

In Brief

Accident

Bokakha: National Highway 37 in Bokakhat, specifically the Barchapari area, has become a site of frequent road accidents. A tragic incident occurred on Sunday when three adolescents from the same family were killed after their motorcycle was hit by an unidentified truck. Tuli Munda (18) died instantly, while Samir Tanti (14) and Panchami Tanti (14) later succumbed to their injuries. This accident has raised concerns about road safety and the allowance of three minors traveling on a single motorcycle. Local organizations have expressed their condolences over the tragic loss.

Two arrested after IED blast

Shillong: Meghalaya Police have arrested Richard Suchen, 31, and Pynshaitbor Syih, 45, in relation to an IED blast at a construction site in East Jaintia Hills on December 15, which harmed a water tanker but caused no injuries. The investigation continues, with authorities implementing heightened security measures. A third suspect, Smiki Tongper, alleged mastermind and currently absconding, is wanted in another case. Evidence from his residence, including explosive materials and a rifle, suggests a planned attack. Police are soliciting public assistance for information on other suspects, assuring confidentiality and potential rewards.

1971 Indo-Pak War Battalion Deployed in Tripura: CM

Agartala: Tripura Chief Minister Manik Saha has said an Army battalion that had fought in the 1971 Indo-Pak war has been deployed in the northeastern state amidst rising in neighbouring Bangladesh. Speaking at a programme of the BJP's legal cell on Sunday, Saha said, "I am sending reports on the ground reality in the wake of happenings in Bangladesh and its possible impact to Delhi. The same battalion of the Indian Army that had imparted training to Mukti Bahini and participated in the 1971 war is now in the state." During the 1971 war, Indian Army Mountain Divisions, particularly the 20 Mountain Division (XXXIII Corps) and elements of the 8th, 6th and 4th Mountain Divisions, had played crucial roles in East Pakistan (now Bangladesh).

Delhi air pollution

New Delhi: In the past four days, over 212,000 new Pollution Under Control (PUC) certificates were issued in Delhi due to strict implementation of GRAP-IV measures, resulting in about 10,000 vehicles failing emission tests. Environment Minister Manjinder Singh Sirsa emphasized zero tolerance towards pollution, warning of legal actions against polluting industries and unauthorized operations. He highlighted ongoing enforcement efforts, including sealing of non-compliant units and upgrading PUC centers with advanced equipment. Additional measures include continuous road cleaning and bio-mining of landfill waste, with a target to restore 50% of encroached water bodies in Delhi.

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Mizoram Governor meets IIT Madras and NIT Mizoram students working on rural innovation internship

Aizawl, Dec 22: Mizoram Governor General (Dr) Vijay Kumar Singh, PVSM, AVSM, YSM (Retd), held an interaction today with students from IIT Madras and NIT Mizoram who are taking part in the New India Mission Internship Programme. The meeting took place at the Durbar Hall of the Raj Bhavan in Aizawl. A total of 32 students — 11 from IIT Madras and 21 from NIT Mizoram — attended the session. The internship programme is a pilot initiative aimed at encouraging young engineering students to apply technical knowledge to rural development challenges. The project runs from December 16, 2025 to January 10, 2026, and involves field visits to Mizoram villages. During these visits, students are expected to observe day-to-day problems, interact with local residents, and identify areas where technology can provide practical solutions. During the session, the Governor appreciated the collaboration between IIT Madras and NIT Mizoram. He said that the programme is highly meaningful, as it motivates students to think beyond textbooks and focus on issues affecting rural communi-

ties across India. He noted that such programmes hold promise for improving rural livelihoods if ideas are implemented sincerely. The Governor added that innovative ideas often emerge from young minds and urged the participants to contribute their best during the internship period. The Governor also highlighted that Mizoram depends heavily on agriculture for livelihood. He suggested that students should study ways to improve farm productivity, storage, processing, and supply chain systems. He said that thorough studies can help formulate effective plans to support farmers and ensure long-term development in rural areas. He encouraged the students to use their field experience to build workable project proposals. The meeting included remarks from Dr. Sukanta Roy, Dean (Academics) and Faculty In-Charge of Training and Placement and Students Exchange at NIT Mizoram, who is leading the group.

He outlined the objectives of the internship and briefed the gathering on the planned activities. Students shared observations from village visits and their early under-



standing of challenges in sectors like water supply, energy access, health services, agriculture practices, and environmental sustainability. The interactive session featured sev-

eral questions from students about government initiatives, development priorities, and technical constraints in rural areas. The Governor responded patiently and encouraged them to

remain curious and open-minded. He also extended warm wishes for their stay in Mizoram and expressed hope that the internship would benefit both the state and the students.

Mizoram Governor meets students taking part in new India mission internship programme

AIZAWL, Dec 22: Mizoram Governor General (retired) Vijay Kumar Singh on Monday held an interactive session with 32 students participating in the New India Mission internship programme. The meeting was held at Durbar Hall, Lok Bhavan, Aizawl engaged with the students on their projects and experiences. Of the 32 students, 11 are from IIT-Madras while 21 from NIT, Mizoram.

Underway from December 16, 2025, to January 10, 2026, the programme involves field research in Mizoram villages. The participants will aim to identify challenges on key areas including energy, water, health, agriculture, and sustainability etc., and



then develop technical solutions through project-based work.

Speaking on the occasion, the Governor described the New India Mission Internship Programme as a highly commendable initiative that harnesses engineering students' innovative ideas, skills, and capabilities to develop solutions for rural challenges across India.

He lauded IIT Madras for its significant contributions to the nation and commended its collaboration with NIT Mizoram to study and address rural issues in the state.

Urging the students to fully grasp the programme's objectives and contribute their best, he said some of the best ideas come from people like them. Highlighting

Mizoram's heavy reliance on agriculture, the Governor called for focused efforts on boosting production, strengthening supply chains, and advancing processing techniques.

He underscored the need for in-depth studies to support rural communities and formulate more effective plans, while extending warm wishes for the students' stay in Mizoram.

Two arrested after IED blast at construction site in East Jaintia Hills

Shillong, Dec 22: Meghalaya Police have arrested two men in connection with an improvised explosive device (IED) blast that took place at a construction site in East Jaintia Hills earlier this month. The police said that the investigation is continuing and security measures have been stepped up in the area to prevent similar attacks. The blast happened around 12.15 am on December 15 at the campus of the Dhar construction company near Shymplong village. According to the police, the explosion damaged a water tanker truck parked inside the site. Forensic experts later confirmed that an IED had been used in the incident. No injury or loss of life was reported, but the explosion raised concerns about safety at construction sites in the district. Police officials identified the arrested men as Richard Suchen, 31, and Pynshaitbor Syih, 45. Both are residents of Shymplong village. The officials said that the case was registered at Lumshnong Police Station on December 16 under various sections of the Bharatiya Nyaya Sanhita and the Explosive Substances Act. The two accused were detained, questioned, and later formally arrested after preliminary evidence was collected. Superinten-

dent of Police, Vikash Kumar, informed that the investigation has also identified a third suspect, Smiki Tongper, who is suspected to be the mastermind behind the blast. Police believe that Tongper planned the attack and coordinated with the two arrested men, along with another person suspected to be linked to the banned Hynniewtrep National Liberation Council (HNLC). Police said that the role of the banned group is being investigated. According to officials, Tongper has been absconding since the blast. He is also wanted in another case registered at the Khliehriat Woman Police Station under charges related to the Protection of Children from Sexual Offences Act. Police stated that they are treating both matters with seriousness and have intensified search operations. During a search of Tongper's house, police recovered several items believed to be connected to the IED blast. These included three rolls of safety fuse, three detonators with six empty caps, a quantity of gunpowder, 82 metal splinters, a country-made rifle, and two Baofeng wireless handsets. Investigators say that these items point to a coordinated effort to plan the attack and indicate access to explosive-related materials.

Tension in Tripura's Baramura Hills as Surrendered NLFT Faction Blocks Assam-Agartala Highway

Teliamura, Dec 22: Tension flared in Tripura's Baramura Hills late on Sunday night after members of a surrendered faction of the National Liberation Front of Tripura (NLFT) blocked the Assam-Agartala National Highway, alleging that the government had failed to fulfil long-pending demands promised under their surrender agreement. According to the group, several assurances made by the government at the time of their surrender remain unimplemented despite repeated representations to the administration.

Left with no alternative, they said, they

resorted to blocking the national highway to draw attention to their grievances. The blockade caused severe inconvenience to the public, with the movement of both passenger and goods vehicles coming to a standstill. From late night until early morning, a large number of vehicles were stranded on both sides of the highway, resulting in long queues stretching from the Baramura Hills to Hawaibari. On receiving information, a large contingent of police personnel and senior administrative officials rushed to the spot. After prolonged discussions

with the protesters, the administration assured them that their demands would be conveyed to higher authorities and that efforts would be made to resolve the issues at the earliest. Following the assurance, the NLFT members withdrew the blockade. Normal traffic movement was gradually restored after the road was cleared. However, the incident has raised fresh concerns over security and stability in the Baramura Hills region. The local administration has stepped up surveillance in the area and is closely monitoring the situation to prevent any further unrest.

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Assam on high alert as Bangladesh unrest raises security concerns

Guwahati, Dec 22: Assam has been placed on high alert following new unrest in neighbouring Bangladesh. Chief Minister Himanta Biswa Sarma while speaking to reporters in Bajali said that the state is closely watching developments across the border. He warned that the situation in Bangladesh could pose security risks for Assam, especially in districts that share a boundary with the neighbouring country. The chief minister said he was concerned about reports of atrocities on members of the Hindu community in Bangladesh. He highlighted provocative statements made by certain elements in power regarding the inclusion of Northeast India in Bangladesh, labeling them as dangerous. Sarma noted past infiltration attempts and emphasized the necessity for security agencies to remain vigilant to protect law and order. Amid unrest in Bangladesh following the death of student leader Sharif Osman Hadi, concerns over cross-border activities in Assam have heightened. Sarma asserted that India, as a nuclear power and major economy, will not tolerate such irresponsible claims about merging the Northeast with Bangladesh and stressed the need for close monitoring of the situation.

Centre, Nagaland and ENPO continue talks on Frontier Nagaland issue

Kohima, Dec 22: The Government of India held an important meeting in New Delhi on December 21 to discuss the long-pending Frontier Nagaland issue. The talks were held in a tripartite format between the Centre, the Government of Nagaland and the Eastern Nagaland People's Organisation (ENPO). Officials said the discussions were serious and were aimed at finding a peaceful and permanent solution. The meeting was held at Kartavya Bhavan-3 on Janpath Road. It was chaired by the Union Home Secretary. The Nagaland government delegation was led by the Chief Secretary. Senior ENPO leaders were also present. Officials from the Ministry of Home Affairs and other central agencies also attended the discussions. These talks came three days after a separate meeting between the ENPO and a Ministry of Home Affairs team on December 18. That meeting included senior officers from the North East division and intelligence agencies. According to officials, the presence of such senior officers shows the importance the Centre is placing on the issue. After the December 21 meeting, the ENPO delegation and Rajya Sabha MP S. Phangnon Konyak met Union Home Minister Amit Shah at his official residence. The delegation conveyed Christmas greetings to the Home Minister. They also expressed appreciation for the Centre's approach and seriousness regarding the Frontier Nagaland demand.



The ENPO has been demanding a separate Frontier Nagaland Territory for many years. The group says districts in eastern Nagaland have remained backward and need more focused administration and development. The talks have been going on for some time, and both sides have agreed to continue the dialogue.

Yogi to BJP lawmakers:
You can't avoid
SIR work

Lucknow, Dec 22: On December 26, the extended enumeration phase of electoral rolls in Uttar Pradesh concludes. Chief Minister Yogi Adityanath emphasized the responsibility of elected representatives in submitting Special Intensive Revision (SIR) forms, noting almost 30 million missing names. During a meeting with BJP legislators, he criticized opposition parties for undermining the SIR process while highlighting misconceptions regarding voting rights related to property. Adityanath urged representatives to identify sensitive booths to report to the Election Commission. National General Secretary Tarun Chugh warned party members that neglecting SIR could jeopardize their electoral success, especially in closely contested constituencies. He presented data revealing significant gaps in certain areas, including Lucknow and Agra. The CM also advised careful examination of voter lists to rectify any errors. State BJP president Pankaj Chaudhary stressed prioritizing SIR work over other activities while criticizing the opposition for their challenges regarding the process. Despite the workshop's importance, several party MPs and MLAs did not attend.



The Supreme Court rejects the
Ajmer Chadar plea's quick hearing

New Delhi, Dec 22: The Supreme Court declined to hear an urgent plea on December 25, 2023, requesting a restraining order against Prime Minister Narendra Modi from offering a ceremonial chadar at the Ajmer Sharif Dargah during the 814th annual Urs celebration. Chief Justice Surya Kant indicated that no matters would be listed immediately on oral mention but could be considered for future dates if deemed urgent. The petition, filed by Jitender Singh, president of the Vishwa Vedic Sanatan Sangh, argues against what it perceives as state-sponsored honors extended to Sufi saint Khwaja Moinuddin Chisti, claiming such practices are unconstitutional and undermine India's sovereignty. The petition references historical claims that Chisti was associated with foreign invasions and conversion campaigns in India, contesting the legal and constitutional validity of honoring him through government practices. It seeks to prohibit ceremonial acts, including the chadar offering, by the Prime Minister and state authorities at the dargah, highlighting a perceived contradiction with Indian constitutional values.

Telangana will establish a nationwide standard for
the cleansing of electoral rolls: Gyanesh Kumar, CEC

Hyderabad, Dec 22: Chief Election Commissioner of India, Gyanesh Kumar, emphasized that Telangana would soon set a national example for conducting a Special Intensive Revision (SIR) of electoral rolls, using Bihar's recent successful completion as a model. Kumar praised the integrity and diligence of Booth Level Officers (BLOs), who are pivotal to the electoral process, and noted the global interest in how India manages its elections as the largest democracy. He cited Bihar's SIR exercise, which allowed approx-

imately 75 million voters to engage in the Assembly elections without any complaints, re-polling, or recounting, and commended Bihar's BLOs for establishing a high standard. Kumar highlighted that Telangana's geographical size, larger than Canada, would lead to a transformative phase in electoral management following the roll purification. He pointed out urban voter apathy as a significant factor in diminished voter turnout in cities compared to rural enthusiasm. Kumar reaffirmed the importance of adhering to electoral

laws for all stakeholders. Additionally, he mentioned India's recent chairmanship of International IDEA, underlining the Election Commission of India's credibility and innovation in election management. He provided insights into the scale of India's electoral process, with over 900 million voters across 28 states and eight Union Territories. The meeting included attendees such as Additional CEO Vasam Venkateshwara Reddy and GHMC Commissioner RV Karnana, who contributed key statistics about Telangana's electoral landscape.

