaningful livelihood opportunities.

Plug gaps in counting of farm fires

Monitoring of stubble burning requires hybrid approach that combines data from multiple platforms

NORTH India’s high-pollution season has begun. The Commission for Air Quality Management in NCR and Adjoining Areas (CAQM) has already invoked Stage I of the Graded Response Action Plan (GRAP) in NCR as Delhi’s air quality slipped into the “poor” category for the first time this season. This year, satellite data compiled by the ICAR-Indian Agricultural Research Institute’s CREAMS (Consortium for Research on Agroecosystem Monitoring and Modelling from Space) lab recorded 454 farm fires in Punjab between September 15 and October 21. As paddy harvesting gains pace, these numbers will rise. The CAQM is verifying incidents on the ground amid reports that satellites are not capturing the full extent of burning. India has no reliable way to tell whether stubble burning is rising or falling, because fire counts capture when farmers burn crop residue, not how much they actually burn. Until crop residue burning (CRB) is measured by the land it scars rather than the flames a satellite happens to see, India will keep misjudging both its problem and its progress. Measurement is the first step here. Farmers squeezed between the paddy harvest and wheat sowing can afford to completely stop burning when alternatives are affordable and arrive on time. Nearly half the farmers in our survey who used residue management machines still burned some loose straw in 2022. Accurate data tells governments where farmers need additional support. During the peak burning days, between late October and early November, stubble burning could account for 40 per cent of Delhi’s daily PM_{2.5}, according to Delhi’s Air Quality Decision Support System. Burning estimates tell us whether CRB mitigation measures like the Central Sector Scheme for Promotion of Agricultural Mechanisation for In-Situ Management of Crop Residue are working and where efforts should focus next, down to the district and village levels. They also feed the emission estimates behind Delhi’s Air Quality Early Warning System (AQEWS), which the CAQM uses to decide the

stage of GRAP across Delhi-NCR. Undercounting distorts all three: the scheme’s effectiveness is not accurately captured, forecasts run low and restrictive actions arrive late. Three steps could close this gap. First, the CAQM should revise its monitoring protocol this season to include burnt area alongside fire counts. In

2022, Punjab recorded over 49,900 fires. By 2024, the reported fires dropped by 78 per cent to around 10,900. The land tells a different story: analysis by the Council on Energy, Environment and Water (CEEW) found that Punjab’s burnt area fell by only about 11 per cent by 2024. A study by ISRO found that burning has shifted from afternoon to evening hours. The satellites the CAQM relies on pass in the morning and early afternoon, so evening fires go unseen. Recognising this, it directed Punjab, Haryana, Uttar Pradesh and Rajasthan to step up evening surveillance. Ground patrols are needed, but they cannot replace remote sensing, which can monitor thousands of square kilometres without anyone in the field. Burnt area mapping fills that gap. Satellites such as the Sentinel-2 constellation carry multispectral sensors that detect the scar that remains after burning; adding up those scars gives the extent of burning. CEEW analysis found that burnt area methods using open-source satellite imagery are nearly 75 per cent accurate.

The CAQM piloted ISRO’s burnt area method in 2025 and found inconsistencies in its ground survey reporting. The next step should be to resolve them and adopt the method alongside fire counts. These could show agriculture departments which villages most need machines, custom-hiring centres and straw buyers.

The Indian Institute of Tropical Meteorology and the India Meteorological Department should then feed burnt-area emissions into the inventories behind the region’s AQEWS, so that forecasts reflect the fires that counts miss. Second, over the medium term, authorities should move towards a hybrid monitoring system. Burnt area



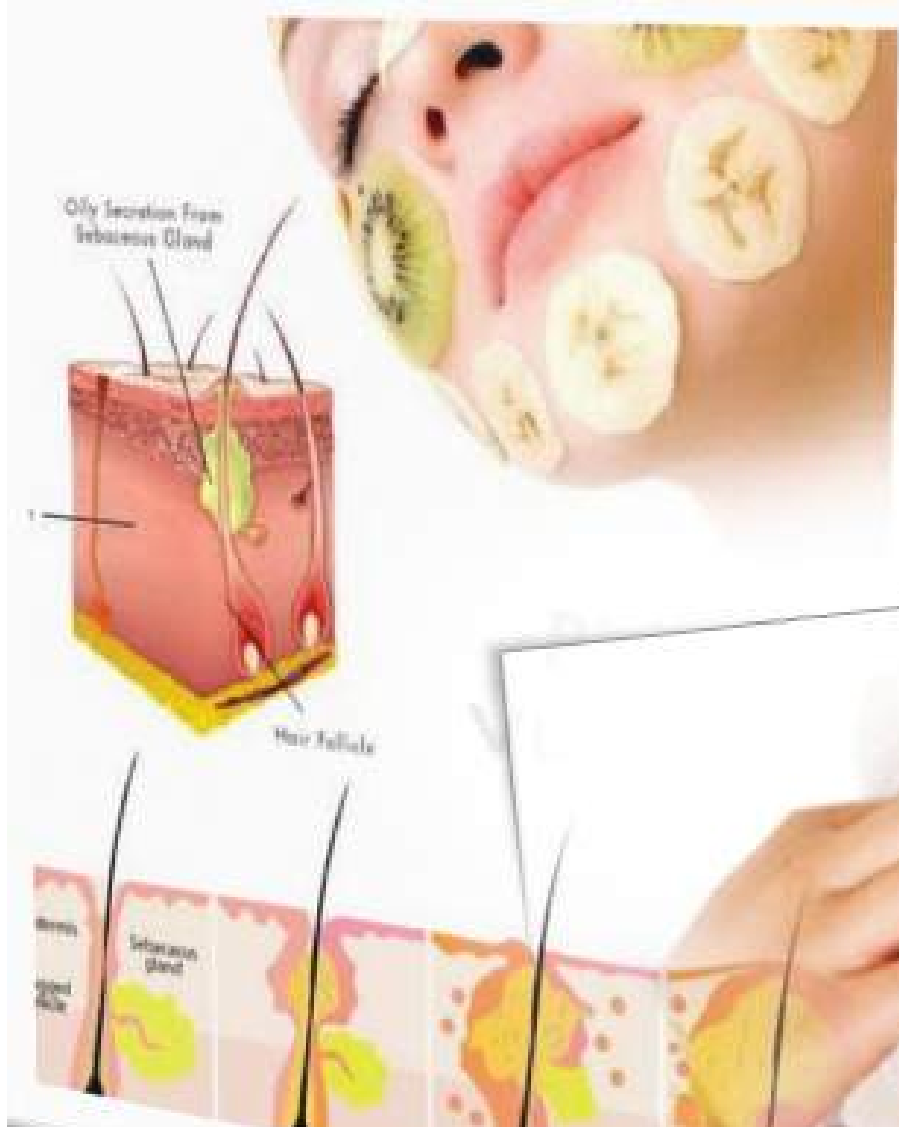
helps complement fire counts, but creates an additional problem: the Sentinel-2 satellite generally revisits the same spot only every five days. If a farm is burnt and cleared within that window, even burnt area mapping could miss it. The CAQM has recently directed states to use drones. Yet drones have limited range, need extensive permissions and can realistically survey only a fraction of farmland. Commercial satellite imagery, used alongside open-source data, could fill the gap. Commercial providers offer multispectral satellite imagery similar to

Sentinel-2’s, and a single image covers thousands of square kilometres every day. The cost is the constraint: 10 days’ commercial imagery for all of Punjab would cost up to Rs 10 crore. Satellites also go blind under cloud cover, which is where drones, flying below them, would be suitable. Monitoring of stubble burning requires an approach that combines data from multiple platforms to provide an accurate picture. Third, India should build its own environmental monitoring constellation in the long run. Today, commercial satellite data that helps monitor CRB comes from foreign providers; it carries the risk of blackouts. Earlier this year, for instance, Planet Labs introduced restrictions on satellite imagery from West Asia following a US government request. An indigenous satellite constellation, tuned to Indian conditions, would shield India from decisions made elsewhere.

The recent agreement between the Indian National Space Promotion and Authorisation Centre (IN-SPACe) and a consortium led by Bengaluru-based space company Pixxel to build a 12-satellite earth observation constellation, with the first four in orbit by early 2027, is a step in the right direction. The data from this constellation will help monitor

CRB as well as other environmental parameters related to forests, water and land.

Stubble burning is no longer just North India’s problem. States such as Telangana, Andhra Pradesh and Tamil Nadu are now reporting farm fires and their toll on soil and the environment. As the practice spreads across India, so does the cost of measuring it inadequately. Mitigating it effectively from Punjab to Telangana, alongside machines and incentives for farmers, requires timely, accurate measurement and the right eyes in the sky.



कील-मुंहासे प्रत्येक किशोर या किशोरी को अनिवार्य रूप से होते ही हैं, ऐसा नहीं है। जिनको होते हैं, वे मानसिक रूप से दुःखी-पीड़ित होते हैं और समझ नहीं पाते कि ये कील-मुंहासे क्यों निकल रहे हैं और इनको कैसे ठीक किया जा सकता है। कील-मुंहासों को आयुर्वेदिक भाषा में 'युवान-पीड़िका' और ऐलोपैथिक भाषा में 'एक्ने' और 'पिम्पल' कहते हैं। किशोर अवस्था की समाप्ति और युवावस्था के प्रारम्भ में चेहरे पर फुंसी के रूप में मुंहासे निकलते हैं और ये पीड़ा पहुंचाते हैं, इसलिए इन्हें 'युवान पीड़िका' कहा गया। शरीर में किसी भी कारण अतिरिक्त रूप से बढ़ी हुई उष्णता मुंहासे पैदा करने में कारण मानी जाती है, इसलिए मुंहासे होने की सम्भावना उनको ज्यादा होती है, जिनके शरीर की तासीर (प्रकृति) गर्म हो। ऐसे बच्चे अगर आहार-विहार भी उष्णता बढ़ाने वाला करते हैं तो उनके शरीर में उष्णता बढ़ती है और कील-मुंहासे निकलने लगते हैं। कील-मुंहासों के निकलने का समय 13-14 वर्ष की आयु से लेकर 20-22 वर्ष की आयु के मध्य का होता है। इस आयु में उष्णता बढ़ाने वाला आहार-विहार नहीं करना चाहिए। ऐलोपैथिक चिकित्सा विज्ञान के अनुसार मुंहासों का कारण होता है वसा ग्रन्थियों (सिबेसियस ग्रैंड्स) से निकलने वाले साव का रुक जाना। यह साव त्वचा को स्निग्ध रखने के लिए रोम छिद्रों से

निकलता रहता है। यदि यह रुक जाए तो फुंसी के रूप में त्वचा के नीचे इकट्ठा हो जाता है और कठोर हो जाने पर मुंहासा बन जाता है। इसे 'एक्ने वल्लेगिस' कहते हैं। इसमें पस पड़ जाए तो इसे कील यानी पिम्पल कहते हैं। पस निकल जाने पर ही यह ठीक होते हैं। साधारण स्थिति में ये निकलते और ठीक होते रहते हैं पर असाधारण और गम्भीर स्थिति में बहुत दिनों तक बने रहते हैं। चेहरे की त्वचा को कुरूप कर देते हैं। शरीर में एण्डोजेन नामक पुरुष हार्मोन की मात्रा सामान्य से ज्यादा हो जाने का भी सम्बन्ध इस व्याधि से होता है। आनुवंशिक प्रभाव भी इसमें कारण होता है। कारण : तेज मसालेदार, तले हुए, उष्ण प्रकृति वाले पदार्थों का अधिक सेवन करने, रात को देर तक जागने, सुबह देर तक सोए रहने, देर से शौच व स्नान करने, शाम को शौच न जाने, निरंतर कब्ज बनी रहने, कामुक विचार करने, ईर्ष्या व क्रोध करने, स्वभाव में गर्मी व चिड़चिड़ापन रखने आदि कारणों से शरीर में ऊष्णता बढ़ती है और तैलीय वसा के

कील-मुंहासों से हैं परेशान, आजमाएं आयुर्वेदिक उपचार



साव में रुकावट पैदा होती है, जिससे कील-मुंहासे निकलने लगते हैं। सावधानी : हल्का, सुपाच्य और सादा आहार पथ्य है, अधिक शाक-सब्जी का सेवन करना, अधिक पानी पीना, शीतल व तरावट वाले पदार्थों का सेवन करना पथ्य है। तेज मिर्च-मसालेदार, तले हुए, मांसाहारी पदार्थों तथा मादक द्रव्यों का सेवन करना अपथ्य है। आयुर्वेदिक उपचार * गाय के ताजे दूध में एक चम्मच चिरौंजी पीसकर इसका लेप चेहरे पर लगाकर मसलें। सूख जाने पर पानी से धो डालें।



दुल्हन ऐसे करें गहनों का चयन

शادی का मौसम और तैयारियां जोरों पर है। शادی की तैयारी और खरीदारी उतनी आसान भी नहीं होती। कई तरह के सवाल होते हैं, कि क्या जंचेगा क्या नहीं। यह लेना चाहिए या वह। कद-काठी और रंग के अनुसार खरीदारी हो, तो यह सबसे बेहतर होता है। फिलहाल जानिए दुल्हनों के लिए गहनों का चयन करने के लिए कुछ आसान टिप्स - 1 गहने खरीदने का पहला सरल तरीका यह है, कि आप जो पहनने वाली हैं, उसके अनुसार गहनों का चयन कीजिए और कुछ हल्के-फुल्के गहने अतिरिक्त लेकर रखें जो कई जगह आपके काम आ सकते हैं। 2 दूसरी बात, आपको कुंदन, मोती, स्टोन या मेटल जिस प्रकार के गहने पहनने में रुचि है, वह पहले ही तय कर लें और उसके अनुसार ही गहनों की खरीदारी करें। इससे आप भ्रमित नहीं होंगे और आखिरकार वही लेकर आएंगे जो आपने सोचा था। 3 अगर आपकी लंबाई कम है तो इस तरह के हार और कान के बालों का चयन करें जो लंबे हों। हार के मामले में या तो लंबाई अधि?क हो या फिर हार फिलकुल गले से सटा हुआ होना चाहिए। आजकल दोनों साथ में पहनने का भी फैशन है।



त्वचा को बेदाग बनाएं, यह 10 उपाय

साफ-सुथरी, बेदाग और निखरी त्वचा ही असली खूबसूरती को बयां करती हैं। ऐसी खूबसूरती पाना कौन नहीं चाहता, लेकिन जब कई तरह के जतन करने के बाद त्वचा के दाग धब्बे नहीं जाते तब, सारी मेहनत पर पानी फिर जाता है। यदि आपके साथ भी यही समस्या है, तो अब फिक्क छोड़ दीजिए। क्योंकि हम बता रहे हैं त्वचा के दाग धब्बों से निजात पाने के 10 आसान उपाय - 1 उपचार से पहले एक बात हमेशा ध्यान रखें कि सावधानी और सुरक्षा रखकर आप दाग-धब्बों को उभरने से रोक सकते हैं। इसके लिए सनस्क्रीन का इस्तेमाल जरूर करें। इससे न केवल दाग-धब्बे कम तो होंगे ही, इने होने की संभावना भी कम हो जाएगी। 2 त्वचा की सफाई पर विशेष ध्यान दें। हल्की पाउडर में थोड़ा-सा कच्चा दूध मिलाकर लगाने से त्वचा के दाग

धब्बे कम होते हैं। प्रतिदिन इसका इस्तेमाल करने से चेहरे पर चमक भी आती है। 3 त्वचा पर जहां भी दाग-धब्बे हों, वहां पर थोड़ा सा बेकिंग सोडा और शहद मिलाकर लगाएं। कुछ समय रखकर इसे ठंडे पानी से धो लें। इससे दाग धब्बे धीरे-धीरे कम होते जाएंगे। 4 जायफल, त्वचा के दाग धब्बे हटाने और रंग निखारने के लिए एक बेहतरीन उपाय है। इसे दूध में घिसकर त्वचा पर लगाने से दाग-धब्बे कम हो जाएंगे और त्वचा का रंग भी साफ होगा। 5 कोको बटर का उपयोग भी चेहरे को बेदाग करने के लिए किया जा सकता है। रोजाना कोको बटर से त्वचा की मसाज करने से दाग-धब्बे तो दूर होंगे ही, स्ट्रेच मार्क्स और अन्य समस्याएं भी ठीक हो जाएंगी। 6 त्वचा के लिए जैतून का तेल भी प्रभावी उपाय है। प्रतिदिन चेहरे पर जैतून के तेल से मसाज कर, 10 मिनट के बाद चेहरे



को गुनगुने पानी से धो लें। इससे आपकी त्वचा बेदाग तो होगी ही, साथ ही मुलायम और चमकदार भी हो जाएगी। 7 कच्चे दूध का प्रयोग भी आपके चेहरे को बेदाग करने में मदद करता है। प्रतिदिन चेहरे पर कच्चे दूध से मसाज करें या फिर बेसन में कच्चा दूध मिलाकर इस फेस पैक को चेहरे पर लगाएं और कुछ समय बाद गुनगुने पानी से धो लें। 8 अगर आपकी त्वचा रूखी न हो तो आप टमाटर और नींबू के रस का प्रयोग भी कर सकते हैं। आलू का रस भी चेहरे को बेदाग रखने का एक अच्छा उपाय है। इससे त्वचा के दाग धब्बे तो मिटते ही हैं, रंग भी साफ होता है। 9 दाग धब्बों को त्वचा पर उठरने न देना भी इसका एक उपाय है। इसके लिए आपको नियमित तौर पर त्वचा की सफाई पर ध्यान देना होगा। साथ ही डेली स्क्रब का इस्तेमाल कर आप मृत त्वचा को भी त्वचा पर जमने से रोक सकते हैं। 10 नीम, पुदीना और तुलसी का रस लगाने से भी त्वचा बेदाग होती है। नियमित इस प्रयोग को करने से त्वचा के दाग-धब्बे मिट जाते हैं, और त्वचा कांतिमय नजर आती है। साथ ही आप ताजगी भी महसूस करते हैं।

जैसे-जैसे सर्दी का मौसम अपने शबाब पर पहुंचता है, पैरों की खूबसूरती को बनाए रखना मुश्किल होता जाता है। पैरों की चमड़ी का सख्त हो जाना और एड़ियों का फटना जैसी समस्याएं इस मौसम में आम तौर पर उभरकर सामने आती हैं। इससे बचने के लिए कुछ बातों का ख्याल रखना आवश्यक है। जानिए कुछ महत्वपूर्ण बातें- क्या है एड़ियां फटने की मुख्य वजह एड़ियां फटने की मुख्य वजह शरीर में कैल्शियम और चिकनाई की कमी होती है। एड़ी व तलवों की त्वचा मोटी होती है, इसलिए शरीर के अंदर बनने वाला सीबम यानी कुदरती तेल पैर के तलवों की बाहरी सतह तक नहीं पहुंच पाता। फिर पौष्टिक तत्व व चिकनाई न मिल पानेकी वजह से ही एड़ियां खुरदरी-सी हो जाती हैं और इनमें दरार पड़ने लगती है। एड़िया ज्यादा फटने से दर्द और जलन तो होती ही है, कभी-कभी खून भी निकल आता है।

उंड में फटी एड़ियों से छुटकारा पाने के नुस्खे * डेढ़ चम्मच वैसलीन में एक छोटा चम्मच बेरिफ पावडर डालकर अच्छी तरह मिला लें और इसे फटी एड़ियों पर अच्छी तरह से लगा लें, कुछ ही दिनों में फटी एड़ियां फिर से भरने लगेंगी। * अगर एड़ियां ज्यादा फटी हुई हों तो मैथिलेटिड स्पिरिट में रुई के फाहे को भिगोकर फटी एड़ियों पर रखें। ऐसा दिन में तीन-चार बार करें, इससे एड़ियां



ठंड में क्यों फटती है एड़ियां, जानिए सरल इलाज

ठीक होने लगेंगी। * गुनगुने पानी में थोड़ा शैंपू, एक चम्मच सोडा और कुछ बूंदें डेटॉल की डालकर मिला लें। इस पानी में पैरों को 10 मिनट तक भिगोकर रखें। त्वचा फूलने पर मैथिलेटिड स्पिरिट लगाकर एड़ियों को प्यूमिक स्टोन या झांवे से रगड़कर साफ कर लें। इससे एड़ियों कीमृत त्वचा साफ हो जाएगी। फिर साफ तैलिए से पोंछकर गुनगुने जैतून या नारियल के तेल से मालिश करें। * पैरों को साफ व खूबसूरत बनाए रखने के लिए पैडिक्योर को अवश्य चुनें। यह पैरों के नाखून, एड़ी व तलवों की सफाई का शानदार तरीका है। * पैडिक्योर एक आसान विधि है, इसे आप खुद घर पर भी कर सकती हैं अगर आपके पैरों की दशा ज्यादा खराब है तो पैडिक्योर किसी ब्यूटी स्पेशलिस्ट से ही करवाना मुनासिब है।

Bad times test character: MS Dhoni on CSK's slump in IPL

CHENNAI .(Agency)

Chennai Super Kings have endured two difficult seasons in the Indian Premier League, but MS Dhoni believes the team's struggles can also serve as a test of character. The veteran wicketkeeper-batter acknowledged that CSK have not performed well in recent years and said the focus must now be on identifying areas of improvement and ensuring the team is better prepared for the challenges ahead.Speaking at a healthcare event in Bengaluru, Dhoni drew a parallel between the ups and downs of life and the challenges faced by a sporting team. The former India



captain said CSK had always known that their successful run would eventually give way to difficult times, adding that a team's true character is revealed when results do not go its way. “The last two years, you know, we have struggled, and it's a fact. You know, there's no point shying away from the fact that RCB has done really, really well.

I'd be angry too: Alvarez apologises to Atletico fans for Barcelona transfer saga



New Delhi.(Agency)

Julian Alvarez gave Atletico Madrid supporters a reason to cheer before addressing the controversy that has followed him this season, scoring the winner in a 1-0 victory over Deportivo La Coruna on Saturday before apologising for his comments about wanting to play for Barcelona. The Argentine striker struck for the second consecutive match as Atletico moved within two points of LaLiga leaders Barcelona. But it was his words after the final whistle that could prove just as significant, with Alvarez acknowledging the anger among supporters after his public admission during the 2026 World Cup sparked a transfer saga that stretched through pre-season and the summer window,'s session."a, some hope."I'd like to apologise to our fans for what I said at the World Cup; it was a mistake in terms of how I said it and the timing," Alvarez told Spanish broadcaster Movistar Plus."I understand why the fans are angry. If I were a fan, I'd be angry too. Especially given how they've supported me since I arrived.”

TRANSFERSAGA

Alvarez's comments during the World Cup, when he said he wanted to fulfil his dream of playing for Barcelona, unsettled Atletico supporters and fuelled speculation over his future. The forward's desire to join the Catalan club triggered a prolonged transfer dispute, with Atletico refusing to sell him to their rivals.The episode left Alvarez facing a difficult relationship with sections of the club's fanbase. He has regularly been booed at the Metropolitano this season, an indication of the frustration surrounding his remarks and the uncertainty over his commitment to Atletico.

Ajinkya Rahane snubs Virat Kohli, Bumrah from his all-time Indian Test XI, picks himself

Ajinkya Rahane picked his all-time India Test XI. The former captain left out Virat Kohli, Rohit Sharma and Jasprit Bumrah from the line-up raising several eyebrows among fans.

Lincoln.(Agency)

Former India batter Ajinkya Rahane has left out Virat Kohli and Jasprit Bumrah from his all-time Indian Test XI. Rahane, who retired from all forms of cricket in July 2026, picked Sachin Tendulkar over Kohli at No. 4 and opted for a pace attack featuring Mohammed Shami, Ishant Sharma and Bhuvneshwar Kumar, leaving out Bumrah. Rahane made his selections during an

interaction with Sony Sports Network, where he was asked to name his all-time India Test XI from players he had played alongside in international or domestic cricket. His choices also excluded Rohit Sharma, with Murali Vijay and Shikhar Dhawan named as his preferred opening pair.The former India vice-captain picked Rahul Dravid at No. 3 before selecting Tendulkar at No. 4. Rahane placed himself at No. 5, followed by former India captain MS Dhoni at No. 6, with Dhoni also named captain and wicketkeeper of the side. Ravindra Jadeja and Ravichandran Ashwin completed the spin-bowling and all-round options, while Bhuvneshwar, Shami and Ishant made up the pace attack. **RAHANE PICKS HIMSELF, DHONI AS CAPTAIN** Rahane's decision to include himself in the XI came alongside a selection of several former teammates from India's successful Test sides. He slotted himself into the middle order,



ahead of Dhoni, who led the team as captain and wicketkeeper.Dhoni's inclusion was notable for Rahane's personal connection with the former India skipper. Dhoni was Rahane's first captain in international cricket, and the former batter chose him to lead his all-time side.At the top of the order, Rahane went with Vijay and Dhawan, two players with whom he shared the dressing room during his India career. Dravid and Tendulkar, meanwhile, occupied the next two

batting positions.The omission of Kohli and Rohit stood out given their importance to India's Test team over the past decade. Kohli was not selected at No. 4, with Rahane preferring Tendulkar for the position, while Rohit did not make the cut as an opener. **BUMRAH MISSING FROM PACE ATTACK** Rahane's pace selections also raised eyebrows, with Bumrah left out in favour of Bhuvneshwar, Shami and Ishant. The three selected fast bowlers were part of the Indian team that helped establish a formidable pace attack during the late 2010s. Their performances played a significant role in India's success in overseas Test cricket, particularly during a period when the team began winning more consistently away from home.Bumrah, meanwhile, has emerged as one of India's leading fast bowlers across formats and has been a key figure in the Test side in recent years.