Stalin instructs party men to confirm whether DMK
voters were deleted from the electoral rolls under SIR

Chennai, Dec 22: Tamil Nadu Chief Minister MK Stalin addressed concerns over the potential deletion of approximately 9.7 million names from the electoral rolls following the publication of draft lists under the Special Intensive Revision (SIR). He emphasized that this situation, which represents a 15.2 percent potential loss among 64.1 million electors, should be meticulously verified by party members to identify the categories of removed



voters. Stalin criticized the AIADMK and BJP for not engaging in the enumeration process and hinted at a possible conspiracy to manipulate the electoral process, urging

ing vigilance among DMK workers. He stated that lists detailing removals would be dispatched to district secretaries for thorough review, underscoring the importance

of addressing any errors to ensure eligible voters are reinstated. The opposition, represented by AIADMK's Edappadi K Palaniswami, defended the SIR as a necessary measure to address duplicate entries, while the BJP encouraged its members to support legitimate voters during the claims process. Stalin's remarks suggest a proactive stance against perceived threats to DMK's electoral integrity as they prepare for the upcoming 2026 assembly elections.

Additionally, chilli powder is thrown into his eyes. The primary accused, Akshay Indulkar, allegedly led the assault, with his wife Malini also implicated in the act. Following

NATIONAL
The opposition cries foul when the BJP wins
the Maharashtra local body elections

Seven important lessons



Mumbai, Dec 22: The Maharashtra local body election results have resulted in a significant victory for the BJP-led Mahayuti alliance, which includes the Bharatiya Janata Party, the Shiv Sena under Eknath Shinde, and the Nationalist Congress Party.

The alliance won 207 out of 288 municipal president posts, leaving the Opposition Maha Vikas Aghadi (MVA) with only 44 positions, indicating a strong organizational edge for the ruling alliance at grassroots levels. The BJP emerged as the dominant force within Mahayuti, securing 117 municipal president posts and over 3,300 councillor seats, which represents nearly 48% of the total elected councillors. Chief Minister Devendra Fadnavis praised this performance as "record-breaking," highlighting that it more than dou-

bled the party's councillor tally from 2017. The electoral outcome is framed by BJP and its allies as a validation of their development-centric campaign, with Prime Minister Narendra Modi and Fadnavis emphasizing public trust in "people-centric development." However, the opposition

MVA, which includes Congress, Shiv Sena (UBT), and NCP (SP), has acknowledged their defeat but raised concerns over the election's fairness, citing issues such as alleged EVM manipulation and the influence of money, claims that the ruling alliance has rejected.

Despite the overwhelming per-

formance of Mahayuti in areas like western Maharashtra, Marathwada, Konkan, and north Maharashtra, some regional resistance was observed. For instance, the Congress managed to secure significant wins in the Chandrapur district of Vidarbha, where the alliance won 73 of 100 posts. The Ajit Pawar-led NCP demonstrated particular strength in Pune district, strengthening their position in smaller urban areas.

Political analysts interpret these results as a morale boost for the Mahayuti coalition ahead of upcoming local body election phases, including crucial elections in major municipal corporations such as Mumbai, Pune, Thane, and Nagpur. These elections are often viewed as "mini Assembly polls," making this victory substantial for the ruling alliance as they prepare for these pivotal contests.

Cong promises further protests after
the president signs the G RAM G bill

New Delhi, Dec 22: President Droupadi Murmu has given assent to the VB-G RAM G Bill, 2025, which replaces the MGNREGA and has been deemed a significant reform for rural employment in India by the Rural Development Ministry.



leader Jairam Ramesh denounced the alterations as detrimental to the scheme's fundamental principles. He expressed intentions to launch a nationwide movement against the legislation, asserting that the decision-making powers of local Gram Panchayats will be diminished, transferring authority to the Centre. The G RAM G scheme will see a 60:40 funding split between the Centre and states, with specific provisions for northeastern states and Union Territories, while ensuring that no statutory entitlements are affected. Despite this, Congress

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Kharge on the K'taka Cong leadership issue: Not the responsibility of high command

Bengaluru, Dec 22: Congress president Mallikarjun Kharge emphasized the distinction between the party's central leadership and the ongoing power struggle in Karnataka, asserting that the confusion over leadership is confined to local levels.

He urged local leaders to own their disagreements, countering any notion that the Delhi leadership was to blame. Kharge stressed that the Congress's electoral success is a collective achievement, not attributable to individual ambitions, implicitly cautioning leaders against seeking personal credit.

This statement comes amidst speculation regarding the rivalry between Chief Minister Siddaramaiah and his deputy, DK Shivakumar, concerning leadership roles. Siddaramaiah recently expressed confidence in completing a

full term, while Kharge noted he had no updates on Shivakumar's rumored visit to Delhi. Historical context reveals that when the Congress came to power in May 2023, promises were made to Shivakumar for a future leadership role, which fuels the current discord.

Shivakumar, in various statements, denied any conflicts with Siddaramaiah, depicting their relationship as collaborative and brotherly. He dismissed claims of factionalism within the party, suggesting that media exaggeration and external pressures from opposition parties are the real sources of perceived discord. He confirmed plans to meet with MLA KN Rajanna and portrayed the interactions as communal, contrary to notions of rivalry.

Despite attempts by the leadership to maintain a façade of unity, internal con-



cerns are surfacing. Senior leader VR Sudarshan has written to Kharge, ad-

● Congress president Kharge has addressed the issue of leadership confusion in Karnataka, emphasizing that it stems from local dynamics. He urges local leaders to take responsibility amidst existing power struggles, highlighting the need for clarity and unity in leadership roles within the state.

vocating for an expedited resolution to the leadership uncertainty, warning that ongoing ambiguity could undermine governance. Shivakumar was skeptical of Sudarshan's concerns, attributing confusion to media and opposition narratives rather than actual discord within the party. He expressed that there is no existing confusion, targeting the narrative as a creation of external parties interested in sowing discord.

Due to her intercaste marriage, a pregnant Karnataka
teen was "beaten to death" by her relatives

Bengaluru, Dec 22: A 19-year-old pregnant woman was reportedly attacked and killed by her family due to her inter-caste marriage in Hubballi, Karnataka. The attack, which took place on a Sunday evening, resulted in her succumbing to her injuries at a private hospital. Authorities have arrested three individuals, including the victim's father, in connection with the incident.

The woman had married a man from a different caste earlier in May against her family's wishes and had been living in Haveri with her husband due to concerns for their safety. Recently, they returned to her village to stay with her in-laws. Despite several at-



tempts to mediate between the conflicting families to prevent violence, tensions escalated.

On the day of the attack, family

members of the victim attempted to assault her husband and father-in-law while they were working in the fields. After they narrowly es-

On Sunday night, a woman was reportedly attacked by her family with pipes and agricultural equipment, as stated by the police. She later died from her injuries.

caped, the victim's family became enraged and proceeded to attack her at her residence in the evening. Another woman and a man who tried to defend her were also injured in the incident.

The severely injured woman was taken to the hospital but, unfortunately, did not survive. Law enforcement has opened a case at the Hubballi Rural Police Station, and an investigation is currently ongoing.

Police likely to close drug
case against
Malayalam actor



Kochi, Dec 22: Police are expected to drop a drug case against Malayalam actor Shine Tom Chacko after a chemical analysis found no narcotic substances in his body. Chacko fled a hotel during a raid on April 16 by the District Anti-Narcotic Special Action Force but later submitted to police, who collected blood and hair samples for testing.

The report indicated no traces of drugs, complicating the investigation under the Narcotic Drugs and Psychotropic Substances Act. Police stated they would seek legal opinion and likely file for case closure in court since drug use couldn't be scientifically established, affecting conspiracy allegations.

Chacko's family mentioned he was in a de-addiction program in Bengaluru. Earlier in April, he, along with four others, had been acquitted of a separate drug case from 2015. Chacko has been active in Malayalam cinema since 2010, initially as an assistant director.

In Delhi, Kisan Trust presents the
Chaudhary Charan Singh Awards for 2025

New Delhi, Dec 22: The second edition of the Chaudhary Charan Singh Awards 2025, organized by the Kisan Trust in New Delhi, honored contributions to rural India and commemorated former Prime Minister Chaudhary Charan Singh. Union Minister Shivraj Singh Chouhan, the Chief Guest, acknowledged Singh as a beacon of hope for farmers and praised his efforts in making them landowners. The ceremony, which also featured Dr. Yashveer Singh and other dignitaries, rec-

ognized various individuals and institutions for their roles in agriculture and rural development, emphasizing Singh's ideology that framed farmers and rural economies as essential to nation-building.

Chouhan highlighted Singh's opposition to cooperative farming and his historical actions, such as the abolition of the zamindari system and his Gandhian values rooted in social justice. He referenced government initiatives that enhanced employment

opportunities for farmers. Guest of Honour Jayant Chaudhary commended the awardees and reflected on the historical significance of the gathering, linking Singh's 'food for work' initiative to current programs like MNREGA. Jayant urged continued diligence and a positive mindset towards agricultural and social improvements.

The Kisan Trust introduced the Agricultural Entrepreneur Award, emphasizing innovation in agriculture, and showcased an AI-gener-

ated video featuring Singh. Award recipients expressed gratitude and paid tribute to Singh, affirming their dedication to his vision of farmer empowerment and dignity. Satyawani Sahrawat and Dr. Devendra Yadav spoke about the importance of continuing Singh's legacy, while Dr. Jagdish Gupta and Rukmini Banerjee expressed their commitment to fulfilling his dreams, with senior journalist Harveer Singh emotionally noting Singh's lasting impact on farmers' rights.

A Karnataka couple was detained and a residential school was
closed due to a video of a crippled youngster being beatenB

Bengaluru, Dec 22: A video showing a violent assault on a 16-year-old differently abled boy at the Divyajyoti School for Differently Abled Children in Bagalkot, Karnataka, has led to the arrest of the couple running the school and its subsequent closure. The footage, which surfaced and circulated online last week, depicts the boy being beaten with a belt and a plastic pipe, continuing even after he collapses in pain.

Additionally, chilli powder is thrown into his eyes. The primary accused, Akshay Indulkar, allegedly led the assault, with his wife Malini also implicated in the act. Following

A video showing the violent assault of a 16-year-old disabled boy at a school in Karnataka prompted authorities to arrest the couple managing the institution and resulted in the school's closure.

the release of the video, a complaint was filed by the boy's parents, who expressed their outrage and revealed they had been paying ₹6000 a month for their son's education at the school.

The police confirmed that the video was recorded three months prior or by a cook who was subsequently dismissed. It was leaked by a former employee, which triggered significant

public backlash. Superintendent of Police Siddharth Goyal mentioned that the incident followed an earlier fight involving the victim and another student, which was used to justify the teachers' violent response.

As a result of the investigation, a case was registered under the Juvenile Justice Act along with relevant sections of the Bharatiya Nyaya Sanhita.

In response to the incident, the victim's mother expressed her devastation at witnessing the abuse against her son and vowed to advocate for the school's closure to protect other children.

NFR to Run Three Pairs of Special Trains for Christmas and New Year 2026

• To accommodate the increase in passenger demand during the Christmas and New Year 2026 festive season, the Northeast Frontier Railway (NFR) will operate three pairs of special trains: Train No. 05609/05610 (Guwahati–Sairang), Train No. 05905/05906 (Dibrugarh–Lucknow), and Train No. 04078/04077 (New Delhi–Kamakhya).

Maligaon, Dec 22: To meet the increased passenger demand during the Christmas and New Year–2026 festive season, the Northeast Frontier Railway (NFR) has announced the operation of three pairs of special trains.

The special services include Train No. 05609/05610 between Guwahati and Sairang, Train No. 05905/05906 between Dibrugarh and Lucknow, and Train No. 04078/04077 between New Delhi and Kamakhya. These trains are being introduced to provide additional travel convenience to passengers during the festive period.Train No. 05609/05610 (Guwahati–Sairang–Guwahati) Christmas Special will operate two trips in each direction. Train No. 05609 will depart Guwahati on December 22 and 24, 2025, at 6:00 am and reach Sairang at 7:30 pm. In the return



direction, Train No. 05610 will depart Sairang on December 23 and 25 at 6:00 am and arrive in Guwahati at 7:50 pm. The train will comprise AC 3-tier, sleeper class, general second class and luggage-cum-brake van coaches.Train No. 05905/05906 (Dibrugarh–Lucknow–Dibrugarh) Special will operate one trip in each direction. Train No. 05905 departed Dibrugarh on December 19, 2025, at 2:00 pm and is scheduled to reach Lucknow Junction at 4:30 pm on December 21. The return service, Train No. 05906, will depart Lucknow Junction on December 23 at 11:30 pm and reach Dibrugarh at 5:30 am on December 26. The train will run with sleeper class and sitting-cum-luggage coaches.

Train No. 04078/04077 (New Del-

hi–Kamakhya–New Delhi) Reserved Special Express will operate three trips in each direction. Train No. 04078 will depart New Delhi on December 20, 25 and 30, 2025, at 7:15 pm and reach Kamakhya at 10:30 am on the third day. In the return direction, Train No. 04077 will depart Kamakhya on December 22 and 27, 2025, and January 1, 2026, at 2:00 pm and arrive in New Delhi at 8:20 am on the third day. The train will have AC 2-tier, AC 3-tier, sleeper class and general second class coaches.NFR stated that details regarding stoppages and timings are available on the IRCTC website and are being published through newspapers and official social media platforms. Passengers have been advised to verify train details before commencing their journey.

Delhi air pollution: Over 2.12 lakh PUCs issued in four days, 10,000 vehicles fail tests under GRAP-IV

New Delhi, Dec 22: More than 2.12 lakh new Pollution Under Control (PUC) certificates were issued in the last four days following the strict implementation of GRAP-IV measures, even as around 10,000 vehicles failed mandatory emission tests, Delhi Environment Minister Manjinder Singh Sirsa said on Monday. The minister also warned of stringent action against polluting industries and private offices flouting work-from-home directives. Addressing a press briefing, Sirsa said the strict restrictions imposed under GRAP-IV over the past four days have begun yielding results. He said more than two lakh vehicles have undergone PUC tests since the “No PUC, No Fuel” rule came into effect, while nearly 10,000 vehicles failed mandatory emission tests. The minister said the government has further intensified enforcement from Monday to identify polluting industrial units, adding that those found violating air-pollution norms will be sealed immediately without notice and also warned that industries failing to apply for the mandatory Online Consent Management (OCM) by the December 31 deadline will face strict action. Sirsa also said the Municipal Corporation of Delhi and the Delhi Pollution Control Committee are jointly identifying illegal and unauthorised industrial units operating in the city and all such units are liable to be shut down. “There is zero tolerance for pollution.

Any industry harming Delhi’s air will not be spared,” he said. He said that all PUC centres are being upgraded with modern, high-capacity equipment to reduce delays and ensure accurate emission testing, while a third-party inspection mechanism is being introduced to enhance transparency. Technical teams from the transport department are conduct-

ing continuous monitoring to prevent malpractice, he added. The minister also said round-the-clock mechanical road cleaning and water sprinkling are being carried out to control dust, while large-scale bio-mining operations continue at landfill sites.

Nearly 35,000 metric tonnes of legacy waste are being processed daily, he said. Sirsa said the government has also made progress in its plan to revive long-vanished and encroached water bodies in the capital, with a target to restore at least 50 per cent of them.. He also took a swipe at the previous government, accusing its leadership of ignoring Delhi’s pollution crisis during his tenure. Sirsa also thanked residents and officials for their cooperation and appealed for continued participation, saying the government remains committed to making Delhi’s air cleaner and safer.



Arunachal youth groups oppose objection to pork sale in Itanagar market, remove ‘Masjid Colony’ signboard

Itanagar, Dec 22: Two youth bodies in Arunachal Pradesh on Sunday reacted strongly to objections raised over the sale of pork outside Ganga Market in Itanagar. The Arunachal Pradesh Indigenous Youth Organisation (APIYO) and the Itanagar Youth Federation Arunachal (IYFA) said that the right to sell pork is a part of the livelihood of indigenous tribal communities. The issue surfaced after some members of the Muslim community living near the Masjid at Ganga Market reportedly objected to women vendors selling pork near the locality. The youth groups said that such objections were unfair and could disturb peaceful coexistence among residents in the area. Members of APIYO and IYFA visited the

market on Sunday to assess the situation. They met vendors and residents to understand the concerns. Later, members of both organisations removed a signboard that described the locality as “Masjid Colony.” The organisations argued that naming a locality after a religious place could create social tensions and was not in line with the indigenous traditions of Arunachal Pradesh. Representatives of the youth bodies told the media that Arunachal Pradesh is a tribal-dominated state, and that the traditional food habits of the indigenous communities must be respected. Pork is commonly consumed by many tribes in the state, and small-scale meat selling is an important source of income for women vendors.

The organisations said that no community should interfere with the food choices and livelihoods of others. They also stated that food traditions had existed for generations and were protected by customary practices and local law. The youth bodies warned that attempts to impose restrictions on pork sale would not be accepted by indigenous stakeholders. The president of the Itanagar Youth Federation said that mutual respect between communities is necessary for peaceful living. He urged residents to recognise cultural differences and avoid actions that could lead to social disharmony. He also said that objections to pork sale in public markets go against the economic interests of local families who depend on meat sales for daily income.



APIYO and IYFA argued that public market spaces are shared by people of diverse cultures and beliefs. They said that demanding restrictions based on religious sentiment alone was unjustified. They also urged authorities to protect local sellers from harassment or pressure. Regarding the signboard removed from near the Masjid, the youth groups said that naming colonies after religious in-

stitutions may give rise to identity-based claims over land or public spaces. They said such names could create division in a city that is home to many ethnic groups. The groups suggested that colonies and localities should carry indigenous names. They recommended names such as Donyi Polo Colony and Tani Colony to reflect tribal identity and heritage. They said that official place names must preserve indigenous history and language. APIYO and IYFA have called on the district administration and municipal authorities to review official records, maps and signboards that refer to the area as “Masjid Colony.” They requested the government to take steps to ensure that market areas remain open to everyone without discrimination.

Chowna Mein Promotes Arunachal as Next Adventure Tourism Destination

Itanagar, Dec 22: Following an exciting river-rafting trip on the powerful Dibang River at Dambuk in Lower Dibang Valley district with former chief minister Mukut Mithi, Arunachal Pradesh Deputy Chief Minister Chowna Mein highlighted the state’s enormous eco and adventure tourism potential.

Arunachal Pradesh’s burgeoning attractiveness as a center for eco-tourism and adventure sports in the Lower Dibang Valley was reinforced on Saturday by the exhilarating journey over difficult rapids amid pristine forests and striking landscapes, which underlined the Dibang’s raw strength and untamed beauty. Mein wrote on social media that rafting the Dibang was “an experience of raw power, pristine forests, and pure adventure.”

He added that the Dibang is one of the most alluring adventure sites in the area due to its magnificent beauty and exhilarating rapids, reflect-

ing the wild spirit and enormous eco-tourism potential of Arunachal Pradesh. Rafting over the river’s breathtaking scenery was “truly unforgettable,” according to Mein, who recalled the trip with Mithi and welcomed guests to take part in the unique experience.

The deputy chief minister highlighted the government’s commitment to promoting responsible adventure tourism that supports sustainable livelihoods for local communities while protecting the state’s natural heritage.

He said adventure tourism will be developed in a way that benefits local people and safeguards the environment. The expedition was organized by KABOS Adventure, which has been instrumental in promoting adventure sports and establishing Dambuk as a key hub for adventure, culture, and tourism through activities like river rafting, trekking, cycling, and adventure additions to the Orange Festival.

Surrendered militants block highway in Tripura, seek revival of rehabilitation funds

Agartala, Dec 22: Traffic movement on the Assam–Agartala National Highway was brought to a halt late on Sunday after surrendered militants blocked the road at Baramura in West Tripura. The protestors demanded that the state government immediately restart a rehabilitation scheme that has remained stalled for several years. The blockade began on the night of December 21 and continued into Monday, leaving a long line of vehicles stuck on both sides of the affected stretch. Truck drivers and passengers said they waited for hours with no information on when the road would reopen. The highway is one of the key routes that links Tripura to the rest of the Northeast, and any disruption affects the movement of goods and passengers. The demonstrators identified themselves as members of an organisation named the Tripura Guerrilla Returned Demand Committee. They said the

group consists of former militants who had surrendered before 1998 and joined the mainstream following talks with the then Left Front government. One protester explained that the government had agreed to help them rebuild their lives through a rehabilitation scheme sanctioned many years ago. He recalled that on May 22, 2007, an amount of Rs 45 crore was approved for the rehabilitation programme. According to him, meetings were held and the scheme moved forward between 2008 and 2018. He said activities stopped after a change of government and later during the COVID-19 pandemic. Since then, he claimed, there has been no further progress or communication from officials. The protesters alleged that about Rs 22 crore of the sanctioned fund had already been used before the scheme came to a halt. They demanded that the government utilise the remaining amount and



complete the programme as promised. They accused authorities of failing to respond to repeated requests for updates and support for surrendered militants. In addition to the financial issue, the protesters raised concerns about livelihood schemes under the Chief Minister’s Rubber Mission.

They said that while the scheme had functioned smoothly for the first three years, this year it was not implemented properly. One protester said former militants were given rubber saplings but

no funds for fencing them, which made cultivation risky. He said written appeals and verbal requests to the administration had brought no results so far. The group warned that the blockade would continue if their demands were not addressed. One of them said that if talks failed, they would block the highway again in future.

The protesters also called for the withdrawal of all pending cases against surrendered militants who have returned to civilian life.

Assam Undergoing Holistic Transformation: Sonowal

Guwahati, Dec 22: Sarbananda Sonowal, the Union Minister of Ports, Shipping & Waterways, stated, “This marks a historic and proud moment for Assam and the entire Northeast,” in response to Prime Minister Narendra Modi laying the foundation stone for the Ammonia-Urea Fertilizer Project of Assam Valley Fertilizer and Chemical Company Limited at Namrup in Dibrugarh. This initiative, under the visionary and resolute leadership of Prime Minister Narendra Modi ji, would not only improve the nation’s fertilizer security but also empower farmers, create a significant number of jobs, and support India’s progress towards Atmanirbhar Bharat. Namrup IV is more than just an industrial project; it is an expression of PM Modiji’s dedication to strategic capacity building near the people who most depend on them and to balanced regional development. Sarbananda Sonowal went on, “This is a very personal moment for me. As a member of parliament, I brought up the Namrup fertilizer plant situation in the Lok Sabha in 2009 and argued that a fourth unit was necessary to safeguard the interests of Northeastern farmers and tea garden communities. Thanks to Prime Minister Narendra Modi ji’s strong leadership and development-driven governance, that arduous path has now come full circle. Assam is undergoing a comprehensive transition where progress is being transformed into genuine welfare, dignity, and long-term security for every segment of society, from energy and fertilizers to connectivity, skills, MSMEs, and tea tribe welfare.”

Communal Madrasas Exist in Assam’s Char Areas on Bangladesh, Pakistan Model: State BJP Spokesperson

Guwahati, Dec 22: Assam BJP spokesperson Ranjib Kumar Sarmah on Monday made a series of strong remarks alleging that religion-centric radicalism has eclipsed language and culture among what he described as “Miya Muslims,” and claimed that communal madrasas operating in Assam’s char and chapori areas follow models similar to those in Bangladesh and Pakistan. Addressing the media at the State BJP headquarters, Atal Bihari Vajpayee Bhawan, Sarmah cited a range of violent incidents—both historical and recent—to support his allegations. Referring to the killing of Dipu Chandra Das in Bhaluka, Mymensingh district of Bangladesh, he drew parallels with incidents during the Assam Movement of the

CBI Official Calls for Local Participation to Tackle Wildlife Crime

Guwahati, Dec 22: Rapidly increasing wildlife crimes, posing serious threats to precious species in India and globally, have created multi-dimensional challenges for conservation and enforcement agencies. In this context, involving local and tribal communities living near protected areas is considered crucial for effective wildlife protection. Ramnish Geer, Joint Director of the

book “Deterring Wildlife Crime – A Transformative Impact”, published by Aaranyak’s Legal and Advocacy Division (LAD). Geer emphasized the significance of coexistence between humans and wildlife, warning of links between wildlife crimes, money laundering, and international syndicates.

He added that local communities, when provided with regulat-



CBI, North East India, highlighted a multi-pronged strategy to prevent wildlife crimes at the grassroots by empowering local communities, promoting community-led conservation, facilitating sustainable livelihoods, strengthening enforcement of existing wildlife laws, and raising public awareness about the importance of forests and wildlife. He spoke at the unveiling of the

ed forest-based livelihoods, often act as allies of enforcement agencies and help protect wildlife. Dr. Bibhab Kumar Talukdar, Executive Director of Aaranyak, noted that the book documents LAD’s sustained efforts since 1996 to prevent wildlife crime in Northeast India through multi-stakeholder strategies involving communities, law enforcement, and the judiciary.

In less than a year, Foxconn hires 30,000 people at its iPhone manufacturing near Bengaluru

Bengaluru, Dec 22: At its new iPhone assembly plant close to Bengaluru, Foxconn has quickly increased the size of its personnel. The company’s Devanahalli operation has hired about 30,000 workers in just nine months, which is the fastest recruiting ramp-up at any Indian manufacturing facility to date. The makeup of the Devanahalli plant’s staff is one of its main characteristics.

Women make up around 80% of the workforce, and the majority of them are first-time employees between the ages of 19 and 24. The complex, which occupies about 300 acres, is becoming one of the biggest single-location employers of women in the nation. In order to fill these positions, many laborers are said to have moved to Karnataka from nearby states.

Beginning with the iPh-

hone 16, trial manufacturing at the factory started in April or May of this year. Since then, the plant has switched to producing Apple’s newest high-end model, the iPhone 17 Pro Max. Over four-fifths of the phones manufactured at the facility are exported. The Devanahalli complex is anticipated to operate as a self-contained township with additional expansion planned. Residential buildings, medical facilities, educational institutions, and recreational areas are all part of the long-term plan. Free lodging and subsidized meals are provided to employees. For women working in blue-collar manufacturing jobs, the average monthly compensation is almost ₹18,000, making it one of the higher-paying options. The project, which Foxconn is investing about ₹20,000 crore on, is anticipated to grow into the large-



est iPhone manufacturing facility in India in terms of both employment and production capacity. The factory floor alone occupies around 250,000 square feet, making it one of the largest industrial facilities in the nation.

The Bengaluru plant is anticipated to overtake Foxconn’s older iPhone facility in Tamil Nadu, which presently employs about 41,000 people, once it is completely operating. Up to 12 iPhone assembly lines might potentially be housed in the new facility, as opposed to the current four.

Under initiatives like the Production Linked In-

centive program, which was introduced in 2021, the project represents a significant turning point for India’s manufacturing aspirations. According to one official, Apple’s quick expansion in India was unthinkable just a few years ago and is now a prime example of business-government collaboration. India is now a vital component of Apple’s worldwide supply chain. From the beginning of manufacture, every iPhone model is presently produced in India and exported all over the world.

A developing local ecosystem of about 45 suppliers encompassing components and sub-assemblies has helped to sustain this expansion. Prior to joining production lines, new hires receive roughly six weeks of practical training as part of Apple’s strong collaboration with its partners on skill development.

Infosys trading: Infosys ADR 40% spike traced to data error, algo trading,

New Delhi: An abrupt and outsized rally in Infosys Ltd’s American Depositary Receipts during early US trading on December 19 has been linked to technical distortions in market data and automated trading activity, rather than any fundamental news about the company, The Chronicle Journal reported. Infosys ADRs surged more than 38% shortly after the opening bell in New York, briefly climbing to nearly \$27 before the New York Stock Exchange (NYSE) stepped in to halt trading, Reuters reported. The abrupt rally stood in sharp contrast to trading in India, where Infosys shares ended the session with a modest gain of 0.7%, closing at Rs 1,638 on the NSE, with no material news or corporate announcement to justify such a move. The Chronicle Journal report suggested that the near-50% intraday jump was likely the result of a ticker-mapping error across multiple financial data platforms. This discrepancy may have confused automated trading systems, triggering aggressive algorithmic buying in what is typically a thinly traded ADR. As buy orders fed into one another, the price spike became self-reinforcing until exchange-level volatility controls were activated.

According to the report, several data providers in the days leading up to the incident had incorrectly mapped the “INFY” ticker to an unrelated entity, while still attaching Infosys-specific financial data, earnings metrics and news headlines. Algorithmic trading models scanning for mispricings or unusual divergences may have interpreted this mismatch as a market anomaly, prompting rapid buy orders. The impact was amplified by limited liquidity and low trading volumes in the Infosys ADR market. The



ADRs had closed the previous session at around \$19.18 but jumped to as high as \$27 within minutes of the market opening. The NYSE subsequently imposed multiple Limit Up–Limit Down (LULD) volatility halts as prices breached permissible bands. After trading resumed, prices retreated sharply, reinforcing the view that the spike was technical in nature rather than driven by fundamentals. The absence of any comparable reaction in Infosys’ India-listed shares further supported this assessment.

An American Depositary Receipt allows US investors to trade shares of foreign companies on US exchanges without directly accessing overseas markets or currencies. Some reports also pointed to short-covering linked to US stock-lending dynamics as an additional factor that may have intensified the move.