Chinmay Sutar: Father took down Shane Warne, son made history with Ranji Trophy 400

New Delhi.(Agency)

Last week, in an otherwise unremarkable Ranji Trophy match, a rare piece of history was made. Chinmay Sutar, playing for Mizoram, slammed what was only the second quadruple century scored in the 92-year history of the competition. The innings places him alongside BB Nimbalkar, who made 443 not out for Maharashtra against Kathiawar in 1948-49. Sutar's 400* was also only the second time a quadruple century was scored in first-class cricket since Brian Lara's 400* against England in 2004.Sutar, 29, went through a range of emotions through his innings. It started out with hunger, a zeal to hit his maiden century in red ball cricket and prove people wrong. After surviving the moving ball in the first hour, Sutar got into his groove and patiently raked up the runs when others fell around him. As the pitch eased out, and Sutar realised that there were runs to be made on this wicket, a sense of ease took over him. He added 168 runs with No.6 Jehu Anderson, before facing a bottom order collapse again. With Mizoram nine down, Sutar found an ally in last man Lalrempuia Chhakchhuak. The batter knew that without scoring 450 runs on this wicket, it would have been difficult for the Mizo side to get the 3 points from the first innings lead.So the pair got to work. Sutar and Lalrempuia added 189 runs together for the final wicket in the match - the third highest last wicket partnership in his history of the Ranji Trophy. Lalrempuia took body blows in his 76-ball innings, while Sutar scored bulk



of the runs himself. "When I reached 100, it was the biggest relief because I had got out for 99 in the previous game (first class debut). After that, I just wanted to contribute more and make it a big innings. I never thought about scoring 200, 250 or 300. When I reached 200 and then 250, I was thinking about what the team needed. I scored 200 on the morning of Day 3. We were seven wickets down, and I just wanted to score more runs," Sutar told IndiaToday.in over phone. "We were around 350/8, and I thought I wanted to help the team get past 450. I kept talking to my partners about building small partnerships of 20 or 25 runs so that we could get past that score," he added.It was only around the 380-run mark that he finally realised what had been happening.

Vaibhav Sooryavanshi's failure on T20I return leaves ex-India spinner fuming

MUNICH.(Agency)

Vaibhav Sooryavanshi failed to make an impact on his return to the Indian T20I team, but former India spinner Murali Kartik believes the teenager was not used in the right role. Kartik questioned the team management's decision to send Sooryavanshi in at No. 3 instead of allowing him to open in the second T20I, arguing that the youngster should have been played in the position where he is most effective.posted on X. “Get well soon, Vinny.”Sooryavanshi featured in the second match of the series after the absence of injured Ishan Kishan created an opportunity for him. However, the 15-year-old could not make the most of his chance, scoring just four runs off eight balls before being dismissed in the seventh over of India's chase of 181 runs.His dismissal was one of three wickets India lost in the first 10 overs, leaving the team under pressure in the chase. India eventually got over the line, thanks to a late flourish from Tilak Varma, Naman Dhir and Nitish Kumar Reddy. Tilak remained unbeaten on 51 off 26 balls, while Dhir contributed 31 off 17 and Reddy finished unbeaten on 26 off 13 as India chased down the target with one ball to spare.Despite the victory, Kartik questioned the decision to bat Sooryavanshi at No. 3, insisting that the youngster's strengths were best suited to the opening position.“Where is Vaibhav

Suryavanshi good? He is good as an opener. He has not played in the middle. He is a young kid. He has batted only one way. That's why you keep experienced players, so that they can play different roles,” Kartik said on the broadcast after the match.“It's a different thing that you won the match, but if you are playing Suryavanshi, he should have opened today,” he added.

SENIOR PLAYERS SHOULD ADAPT: KARTIK

Kartik argued that India's experienced



players should be prepared to adjust their batting positions to accommodate a young talent such as Sooryavanshi. He pointed to Sanju Samson as a player capable of taking on different roles, suggesting that the team could have used the experienced batter to make room for the teenager at the top of the order.

Vintage PV Sindhu eyes French Open glory, but inevitable An Se Young stands in her way

PV Sindhu is one win away from French Open glory, but world No. 1 An Se Young stands in her way. Can the Indian ace overcome a 0-10 head-to-head record and end the Korean star's dominance to claim another major title?

New Delhi.(Agency)

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If one thing that has stood out about PV Sindhu during her time in the French Open, it has been her resilience, ability to make a comeback and dig herself out from tough spots. Now she stands on the cusp of another title. But standing in her way is the inevitable World No. 1, An Se Young.Sindhu is on the brink of another major milestone, with the 31-year-old Indian shuttler just one victory away from claiming her seventh BWF World Tour title and a second Super 750 crown in the same season.Sindhu reignited her title-winning form at the Japan Open in July, overcoming three-time world champion Akane Yamaguchi in the final to secure her sixth World Tour trophy. The triumph also marked her first BWF title since December 2024 and her breakthrough victory at the Super 750 level.Now, a French Open crown would take her resurgence to another level, giving the former world champion multiple titles in a calendar year for the first time since 2022. There were signs of



shuttler threatened to turn the match around.The Indian edged ahead in a tight opening game before shifting gears to claim it 21-10, winning 11 of the final 12 points. Akechi responded in the second, using clever shot-making and resolute defence to push Sindhu onto the back foot. The Indian fought back to level the score at 20-20, but the Japanese won the next two crucial points to force a decider.Sindhu made a positive start in the third game, only for Akechi to claw her way back and draw level at 15-15. With the contest finely poised, an exhausting 38-shot rally ended with a

Japanese net error, giving Sindhu a vital 18-16 lead. She then stepped up the pressure, earned four match points after Akechi hit wide and sealed the win with a cross-court smash. **THE AN SE YOUNG TEST** Standing in Sindhu's way is arguably the toughest challenge in women's singles badminton right now. South Korean superstar An Se Young has been virtually unstoppable in 2026, boasting an astonishing 65-1 win-loss record and riding a 49-match winning streak into Sunday's final.With nine titles already under her belt this season, the world No. 1 will be chasing a landmark 10th crown at the French Open. To see the level of dominance Young has produced at the French Open, you just need to see the scores of her matches so far. So far, she is yet to drop a game and won her first round match against Amalie Schulz 21-6, 21-4.This was followed by a 21-11, 21-14 win over Tanvi Sharma, 21-13, 21-16 victory over Han Yue and then beating Nozomi Okuhara 21-12, 21-19. **SINDHU VS AN SE YOUNG: HEAD-TO-HEAD** There may be no way to sugarcoat this, but Sindhu will have work cut out against Young. Sindhu faces a daunting task on Sunday, with An Se Young having won all 10 of their previous encounters. The Indian has managed to take just one game off the South Korean across those meetings.Sindhu came closest to troubling An Se Young in the quarter-finals of the 2023 Badminton Asia Championships.

Tilak Varma's finishing touch: A Hyderabad dum biryani cooked to perfection

Paris,.(Agency)

The debate over which biryani is the best will probably never have a definitive winner in India. Every region has its own claim to fame, and Hyderabad is no exception. Visit the city, and a plate of Hyderabadi biryani is practically a must. The recipe itself isn't overly complicated, and you can even recreate it at home. But there's one ingredient you simply cannot do without: patience.uire a significant police deployment.The preparation alone will test your limits. The meat needs to marinate, the rice needs to soak, and the initial prep takes time. Then comes the most crucial stage: putting the biryani on dum. For the next 20 minutes, the pot must sit on a low flame. Get the heat wrong, and you're staring at charred rice and meat.The pressure must remain constant, and not a wisp of steam can escape. There's no shortcut, no rushing the process. Get the timing right, and the reward is worth every minute of the wait. The flavours come together, and your taste buds are in for a treat.On Saturday, October 24, Indian cricket fans had another reason to savour the Hyderabad connection. Tilak Varma produced a stunning late assault in Christchurch, helping India pull off a four-wicket win over New Zealand and take a 2-0 lead in the series.His unbeaten 51 off 26 balls, built around a crucial partnership with fellow Hyderabad Nitish Kumar Reddy, helped India pull off the chase. The numbers suggest a destructive knock, but the story behind them was one of patience, belief and impeccable timing. At one stage, Tilak was struggling on 10 off nine balls. While the pressure mounted and the required runs kept climbing, he refused to panic. Instead, he trusted his ability to make up for the slow start when it mattered most. And when the moment arrived, he exploded into life.



Radhikka Madan

Recalls Facing Body-Shaming, Says She Was Called ‘Too Fat’: ‘Heroine Kaise Banegi Ye?’

Bollywood actress Radhikka Madan recently opened up about the pressure women face to look a certain way and how constant comments about her body affected her own health. Extending her support to Katrina Kaif, who recently faced criticism over her postpartum weight, Radhikka spoke about her personal experiences with body-shaming and the unrealistic expectations placed on women in the entertainment industry. She recalled how her weight became a subject of discussion at a time when she was working on multiple films. The experience eventually forced her to rethink her priorities and understand that trying to please everyone was taking a toll on her well-being.

Radhikka Madan Recalls Being Judged For Her Weight

In a conversation with Hindustan Times, Radhikka revealed that her weight changed significantly while preparing for different film roles. She gained around 15 kilos for her 2018 film Pataakha and later worked towards losing that weight while shooting for Shiddat and Angrezi Medium. “I had gained 15 kgs for Pataakha, and I was losing that weight through Shiddat and Angrezi Medium. I was told that I was ‘too fat. Heroine kaise banegi ye’,” she recalled. Radhikka said she continued losing weight while working on back-to-back projects until she became extremely thin. The process began affecting her health, so she decided to take a break.

“I kept losing weight and shooting back-to-back, and fully became like bones. It started affecting my health, so I took a break,” she said. Radhikka shared how difficult it was to meet expectations that kept changing. When she weighed more, she was criticised for being too fat. After losing weight, she was told she was too thin.

‘I Started Focusing On Feeling Healthy’, Says Radhikka

The constant criticism eventually led Radhikka to question why she was putting herself through so much pressure to satisfy others. She realised that no matter how much her appearance changed, there would always be someone ready to criticise it. That understanding helped her shift her focus from achieving a particular body size to taking care of her health. “I asked myself why am I trying to please people when they will never be happy? So, I started focusing on feeling healthy rather than chasing a particular body size. Once you do that, others’ opinions don’t affect you as you become wiser. You don’t know what insecurity they [critiques] are coming from. But I have that security of knowing that now, I am chasing health,” she said.



Aamir Khan’s Niece Zayn Marie Shares Bruise Video After CJP Protest Detention In Mumbai



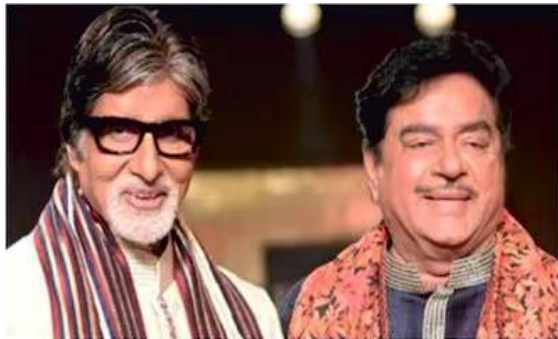
Aamir Khan’s niece Zayn Marie Khan has shared a video showing bruises on her body after she was detained during a protest at Mumbai’s August Kranti Maidan on October 10. Actor Imran Khan and his girlfriend Lekha Washington were also taken into custody during the demonstration and released several hours later. The protest was held in support of the Cockroach Janta Party’s demand for the resignation of Chief Election Commissioner Gyanesh Kumar over alleged irregularities in voter-list revisions. Zayn’s video, posted on Instagram following her release, has now brought fresh attention to what happened during the police action at the protest.

Zayn Marie Khan Shows Bruises After Detention

In the video, Zayn can be seen showing visible marks on her body following her detention at August Kranti Maidan. The footage began circulating online soon afterwards, prompting questions about the circumstances surrounding the police action against demonstrators. The exact circumstances in which Zayn sustained the bruises have not been independently established. She also did not provide a detailed account in the video explaining when or how the marks occurred.

Her post, however, has added another point of focus to the controversy surrounding the detentions in Mumbai. Imran Khan And Lekha Washington Were Also Detained. NDTV reported that Imran, Lekha and Zayn were detained by Mumbai Police during the protest and released several hours later. The Indian Express also reported on their detention and subsequent release, with footage emerging from the site showing the trio being taken into a police van. After they were released, Lekha shared an account of their experience on social media. She claimed that arranging transport home became difficult and alleged that cab drivers were being threatened.

Amitabh Bachchan Birthday: Shatrughan Sinha Wishes Big B, Calls Him Source Of Inspiration For Gen Z



Actor-politician Shatrughan Sinha extended warm wishes to megastar Amitabh Bachchan on his 84th birthday. He described him as a national icon and a source of inspiration, particularly for the younger generation, including Gen Z. Taking to social media, Shatrughan Sinha shared a heartfelt birthday message for his friend and fellow actor, wishing him happiness, good health and a long life. “Many happy returns of the day, for our favorite friend, national icon @SrBachchan a source of inspiration to all, especially younger generation Gen Z. Wishing you happiness, good health & a very very long healthy life. God Bless! #BirthdayWishes,” he wrote. Shatrughan Sinha also shared a couple of throwback pictures featuring Amitabh Bachchan. In the first photograph, the two actors are seen sharing a light-hearted moment. The next picture captures them seated alongside veteran actor Dharmendra, with Amitabh Bachchan holding Dharmendra’s hand as Shatrughan sits between them. In the final photograph, Amitabh Bachchan is seen posing with Shatrughan Sinha’s family, including his wife and daughter Sonakshi Sinha, at the launch of Shatrughan Sinha’s book.

Amitabh Bachchan and Shatrughan Sinha have shared screen space in several iconic Bollywood films, including “Naseeb,” “Shaan,” and “Dostana.”

Amitabh Bachchan, fondly known as the Shahenshah of Bollywood, remains one of Indian cinema’s most celebrated actors. Over the years, he has earned widespread recognition for his versatile performances and remarkable contribution to the film industry. From his iconic roles in films such as ‘Zanjeer,’ ‘Deewaar,’ and ‘Sholay’ to his performances in more recent projects, Amitabh has continued to remain a prominent figure in Indian cinema. Beyond films, the actor has also won audiences over through his television appearances, particularly as the host of the popular quiz show ‘Kaun Banega Crorepati.’

Richa Chadha

Shares ‘Make-Up Hack’ For CJP Protesters To Avoid Facial Recognition, Says ‘Carry Pepper Spray’

Richa Chadha has weighed in on the ongoing protests against Chief Election Commissioner Gyanesh Kumar, sharing a make-up tutorial that she said could help demonstrators avoid facial recognition cameras. The actress posted the clip on X on Sunday, October 11, while claiming that protesters were being filmed without their consent. The demonstrations are being held over alleged



irregularities linked to the Special Intensive Revision (SIR) of electoral rolls, with protesters demanding Gyanesh Kumar’s resignation. Amid heightened security and detentions reported from Delhi, Richa urged those joining the protests to remain cautious, peaceful and prepared.

Richa Chadha Shares Surveillance ‘Tutorial’ For Protesters

Sharing the video on X, Richa wrote, “Dear

protestors, since you’re being filmed without your consent, try using make-up to dodge surveillance/facial recognition cameras. Here’s a tutorial.” She followed it up with a message asking protesters to look after themselves while participating in the demonstrations.

“Be safe, stay hydrated, stay strong. Girls, carry pepper spray. BULLIES ARE ALWAYS COWARDS, don’t forget. Stay peaceful, don’t be silent, don’t be violent,” she wrote. The actress’ post came as protests continued over allegations surrounding the SIR exercise. The allegations remain contested, while demonstrators have continued to press for accountability from the Election Commission.

Actress Had Earlier Asked Delhi Residents To Join Protests

This was not the first time Richa had shared a make-up tutorial in connection with the demonstrations. Ahead of Saturday’s protest, she had posted another message encouraging people living in Delhi to turn up in large numbers despite restrictions affecting movement into central parts of the city. “So many restrictions on the border and locomotives etc, means baahar wale people can’t come into the central part. But those who live in the city should go in large numbers. Carry water. Wear a mask, cap, shades... walk. (They’re counting on you NOT showing up. Prove them wrong). Ooh! Don’t miss.



'Modi Ka Baap Bhi Jayega': Kharge's Remark Sparks BJP Row, Amit Shah Hits Back

News Desk: Congress president Mallikarjun Kharge triggered a political controversy on Sunday after saying "Modi ka baap bhi jayega" during a public event in Patna, drawing a sharp response from the Bharatiya Janata Party (BJP) and intensifying the political confrontation between the two parties. The remark came during a programme marking the 139th birth anniversary of Dr Shri Krishna Singh, Bihar's first chief minister, popularly known as Shri Babu. Kharge was addressing the gathering when an exchange with a person in the audience prompted his controversial response. The incident occurred as Kharge was speaking about alleged irregularities in the Special Intensive Revision (SIR) of electoral rolls. He said those responsible for

electoral wrongdoing would be sent to jail. A person in the audience reportedly remarked that Prime Minister Narendra Modi would not leave office, prompting Kharge to respond sharply. The exchange quickly became a political flashpoint, with the BJP accusing the Congress chief of using inappropriate language against the Prime Minister and his family. **BJP Demands Apology** Union Home Minister Amit Shah strongly criticised Kharge's remark, accusing the Congress of crossing the limits of political decorum. Shah alleged that the party had repeatedly resorted to objectionable language against Modi and his family and linked the incident to what he described as frustration within the Congress. Other BJP leaders also condemned the statement and

demanding an apology from Kharge and the Congress leadership. Bihar Chief Minister Samrat Choudhary described the language as derogatory and accused the opposition of pursuing personal attacks instead of constructive political debate. The controversy has once again brought the conduct and language of political leaders into focus, with the BJP arguing that criticism of the government should not extend to personal remarks about the Prime Minister's family. **Man at Centre of Exchange Says His Words Were Misunderstood** The incident took another turn after the man involved in the exchange, identified in media reports as Santosh Kumar from Chhapra, said his statement had been misunderstood. His account



Kumar claimed that he had been saying Modi would not leave power unless there was a revolt, but that only part of his sentence was heard. He maintained that he wanted Modi removed from office and had not intended to defend the Prime Minister's continuation in power. Kumar also alleged that he was assaulted by people at the venue following the misunderstanding. His account

added another dimension to the controversy, although the allegation of assault has not been independently established here. **Kharge Attacks Modi Over Black Money** Beyond the exchange, Kharge launched a broader attack on the Prime Minister, the BJP and the Rashtriya Swamsevak Sangh (RSS). Questioning Modi's promise to bring back black money,

the Congress president asked what had happened to the money that the Prime Minister had pledged to recover. He accused Modi of making unfulfilled promises and criticised the government over its handling of electoral and political issues. Kharge also alleged that the SIR exercise was being used to remove names of opposition supporters from electoral rolls, raising concerns about voting rights and the fairness of elections. These allegations form part of the Congress's wider campaign against what it calls electoral manipulation; the claims remain contested by its political opponents. He called for opposition unity to defend the Constitution and protect citizens' voting rights, describing the political struggle as a fight for democratic principles.

RSS and Nitish Kumar Also Come Under Fire Kharge also criticised the RSS, alleging that its ideology contributed to communal tensions and arguing that social harmony would remain difficult to achieve while such divisions persisted. He further questioned Bihar Chief Minister Nitish Kumar's political alignment with the BJP-led National Democratic Alliance (NDA), arguing that the move was inconsistent with the socialist political tradition from which Kumar emerged. The comments reflected the Congress president's broader effort to challenge the BJP and its allies on issues ranging from electoral integrity to communal relations and political ideology. **Political Confrontation Intensifies** The Patna episode has added

another flashpoint to the continuing confrontation between the Congress and the BJP. While the BJP has focused on Kharge's choice of words and demanded an apology, the Congress president's wider allegations concerning electoral rolls and democratic institutions remain central to the political dispute. The controversy also underscores how exchanges at public rallies can quickly become national political issues, particularly when they involve senior leaders and the Prime Minister. With both parties using the incident to reinforce their respective political arguments, Kharge's remark is likely to remain a subject of debate over political accountability, public discourse and the standards expected of elected representatives.

Delhi Traders Urge Rahul Gandhi to Postpone INDIA Bloc Rally, Warn of ₹10,000 Crore Trade Hit



New Delhi: The Chamber of Trade and Industry (CTI) has urged Congress leader and Leader of Opposition in the Lok Sabha Rahul Gandhi to postpone the INDIA bloc's November 1 rally at Ramlila Maidan, warning that it could disrupt festive-season business worth around ₹10,000 crore.

In a letter to Gandhi, CTI chairman Brijesh Goyal requested that the rally be rescheduled to a date after November 10, citing concerns over traffic restrictions, market access and customer movement during the crucial festive shopping period.

The traders' body said central Delhi's wholesale and retail markets could face disruption just as business activity gathers momentum ahead of Dhanteras, Diwali and Bhai Dooj. It said Delhi generates substantial festive revenue across sectors such as jewellery, electronics, garments, automobiles, utensils, sweets and gifts.

According to the CTI, business worth approximately ₹25,000 crore is recorded around Dhanteras alone. Traders fear that restrictions and congestion linked to the rally could affect customer footfall and sales during one of the busiest periods of the year.

The organisation has appealed to the Congress leadership to consider traders' concerns and reschedule the rally to avoid a potential setback for businesses during the festive season.

Rail Passengers Can Opt for ₹10 Lakh Travel Insurance at 45 Paise from October 27

RNS: Railway passengers booking reserved tickets at reservation counters will be able to opt for travel insurance from October 27. The Railway Board has issued instructions to all zonal railways to extend the facility to passengers purchasing tickets offline.

Under the scheme, passengers can obtain insurance coverage of up to ₹10 lakh by paying a nominal premium of 45 paise.

The cover will provide financial protection against specified accidents during train journeys, subject to the applicable policy terms and conditions.

The insurance benefits include up to ₹10 lakh in case of accidental death or permanent total disability, ₹7.5 lakh for permanent partial disability and ₹2 lakh for hospital treatment.

NCB's 'Operation Trident' Strikes Cross-Border Drug Cartel: 18 Arrested, ₹100 Crore Hawala Trail Exposed

New Delhi: In a major crackdown on a transnational drug trafficking network operating along India's northeastern borders, the Narcotics Control Bureau (NCB), in coordination with Mizoram Police and the Enforcement Directorate (ED), raided 38 locations across Assam, Mizoram and Manipur on October 23, arresting 18 people and uncovering an alleged hawala network involving nearly ₹100 crore.

The coordinated operation, code-named Operation Trident, was launched in the early hours of Friday, with 38 joint teams simultaneously targeting identified premises to prevent suspects from escaping and assets from being concealed, according to a government statement issued on Sunday. The operation dealt a significant financial blow to the suspected network, with authorities freezing 1,424 bank accounts and attaching properties valued at ₹17.82 crore. Investigators also seized 500 detonators and ₹12 lakh in cash, officials said.

Raids Target Myanmar Border Drug Corridor The searches covered several strategically important locations, including Aizawl, Champhai and Zokhawthar, a key border trading town in Mizoram. Raids were also conducted in Churachandpur in Manipur and along the Cachar transit corridor in Assam.

Investigators believe the locations were connected to a cross-border syndicate that allegedly smuggled methamphetamine and heroin through the Myanmar-Mizoram-Manipur-Assam-Tripura corridor, with links extending into mainland India and Bangladesh.

Union Home Minister Amit Shah described the route as the "Death Triangle Corridor", highlighting the alleged movement of narcotics across the borders of India, Myanmar and Bangladesh. He praised the



agencies and state police forces involved in the operation. **Myanmar-Based Kingpin at Centre of Probe** According to the NCB, the syndicate was allegedly headed by Myanmar-based Thangcintuang, also known as Chintuang or Tuanga. He is wanted in more than 10 cases registered under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, the agency said. The latest raids followed an extensive investigation involving backward and forward linkages, financial profiling and digital forensics. Investigators examined how drugs were transported, who facilitated their movement and how the proceeds were allegedly channelled through financial inter-

mediaries. The probe reportedly revealed a wider network of facilitators, shell entities and money mules suspected of helping the syndicate move and conceal illicit proceeds. **Earlier Arrests Helped Uncover Financial Network** The NCB said earlier phases of the investigation had resulted in the arrest of the alleged kingpin in Delhi and the detention of a key facilitator under the Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances (PITNDPS) Act. A suspected hawala operator, Lalrampari, was arrested on August 8, 2024. According to the agency, her case exposed nearly ₹100 crore in alleged illicit financial transactions linked to the network. Another key suspect, Abu Saleh, described by investigators as the syndicate's logistics head for the Assam corridor, was arrested in Cachar on November 20, 2025. Information obtained from these cases reportedly helped investigators map the network's financial operations and identify additional suspects and properties, paving the way for the October 23 raids.