Shyam Dhani Inds IPO sees strong demand on day 1; fully booked, GMP at 67%

Mumbai, Dec 22: On Monday, December 22, 2025, Shyam Dhani Industries, a producer and supplier of high-quality spices, began accepting public subscriptions for its initial public offering (IPO). Within minutes of opening, the SME public issue was completely subscribed, demonstrating the enormous interest from investors. Data from the National Stock Exchange (NSE) shows that the issue was subscribed 10.44 times at 11:00 AM.

Compared to the 3.93 million shares on offer, 41.12 million equity shares were bid on the issue. Retail investors were the main source of demand, subscribing to the allocated quota 17.62 times, followed by non-institutional purchasers (NIIs) at 11.91 times. According to sources monitoring unofficial mar-



kets, Shyam Dhani Industries’ unlisted shares were trading at ₹117 on Monday, fetching a premium of ₹47, or 67%, over the higher end of the price range of ₹65 to ₹70. The initial public offering’s three-day subscription period will end on Wednesday, December 24, 2025. On Friday, December 26, 2025, the foundation for share allocation is probably going to be finalized. On Tuesday, December 30, 2025, Shyam Dhani Industries shares are expected to go public on the NSE SME market. With a lot size of 2,000 shares, Shyam Dhani Industries has established the

price range between ₹65 and ₹70 per share. To bid on at least two lots of 2,000 shares each, retail investors would need to invest a minimum of ₹2,80,000 shares.

The public offering’s registrant is Bigshare Services, and the only book-running lead manager is Holani Consultants. The firm plans to cover its working capital requirements with ₹13.26 crore from the net proceeds of the new issue. In addition, ₹10 crore will be utilized for the company’s debt repayment or prepayment, ₹6.35 crore for brand development and marketing costs, ₹1.63 crore for the acquisition of new equipment, and ₹64.9 crore for the establishment of a solar rooftop plant at the current production facility. The remaining money will be put toward general business needs.

Smallcap stocks may be up for rally after longest

Mumbai: A few brokerages said the longest stretch of small-cap underperformance in 22 years appeared overdone, with the risk-reward turning attractive on the back of more reasonable valuations. They noted that small cap stocks were reeling under their longest phase of underperformance in over two decades, even though the intensity of the decline was milder than in past cycles. In the past 20 years, there have been seven instances of calendar year returns being negative for the small cap index including 2008, 2011, 2013, 2018, 2019, 2022 and 2025. There has, however, been only one incidence of it being consecutive years (2018 and 2019). “Thus, odds (86 per cent probability) are in favor of small caps resuming the up move and delivering healthy double digit returns in CY26E,” ICICI Direct said today.

InCred Equities said the ongoing pain feels sharper because this protracted phase

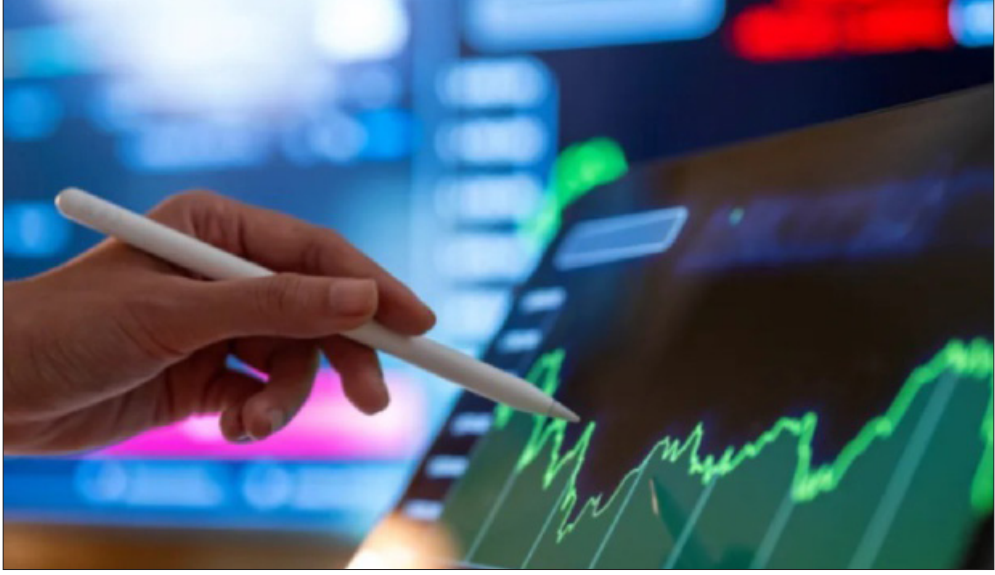


has coincided with extraordinary returns in traditional Indian stores of value like gold and silver, where prices have surged 2-3 times.

“Indian small-cap stocks underperformance is “overdone”: the longest in duration in 22 years (even if not the harshest in magnitude), made psychologically worse by gold/silver FOMO—setting up a mean-reversion backdrop as uncertainty normalises and risk appetite broadens,” InCred said.

Six others, including RVNL, JWL, and KEC, trade above the Supertrend indicator

Mumbai, Dec 22: A popular technical analysis technique for spotting a possible shift in a stock’s or index’s trend is the Supertrend indicator. The Average True Range (ATR), moving averages, and volatility serve as the foundation for the Supertrend. A breakout (close) above the Supertrend line indication is typically seen as a shift in the underlying stock’s trend from “negative” to “positive.” Conversely, a shift from a “positive” to a “negative” trend is indicated when the stock closes below the Supertrend indicator. According to the Supertrend indicator, nine Nifty 500 stocks—GE Vernova T&D India, HBL Engineering, JSW Infrastructure, Jupiter Wagons (JWL), KEC International, KSB, Lloyd Metals and Energy, Rail Vikas Nigam (RVNL), and Sagility—were observed attempting a breakout during Monday’s trading session. Technically, a closing above the key signal today would be considered a breakout for that particular stock.



Brigade Enterprises is started by JM Financial with a “Buy” and a 17% upside

Mumbai, Dec 22: with a ‘Buy’ recommendation, citing more balance-sheet flexibility after the recent fundraising, a growing project pipeline, and excellent pre-sales momentum. A possible increase of 17.5% from Friday’s close, the firm set a target price of ₹1,020 a share. It anticipates that the business will be in a strong position to finance its next expansion into hotels and annuity assets. Brigade Enterprises has a long record of growing its residential, annuity, and hospitality businesses through aggressive land acquisition and capital spending, according to JM Financial. Thanks to favorable industry tailwinds, pre-sales and rental income increased at compound annual growth rates (CAGR) of 37% and 27%, respectively, from fiscal year 2022 to fiscal year 2025 (FY22-FY25). Following the fundraising, the company has added projects totaling more than ₹250 billion over the last 18 months. JM Financial anticipates pre-sales to increase at a



CAGR of 14% between FY25 and FY28, although on a high base, due to the robust project pipeline. With an estimated six million square feet of new completions anticipated between FY28 and FY30, the brokerage also emphasized the next phase of expansion in annuity assets. According to JM Financial, Brigade’s hotel portfolio is expected to double during that time. According to JM Financial, the quarterly run-rate has stabilized and is anticipated to expand at a stable mid-single-digit pace following four consecutive quarters of decreased absorption across the top seven cities.

The market share of the top 14 listed developers in pre-sales increased from 18% in FY23 to 21% in FY25

and then to 24% in the first half of FY26, indicating that the brokerage believes sector consolidation will drive performance. Over the next three years, Brigade Enterprises is expected to produce more than ₹3,000 crore in operating cash flow, according to the brokerage.

Over the next five years, it anticipates that the company will invest between ₹1,500 and ₹2,000 crore in business expansion for the residential segment and around ₹5,000 crore in annuity capital expenditures. JM Financial thinks the company can easily finance its intended business development and capital spending because it has strong cash flows and enough headroom for debt.

Bandhan AMC enters SIF space, files papers with SEBI

New Delhi: The Arudha Hybrid Long-Short Fund, Bandhan Asset Management Company’s (AMC) inaugural Specialized Investment Fund (SIF), has submitted documentation to the market regulator. The fund will allocate between 35 and 65 per cent of its portfolio to debt instruments and stocks, according to the draft prospectus that was submitted to the Securities and Exchange Board of India (SEBI). With up to 25% of net assets in unhedged derivative positions and up to 20% through short selling, the strategy also permits minimal short exposure. The proposed interval fund



marks the AMC’s entry into the alternative investment space, and the company aims to generate returns by taking both long and short positions across market cycles.

The minimum investment amount has been set at Rs 10 lakh, while accredited investors can invest with a minimum of Rs 1 lakh. Subscriptions will be open on all business days, while redemptions will be available twice a week. VP of credit research Debraj Lahiri, and equity fund manager Nilesh Saha. The fund will deploy derivative strategies such as covered calls, protective puts.

Indian economy undeterred weakness, says RBI governor

Mumbai: RBI Governor Sanjay Malhotra has ruled out any significant effect of the rupee depreciation on the Indian economy. In an interview to India Today, Malhotra said he expects the depreciation level should not be significantly different from the level seen in the past 10-20 years. This year, the Indian currency has hit a series of record lows caused by a strengthening of the US dollar, foreign fund outflows and the impending India-US trade tariff deal. The rupee fell to a record low of 91.16 against the US dollar on December 16. The currency is down 4.68% in 2025, positioning it as the worst performer among the Asian currencies. Another significant factor behind the rupee fall is that the Reserve Bank of India (RBI) is said to have adopted a less aggressive intervention strategy compared to the past, partly due to low domestic inflation.

On the policy of RBI intervention in the forex market for controlling rupee fall, Malhotra said the central bank allows the market forces decide the appropriate level of the rupee in comparison to other currencies. “Our aim is to primarily curb any kind of undue or excessive or abnormal volatility or any kind of unnecessary speculation getting built into the prices. That is when we come in,” the RBI governor told India Today.

Granules India receives USFDA certification for a generic ADHD drug

Mumbai: Granules India, a pharmaceutical company, announced on Monday that the US health regulator has given it permission to sell a generic drug for attention deficit hyperactivity disorder. The US Food and Drug Administration (USFDA) has tentatively approved Granules Pharmaceuticals Inc., a wholly-owned subsidiary of the company, for its Abbreviated New Drug Application (ANDA) for Amphetamine extended-release oral disintegrating tablets in multiple strengths, the company said in a statement. It further stated that the company’s product is the generic version of Adzenys XR-ODT. The product will be produced in Granules’ Chantilly, Virginia, US factory. The drug has an estimated \$172 million market value and is prescribed to treat Attention Deficit Hyperactivity Disorder (ADHD). Granules India Chairman and MD Krishna Prasad Chigurupati stated, “The tentative approval of this



ANDA reaffirms Granules’ strategic focus on expanding its portfolio of complex and differentiated generics while strengthening its

presence in the Central Nervous System (CNS) therapeutic area.” He continued, “ADHD affects hundreds of millions of people

worldwide and is one of the most frequently diagnosed neurodevelopmental disorders in the United States.”

Mallik learned Zubeen Garg's death late

Mumbai: Amaal Mallik opened up about the passing of Zubeen Garg nearly two weeks after coming out of Bigg Boss 19. On Sunday, the music composer and singer held a Q&A session with fans on social media when he reflected on the unfortunate incident.

During the fan interaction session on X, one user asked Amaal, "Did you get to know about Zubeen Da's death? Assam has lost a true gem, Amaal. To which the Bigg Boss 19 finalist replied, "Yes. I just got to know 2 days ago and was very disturbed by it!" While Amaal was inside the Bigg Boss' house, the music industry lost a precious gem. On September 19, Zubeen tragically died in Singapore at the age of 52. He passed away while swimming in the sea without a life jacket. He was administered CPR and rushed to Singapore General Hospital, where he was pronounced dead. The entire nation grieved the loss of the legendary musician. On Thursday, the Singapore Police Force released a press statement where they eliminated any possibility of foul play in his death.

After finishing Bigg Boss 19 as a finalist, Amaal Mallik reunited with his father, Daboo Malik. The father-son duo was seen sharing a heartwarming moment in a recent social media post. In the picture the doting father was seen laying a peck on Amaal's cheek and called it "A Lifetime in a Moment." The tender moment quickly gained attention, especially in the wake of Amaal's stint on the reality show. On the show, Amaal was seen candidly opening up about his family's struggles. In a recent interview with IANS, he reflected on his decision to open up about personal stuff on national television.

Rakesh Bedi says Dhurandhar box office sets new 'unprecedented bar'

Mumbai: If there's one film audiences can't stop talking about, it's Dhurandhar. The Ranveer Singh, Akshaye Khanna starrer has been smashing one box-office record after another.

Riding high on the success, veteran actor Rakesh Bedi, who played politician Jameel Jamali in Aditya Dhar's spy-action thriller, spoke about a prediction he had made before the release: "Dhurandhar is not going to raise the bar, this is going to break the bar." And right now, it's hard to disagree. He also shared a unique fan reaction that proves how Dhurandhar has taken over audiences to the point that they can't even wait for the sequel. Taking to Instagram, Bedi shared a video reacting to the film's performance. He said, "Doston Dhurandhar to rukne ki naam hi nahi le raha hai, chalti hi jaa rahi hai, chalti hi jaa rahi hai. Film ke release ke pehle maine ek statement diy thi ki, 'Dhurandhar is not going to raise the bar, this is going to break the bar.' because people are going to see this film 'bar-bar', lagatar, aur wohi ho raha hain."

He added, "Log itna pyaar barsha raha hai ki puchiye mat. Itna ki Tsunami hai. Main kahunga ki this film is like my friend's

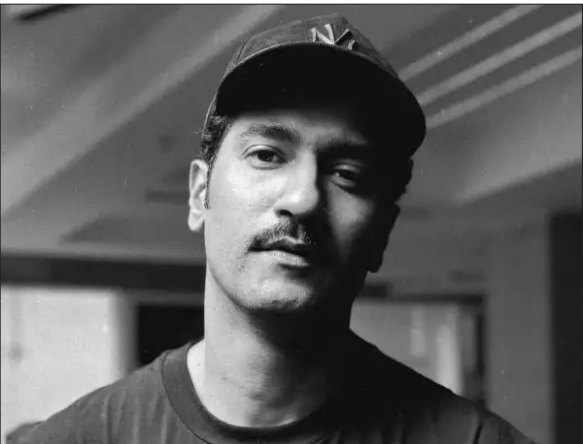


restaurant in Delhi, Juggernaut. The actor expressed his gratitude for the massive appreciation the team has been receiving, but highlighted one fan's response in particular. He recalled, "Ek lady ne ye mujhe bataya ki film dekhne ke naad unko gussa aya ki film kyu khatam kyu hui. Aur film dekhne ki baad unko dil mein aya ki aaj main so jau aur sidha March 19 ko uthu, jab iska agala part ayega. Haina kamal ki baat?" He further thanked the director and the makers of Dhurandhar, saying, "Ye ek international rage ban chuka hai ye film, jo ki mere khayal se Indian cinema history mein kabhi nahi hua. Itna rage, itna pyaar, itni bari tsunami ki puchiye maat. Well I thank JioStudio, I thank the entire team of Dhurandhar and especially the director Aditya Dhar. Hats off to you Aditya. Love you brother."