CBFC Data Leak: Sensitive Documents Linked to Over 500 Films Surface Online

RNS: Sensitive documents linked to more than 500 films have reportedly been leaked online from the Central Board of Film Certification's (CBFC) e-Cinepramaan portal, raising concerns over data security in the Indian film industry. The leaked material reportedly includes film scripts, certification records, cut orders and commercial contracts containing details of distribution agreements and licensing fees. Such disclosures could expose confidential business infor-



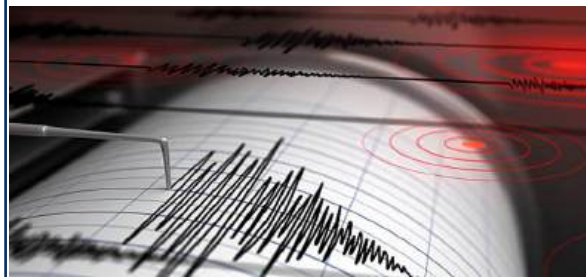
mation and affect negotiations between filmmakers, producers and distributors. According to reports, the documents were made available for download on

the Internet Archive following unauthorised access to records on the CBFC portal. However, the precise cause of the breach and the full extent of the data

exposure remain unclear. The leak does not involve the complete films themselves; it concerns documents associated with their certification and commercial arrangements. The CBFC has reportedly initiated an investigation and a security audit. The Internet Archive has also indicated steps to remove the account associated with the material, while cyber-crime authorities and India's cybersecurity agency, CERT-In, have been notified.

Shorties

Magnitude 4.2 Earthquake Strikes Nepal's Baitadi, Tremors Felt in Darchula



RNS: A magnitude 4.2 earthquake struck Nepal's Baitadi district on Sunday afternoon, with its epicentre in the Dilsaini area of Sudurpaschim Province, according to the Earthquake Monitoring and Research Centre.

Tremors were felt in Baitadi and neighbouring Darchula district, triggering concern among residents. No casualties, injuries or property damage had been reported immediately after the earthquake.

Nepal lies in a seismically active zone due to the collision of the Indian and Eurasian tectonic plates, making the Himalayan region vulnerable to earthquakes. Residents have been advised to remain alert and follow safety precautions in case of aftershocks.

BIT Mesra Inaugurates IN-SPACe Course on Advanced Propulsion Systems

Ranchi: Birla Institute of Technology (BIT), Mesra, on Sunday inaugurated a week-long IN-SPACe skill development course on advanced propulsion systems for launch vehicles, satellites and landing missions.

Organised by the Department of Space Engineering and Rocketry, BIT Mesra, in collaboration with the Indian National Space Promotion and Authorization Centre (IN-SPACe), Department of Space, Government of India, the programme aims to strengthen technical expertise and promote industry-academia collaboration in India's growing space sector.

Dr. S. Pandian, former Director and Distinguished Scientist at ISRO's Satish Dhawan Space Centre, delivered the keynote address. BIT Mesra Vice-Chancellor Prof. Indranil Manna and Dr. Vinod Kumar, Director, Promotion Directorate, IN-SPACe, also attended the inaugural ceremony.

Around 50 participants from space companies, research organisations and academic institutions are attending the programme. Representatives from Skyroot Aerospace, Manastu Space, SpaceFields, Manipal University and KPIT are among the participants.

The week-long course is designed to provide specialised knowledge of propulsion technologies used in launch vehicles, satellite systems and landing missions. It also seeks to encourage the exchange of technical expertise between researchers, industry professionals and academic institutions, supporting the development of skilled talent for India's expanding space ecosystem.

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- धन, संपत्ति एवं सृष्टि-समृद्धि
- विदेश यात्रा एवं शिक्षा
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आपकी समस्या से हमारा जुड़ाव

महाराष्ट्र में रैपिडो चला रहा था जैश का सदिग्ध आतंकी, एटीएस ने दबोचा

मुंबई। महाराष्ट्र आतंकवाद निरोधक दस्ते (एटीएस) ने प्रतिबन्धित आतंकवादी संगठन जैश-ए-मोहम्मद से जुड़े एक 33 वर्षीय सदिग्ध आतंकी मोहम्मद हसन अबू सरमद अख्तर को मुंबई से गिरफ्तार किया है। एटीएस को गुप्त सूचना मिली थी, जिसके आधार पर आरोपी को माहिम मेट्रो स्टेशन के पास से पकड़ गया। एटीएस के अनुसार, शुरुआती जांच में सामने आया है कि मोहम्मद हसन रैपिडो राइडर और इत्र विक्रेता के तौर पर काम करने की आड़ में कथित तौर पर कट्टरपंथी विचारों का प्रचार कर रहा था। जानकारी के अनुसार, एटीएस ने सदिग्ध को हिरासत में लेकर मुंबई पुलिस के हवाले किया था, जिसके बाद मुंबई पुलिस ने कार्रवाई करते हुए आरोपी को गिरफ्तार कर लिया। पुलिस के मुताबिक, माहिम पुलिस थाने में सदिग्ध के खिलाफ प्राथमिकी (एफआईआर) दर्ज की गई है। आरोपी के पाकिस्तान के एक खुफिया अधिकारी (पीआईओ) के संपर्क में होने का भी आरोप है। जांच के दौरान पुलिस ने आरोपी के पास से एक मोबाइल फोन और लैपटॉप बरामद किए हैं। इन इलेक्ट्रॉनिक उपकरणों की गहन जांच की जा रही है ताकि सदिग्ध के संपर्कों और गतिविधियों के बारे में विस्तृत जानकारी जुटाई जा सके। महाराष्ट्र एटीएस और मुंबई पुलिस संयुक्त रूप से आरोपी की गतिविधियों और जैश-ए-मोहम्मद से उसके कथित संबंधों का पता लगाने का प्रयास कर रही है। यह गिरफ्तारी भारत में जैश-ए-मोहम्मद के बढ़ते नेटवर्क और उसके मॉड्यूल के सक्रिय होने का संकेत देती है। इससे पहले भी देश के विभिन्न हिस्सों से जैश से जुड़े सदिग्धों की गिरफ्तारी हुई है। जुलाई में गुजरात एटीएस ने एक बड़ी कार्रवाई करते हुए पाकिस्तान स्थित जैश-ए-मोहम्मद से जुड़े 8 लोगों को गुजरात और मध्य प्रदेश के विभिन्न जिलों से गिरफ्तार किया था। गुजरात एटीएस ने बताया था कि ये आरोपी भी पाकिस्तानी हैंडलर्स के संपर्क में थे और गुजरात में जैश का नेटवर्क स्थापित करने, आतंकी गतिविधियों को बढ़ावा देने तथा जैश की विचारधारा का गुजराती में अनुवाद व प्रसार करने का काम कर रहे थे। उस जांच में पाकिस्तान स्थित आतंकी संगठन से फंडिंग का भी खुलासा हुआ था।

दिल्ली के स्कूल में 12वीं की छात्रा का जला हुआ शव मिला, बैग से तीन लेटर बरामद



नई दिल्ली। दिल्ली के कृष्णा नगर स्थित सर्वोदय बालिका विद्यालय में शनिवार दोपहर 12वीं कक्षा की 18 वर्षीय छात्रा का जला हुआ शव मिलने से हड़कंप मच गया। सूचना मिलने पर पुलिस और दमकल विभाग की टीम मौके पर पहुंची। छात्रा का शव स्कूल परिसर में गार्ड रूम के पीछे मिला। घटनास्थल के पास उसका स्कूल बैग भी बरामद हुआ, जिसमें से तीन लेटर मिले हैं। पुलिस मामले को आत्महत्या से जोड़कर जांच कर रही है। पुलिस के मुताबिक, स्कूल में आग लगने की सूचना पीसीआर कॉल के जरिए मिली थी। इसके बाद पुलिस और दमकलकर्मी मौके पर पहुंचे। जांच के दौरान छात्रा जली हुई हालत में मिली। प्रारंभिक जांच में आशंका जाहिर की गई है कि छात्रा ने खुद पर पेट्रोल डालकर आग लगाई थी। हालांकि, घटना के वास्तविक कारणों की पुष्टि जांच पूरी होने के बाद ही हो सकेगी। पुलिस को छात्रा के बैग से मिले तीन लेटर की जांच से मामले से जुड़े अहम तथ्य सामने आने की उम्मीद है। प्रारंभिक जांच में प्रेम प्रसंग से जुड़ा पहलू भी सामने आया है, लेकिन अधिकारियों ने संबंध में विस्तृत जानकारी साझा नहीं की है। घटनास्थल से साक्ष्य जुटाने के लिए फ़ाइम टीम को बुलाया गया। पुलिस ने मामले की जांच शुरू कर दी है और सभी पहलुओं को ध्यान में रखकर पड़ताल की जा रही है।

स्ट्रांग लीडर की छवि के लिए छात्रों को निशाना बना रही सरकार: दीपके

नई दिल्ली, एजेंसी। कॉकरोच जनता पार्टी (सोजेपी) के संयोजक अभिजीत दीपके ने अमेरिकी नागरिक मैथ्यू वैन डाइक की दोबारा रिहाई को लेकर प्रधानमंत्री नरेंद्र मोदी पर तीखा निशाना साधा है। दीपके ने तंज कसा कि आतंकियों को प्रशिक्षण देने वाले को रिहा कर दिया गया, जबकि देश का तिरंगा लहराने वालों को राष्ट्रीय सुरक्षा के लिए खतरा माना जाता है। उन्होंने आरोप लगाया कि पीएम मोदी स्ट्रांग लीडर वाली अपनी छवि को बरकरार रखने के लिए छात्रों और प्रदर्शनकारियों को निशाना बना रहे हैं। दीपके ने सोशल मीडिया पर एक वीडियो जारी कर सवाल उठाया कि भारतीय सुरक्षा एजेंसियों ने वैन डाइक की रिहाई पर कोई आपत्ति क्यों नहीं जताई। उन्होंने व्यंग्यात्मक लहजे में कहा, वह म्यांमार में सिर्फ आतंकियों को ही तो ट्रेनिंग दे रहा था। ऐसा तो नहीं है कि वह हमारे देश का तिरंगा लहराना चाहता था। अगर वह हमारे देश में तिरंगा लहराता, तो बड़ा नेशनल



सिक्वोरिटी थ्रेट हो सकता था। दीपके का यह तंज उनके अपने लहरा दो तिरंगा प्रदर्शन से जुड़ा था, जिसके लिए सोजेपी दावा करती है कि उनके कार्यकर्ताओं को तिरंगा लहराने के लिए जेल भेजा गया था। हालांकि, सरकार का दावा है कि उन्हें तिरंगा लहराने के लिए नहीं बल्कि शांति भंग करने के आरोप में गिरफ्तार किया गया था। दीपके ने भारत-चीन सीमा

सपा प्रत्याशी आकाश अग्रवाल के आरोप, ऐसा बर्ताव हुआ जैसे पाकिस्तान से आया हूं

आगरा , एजेंसी। आगरा खंड शिक्षक एमएलसी चुनाव संपन्न होने के बाद भी राजनीतिक विवाद थमता नहीं दिख रहा है। समाजवादी पार्टी के प्रत्याशी डॉ. आकाश अग्रवाल ने चुनाव पुलिस और जिला प्रशासन पर गंभीर आरोप लगा दिए हैं। उन्होंने दावा किया कि चुनाव प्रक्रिया के दौरान उन्हें और उनके समर्थकों को परेशान किया गया। उन्होंने अपनी स्थिति की तुलना कर कहा कि उन्हें ऐसा महसूस कराया गया, जैसे वह पाकिस्तान से आए कोई आतंकवादी हों। आकाश के इन बयानों से राजनीतिक हलकों में चर्चा तेज हो गई है। आकाश अग्रवाल ने आरोप लगाया कि चुनाव के दौरान 12 जिलों में शिक्षक साथियों और स्कूल प्रबंधकों को परेशानियों का सामना करना पड़ा। उन्होंने बूथ कैप्चरिंग का आरोप लगाया, हालांकि इन आरोपों की स्वतंत्र पुष्टि नहीं हुई है। सपा प्रत्याशी ने कहा कि यदि उन्हें पहले पता होता कि चुनाव लड़ने के कारण उनके सहयोगियों को इतनी परेशानी झेलनी पड़ेगी, तब वह चुनाव मैदान में नहीं उतरते। आकाश ने अपनी नाराजगी जाहिर कर आशंका जता दी कि उनके खिलाफ झूठे मामले बनाए जा सकते हैं। उन्होंने कहा कि ऐसी परिस्थितियों में उन्हें डर महसूस होने लगा है। इसी बातचीत के दौरान उन्होंने धर्म परिवर्तन करने की बात भी कही। हालांकि, उन्होंने इस संबंध में कोई विस्तृत योजना सार्वजनिक नहीं की। डॉ.अग्रवाल वर्ष 2020 में भी आगरा खंड शिक्षक एमएलसी सीट से चुनाव लड़ चुके हैं। तब उन्होंने निर्दलीय उम्मीदवार के रूप में जीत दर्ज की थी। चुनाव में उन्हें 6,690 वोट मिले थे, जबकि भाजपा के दिनेश चंद्र वशिष्ठ को 4,314 वोट प्राप्त हुए थे। इस तरह आकाश अग्रवाल ने 2,376 मतों के अंतर से जीत हासिल की थी। वर्ष 2026 के चुनाव में आकाश अग्रवाल भाजपा से टिकट मिलने की उम्मीद कर रहे थे, लेकिन टिकट नहीं मिलने के बाद वे समाजवादी पार्टी में शामिल हो गए। सपा ने उन्हें आगरा खंड शिक्षक एमएलसी सीट से अपना उम्मीदवार बनाया। अब चुनाव के बाद उनके आरोपों ने राजनीतिक माहौल को फिर गरमा दिया है। हालांकि, पुलिस और प्रशासन का पक्ष सामने आने के बाद ही इन आरोपों की स्थिति स्पष्ट हो सकेगी।

कोलकाता भगदड़ की जांच: पंडाल गिरने की घोषणा से मची थी भगदड़

कोलकाता , एजेंसी। चोरबागान में एक पूजा पंडाल में मची दुखद भगदड़ को मानवीय भूल का परिणाम बताते हुए मुख्यमंत्री शुभेंद्रु अधिकारी ने हादसे में 19 लोगों की मौत पर गहरा दुख व्यक्त किया है। उन्होंने आश्वासन दिया कि जांच के बाद आने वाली सभी सिफारिशों को पूरी तरह से लागू किया जाएगा। अधिकारी ने मानिकतला के बागमारी निवासी शुभम सोनकर और श्यामपुकुर निवासी मिर्चू मंडल सहित दो पीड़ितों के आवायों का दौरा करने के बाद ये टिप्पणियां कीं। उन्होंने शोकसंतप्त परिवारों से मुलाकात की और उन्हें हरसंभव सहायता का आश्वासन दिया। अधिकारियों ने बताया कि इन दोनों को सीसीटीवी फुटेज की जांच के दौरान पहचाना गया। वे दुर्गा पूजा के पहले दिन शाम को पंडाल

में घोषणाएं कर रहे थे, जिसमें दावा किया गया था कि पंडाल गिर रहा है और आगंतुकों को तुरंत वहां से निकलने को कहा जा रहा था। ऐसा लगता है कि इन घोषणाओं से दहशत फैल गई, जिससे लोग बाहर निकलने के लिए तेजी से भागे और भगदड़ मच गई। राहा के खिलाफ भारतीय न्याय संहिता की गैर-जमानती धाराओं के तहत मामला दर्ज किया गया है और उसे अदालत में पेश किया जाएगा। पुलिस उन घटनाओं की कड़ियां जोड़ रही है जिनके कारण भगदड़ मची। मुख्यमंत्री ने बताया कि भगदड़ मुख्य रूप से मानवीय चूक के कारण हुई थी। उन्होंने एक सेवानिवृत्त न्यायाधीश को जांच की जिम्मेदारी सौंपी है, जो पुलिस की सहायता से तीन महीने के भीतर अपनी रिपोर्ट सौंपेगे। राज्य सरकार जांच के आधार पर की गई सिफारिशों

को लागू करेगी और निष्कर्षों को सार्वजनिक करेगी। अधिकारी ने कहा, जो भी सिफारिशें की जाएंगी, राज्य सरकार उन्हें तुरंत लागू करेगी, विधानसभा के सामने रखेगी, संवाददाताओं को उपलब्ध कराएंगी और इसे सार्वजनिक रूप से भी जारी करेगी। उन्होंने शोकसंतप्त परिवारों के प्रति एकजुटता व्यक्त करते हुए कहा कि इन परिवारों के साथ खड़ा होना उनकी जिम्मेदारी है। उन्होंने निजी एजेंसियों और राजनीतिक संगठनों को भी धन्यवाद दिया जिन्होंने इन परिवारों का साथ दिया है। इस बीच, भगदड़ फैलाने के आरोप में अब तक नौ लोगों को गिरफ्तार किया जा चुका है। शुक्रवार को दो और गिरफ्तारियां की गईं, जिनमें संजीव राहा और कुशल मजूमदार शामिल हैं। पुलिस के अनुसार, संजीव राहा,

सीएम रेखा ने अधिकारियों से कहा- छठ पर्व में साफ-साफाई और उचित रोशनी सुनिश्चित करें

नई दिल्ली , एजेंसी। दिल्ली की मुख्यमंत्री रेखा गुप्ता ने शनिवार को शालीमार बाग इलाके में मुनक नहर पर छठ घाट की तैयारियों को जायजा लिया है। सीएम ने अधिकारियों को क्षेत्र में व्यवस्थित ढंग से कार्य सुनिश्चित करने के निर्देश दिए। उन्होंने इस दौरान विभिन्न कार्यों की प्रगति की समीक्षा की और अधिकारियों को ल्योहार के दौरान उचित रोशनी तथा साफ-सफाई पर विशेष ध्यान देने को कहा। सीएम रेखा गुप्ता ने कहा, दिल्ली सरकार का लक्ष्य छठ से पहले घाटों का निर्माण और उनसे जुड़े विकास कार्य पूरे करना है, ताकि श्रद्धालु स्वच्छ वातावरण में पूरी श्रद्धा और भक्ति के साथ पूजा-अर्चना कर सकें। सीएम ने हरित क्षेत्रों के विकास और पौधारोपण कार्यों की भी समीक्षा की। उन्होंने कहा, अधिकारियों को निर्देश दिया कि सुनियोजित योजना के बिना पौधरोपण नहीं किया जाए। इसके बजाय, क्षेत्र के समग्र स्वरूप और उपलब्ध जगह को ध्यान में रखते हुए व्यवस्थित ढंग से कार्य किया जाए।

सहारनपुर में डॉ. अंबेडकर की प्रतिमा क्षतिग्रस्त, ग्रामीणों में आक्रोश, आरोपियों की तलाश में जुटी पुलिस

सहारनपुर, एजेंसी। उत्तर प्रदेश के सहारनपुर जिले के ग्राम लखनौती में डॉ.भीमराव अंबेडकर की प्रतिमा क्षतिग्रस्त करने का मामला सामने आया है। अंबेडकर पार्क में मौजूद प्रतिमा टूटी हुई और एक तरफ गिरी मिलने से ग्रामीणों में नाराजगी है। घटना की जानकारी मिलते ही बड़ी संख्या में ग्रामीण मौके पर एकत्र हो गए और पुलिस को सूचना दी। पुलिस ने घटनास्थल का निरीक्षण कर मामले की जांच शुरू कर दी है। ग्रामीणों के मुताबिक, गांव में अंबेडकर पार्क के लिए जगह आवंटित की गई है, जहां बाबा साहब की प्रतिमा स्थापित थी। आरोप है कि अज्ञात शरारती तत्वों ने प्रतिमा को क्षतिग्रस्त कर दिया। घटना की जानकारी सामने आने के बाद ग्रामीणों ने इसकी कड़ी निंदा की और दोषियों के खिलाफ सख्त कार्रवाई की मांग की है। ग्रामीणों ने बताया कि डायल 112 के माध्यम से ग्राम लखनौती में डॉ.अंबेडकर की प्रतिमा क्षतिग्रस्त होने की सूचना मिली थी। इसके बाद वरिष्ठ पुलिस अधिकारियों ने मौके पर पहुंचकर घटनास्थल का निरीक्षण किया। पुलिस ने मामले में मुकदमा दर्ज कर लिया है। आरोपियों की पहचान और गिरफ्तारी के लिए तीन पुलिस टीमों का गठन किया गया है। फिलहाल गांव में शांति व्यवस्था बनाए रखने के लिए पुलिस बल तैनात किया गया है। पुलिस का कहना है कि मामले की जांच जारी है और दोषियों के खिलाफ नियमानुसार कार्रवाई की जाएगी।

थलापति सरकार के फैसले से खुश हुई मोदी सरकार हवाई यात्रियों को राहत मिलने की उम्मीद



करना विमानन क्षेत्र के लिए स्वागतयोग्य कदम है। उन्होंने केंद्र और राज्यों के बीच सहयोग की जरूरत पर जोर देकर कहा कि हवाई यात्रा को सस्ता बनाने के प्रयासों में यात्रियों के हितों को प्राथमिकता दें।

थलापति सरकार के फैसले के तहत चेन्नई में एटीएफ पर वैट 29 से घटाकर 16 प्रतिशत कर दिया है। वहीं, राज्य के अन्य हवाई अड्डों पर इस घटाकर एक प्रतिशत करने का प्रावधान किया है। विमान ईंधन की कीमतें एयरलाइंस की

परिचालन लागत का महत्वपूर्ण हिस्सा होती हैं। इसके बाद कर में कटौती से विमानन कंपनियों को कुछ राहत मिलने की उम्मीद है। हालांकि, इसका असर हवाई टिकटों की कीमतों पर कितना पड़ेगा, यह कंपनियों के खर्च और बाजार की परिस्थितियों पर निर्भर करेगा। यह फैसला तब सामने आया है, जब वैश्विक विमानन क्षेत्र ईंधन की बढ़ती कीमतों और भू-राजनीतिक तनाव के कारण दबाव का सामना कर रहा है। पश्चिम एशिया में जारी तनाव से तेल बाजार और अंतरराष्ट्रीय उड़ानों के संचालन पर असर पड़ने की आशंका बनी हुई है। कई मार्गों पर हवाई क्षेत्र संबंधी प्रतिबंधों और उड़ानों के मार्ग बदलने से भी विमानन कंपनियों की लागत बढ़ सकती है।

रेहानवाड़ा की तस्वीरें हटाने पर प्रियंका चतुर्वेदी, कलाकारों की अभिव्यक्ति का किया समर्थन



के समर्थन के रूप में देखा जा रहा है। उनके बयान ने कला के क्षेत्र में अभिव्यक्ति की स्वतंत्रता और युवा प्रतिभाओं को प्रोत्साहित करने के मुद्दे को फिर चर्चा में ला दिया है।

नई दिल्ली,एजेंसी। नई दिल्ली के बीकानेर हाउस में आयोजित प्रदर्शनी से प्रियंका गांधी वाड़ा के पुत्र रेहान वाड़ा की कुछ तस्वीरें हटाने का मामला चर्चा में है। इस विवाद के बीच शिवसेना (यूबीटी) की नेता और पूर्व राज्यसभा सांसद प्रियंका चतुर्वेदी प्रदर्शनी देखने पहुंचीं। उन्होंने तस्वीरें हटाने के फैसले पर निराशा जताकर युवा कलाकारों और फोटोग्राफरों की अभिव्यक्ति को समर्थन देने की जरूरत जाहिर की। शिवसेना यूबीटी नेता प्रियंका चतुर्वेदी ने कहा कि वे प्रदर्शनी में शामिल सभी कलाकारों के समर्थन के लिए आई हैं। उन्होंने कहा कि कलाकार और फोटोग्राफर अपनी कला, तस्वीरों और रचनात्मक अभिव्यक्ति के माध्यम से समाज में हो रही घटनाओं को सामने लाते हैं। उनके काम को प्रोत्साहित करना और उन्हें अपनी बात रखने के लिए उचित मंच उपलब्ध कराना जरूरी है। रेहान वाड़ा की कुछ तस्वीरों को हटाने के फैसले पर प्रियंका चतुर्वेदी ने युवा कलाकारों की रचनात्मक स्वतंत्रता और उनके काम को उचित स्थान देने पर जोर दिया। उन्होंने रेहान वाड़ा के भविष्य को लेकर भी सकारात्मक टिप्पणी की और उनके कलात्मक प्रयासों के प्रति समर्थन जताया। इस मामले ने तस्वीरें हटाने के बाद राजनीतिक और सार्वजनिक हलकों में चर्चा को जन्म दिया है। शिवसेना यूबीटी नेता प्रियंका चतुर्वेदी का प्रदर्शनी में पहुंचना कलाकारों और फोटोग्राफरों के काम



जो चोरबागान दुर्गा पूजा समिति का कोषाध्यक्ष भी था, को गुरुवार को नादिया जिले से हिरासत में लिया गया था, जबकि कुशल मजूमदार को शुक्रवार को गिरीश पार्क इलाके से गिरफ्तार

किया गया। दोनों आरोपी कोलकाता की अमर बसु सर्ग्री के निवासी हैं और उनका घर पूजा स्थल से महज 50 मीटर दूर है।

फारूख अब्दुल्ला बोले- हमारी रक्षा कर रहा पाकिस्तान

-बारामूला की रैली में केंद्र पर साधा निशाना, अनुच्छेद 370 बहाली तक संघर्ष रहेगा जारी