Vicky Kaushal Reveals Which Movie Will Be His Baby Boy's Cinematic First

Mumbai: Actor Vicky Kaushal is soaking in the joys of fatherhood after welcoming his baby boy with wife Katrina Kaif earlier this year. Amid this new phase of life, the actor has chosen a special film from his career that he hopes to share with his son when the time is right.

Speaking to NDTV in an interview, actor Vicky Kaushal opened up about fatherhood and reflected on his journey so far, both personally and professionally. When asked which of his films he would want his son to watch first, Vicky didn't hesitate. He revealed that his choice would be Masaan, his debut film. Calling it "a nice film," Vicky admitted that it might not be suitable for very early viewing, given its emotional weight. However, he added that the film captures life in its rawest and most truthful form, making it deeply meaningful to him. Directed by Neeraj Ghaywan, Masaan marked Vicky's first leading



role. The film showcased him as Deepak Kumar, a young engineering student working at the cremation ghats of Varanasi. The film explored themes of death, loss, social stigma, and resilience, and went on to become a critical landmark in his career. Vicky also spoke candidly about raising a child in the public eye and whether he worries about his son's privacy. He explained that he tries not to live in fear, believing that excessive worry only attracts

the very things one wants to avoid. Instead, he and Katrina are consciously protective of their personal space, treating it as something sacred and worth guarding, even while accepting that occasional slips are inevitable in public life. The actor and Katrina Kaif announced the birth of their son in November with a heartfelt note expressing love and gratitude. Married since December 2021, the couple has largely kept their family life away from the spotlight.

Emraan Hashmi Injured in 'Awarapan 2' Action Scene, Sustains Abdominal Tear

Mumbai: Emraan Hashmi recently sustained an injury on set during the filming of a high-octane action sequence for his upcoming film, Awarapan 2. However, he soon returned to the sets to complete his work commitments, despite the severity of the injury.

A picture recently was shared across social media, showing Emraan Hashmi with a bandage on his abdomen. The image appears to have been taken in a hospital. Reports say that the actor sustained a serious abdominal tissue tear while filming an intense action sequence for Awarapan 2, that required immediate medical care and surgery. Emraan immediately received medical attention, yet



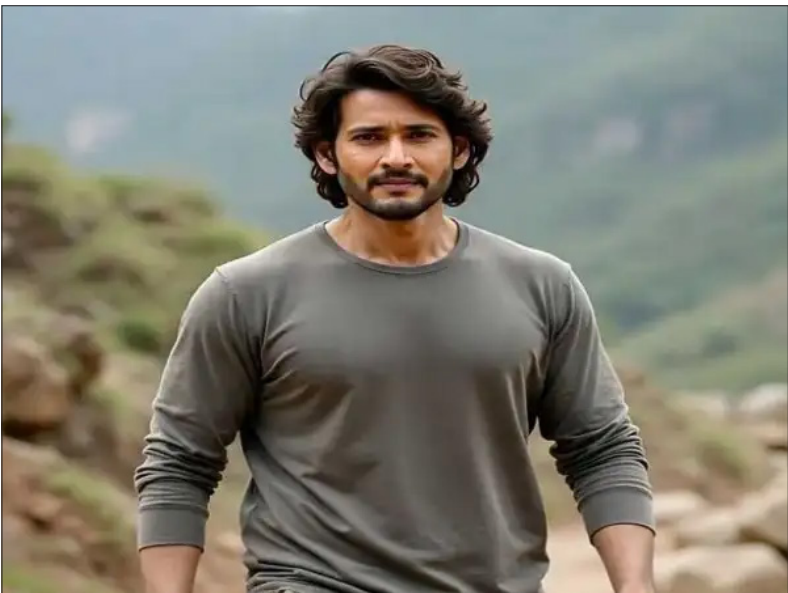
he opted to resume filming much earlier than expected. Sources further say that shooting is presently underway in Rajasthan. Emraan has returned to the set, engaging in controlled action sequences and sticking to a carefully managed schedule to balance his health with his work commitments.

Meanwhile, to support

Emraan's recovery, the Awarapan 2 team has reportedly revised the shooting schedule to ensure smooth filming without compromising the actor's well-being. These modifications include shorter working hours for Emraan and a reduction in physical exertion. This approach will help Emraan to effectively manage both his

recovery and his professional duties. Fans and followers have praised his dedication to his work while sending their wishes for his swift and complete recovery. Emraan was last seen in the film Haq alongside Yami Gautam, where he played an advocate. He has several interesting projects set for release. His web series, Taskaree, is set to release on Netflix on January 14, 2026. This series, created by Neeraj Pandey and directed by Raghav Jairath, also features Sharad Kelkar, Amruta Khanvilkar, Nandish Singh Sandhu, Anurag Sinha, and Zoya Afroz. He was also seen in a cameo appearance in the successful web series directed by Aryan Khan, The B***ds Of Bollywood.

Mahesh Babu Master's Kalaripayattu for Intense Varanasi Schedule



Hyderabad: Mahesh Babu's prep for his role in the SS Rajamouli directorial Varanasi has been clinical. The superstar transformed himself to look the part – physically he bulked up a few kilos apart from growing long hair and bushy beard. But here's another interesting aspect of Mahesh Babu's preparation. He underwent training in the ancient martial arts Kalaripayattu.

Mahesh Babu plays an adventurer in Varanasi. Apparently for one of the sequences in the globetrotting adventure, the superstar needed to be trained in Kalaripayattu. And to make the sequence look authentic and natural, Mahesh underwent rigorous training under martial art trainer Harikrish Kakani. The trainer took to Instagram and shared that he feels proud and blessed to train Mahesh in the ancient

martial arts form. He further added that the superstar's lifestyle, aura, and hospitality are deeply inspiring. Harikrish also expressed gratitude to actor Nasser and director Rajamouli for the opportunity. "I never thought my journey would lead me to train a global star on Indian cinema on Kalaripayattu," the trainer expressed. No sooner the picture appeared online, his timeline section was filled with comments. Fans of Mahesh Babu sent 'fire emoji' to express their happiness and appreciation. While the trainer did not post pictures of the training, perhaps he shared a photo towards the end of the training expressing thankfulness at the opportunity.

Kalari requires speed, agility, and co-ordination of body parts, and as such, Mahesh Babu was trained in balance and body flexibility, endurance & stamina and neuromuscular integration. Earlier Mahesh was seen channelling his energy into completing a workout session for a lean and chiselled physique as part of physical transformation. His powerful first look (as Rudra) from Varanasi - holding a trishul, covered in blood and riding a bull - became an instant rage among his fans and audiences.

Battle of Galwan Teaser Arrives on Salman Khan's 60th Birthday

Mumbai: Salman Khan will be celebrating his 60th birthday on December 27, and while fans are already excited, a new report has suggested that Bhaijaan's birthday could get even happier as the makers are planning to drop the teaser of his upcoming war drama Battle of Galwan on Salman's 60th birthday.

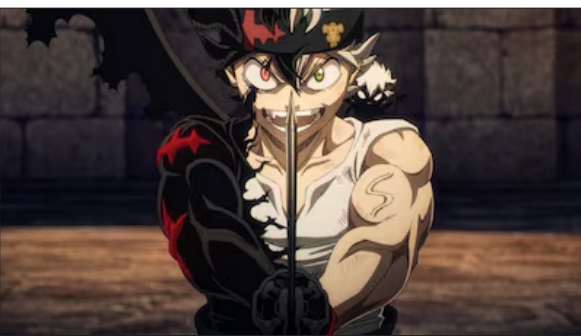
As per Bollywood Hungama's source, "The team of the film has been working on the teaser for some time. They feel that December 27 is an apt time to release the asset. It'll introduce the world of Battle of Galwan and give the audience an idea about the grandeur and scale of the film. It'll also depict Salman Khan in all his glory, which the fans are sure to lap up." "Before the teaser is out, the makers will be dropping one or two posters of Battle of Galwan as well," the source added and continued, "It should be out either on December 25 or December 26, and it'll be followed by the launch of the teaser."

Directed by Apoorva Lakhia, Battle of Galwan revisits the harrowing 2020 Galwan Valley clash between Indian and Chinese troops, a rare border skirmish that turned deadly without any firearms being used. Instead, soldiers resorted to hand-to-hand combat with sticks and stones, making it one of the most emotionally charged stories in recent Indian history. With its stirring subject and powerful cast, Battle of Galwan is poised to be one of the most impactful cinematic tributes to India's armed forces



in recent years. The movie will star Chitrangada Singh alongside Salman Khan. In an interview with PTI, Chitrangada Singh, while talking about Salman, shared, "An actor can only do what is written in the script, and as actors you have to add something. Luckily, with Salman, there is a lot of improvising; he likes to improvise on set, so a lot of moments and things are improvised. Salman is a very big name, and I am trying to do my best." In Battle of Galwan, Salman Khan will be seen in a rugged, battle-hardened avatar, one of his most intense roles in recent years. Meanwhile, next, Salman Khan is reportedly in talks with Malayalam director Mahesh Narayanan for an upcoming high-profile project.

Black Clover Returns: Season 2 Arrives in 2026 With All-New Episodes



Agency: Black Clover fans have finally received some exciting new updates about the show's return. At the Super Stage event during Jump Festa 2026, the franchise unveiled a major update about Asta's return, ending years of waiting. At the event held on Sunday, December 21, the makers released a new trailer for the upcoming season and a visual preview. Cast members Gakuto Kajiwar (Asta), Nobunaga Shimazaki (Yuno), Junichi Suwabe

(Yami), and Kana Yuuki (Noelle) were present at the event.

The anime's return was first officially confirmed earlier this year during a Crunchyroll industry panel at Anime Expo in July. At that time, they unveiled a teaser of Black Clover season 2, which picks up where the previous season left off. It was also confirmed that Studio Pierrot would continue to handle the series' animation. This announcement put an

end to the speculations about the series moving to a different animation studio.

The new episodes of Black Clover will focus on Asta and the Magic Knights as they prepare for an upcoming war. The story will follow their efforts to rescue Captains Yami Sukehiro and William Vengeance, who have been captured by the Dark Triad for a dangerous devil-binding ritual. The show will then move toward the manga's final storyline. It will premiere exclusively on Crunchyroll in 2026, giving viewers around the world access to the anime. Notably, unlike the previous instalment, the new one will be shorter. Based on Yuki Tabata's manga, the original Black Clover anime premiered in October 2017 and ran continuously until March 2021. It ended with Episode 170.

Akshaye Khanna, Suniel Shetty, Sudesh Berry Join Border 2 Cast, Reprising Roles

Mumbai: The teaser for Border 2, starring Sunny Deol, Varun Dhawan, Diljit Dosanjh, and Ahan Shetty, was recently released on social media. This war drama, directed by Anurag Singh, is expected to be one of the most awaited releases of 2026, with a theatrical release on January 23, 2026. Before its release, there have been reports indicating that Akshaye Khanna, Suniel Shetty, and Sudesh Berry may be involved in this sequel too. Sources say that all three actors have already filmed their parts, and the reports suggest they will be reprising their original roles from the first Border film. However, official confirmation from the team is still pending.

In Border, Akshaye played Second Lieutenant Dhamvir Singh Bhakhri, and



Suniel played Assistant Commandant Bhairon Singh Rathore while Sudesh took on the role of Naib Subedar Mathura Das. Although their characters were martyred in the first part, the sequel will reintroduce them as Border 2 is set during the 1971 India-Pakistan war.

As reported by Mid-day,

"Since Border 2 is also set against the backdrop of the 1971 India-Pakistan war, the characters from the original film will serve as their peers. Anurag and producer-writer Nidhi Dutta felt bringing the heroic characters from the 1997 war drama would make it a memorable experience. So, they incorporated this

segment." The source further added, "The characters from the old and new films will cross paths at an event before the 1971 war begins. It's a great idea as it not only brings the father-son duo of Suniel and Ahan on screen but also harks back to the much-loved movie."

Meanwhile, media reports suggest that Akshaye, Sudesh, and Suniel have already filmed their cameo appearances in Border 2. A source mentioned, "In November, Akshaye and Sudesh filmed their portions in Mumbai. Suniel has been shooting for a new project in which he sports a distinct look. So, his parts were shot against a green screen and will require special effects. All three actors will be engaged in keeping with their Border avatars."

Bharti Singh Grateful to Ganesha for Second Son

Mumbai: Bharti Singh and her husband, Haarsh Limbachiya, welcomed their second child, a baby boy, on December 19. Undoubtedly, the couple is on cloud nine after meeting their bundle of happiness. Now, the comedian dropped the first-ever post on her social media handle, expressing pure gratitude to the almighty.

Midway through a shoot for Laughter Chefs when Bharti Singh was rushed to the hospital after her water broke. Shortly after, she delivered a baby boy, leaving



her well-wishers and loved ones content. A few hours after welcoming her second child, she took to her Instagram stories and shared a photo of Lord Ganesha to express her heartfelt gratitude for the successful delivery. Aligned with her tradition of invoking Bappa's blessings, as seen in prior pregnancy posts, including her maternity photoshoot captioned with similar references, she thanked the almighty for the 'good news'. After giving birth, the dotting couple took to Instagram to jointly announce the arrival of their baby boy. Sharing a video on Instagram, Haarsh wrote, "Limbachiya and sons, again it's a boy."