बारामूला, एजेंसी। जम्मू-कश्मीर के पूर्व मुख्यमंत्री और नेशनल कॉन्फ्रेंस के अध्यक्ष डॉ. फारूख अब्दुल्ल ने शनिवार को बारामूला में पार्टी कार्यकर्ताओं को संबोधित करते हुए केंद्र सरकार और दिल्ली के इरादों पर सवाल उठाए। उन्होंने पाकिस्तान को लेकर भी बयान दिया, जिसमें कहा कि पाकिस्तान कश्मीर का मुद्दा अंतर्राष्ट्रीय मंचों पर उठा रहा है और वह उनकी रक्षा कर रहा है। रैली में पूर्व सीएम फारूख अब्दुल्ल ने कहा, आप दिल्ली से क्या उम्मीद कर सकते हैं? क्या आपको लगता है कि वे आपको न्याय दिलाएंगे? उन्होंने कार्यकर्ताओं से संघर्ष जारी रखने का आह्वान करते हुए कहा कि उन्हें लड़ने का साहस रखना होगा, अन्यथा उनकी पहचान मिट सकती है। उन्होंने आगे कहा कि भारत आज दुनिया के दबाव के कारण चुप है और पड़ोसी देश लगातार कश्मीर के मुद्दे को अंतर्राष्ट्रीय मंचों पर उठा रहा है। अब्दुल्ल के मुताबिक, पाकिस्तान विभिन्न मंचों पर यह कहता है कि कश्मीर का मुद्दा अब तक हल नहीं



हुआ है। उन्होंने इसी संदर्भ में कहा कि पाकिस्तान उनकी रक्षा कर रहा है, जबकि दिल्ली के इरादे अच्छे नहीं हैं।

370 बहाली के लिए संकल्प

फारूख अब्दुल्ल ने जम्मू-कश्मीर के विशेष दर्जे का मुद्दा भी उठाया। उन्होंने कहा कि उनकी पार्टी अनुच्छेद 370 की बहाली के लिए संघर्ष जारी रखेगी और भरोसा जताया कि एक दिन प्रदेश को उसका विशेष दर्जा वापस मिलेगा। गौरतलब है कि केंद्र सरकार ने 5 अगस्त 2019 को जम्मू-कश्मीर से अनुच्छेद 370 के अधिकांश

प्रावधानों को समाप्त कर दिया था। इसके साथ ही तत्कालीन राज्य का पुनर्गठन कर जम्मू-कश्मीर और लद्दाख को केंद्रशासित प्रदेश बनाया गया था। नेशनल कॉन्फ्रेंस लंबे समय से विशेष दर्जे की बहाली की मांग करती रही है। मुसलमानों से एकजुट होने की अपील रैली में अब्दुल्ल ने देशभर के मुसलमानों से एकजुट होने का आह्वान भी किया। उन्होंने आरोप लगाया कि समुदाय को जानबूझकर हाशिये पर धकेलने की कोशिश की जा रही है। उन्होंने भाजपा शासित कई राज्यों में मुसलमानों की दुकानों, घरों, संपत्तियों और धार्मिक स्थलों को कथित तौर पर तोड़े जाने पर चिंता जताई। उन्होंने समुदाय के लोगों और क्षेत्रीय राजनीति से जुड़े नेताओं से सवाल किया कि वे ऐसी राजनीतिक व्यवस्था का समर्थन कैसे कर सकते हैं, जिसके दौर में इस तरह की घटनाएं सामने आ रही हैं। अब्दुल्ल ने कहा कि एकजुटता के अभाव में संवैधानिक सुरक्षा और समुदाय के हितों के सामने चुनौतियां बढ़ सकती हैं।

BRIFF NEWS

RML's 666-bed super speciality block gets fire safety clearance, set to boost critical care



New Delhi, Agency: The long-awaited 666-bed super speciality block at Dr Ram Manohar Lohia (RML) Hospital has secured fire safety clearance, bringing the Rs 482-crore facility a step closer to becoming operational and expanding access to specialised treatment at the Central government-run hospital.

The 11-storey block will add 666 beds to the hospital's existing capacity of 1,538, taking the total to 2,204. It will house 18 operation theatres, 99 intensive care unit (ICU) beds, 196 high dependency unit (HDU) beds and three catheterisation laboratories. The facility will strengthen treatment in oncology, oncosurgery, hepatology, gastrointestinal surgery and liver transplantation. It will also have two linear accelerators for cancer treatment and a nuclear medicine department equipped with positron emission tomography (PET) scan facilities.

The fire safety clearance removes a key hurdle to commissioning the facility, which is expected to expand the hospital's capacity to handle complex cases and provide critical care. The timeline for making the block operational, however, has not been specified. The development comes as Union health minister JP Nadda reviewed healthcare services and infrastructure development at RML Hospital on Friday, emphasising patient-centric care and wider access to advanced medical facilities.

Set to expand cabinet, Omar asks hopefuls not to 'mob or spam' him



Srinagar, Agency: J&K CM Omar Abdullah, who met lieutenant governor Manoj Sinha Saturday and announced that the much-anticipated cabinet expansion will take place next week, has urged party colleagues to stop sending him lengthy WhatsApp messages and book-length profiles seeking ministerial berths. He also advised them against knocking on his doors or that of his father and National Conference president, Dr Farooq Abdullah, to lobby for ministerial positions. After meeting Sinha, Omar told reporters he sought an appointment with him for next week so that he can make changes and expand his council of ministers.

"Now that I have told you about the reshuffle, I want to make a request to my colleagues. There is no need to knock on Farooq Abdullah's door, my door or anyone else's door," Omar said. "The decision about who will become a minister has been taken. I request my colleagues to be patient. First, it is in God's hands and then we took the decision. Whoever is destined to become a minister will become one," he said.

"I am receiving so many WhatsApp messages, with people writing lengthy resumes and sending me entire book-length profiles.

'Prioritise welfare over military directives'

India raps Pak on minority rights at UN

New Delhi, Agency: India tore into Pakistan at the United Nations for exploiting the international forum to spread propaganda while failing to protect its own citizens. New Delhi reiterated that Jammu and Kashmir remains an integral and inalienable part of India and demanded that Pakistan vacate all territories under its illegal occupation.

Speaking at an interactive dialogue with the Special Rapporteur on Minority Issues at the UN General Assembly's Third Committee, India's First

Secretary at the Permanent Mission to the UN, Raghuo Puri, called out Pakistan's conduct and said its representatives should focus on the welfare of their own people instead of taking directions from the military.

"Pakistan predictably misused the forum for propaganda. Jammu & Kashmir is an integral and inalienable part of India. Pakistan must vacate the territory under its illegal occupation," Puri said.

He further said Pakistani representatives would do well to look inwards and



address the concerns of their own citizens rather than act on military directives. India slams Pakistan over minority rights

Puri underlined that protecting minority rights was primarily the sovereign responsibility of individual

states, guided by the principle of sovereign equality.

He said India's civilisational tradition of diversity was reflected in its constitutional safeguards for religious and linguistic minorities. He also highlighted the substantial contributions

made by minorities to India's national development, including at the highest levels of government and key institutions.

The latest confrontation followed India's strong rebuke to Pakistan at the UN on October 23 over its treatment of religious minorities. New Delhi accused Islamabad of failing to protect vulnerable communities while attempting to lecture India on religious freedom, burial rights and minority protections. During an interactive dialogue with the Special Rapporteur on

Freedom of Religion or Belief, India's First Secretary at the UN mission, Bhavika Mangalanandan, challenged the report's approach to religious discrimination during the Covid-19 pandemic and its advocacy concerning funeral rights for terrorists.

Mangalanandan argued that the report appeared to place disproportionate emphasis on discriminatory practices and shortcomings in countries in the Global South while overlooking similar tragedies in developed nations.

Farooq Abdullah's comments on Pakistan and Kashmir draw flak

Srinagar, Agency: National Conference (NC) president Farooq Abdullah on Saturday declared that Pakistan had "saved" Kashmiris by keeping the issue alive at international forums, while being careful to say that "otherwise their (Pakistan's) intentions are not good". His statement drew flak from BJP, which slammed it as "seditious and anti-national".

"If you do not remain (committed to NC), you will be erased. Even our identity will disappear. Nothing will be left. They are silent today because there is noise in the world and our neighbour is constantly behind it. Everywhere they say 'the decision regarding Kashmir has not been made'. That is what is saving us..." Farooq told a meeting of NC



workers in Baramulla. The words "they" and "their" were seen as an allusion to the Centre.

Farooq's son, J&K chief minister Omar Abdullah, had not reacted to his father's remarks till late Saturday. Farooq urged NC workers and legislators to remain loyal to the party, whether in power or not, as he touched on a range of issues in his speech. "Hold on to the truth. Speaking the truth is not easy, but unless you remain truthful and stand

up for what is right, your future will never be secure," the veteran said.

Citing the 1947 tribal invasion, Farooq condemned the "atrocities" inflicted on Kashmiris by the raiders from Pakistan". He paid tributes to Maqbool Sherwani, an NC worker who died staying off the intruders, saying his "sacrifice helped stop the raiders in Baramulla and save Kashmir". Farooq also mentioned the Chittisinghpura massacre in which 36 Sikhs were killed in south Kashmir on March 20, 2000, during then US President Bill Clinton's visit to India. He said a subsequent judicial inquiry had found that five men accused of carrying out the killings were not the perpetrators but shopkeepers "who had been picked up by police and killed".

Suspicious pigeon with coded ring, Pak currency causes a flutter in Jammu

Jammu, Agency: A suspicious pigeon carrying a coded ring, a chit written in Urdu and Pakistani currency was caught by locals along the border in Jammu's Samba district on Saturday, officials said.

An official pointed out that such episodes are not uncommon in border areas of J&K and Punjab, where pigeons have been used for smuggling or for sending messages across the frontier.

On Saturday, the pigeon was found near a temple in Samba's border area of Mawa around 6.40am and was immediately captured by locals after they spotted a ring tied to its leg. "A ring bearing Code No 03341214150 was found attached to its leg, besides the note and currency," the official



said. A police team arrived soon and seized the pigeon with the items. "The pigeon has been taken for examination. Security agencies are verifying the contents of the note and the origin of the bird," the official said.

Suspicious creatures and items flying in are not a rarity in Jammu's border zones. On Friday, a balloon bearing the marking of Pakistan International Airlines (PIA) was found near a border post in Ghou Manhasan.

ED moves Supreme Court against HC order to quash case against portal, founder

New Delhi, Agency: Enforcement Directorate has moved Supreme Court against the Delhi high court's order quashing the money-laundering case against digital news platform NewsClick and its founder-editor Prabir Purkayastha, alleging that the HC committed a grave error by quashing the 2020 ECIR without examining the allegations against them.

The directorate, which filed an appeal almost five months after the HC pronounced the order on May 29, also took the ground that the HC passed the order five months and 26 days



after the judgement was reserved and it was in violation of SC's guidelines that the verdict should be delivered within three months. "That, from a reading of the judgment it appears that due to the lapse of such period in pronouncing the judgment, several critical contentions raised by the

prosecution were overlooked or left unaddressed by the high court," the agency said.

Giving details of the financial transaction of the news portal, it said the company was incorporated upon conversion from M/s PP Newsclick Studio LLP on Jan 11, 2018 and within three months, a loss-making

company with hardly any assets received FDI worth Rs 9.6 crore by selling its shares for a premium at Rs 11,510/- per share.

"PPK's balance sheet for the FY 2018-19 reveals that it had assets worth only Rs 57 lakhs (approx.) and the company had suffered huge losses varying from Rs 37.8 lakh in FY 2017-18 to Rs.6.61 crore in FY 2018-19.

No reason for any genuine investor to pay Rs. 11,510/- per share for a share whose face value was only Rs 10 at the time of allotment only 3 months back," the appeal said.

PMLA case not examined': ED moves Supreme Court against HC order quashing proceedings against NewsClick

New Delhi, Agency: The Enforcement Directorate (ED) has moved the Supreme Court challenging the Delhi high court's order quashing a money laundering case against news portal NewsClick and its editor-in-chief, Prabir Purkayastha, over alleged violations of foreign direct investment (FDI) rules.

The ED argued that the high court quashed its Enforcement Case Information Report (ECIR) without examining the merits of the case under the Prevention of Money Laundering Act (PMLA). It also flagged a five-month delay in the pronouncement of the judgment. The matter is yet to be listed for hearing.

In a judgment dated May 29, Justice Neena Bansal Krishna of the Delhi high court described the continuation of an FIR registered by the Delhi Police's Economic Offences Wing (EOW) as "nothing but a gross abuse



of the process of law". The judge held that quashing the FIR for the predicate offence also warranted the closure of the ED's ECIR.

The court ruled that the investment was an "economic decision that did not spell out any criminal offence". Citing the Union ministry of information and broadcasting's reply to NewsClick, Justice Krishna noted there was no cap or restriction on FDI in digital media at the time.