HEALTH

Rakul Preet Singh Takes Her Training Up
A Notch With Aqua Ball Workouts

Rakul Preet Singh isn't one to settle for a basic workout. A regular at the gym and a vocal advocate of holistic fitness, the actor often shares snippets from her exercise routine that blend strength, balance, and flexibility. Her latest workout video is no exception, and this time, the focus is on stabilising muscles many of us overlook. Taking to her Instagram, Rakul Preet Singh shared a video where she was seen balancing effortlessly on an aqua ball – a soft, water-filled stability trainer – as she performs a series of strength and control moves. Dressed in a bright yellow tank and green leggings, she demonstrates a single-leg squat on the unstable surface, engaging her core and deep stabilising muscles. Sharing the video, Rakul wrote, “There are so many smaller muscles that we don't work on while training. Strengthening these muscles is as important as training



your bigger ones and lifting weights. When I started, I couldn't balance even on a bosu. But now this small water ball is doable, still work in progress though. So next time you hit the gym, fire those small ones.” Talking about her dedication to fitness, the actor said, “Fitness isn't just about the body it's how I clear my mind, channel my focus, and realign with my purpose. I eat clean, move with intent, and rest when my body asks for it. That balance of nourishment, movement, and still-

ness is what makes me glow. I don't do it for appearances or social media; I do it because it makes me feel powerful, peaceful, and alive. Self-care, to me, is showing up on tough days, on good days, and every day in between with love, presence, and strength.” An aqua ball is a dynamic piece of fitness equipment filled with water, designed to challenge your body's ability to stabilise itself. As the water shifts inside, your muscles must constantly adapt to the unpredictable movement,

engaging core stabilisers, improving balance, and boosting neuromuscular coordination. Training with an aqua ball can help correct imbalances, prevent injury, and enhance athletic performance. As it activates muscles you might not normally engage, especially around the hips, ankles, and spine, it's a smart addition to any well-rounded fitness plan. While both the Aqua Ball and Bosu Ball challenge stability, they work differently. A Bosu ball has a fixed base with a half-dome surface, offering more predictability. It's ideal for beginners, building balance and proprioception. An aqua ball, on the other hand, is completely fluid and unpredictable. The sloshing water requires even greater control, making it a more advanced tool for targeting deeper stabilising muscles. Rakul's dedication is a reminder: fitness isn't just about lifting heavy or running fast, it's about refining control, improving movement, and constantly challenging your limits.

Silent Danger Of Monsoon Dehydration

As monsoon showers bring welcome relief from the summer heat, doctors are sounding an alarm on a lesser-known seasonal danger: hidden dehydration. While the weather may feel cooler, high humidity can still impair the body's ability to regulate temperature, leading to excessive sweating and unnoticed fluid loss.

How Humidity Leads To Dehydration?

“High humidity during the monsoon season can make it quite difficult for the body to manage overheating due to moderate temperature, resulting in excess sweating and unnoticed fluid loss,” explains Dr. Rajesh Kumar, Associate Director – Internal Medicine at Paras Health, Gurugram. “This leads to dehydration – even if you do not feel thirsty.” He adds that symptoms such as dry mouth, fatigue, dizziness, muscle cramps, and dark urine are early red flags, especially in the elderly, children, and people with chronic health conditions, who are more vulnerable.

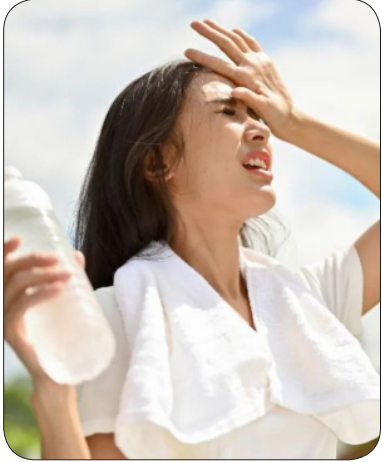
Why Is Monsoon Dehydration Often Ignored?

Unlike summer, when thirst is more apparent, monsoon dehydration often goes unnoticed. “People often overlook their fluid intake because the weather feels cooler, but the body continues to lose water through sweat

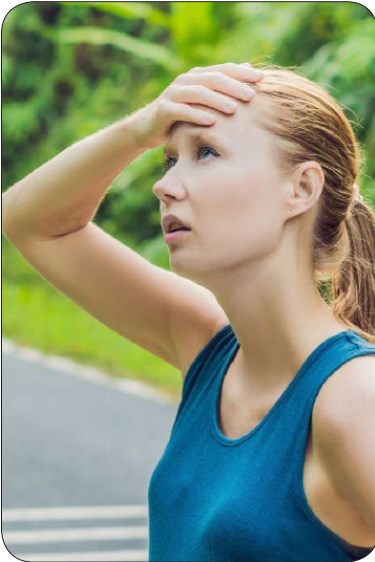
and urine,” says Dr. R.R. Dutta, HOD, Internal Medicine at Paras Health. “Signs can be subtle: headaches, low energy, or even mood changes.”

How To Stay Hydrated During The Monsoon Season?

Doctors recommend proactive hydration, even if you don't feel thirsty. “Staying hydrated by drinking clean, filtered water, even while indoors, is essential for staying healthy,” says Dr. Kumar. He advises cutting down on caffeinated tea, coffee, and sugary drinks, as they may worsen dehydration. Instead, opt for water-rich fruits



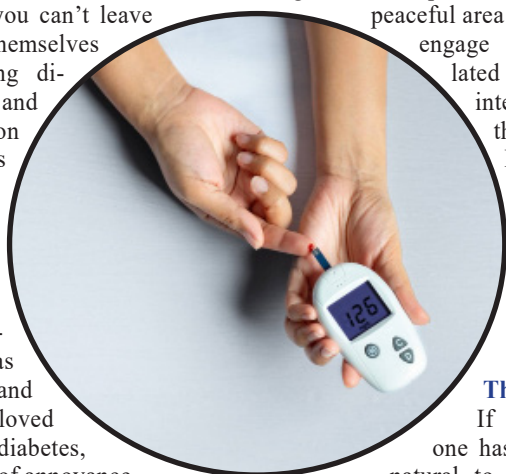
like watermelon, cucumber, and citrus fruits. Additionally, opt for light cotton clothing and take cool showers to help the body retain water.



Both doctors strongly advise against street food and open drinks due to the heightened risk of waterborne infections in the rainy season. “Make sure you drink only safe, boiled or filtered water and avoid outside food, especially cut fruits and street-side juices,” adds Dr. Dutta. Simple practices like eating home-cooked meals, maintaining hygiene, and monitoring hydration levels can go a long way in preventing seasonal illnesses. As the skies stay grey, keep your water bottle close – staying hydrated might just be the most important health habit of the season.

How To Support Loved Ones With Diabetes

Diabetes is a chronic condition that occurs when the body either doesn't produce sufficient insulin or can't effectively use the insulin it produces. The ineffective insulin usage could lead to high blood sugar levels, causing serious health complications, including heart disease, kidney damage and even vision-based challenges. High blood pressure can be a silent killer if not addressed in the long run. But not just one's body, diabetes also impacts relationships, causing troubles to the individuals dealing with diabetic patients and hurting connections and bonds. As a parent or a partner, you can't leave your loved ones to themselves while they're battling diabetes. Why, open and honest communication with diabetes patients is key, as it helps foster understanding, build a support system and reduces stress in the arduous journey of overcoming the disease. If, as a family, you understand and respect your loved one's struggle with diabetes, it decreases the sense of annoyance you feel while also gaining more clarity on how to help them.



Once there, family members can play a big role in managing the diabetes by helping the patient make the right dietary choices that provide overall benefits to the body and critically, reduce the blood sugar levels. If your loved ones don't feel they have your support in this journey, they may feel frustrated and face emotional strain that can be damaging to your relationships. Here is a step-by-step guide on how you can support your dear ones during their diabetes struggle.

Choose The Right Time And Place

Before you think of discussing and helping someone with their diabetes, choose the right time and place to do so. A quiet, peaceful area where you may engage in diabetes-related talks without interruptions is the way to go. Don't rush to help when you are overly worried or the other person is undergoing heavy stress. **Educate Them** If your loved one has diabetes, it is natural to start educating yourself about the disease. But it is equally important to provide adequate



knowledge to those struggling with it, outlining its effects on the body and how to effectively manage the problem. Providing your loved one right study materials and medical advice could be handy.

Be Honest

Creating an atmosphere of support and understanding through honest and free communication is necessary. Let your loved ones know you are there for them in every way possible. Be it the meal planning, the emotional cushion, or just to have a normal and relaxing conversation when needed. This way, the patients will be able

to comfortably open up about the emotions they go through while dealing with diabetes.

Plan Of Care Involvement

Include your dear ones with diabetes in your regular plan of care and fitness routines, if you are comfortable. It further instils a sense of ease about their struggles, helping them discuss the right fitness and health strategies. Disclosing your food choices can encourage them to practice the right intake as well and open the gates for diabetes-related talks and blood sugar readings.

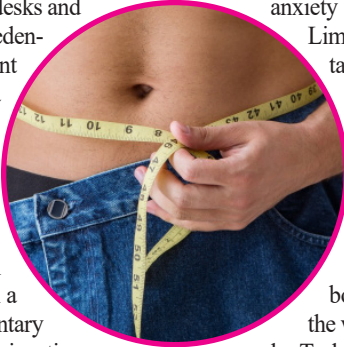
Weight Loss Drugs

Discussions on weight loss have been going on for decades, but the discussion has evolved significantly in the last few years. Increasingly, people are turning to weight loss alternatives like injections, moving beyond just diet and exercise regimens. In this trend GLP-1-based injectables—which help manage blood sugar and support weight loss are becoming increasingly popular. While these injections may seem like an easy and almost immediate fix, an important part of the conversation is often left out: the need for careful eligibility assessment, continuous medical oversight, and safety concerns. These discussions leave out the real reasons behind why we gain weight, and the impact of our own lifestyles and habits. These injectable drugs were initially approved for treating type 2 diabetes and are now also approved to manage obesity. They work by mimicking our natural hormones in the gut, GLP-1 and GIP, which help the body release insulin, slow stomach emptying, and signal a feeling of fullness, thus reducing appetite. In addition, GIP also regulates fat metabolism. By doing so, they assist in the weight loss of up to 10–20% of body weight as well as improvement in metabolic parameters. For people dealing with Type 2 diabetes, high blood pressure, high cholesterol, sleep apnoea, PCOS, or other obesity-related health issues, these beneficial effects can be truly life-changing. But these medications are not a magic bullet, and certainly not for everyone. Clinical evidence shows that weight regain is common once the drugs are discontinued, especially when not supported by holistic lifestyle changes. Additionally, they may cause side effects such as nausea, gastrointestinal disturbances, constipation, or bloating. In rare cases, serious complications like pancreatitis, gallbladder issues, or allergic reactions may arise. Moreover, rapid weight loss itself can result in muscle loss, skin laxity, nutrient deficiencies, electrolyte imbalance, and hormonal imbalance, with symptoms like fatigue, anxiety and mood swings. This is why careful eligibility assessment and close medical monitoring are both essential throughout the weight-loss journey. Weight loss isn't just about losing kilos, it's about rebalancing many parts of your system. That means balancing hormones, fixing your gut health, sleeping better, controlling stress, staying active and addressing emotional triggers. Injectables may get the ball rolling, but without also identifying and fixing the underlying issues, the results do not last. These drugs must be used under proper medical guidance only, with detailed health profiling and systematic lifestyle guidance. They are most appropriate for people with certain medical conditions for which changing lifestyle alone hasn't helped. A better approach for long lasting benefits, even after the drugs are discontinued, is integrated wellness.

Hydration To Desk Workouts: How To Lose Weight With A Sedentary Lifestyle

Weight loss is a complex issue that affects both individuals and society. In today's world, many people spend the majority of their time glued to their desks and computer screens. This sedentary lifestyle poses significant challenges to maintaining a healthy weight and overall well-being. But, with the proper strategies, weight loss and improved health are achievable goals. Here are a few things you can include to lose weight with a sedentary lifestyle. A sedentary lifestyle, also known as an inactive lifestyle, is one in which the majority of

the day is spent sitting or lying down with little or no physical exercise. This inactive lifestyle causes several diseases and health concerns, including depression, anxiety and overweight. Limit your calorie intake: Portion control refers to the practice of limiting the number of calories consumed each day. When you overeat, fat accumulates in undesired body portions such as the waist, thighs and belly. To lose weight, consume fewer calories than your body expends,



regardless of your activity level. Those with sedentary lifestyles must be aware of portion sizes and caloric intake. Hydration: Staying hydrated is important for both overall health and weight loss. Drinking water throughout the day can be a helpful strategy for weight management, as it can reduce hunger and prevent unnecessary snacking. Incorporate desk exercises: If you work long hours at a computer, incorporating desk exercises can help you manage belly fat. The best part is that you can get a full-body workout all day without leaving your desk. It provides a practical way to maintain physical activity during a busy day, counteracting the negative effects of prolonged sitting.

Early Signs Of PCOS That Most Women Overlook

Polycystic ovary syndrome (PCOS) is a hormonal disorder that leads to the formation of cysts in the ovaries. While its exact cause remains unclear, it's believed to stem from a combination of genetic and environmental factors. Common symptoms such as irregular periods, acne, excessive hair growth, weight gain, and mood swings are often mistaken for routine health issues, causing many women to overlook the early signs of PCOS. Dr. Suguna Deepti Kapila, a gynaecologist, took to Instagram on July 9 and provided insights into this hormonal disorder. Dr. Suguna wrote that PCOS often starts silently, and it is common to overlook the symptoms at first, and shared a few early signs that women should watch for. According to Dr. Suguna, early signs of PCOS include: According to Dr. Suguna, early signs of PCOS include your periods arriving late, generally 35-40 days, sometimes regular, sometimes delayed. She also advised women to watch out for brown spotting and light flow during irregular periods. Gaining weight without major diet changes could count as an early sign of PCOS. Belly and waist fat increase, making you feel bloated very often. Women should watch out for sudden acne on the jaw or chin area, greasy skin or oily scalp, thicker upper lip or chin hair, and more hair falling from the crown area. Excessive sugar cravings after meals can also hint at early signs of PCOS. Women should watch out if they feel sleepy or dull after eating and need to depend on caffeine or sugar to stay awake. Dark velvety patches on the neck, underarms, or groin area could also be early signs of PCOS. Although it looks like dirt or tanning, it does not go away and makes the skin thicker. Mood swings and anxiety, especially during or near periods, should also be taken seriously. Women should pay attention if they feel tired even after 8 hours of sleep and have trouble falling or staying asleep. If women experience irregular ovulation or missed ovulation, thin endometrium, or no dominant follicle, it could be a sign of PCOS. In some cases, family history plays a significant role in getting PCOS, and sometimes early hormone pill prescriptions can also heighten the chances of PCOS. Various gynaecologists suggest that having whole foods, getting enough sunlight, working out regularly, cutting down on carbohydrates, and having a well-balanced diet can help in managing the symptoms.



The Hidden Burden Of Vitiligo: Why Skin Treatments Alone Aren't Enough

Despite being widely perceived as a cosmetic condition, vitiligo carries a significant psychological burden, especially in societies where appearance holds more power. And with over a million people in India alone navigating this skin condition, experts say it's time we start treating vitiligo as a holistic health concern, not just a dermatological one. “Vitiligo, frequently viewed as simply a cosmetic issue, has considerable psychological and social impacts, especially when depigmentation occurs on visible areas such as the face or hands,” says Dr. Kanishka Meel, a psychiatrist on Practo. “For many, it goes beyond the surface. Patients commonly experience poor self-esteem, chronic anxiety, body image problems, and even depression.” The numbers back this up. A global study published in JAMA Dermatology reported that 55% of vitiligo patients experience moderate to severe depressive symptoms. Alarmingly, among Indian patients

with visible lesions, this shoots up to nearly 90% – a statistic that reflects not just individual distress, but a deeper social failure. The emotional toll is intensified by everyday experiences of social alienation. Many individuals living with vitiligo report being stared at, excluded, or treated as if their condition were contagious. “The stigma surrounding vitiligo remains a difficult reality,” Dr. Meel notes. “There is a prevailing myth, especially in India, that vitiligo is a punishment for misdeeds in a past life. This karmic interpretation leads to shame and isolation, especially among women.” This stigma doesn't just exist in public. It seeps into schools, workplaces, and families, shaping lives from a young age. Women, in particular, may face social



rejection, reduced marital prospects, and professional hurdles, all stemming from the visibility of their condition. One lesser-discussed layer of emotional distress stems from fear about the condition being hereditary. “Patients often express guilt or anxiety over whether their children might inherit the condition,” Dr. Meel shares. “This adds another layer of psychological strain that's often overlooked.” Vitiligo is an autoimmune disorder in which the body mistakenly attacks its pigment-producing cells. But that biological reality often creates a feedback loop with mental health. “Long-term psychological stress can intensify autoimmune responses,” explains Dr. Meel.

This Hindu temple located in Andhra Pradesh remains open during the solar eclipse



The concluding solar eclipse (Surya Graham) of 2025, which will be a partial eclipse, is scheduled to captivate sky enthusiasts on September 21. Although a total eclipse will not be visible in most parts of India, this event, during which as much as 85% of the Sun’s surface will be obscured, aligns with the significant Satak period, occurring 12 hours prior to the eclipse. Numerous Hindu

temples will be closed, adhering to customary practices associated with inauspiciousness. Yet, Srikalahasti Temple in Andhra Pradesh stands as an exception, welcoming devotees even during the eclipse. A Temple That Defies Tradition Srikalahasti Temple is famous for being open during the eclipse, offering a unique spiritual experience. Legend has it that Kannappa was

ready to offer both his eyes to stop the blood flowing from the Shiva linga before Lord Shiva intervened and granted him moksha. During the eclipse, a special Abhishekam is performed for Lord Vayu Lingeshwara, alongside pujas for Rahu and Ketu. Devotees believe that those with doshas in their kundali may find relief and blessings during this rare celestial event. The History of Srikalahasti Temple According to ancient Tamil sources, Srikalahasti Temple has been known as the ‘Kailas of the South’ for over two thousand years, while the river it sits on is called the ‘Ganges of the South.’ The temple reflects the four universal human pursuits: pleasure (kama), wealth (artha), duty (dharma), and liberation (moksha). As noted on the temple’s official site, “Shiva in the form of Dakshinamoorthy represents desire, in this case the desire for liberation... The Goddess Gnanaprasoonamba represents the ‘wealth’, i.e., freedom from limitation conferred by Self-knowledge. The deity Kalahastishwara faces west and symbolises liberation... the death of ego upon the rediscovery of the Self.” Timing and Celestial Highlights The partial solar eclipse will begin at 10:59 PM IST on September 21, peak at 1:11 AM IST on September 22, and conclude at 3:23 AM IST. For travellers and spiritual seekers alike, visiting Srikalahasti Temple during the eclipse promises a rare confluence of cosmic wonder and sacred tradition.

Discover 5 beach essentials you need for your next vacation to stay protected, comfortable and stylish by the seaside

A trip to the sea should be a joyous escape, but it’s essential to plan carefully to avoid turning a day of fun into a day of regret. While the allure of the waves and the rush of the ocean can be intoxicating, neglecting basic precautions, read that as beach essentials, can lead to serious health concerns and inconveniences. One of the most significant risks is exposure to harmful UVA and UVB rays, which can cause sunburn and long-term skin damage. This is where essentials like broad-spectrum sunscreen, a wide-brimmed hat, and UV-protective sunglasses become non-negotiable.

Beyond sun safety, practicalities matter. The right gear can make all the difference. A quality, quick-drying towel is vital for drying off and removing sand after a swim and subsequent bath, preventing that uncomfortable, sticky feeling. Protecting your valuables is another key concern; a waterproof phone pouch is a lifesaver, keeping your mobile phone and cash safe from sand and water.

For comfortable walking, flip-flops are far superior to canvas or leather shoes, which can get ruined by the water and sand. Finally, staying hydrated is crucial. In places where drinking water isn’t readily available, a reusable water bottle ensures you don’t have to cut your trip short just to find a drink.

Importance of sunscreens

Sunscreen is the absolute most critical item you must pack for any beach trip. You should always choose a broad-spectrum variety with a minimum of SPF 30 to shield your skin from the harmful UVA and UVB rays. It is absolutely crucial that you reapply every couple of hours, especially after swimming in the ocean, to ensure continuous protection.



This very simple and essential step can help prevent painful sunburn and long-term sun damage that you will definitely regret later.

Wide-brimmed hat and sunglasses can’t be ignored

Protecting your face and eyes from the sun’s powerful, harmful rays is just as crucial as protecting the rest

of your body’s skin. A wide-brimmed hat is an absolutely essential piece of gear that provides much-needed shade for your face and neck, while a good pair of polarised sunglasses will reduce the sun’s harsh glare and shield your eyes from dangerous UV damage. This fantastic combination is absolutely vital for ensuring you have a truly comfortable and safe

Beach towel and flip flops are essentials. While many resorts provide towels, bringing your own is an exceptionally good idea. Look for a lightweight, quick-drying, and sand-resistant beach blanket or towel that is simple to shake out and pack, making your post-swim time much more pleasant. Furthermore,

Waterproof phone pouch: Keep your gadgets safe. Safeguarding your expensive mobile phone is absolutely vital when you’re at the beach. You can do this easily by using a dedicated waterproof phone pouch to protect it from water, sand, and sunscreen. This simple, yet incredibly effective accessory will keep your device completely safe and dry, giving you the freedom to take amazing photos and videos right by the water without a single worry. It is a small investment that provides you immense peace of mind.

you will definitely need the right footwear. Flip-flops are absolutely vital as they are lightweight and comfortable for sandy walks, protecting your feet from hot sand and shells and making your life much easier.

Reusable water bottles make life easy. Staying hydrated while you’re out in the sun is completely non-negotiable. You can get dehydrated very quickly, which is a horrible feeling and can be very dangerous. An insulated water bottle is an absolute must-have because it will keep your drinks wonderfully cool for hours on end, ensuring you can stay refreshed. On top of that, you are doing your bit for the environment by cutting down on single-use plastic waste, which is a massive and important bonus.

Waterproof phone pouch: Keep your gadgets safe. Safeguarding your expensive mobile phone is absolutely vital when you’re at the beach. You can do this easily by using a dedicated waterproof phone pouch to protect it from water, sand, and sunscreen. This simple, yet incredibly effective accessory will keep your device completely safe and dry, giving you the freedom to take amazing photos and videos right by the water without a single worry. It is a small investment that provides you immense peace of mind.

Little feet, big journeys: Your complete guide to travelling with a baby



Ever heard the saying that the person with the crying baby is the most stressed out on a flight? You don’t really understand what it means until you’re the parent in that exact seat, cradling your restless little one mid-air. Only then do you truly understand what balancing your baby’s needs, your own exhaustion, and the unspoken pressure of dozens of watchful eyes around you is. If you’re a new parent, planning your very first trip with your baby can feel both exciting and terrifying. You want to hold on to the adventurous spirit that defined you before parenthood. But things are different now. You’re not just packing for yourself any more; you’re responsible for a tiny human who depends completely on you. From packing essentials to managing feeding schedules, sleep cycles, and those unpredictable meltdowns, the journey can test your patience in ways you didn’t anticipate.

That doesn’t mean it has to be scary. Travelling with your baby can actually be a wonderful experience if you prepare well and stay flexible.

Sharing her experience, mom influencer Kanika Bhatia tells, “I genuinely believe that early travel has made my kids independent and adaptable. They’ve learned how to adjust to new environments, interact with different people, and explore with curiosity. Travel teaches kids things no textbook ever can—from understanding different cultures and tasting new cuisines to observing how life is different in every city or country.” “What I love the most is how travel opens their minds. They become more confident, more aware, and honestly, more grateful for what they have,” she says.

Planning the trip. How smooth your trip with your little one turns out to be depends largely on how well you plan it. The first step is to set realistic expectations. Travelling with a baby is not going to be perfect; there will be heartwarming moments that you’ll treasure forever, but there will also be times when you’ll wonder why you even planned this trip. And that’s okay.

Next, be thoughtful about your destination. Not every place is suited for families with infants, so it helps to create a shortlist of baby-friendly destinations. Also, don’t overpack your itinerary. Plan one or two things a day and leave room for rest. Apart from this, the timing of your travel is just as important. Try to schedule your journey at a time when your baby is usually happiest and most comfortable. If it’s a long trip, coordinate it with their sleep schedule. A well-rested baby often means calm-

er parents. You must also pay attention to the mode of travel. Think about what would be least stressful for you and your baby. The right choice can make a big difference in how relaxed and enjoyable the experience feels.

Packing essentials. If you thought you used to overpack for yourself, just wait until it’s time to pack for your baby! Babies need a surprising amount of stuff, and it’s always better to be prepared than caught off guard.

Start with the essentials: diapers, wipes, extra clothes, feeding bottles or formula, and a small first-aid kit. Keep all your important documents and medicines somewhere you can grab them quickly without digging through bags.

And don’t forget the baby gear that makes travel easier: a baby carrier for hands-free movement, a lightweight stroller for longer walks, and a portable changing mat for those inevitable diaper emergencies.

Keeping the baby comfortable

The most important part of all this planning and scheduling is ensuring your baby’s comfort. For a smooth trip, it’s essential to help them adjust gently to the new and changing environment so they can enjoy the experience too. Dr Rajiv Chhabra, chief paediatrician, Artemis Hospital, Gurugram, tells, “It is important to make changes slowly because babies can feel uncomfortable in new places. Bring along things that are familiar to them, like their favourite blanket, toy, or pillow, to help them feel better.

“Try to keep some parts of their daily life the same, such as how they eat or sing bedtime songs. Give the baby some time alone to explore and get used to the new space. Stay away from places that are too crowded or loud at first, since too much stimulation can make them fussy. Babies can adjust to new places easily with patience, comfort, and familiar routines,” the doctor adds. Additionally, it’s important to maintain parts of your baby’s daily routine even while on vacation. Familiarity can provide a sense of comfort. And while it’s tempting to dress your baby in picture-perfect outfits for those holiday photos, comfort should always come first. “To make sure travelling with kids is fun and relaxed, keep them in light, breathable, and comfortable outfits,” shares mom influencer Arpita Mukherjee. Remember, when kids are comfortable, parents can actually enjoy the vacation too.

Feeding and sleep schedule. According to Dr Chhabra, having a flexible schedule for feeding and sleeping can be helpful while travelling.

“Even if the times change a little, try to feed your baby at regular times. Bring enough snacks, formula, or breastfeeding covers to keep you comfortable. To help them sleep in new places, keep up small routines,” he adds.

Further, Mukherjee shares, “I make sure to carry light and healthy home snacks and foods along with us, so that less junk food goes in while travelling. A few things I make sure I carry with me are homemade chapatis, salads, dry fruits, fruits, etc., which they can keep munching on and enjoy the travel as well.”

Dealing with challenges. Saritha Nagaraj, consultant, psychology and child development, Motherhood Hospitals, Bengaluru, shares that travelling with a baby, especially as new parents, can feel overwhelming and stressful. But with the right approach, it doesn’t have to be. “As a psychologist, my first suggestion is to practice mindfulness. Focus on the present moment instead of worrying about what might go wrong. Simple deep-breathing exercises can help calm your nervous system and lower anxiety levels,” she says. Nagaraj goes on to explain that another powerful tool is positive self-talk. Remind yourself of the joys of this trip and the memories you’re creating with your baby.

Adjust your expectations. Be patient with yourself and your child, and avoid being overly critical if things don’t go exactly as planned.

Instead of focusing on the temporary stressors, shift your attention to creating positive memories as a family. These little moments will be what you remember—not the occasional fuss or hiccup along the way.

Post-trip tips. Unpack essentials first: Take out diapers, wipes, feeding items, and medicines right away so you’re not scrambling later.

Clean and sanitise: Wash bottles, pacifiers, and baby utensils. Wipe down strollers, carriers, or toys that were used during travel.

Ease back into routine. Re-establish your baby’s regular nap and feeding times as soon as possible to help them readjust.

Give them extra comfort: Babies may feel unsettled after a trip. Offer extra cuddles, playtime, or bedtime bonding.

Watch for signs of illness: Travel can expose babies to new environments and germs. Keep an eye out for fever, cough, or unusual fussiness, and consult a doctor if needed.

Lastly, remember that the whole point of going through so much was to create memories. Print photos, note down funny or sweet moments, and celebrate your baby’s travel milestones.

Why rural tourism is the escape we all are looking for

Today’s travellers want more than a checklist of sights; they’re chasing experiences that feel immersive, meaningful, and yes, a little slower too. Munnar has just been recognised as one of the top rural escapes in Asia in 2025 by a travel platform, sharing the spotlight with Malaysia, Vietnam, Japan, Thailand, and Indonesia. Travellers are swapping instant getaways for thoughtful, slow itineraries. These escapes promise more than just fresh air, like rolling landscapes, local flavours, cultural depth, and the kind of community warmth you won’t find on a city break. In short, rural travel is shaping up to be the perfect antidote to fast-paced urban living.

“Rural destinations, particularly those nestled in mountains and hillsides, are gaining popularity amongst travellers seeking to immerse themselves in local culture and natural beauty. These charming highland locales offer a slower pace of life, allowing visitors to unwind and connect with the environment, away from the hustle and bustle of crowded urban hubs,” a survey by the travel booking platform reads. Interestingly, market research on the global rural tourism market is pre-

dicted to reach USD 67.8 billion by 2035.

From misty mountains to historical villages, India is home to several rural gems, and if you are planning to visit one, this list might help:

Munnar, Kerala: Snuggled in the Western Ghats of Kerala, Munnar is famous for its lush tea plantations,



waterfalls, and dramatic hillsides carpeted by the seasonal Neelakurinji blooms. This hill station invites visitors to embrace winding roads and cool mountain air. The essence of Munnar lies in its blend of nature and tradition and the charm of slow living – wander through misty gardens, watch tea-picking rituals, or

simply pause by a gushing waterfall.

Spiti Valley, Himachal Pradesh: Spiti Valley is famed for its sprawling landscapes, ancient Buddhist monasteries, and serene villages. Here, adventure meets tranquillity - trek to the turquoise Chandra Taal, spot elusive wildlife, or drop a postcard at the world’s highest post

office in Hikkim. Rugged, raw, and breathtaking, Spiti is where nature boasts its unique style.