The single-judge bench ruled that the investment followed

acceptable practices and that the allegations, even if accepted, did not establish cheating or criminal breach of trust. The alleged victim in the cheating case should have been M/s Worldwide Media Holdings LLC, but the company had filed no complaint. Instead, the complaint came from "merely an informant".

Justice Krishna also rejected the fund-siphoning allegation, noting that a digital media company would naturally incur expenses on salaries, consultation fees and rent.

It further dismissed the ED's attempt to sustain the money laundering case on the basis of criminal conspiracy under the IPC, holding that the agency must establish the "illegal objective" or "means" allegedly adopted by NewsClick and others.

"Pertinently, extensive investigations were carried out by the ED for about a year and a half, and the petitioners as well as their employees have been summoned and examined many a times, but nothing incriminating till date has been found or placed on record," the order said. "Aside from bald assertions of a criminal conspiracy, there is not a whisper of any incriminating allegation, which would even remotely suggest the commission of the offence punishable under Section 4 of the PMLA," it added. It further stated that the request for a copy of the ECIR had become "infructuous" after the report was quashed.

'We urge Indian businesses to continue and expand trade with Tehran': Envoy

New Delhi, Agency: With US sanctions squeezing Indian firms trading in Iranian petroleum and petrochemicals, Tehran has a message for Indian businesses: "Both sides are determined to strengthen economic relations and to find practical ways to ensure the continuation of bilateral trade."

Iran's ambassador to India, Mohammad Fathali, told Media that sanctions and payment disruptions had dented trade and "the prices of some goods in Iran have increased for common people," but ruled out "essential shortages," including Indian basmati rice, a major Indian export to Iran, saying Tehran had prepared for disruptions and had multiple import channels. "We do not expect these challenges to lead to shortages of essential goods, including Indian basmati rice," Fathalisaid, adding that price rises reflected wider economic pressures rather than supply shortages.

Amid US sanctions on Indian firms over Iranian petroleum trade, Iran's ambassador to India urged Indian businesses to continue and expand trade with



Tehran, acknowledging that sanctions and payment disruptions had reduced bilateral trade "to some extent".

Iran's ambassador also pitched the country's energy market to Indian firms, saying Tehran was ready to engage companies interested in the sector. "Any company that wishes to operate and trade in Iran's energy market can benefit from the opportunities available in this market," Fathali said. Citing room to expand cooperation in energy, agriculture and essential goods, he said: "We welcome all Indian companies to expand their trade cooperation with Iran." Iran is among the biggest buyers of Indian basmati as well as tea outside India, but he said there is no need to fear "essential shortages", as Iran had prepared for disruptions and supplies still move through regular channels.

Why does urad dal cause gas and bloating?



Urad dal is a staple in many Indian kitchens, whether it is served as dal makhani, made into idli and dosa batter, or cooked with rice. But for some people, a meal containing urad dal can leave them feeling bloated, gassy or uncomfortably full. Why does this happen, and does it mean they should avoid the dal altogether?

According to Kanikka Malhotra, Consultant Dietician and Diabetes Educator, urad dal contains certain sugars that can be difficult for the human body to digest.

These sugars pass into the large intestine, where gut bacteria ferment them and produce gas. This can lead to bloating and flatulence, particularly in people with sensitive digestive systems.

Urad dal is also rich in

protein and fibre, which can make it feel heavier than some other dals, especially when eaten in large portions or prepared with rich ingredients.

“Urad is dense in protein and fibre, and its sticky texture slows stomach emptying,” Malhotra tells.

Dal makhani, for instance, is often prepared with butter, cream or other rich ingredients, which may add to the feeling of heaviness after a meal.

Who is more likely to experience discomfort?

People with irritable bowel syndrome (IBS), constipation or a sensitive gut may be more prone to bloating after eating urad dal. Those not accustomed to fibre-rich foods may also experience gas if they suddenly increase their intake.

The quantity eaten and the way the dal is cooked can make a difference, too. A large serving or a preparation that is not cooked until soft may be harder to tolerate than a smaller, well-cooked portion.

However, feeling bloated after eating urad dal does not automatically mean you need to eliminate it from your diet. Individual tolerance varies, and some people can eat it comfortably with a few changes.

How can you make urad dal easier to digest?

The dietician and diabetes educator suggests the following ways to make urad dal easier to digest:

Soak it before cooking: Soaking split urad dal for six to eight hours and whole urad dal for 10 to 12 hours can help reduce compounds that

contribute to gas. Discard the soaking water and rinse the dal before cooking.

Cook it until soft: Pressure-cook urad dal thoroughly. A soft, well-cooked preparation may be easier to tolerate than dal that remains firm. If using acidic ingredients such as tomatoes, add them after the dal has softened, as acidity can slow the softening process.

Try fermented preparations: Fermentation, as in idli and dosa batter, can help break down some of the sugars that cause gas. Sprouting may also improve digestibility for some people.

Choose the variety and portion carefully: Whole black urad, split urad with skin, and skinned urad differ in their fibre content and texture.

If one form causes discomfort, try a different variety and see how you tolerate it. Malhotra suggests starting with a small bowl, using around 25–30 grams of raw dal as a guide to the quantity before cooking.

Add digestive spices: Hing, cumin, ginger and ajwain are commonly used in Indian cooking and may help some people manage digestive discomfort.

Combining urad dal with moong dal in a 1:2 ratio is another option.

Pairing dal with rice or other foods you tolerate well, eating a moderate portion and having it at lunch rather than late at night may also help. A short walk after eating can be useful, too.



Homemade paneer isn’t automatically safer

What matters more, according to a dietitian

Are you really buying paneer? Or is it something else? The proposed amendments to the Food Safety and Standards (Prohibition and Restrictions on Sales) Regulations, 2011, aim to clarify what consumers are actually buying. Is it traditional dairy-based paneer? Or just a dairy analogue made using non-dairy substitutes?

The FSSAI notification said, “The amendment is proposed in the following regulation to restrict manufacturing and sale of analogue product as paneer so as to prevent misleading of consumers regarding the nature and composition of the product. Products already licensed or registered under the ‘Analogue in Dairy Context’ category shall discontinue the use of the term ‘Paneer’ in their nomenclature, labelling or marketing.”

So, with paneer adulteration under scrutiny, is homemade paneer actually safer?

Dietician Garima Goyal says, “Homemade paneer can be a safer

option, but it is not automatically safer simply because it is made at home.”The biggest advantage is control over the ingredients and preparation process.

When you prepare paneer yourself using good-quality milk, you know exactly what goes into it, and there is less uncertainty about the use of starches, non-milk fats, excessive water, or other adulterants that may be present in some commercially sold products.

However, she says the safety of homemade paneer depends largely on milk quality and hygiene during preparation.

“If the milk itself is contaminated or adulterated, making paneer from it does not eliminate the problem.

Similarly, using unpasteurised or improperly handled milk can increase the risk of microbial contamination,” Goyal adds.

From a nutrition perspective, homemade paneer also offers another advantage: it allows people to control the type of milk used.



Kadi vs. neem patta: Dietician explains which herb is a better addition to your diet

Leaves and herbs have long played an important role in traditional diets, particularly in Indian households where many plants are valued not just for flavour but also for their perceived health benefits. Two such commonly discussed ingredients are kadi patta (curry leaves) and neem patta (neem leaves). While curry leaves are a staple in everyday cooking, especially in South Indian dishes, neem leaves are often associated with traditional wellness practices and home remedies.

Curry leaves, obtained from the plant *Murraya koenigii*, are widely used to add aroma and depth to dishes such as dals, chutneys, and tempering. Neem leaves, on the other hand, come from the tree *Azadirachta indica* and are known for their strong, bitter taste. For generations, they have been associated with traditional health practices and are often consumed in small quantities, sometimes during seasonal rituals or as part of herbal preparations.

Curry leaves are usually consumed regularly in cooked food, while

neem leaves are typically taken in much smaller amounts because of their intense bitterness and potent bioactive compounds. This raises an interesting question: when it comes to nutritional value and health benefits, which one is actually better to include in your diet? To understand this, we spoke with an expert.

Key nutritional differences between curry leaves and neem leaves

Kanikka Malhotra, consultant dietician and certified diabetes educator, tells indianexpress.com, “Curry leaves (or kadi patta) are rich in antioxidants like vitamins A, B, C, E, beta-carotene, supporting digestion by stimulating enzymes, regulating blood sugar via improved insulin sensitivity, lowering bad cholesterol, and promoting hair growth through iron and protein content. Neem leaves (neem patta) contain over 140 bioactive compounds, including nimbin, azadirachtin, and quercetin, offering potent antibacterial, antiviral, antifungal, and anti-inflammatory effects that

detoxify blood, boost immunity, heal skin infections, and reduce fever.”

She adds that curry leaves gently enhance metabolic health and nutrient absorption for daily wellness, while neem’s bitterness targets acute issues like pathogens and inflammation but may mildly suppress appetite or cool digestion if overconsumed. “Both fight oxidative stress via nourishing organs like the liver/heart, and systemic purification, making them complementary in vegetarian diets for holistic vitality.”

How should curry leaves and neem leaves be consumed safely in a daily diet?

Malhotra explains, “Safely add 8-12 fresh curry leaves daily: Chew 5-8 on an empty stomach for alkalising detox, temper dals/sabzis/chutneys for flavour and nutrients, or boil as tea (with cumin) post-meals for digestion. Neem: 4-8 tender leaves chewed mornings (spit pulp), or 10-20ml fresh juice diluted in water for blood purification. Limit to 3-4 week cycles.

Which has more protein: oats cheela or besan cheela? A dietitian explains

Cheela is one of the most popular healthy Indian breakfast options. It is quick to make, is light on the gut, and can be easily carried around too.

This desi pancake has various variations depending on what is added to its batter. Oats and besan (gram flour) ones are popular on the internet lately.

But which one has more protein? Does an oats cheela actually beat the traditional besan version? Or is it the other way round?

Besan vs oats: Which has more protein?

“Besan generally has a protein advantage over oats,” Richa Anand, Dietitian/Nutritionist, Post Graduate Diploma in Applied Nutrition and Dietetics, LH Hiranandani Hospital, tells indianexpress.com.

Besan, or chickpea flour, contains roughly 22 g of protein per 100 g, compared with around 17 g per 100 g of oats. So, gram-for-gram, besan comes out ahead.

But the protein you actually get from your cheela depends on how much flour you use. The nutritionist explains that a cheela made with 30-40 g of oats may provide approximately 3-5 g of protein, while a besan cheela made with around 30-50 g of besan may provide 6-8 g.

However, these are only practical estimates because the size of a cheela and the amount of flour used can vary considerably from one recipe to another.

So if you are compar-



ing your homemade breakfast, don’t just compare an oats cheela with a besan cheela—check how much of each flour is actually going into the batter.

Does adding vegetables or paneer make a difference?

Absolutely. And this is where a seemingly simple cheela can become a much more substantial breakfast.

Adding vegetables such as onion, tomato, spinach and capsicum will increase the fibre, micronutrients and volume of the meal, but they won’t add a huge amount of protein.

Curd, paneer and tofu are different. A generous serving of curd can contribute additional protein, while paneer or tofu can increase the protein content substantially.

“Paneer or tofu can increase the protein substantially and turn an otherwise moderate-protein cheela into a much more protein-rich breakfast,” Anand says.

So an oats cheela stuffed with paneer, for

instance, could end up providing considerably more protein than a plain besan cheela.

Which cheela will keep you fuller?

If you are choosing between a plain oats cheela and a plain besan cheela, besan has another advantage: it provides both protein and fibre. Chickpea flour contains about 22.4 g protein and 10.8 g fibre per 100 g.

But that doesn’t mean besan will always keep you fuller.

“Satiety depends not just on protein but on fibre, healthy fats, calories, portion size and individual metabolism,” Anand explains.

In other words, what you eat with your cheela matters too. A plain cheela may not keep you satisfied for very long, whereas one made with vegetables and served with curd, or stuffed with a sensible portion of paneer or tofu, can make for a more balanced breakfast.

For longer-lasting full-

ness, Anand recommends thinking of the meal as a combination of protein, fibre, some healthy fat and complex carbohydrates, rather than focusing on a single ingredient.

So, can you mix oats and besan?

Yes—and you don’t necessarily have to pick sides.

Combining oats and besan can bring together some of the nutritional benefits of both. Besan raises the protein contribution, while oats provide complex carbohydrates and soluble fibre, including beta-glucan.

A simple option is to use roughly equal quantities of oats flour and besan, add vegetables and spices, and pair the cheela with curd. If you want to push the protein content further, you can add a paneer or tofu filling.

“Combining oats and besan is also a nutritious option because it brings together the protein and fibre benefits of both,” Anand says.