Hampi, Karnataka: Set amid boulder-strewn hills, Hampi offers an evocative blend of history, culture, and slow living. Once the seat of the Vijayanagara Empire, it now feels like an open-air museum where cor-

acle rides, rock climbs, and temple trails replace rushed itineraries. The rhythm of rural life here is woven with heritage and adventure, allowing visitors to immerse themselves in age-old traditions and stories etched in stone.

Pangot, Uttarakhand: Tucked away near Nainital in Uttarakhand, Pangot is a tranquil hill station and a haven for nature enthusiasts, especially birdwatchers. With dense forests and cool mountain breezes, it makes for an idyllic Himalayan retreat. Tourists can indulge in nature treks, soak in panoramic sunset views, and spot a remarkable variety of bird species in their natural habitat.

Mawlynnong, Meghalaya: In the hills of Meghalaya, Mawlynnong proudly holds the title of Asia’s cleanest village – a testament to the Khasi community’s strong traditions of environmental care. The village’s bamboo dustbins and lush gardens are instantly striking and encourage sustainable living. Its signature living root bridges, woven from ancient fig trees, symbolise both ingenuity and harmony with nature.

Trends may come and go, but the need to unplug, breathe, and go rural is timeless.

SPORTS

Amazing winning the World Cup, Anahat Singh considers rivalry between Joshna Chinappa Triumph the Squash World Cup

New Delhi: 2025 will always be remembered by Anahat Singh as the pinnacle of her squash career. She won the Indian Open and Chennai Open, secured a bronze medal in the World Junior Squash Championships, and contributed significantly to India's historic World Cup victory. Notably, the last two titles were won after defeating Joshna Chinappa, who has long been considered Indian squash's torchbearer. Anahat's outstanding 2025 season is encouraging for the more difficult tasks that lie ahead, since squash is scheduled to be included at the 2028 Olympics in



Los Angeles. Still soaking in the joy of India's World Cup glory, the 17-year-old spoke exclusively to India Today about the landmark tri-

umph, Egypt's surprising decision not to field their strongest team, and her high-profile battles with Joshna Chinappa. The Squash World Cup, first held in 1996, has largely been a challenging tournament for India. The country managed its only medal—a bronze—just a couple of years ago, a breakthrough that finally ended a long wait in Chennai. Anahat explained that the motivation drawn from the 2023 bronze medal played a crucial role in their success in 2025. "You always want to do better than what you did the last time. We all knew we were playing really.

On Shubman Gill Ishan Kishan More pressure

Ishan Kishan's SMAT final century has reignited the T20I opening debate. With the World Cup just 50 days away, pressure is mounting on Shubman Gill as fans demand change.

Mumbai: Ishan Kishan's explosive return to form in domestic cricket has once again put India's T20I opening combination under the spotlight, with fans already T20 World Cup just 50 days away, the timing of Kishan's as it adds fresh pressure on Shubman Gill's.

Alex Carey joins elite list of wicketkeeper batters fifty-plus scores in of Ashes Test

Mumbai: Carey achieved this milestone during his side's third Ashes Test against England at Adelaide Oval on Friday. After a brilliant 106 in 143 balls, consisting of eight boundaries and a six and which was his first Ashes ton, Carey followed it with a 52* in 91 balls, with four boundaries to end the day three. With two more days to go and Aussies looking to outbat England out of the contest, a pair of centuries would not be a far-fetched idea. The wicket-keeper-batters with fifty-plus scores in both innings of an Ashes Test are: England's Alan Knott (92 and 63 at The Oval in 1972), Ian Healy (74 and 51* at Adelaide in 1995), Brad Haddin (94 in 53 at Brisbane in 2013), and now Carey has joined the list. In 10 Tests this year, Carey has been

in a fantastic form, with 723 runs in 15 innings at an average of 55.61, an attacking strike rate of 77.57, including two centuries and four fifties. He has pulled out numerous rescue acts for Australia over the past couple of years. Carey is the second-highest run-getter in the ongoing Ashes series, with 247 runs in three innings at an average of 82.33, with a century and two fifties to his name. Coming to the match, Australia won the toss and opted to bat first. After being reduced to 94/4 courtesy some incredible bowling from Archer, a 91-run stand between Usman Khawaja (82 in 126 balls, with 10 fours) and Alex Carey brought the Aussies back in the game. Carey went on to get his first Ashes ton, scoring 106 in 143



balls, with eight fours and a six. Starc (54 in 75 balls, with eight fours) also continued a dream run with the bat as the Aussies piled on 371 runs. Australia ended their day at 271/4, with Head (142*), Alex Carey (52* in 91 balls, with four boundaries) putting on a century partnership and giving Australia a massive 356-run lead.

World Tennis League India's Dhakshineswar Suresh takes Aussie Mavericks Kites to 2025 title

New Delhi: World Tennis League saw an enthralling four days of tennis in Bengaluru, with the Aussie Mavericks Kites taking the WTL 2025 title at the SM Krishna Stadium on Saturday, putting up 'The Greatest Show on Court!'. It was fitting that India's Dhakshineswar Suresh, one of the highlights of the tournament, sealed the deal for his team with another unreturnable serve.At the end of Day 2, the Aussie Mavericks Kites were languishing at the bottom of the table. But the dynamic tournament format, where every game matters, saw them climb up the ladder and into the finals. On Saturday, in front of a capacity crowd that included cricket royalty Kapil Dev and KL Rahul, Aussie Mavericks Kites rode the momentum swings to beat the AOS Eagles 22-19 to clinch their first WTL title.Suresh announced himself as India's man for the future during this edition of WTL. The 6'5 ace machine took down players of the calibre of Daniil Medvedev and looked like he belonged on the big stage. The 25-year-old

has taken the route of American college tennis, and is currently a student at Wake Forest university. In the final, showcased his big, aggressive game yet again to avenge his group-stage defeat to Sumit Nagal. Suresh won the men's singles, the final and deciding set, 7-6.Earlier on Saturday, Marta Kostyuk had given the Aussie Mavericks Kites a winning start as she defeated Shrivalli Bhamidipaty 6-4. The AOS Eagles, who had marched into the final unbeaten, bounced back in the mixed doubles, with Shrivalli and Monfils beating Suresh- Kostyuk 6-3. But the comeback was short-lived. Kyrgies, who has entertained from the sidelines just as well, teamed up with Suresh to beat Nagal-Monfils 6-3.Branded 'The Greatest Show on Court!', the WTL, in its debut season here, has given Indian tennis fans a closer glimpse at some of the best players in the world, while also shining a spotlight on local talent. AOS Eagles, Aussie Mavericks Kites, Game Changers Falcons and VB Realty Hawks were the four teams that competed for



title glory in 2025. The tournament also gave a chance to young Indian talent like Suresh, Shrivalli, Sahaja Yamalapalli and Maaya Rajeswaran Revathi to interact with their heroes. For almost a week, India's Next Gen got to team up and hit with players who have made it big on the tough pro circuit. It may just be the kind of experience, and inspiration, they need to take their next big step in the sport.A one-of-its kind mixed-team event, WTL feels like a celebration of sport as the players are still competitive but a lot more relaxed. The quick-paced four-set format also makes it a lot more exciting and accessible to the fans.

New Zealand Cricket CEO to step down

Mumbai: New Zealand Cricket (NZC) CEO Scott Weenink announced that he will step down from his post on January 30 next year due to differences with "several member associations" and the players' association regarding the "future priorities of NZC and long-term direction of the game." In a media statement issued on NZC's official website, Scott said as quoted by ESPNcricinfo, "After careful consideration, it has become clear that I hold a different view from several member associations, and the NZCPA [New Zealand Cricket Players' Association], on the future priorities for NZC, including the long-term direction of the game and the best role for T20 cricket in New Zealand. Given these differences, I believe it is in the best interests of "While I am saddened to leave after such a successful period, I do not wish to create ongoing instability by continuing without the support of some key stakeholders. I depart with pride in the excellent progress made by NZC during my time as CEO, and confidence in the people in NZC who will carry the game forward." the organisation for new leadership to take NZC forward." I will return to the role of executive chair of Xceda Group, subject to regulatory approvals, in the new year. I will take with me great memories of my time with NZC," he concluded.Scott was appointed as the CEO of NZC back in August 2023. Under him, some of the country's best accomplishments include winning the Women's T20 World Cup 2024, the men's team delivering a humiliating whitewash series loss to India at their home after 12 years last year and reaching the ICC Champions Trophy finals this year.

Varun Chakravarthy embraces pressure while honing his thinking in preparation for the T20 World Cup

Mumbai: Varun Chakravarthy, a 34-year-old spinner from India, has described his T20 World Cup preparations, highlighting mental toughness, self-imposed pressure, and steady performance. Chakravarthy's recent pressure has drawn a lot of attention from both fans and pundits as India prepares for the last Twenty20 International against South Africa.A key player in India's championship defense, Chakravarthy has taken 51 wickets in 32 Twenty20 Internationals, including six in the current five-match series against South Africa. With the T20 World Cup set to take place in India and Sri Lanka from February 7 to March 8, focus is now shifting to the team's preparedness. The spinner from Chennai discussed the need for constant self-challenge in the build-up to major tournaments. "It is very important to keep putting pressure on yourself to get ready for the World Cup," the mystery spinner said on 'Follow The Blues' on Jiohotstar. He added, "You have to challenge yourself even when there is no challenge. If a match feels easy, you have to create that pressure mentally and start challenging yourself." Chakravarthy's approach centres around confidence, accuracy, and studying the opposition. He remarked, "Confidence, bowling the right lengths, and understanding the opposition are key. That is one major factor I want to take into the World Cup. With a better understanding of the opposition, I think I can do well." Reflecting on his recent international success, Chakravarthy stated that focusing on his strengths has underpinned his achievements. Chakravarthy said sticking to the basics and trusting his skill-set have been the key to his recent success at the international level. "My plan is simple,



stick to the basics and bowl my length. Sometimes it works, and thankfully in the last three matches, it has worked well. I will try the same in the next match," he said. The spinner's disciplined mindset has been a recurring theme in his preparations.

He further commented on the importance of confidence to maintain high performance. "When you are not confident, your mindset affects your skill. The key is to stay confident and back your skills. That is when you execute well, without much change. That is the secret to being consistent."

Basti Premier League 2.0 successfully concluded in Nehru Stadium

Guwahati: Basti Premier League 2.0 is a 15 day Charitable T20 Cricket Tournament organized by B2 Dreams Foundation, Ullekh Foundation, Khublei Shri Foundation and Lions Club of Guwahati Life at Nehru Stadium, Guwahati. This tournament was supported by Kreedha Bharti, FIT India, Board of Sports of Assam and Assam Power Generation Company Limited. The opening ceremony of the tournament was organized on 7th December 2025 with 18 Teams competing for the Champions Trophy of BPL 2.0. The final match was between Police Reserve Basti & Roopnagar Basti where Roopnagar Basti emerged as the winner defending a total of 120 in 20 overs.As a gesture of sporting spirit, both the teams were given Man of the Match. Shyam Basfore from Roopnagar Basti and Sidhant Basfore from Police Reserve Basti won the Man of the Match trophies. Man of the series of BPL 2.0 was Anil Basfore. The closing ceremony was concluded on 21st December at Nehru Stadium where Chief Guest were Manoj Mohanty, Sangathan Mantri North East of Kreedha Bharti and



Lion Pankaj Poddar District Governor-Lions District 322G, Other Guests included Poonam Sharma- Trustee- Ullekh Foundation; Bipinder Singh, Managing Director of Khublei Shri Foundation; Kavita Basfore, MD B2 Dreams Foundation; Chairperson of B2 Dreams Foundation Neha Basfore; Brijesh Basfore- Trustee B2 Dreams Foundation, Bajinath Basfore, Chariman of Safai Karmachari Commission Assam, Lion Ajay Poddar, Global Membership Team- Lions District 322G along with other Organizing Team Members. The main intention behind BPL 2.0 was to provide a platform for young talents of Assam to shine in their Cricketing Journey.

IPL auction: What happened to the uncapped crorepatis of the past

New Delhi: "My family has not seen so much money in their life," said Prashant Veer, a 20-year-old cricketer from Uttar Pradesh, moments after the Indian Premier League 2026 auction. Prashant comes from Shahjipur, a small town near Amethi. His father, a schoolteacher, earned enough to sustain the family, but not enough to fuel an expensive cricketing dream. That burden was quietly shouldered by his grandfather, who dipped into his pension to support his grandson's

ambitions until his passing. Without the backing to move to Lucknow or Kanpur – Uttar Pradesh's traditional cricketing hubs – Prashant instead found his way to Saharanpur seven years ago, where a few good hearts chose to nurture his raw potential. Stories like Prashant Veer's are no longer outliers in the IPL ecosystem. But they would have seemed almost unimaginable when the idea of the league was first floated in the late 1990s. Back then, it didn't take long for

the men who mattered at the BCCI to strike it down. The concept felt premature, even risky. That changed after the success of the inaugural ICC T20 World Cup, which turned the format into an irresistible beast. Convinced it had stumbled upon a golden goose, the Indian cricket board pushed ahead – and the IPL was born. On Tuesday, that same boy was bid for Rs 14.2 crore by Chennai Super Kings - 'Mahi bhai's CSK'. In one evening, his life, and the lives of those around him, changed forever.

Anjum Chopra believes that Harmanpreet Kaur is still the greatest leader of India

New Delhi: Anjum Chopra, a former batsman for India, thinks Harmanpreet Kaur is still the ideal leader for the Indian team in all formats. With a 51-run victory over South Africa in the Women's World Cup final at the DY Patil Stadium in Navi Mumbai last month, Harmanpreet led India to their first ICC trophy.Chopra disagrees with Shantha Rangaswamy, India's first captain, who recently proposed that Harmanpreet give Smriti Mandhana the reins of leadership. He believed that Harmanpreet, who has a track record of winning games, is still the best person to take on the role of captain. Earlier, in an interview with The Week, Harmanpreet said that Richa Ghosh has excellent game sense, making her an apt candidate to lead the Indian team in the future. Harmanpreet added that Richa consistently provides the right feedback,



as she reads the ground with great precision in her role as a wicketkeeper. "I personally like Richa a lot. As a wicket-keeper, she reads the stadium and the ground really well, which gives her great clarity. I keep communicating with her on the field, and because she knows exactly where the ball is being pitched, she

can always give me the right feedback." Harmanpreet said."I strongly believe that if a bowler knows where the ball is going to finish, that's the key. Richa understands field placements extremely well. These may seem like small details at the international level, but the clarity she brings to the team—espe-

cially to the bowling unit—really stands out. "That's why I feel she's going to be the next superstar. That level of clarity shows that she's different," Harmanpreet added.Harmanpreet is set to lead India in the five-match T20I series against Sri Lanka, beginning on December 21 in Visakhapatnam.