

Meghalaya signs pact for annual health survey



Shillong, May 12: The Meghalaya government, on May 12, signed an agreement with Oxford Policy Management India to conduct an annual health survey aimed at generating detailed public health data for policy planning and monitoring of healthcare schemes across the state.

The agreement was signed between the State Health Systems Resource Centre (SHSRC) Meghalaya and Oxford Policy Management India in the presence of National Health Mission Meghalaya Mission Director Ramakrishna Chitturi, officials said. D Valerie Laloo signed the agreement on behalf of the state health department, while Prabal Vikram Singh represented Oxford Policy Management India. Officials said the initiative is intended to strengthen evidence-based healthcare delivery by creating a system for regular and detailed collection of health-related information from across Meghalaya.

Unlike conventional surveys conducted periodically, the proposed exercise will focus on generating continuous public health statistics that can support policy decisions and improve the implementation of healthcare programmes. The state also expects the initiative to improve accountability in healthcare delivery by enabling closer monitoring of services and outcomes in different regions.

Authorities said the data gathered through the survey would help the government identify emerging health concerns, measure disparities between districts, and monitor the performance of welfare schemes more effectively. The state also expects the initiative to improve accountability in healthcare delivery by enabling closer monitoring of services and outcomes in different regions.

Meghalaya begins faculty recruitment drive at Tura Medical College

Shillong, May 12: The Government of Meghalaya has formally begun faculty recruitment for the upcoming Tura Medical College in West Garo Hills, marking a significant step in expanding medical education in the state. The Health & Family Welfare Department has issued a rolling notification inviting applications for 59 teaching posts across multiple departments, with the first cut-off date set for May 11, 2026. The vacancies include positions for Professors, Associate Professors, and Assistant Professors in departments such as Anatomy, Physiology, Biochemistry, Pharmacology, Pathology, Microbiology, Forensic Medicine, Community Medicine, General Medicine, Pediatrics, Surgery, Orthopedics, ENT, Ophthalmology, Obstetrics & Gynecology, Anesthesiology, Radiodiagnosis, and Dentistry. The recruitment is contractual, with tenure lasting up to seven years or until the age of 70, whichever is earlier. Applicants are required to hold qualifications as per the National Medical Commission's TEQ 2025 rules. Professors must have MD/MS/DNB or MSc with PhD in preclinical subjects, while Associate



ate Professors and Assistant Professors must meet specific teaching, publication, and residency experience requirements. A valid Medical Council registration is mandatory. The pay scale has been set at ₹3,20,000 per month for Professors, ₹2,60,000 for Associate Professors, and ₹1,20,000 for Assistant Professors, making the positions highly attractive for qualified medical professionals. Applications must be submitted via email in PDF format, with all required documents including MBBS and postgraduate certificates, NMC registration, experience records, and publications. The subject line should clearly men-

tion the post applied for at Tura Medical College. Interviews will be conducted offline, with dates to be announced later. Officials have emphasized that the recruitment drive is part of the state's broader effort to strengthen healthcare delivery and medical education in the Garo Hills region. Once operational, Tura Medical College will become the second medical college in Meghalaya, after Shillong, and is expected to reduce the burden on existing institutions while improving access to healthcare in western Meghalaya. Local leaders and healthcare professionals have welcomed the move, noting that the establishment of

Tura Medical College will not only provide employment opportunities but also enhance medical infrastructure in the region. The rolling advertisement system ensures that candidates who miss the first deadline will have additional opportunities to apply in subsequent phases. In summary, the recruitment drive for Tura Medical College represents a milestone in Meghalaya's healthcare expansion. With 59 faculty posts across 20 departments, competitive pay scales, and a transparent application process, the initiative is expected to attract skilled professionals and lay the foundation for a stronger medical education system in the state.

Narendra Modi Hails Himanta After NDA Victory in Assam



Guwahati, May 12: In a post on X, Narendra Modi said, "A great day for Assam! For the third consecutive time, the NDA government assumes office. Congratulations to Dr. Himanta Biswa Sarma on taking oath." He added that Sarma has made a mark as an excellent administrator and has carried out pioneering work for the state. The Prime Minister also conveyed his best wishes for the new tenure. Modi further congratulated newly inducted ministers Rameswar Teli, Atul Bora, Charan Boro and Ajanta Neog, expressing confidence that they would help strengthen Assam's development journey. Responding to the Prime Minister's message, Himanta Biswa Sarma thanked him for attending the swearing-in ceremony and said Modi's vision and leadership had played a key role in Assam's progress over the last decade. "Your guidance throughout has been the biggest motivating factor for our government. It is your leadership and vision which has guided us in our path of service and dedication," Sarma said. Describing the moment as emotional, Sarma said he was honoured to reaffirm his oath as the "Mukhya Sevak" of Assam and pledged to continue working for the welfare and aspirations of the people. "With the blessings of Kamakhya Temple, Srimanta Sankardev and the people of Assam, I took oath as Chief Minister. Along with the Council of Ministers, we look forward to serving our people and fulfilling their aspirations," he said.

Nitin Gadkari Says Projects Worth ₹2 Lakh Crore in Pipeline for Assam

Guwahati, May 12: Nitin Gadkari on Tuesday, May 12, said infrastructure projects worth nearly ₹2 lakh crore are in the pipeline for Assam, expressing confidence that the BJP-led government under Himanta Biswa Sarma would honour the trust reposed by the people with renewed focus on development. Speaking ahead of Sarma's swearing-in ceremony in Guwahati, Central Minister of Road Transport & Highways Gadkari said the people of Assam had once again placed their faith in the Bharatiya Janata Party by giving it a third consecutive mandate. "The trust that the people of Assam have shown in the BJP for the third time will be justified. Assam will

continue to develop," Gadkari told reporters. He said his ministry has planned large-scale infrastructure investment in the state. "From my department alone, projects worth nearly ₹2 lakh crore are in the pipeline. We will contribute towards making Assam progressive, prosperous and economically stronger," he said. Gadkari arrived at the airport in Guwahati ahead of the oath-taking ceremony of Himanta Biswa Sarma, who took oath for a second consecutive term as Chief Minister as the BJP-led National Democratic Alliance began its third straight term in the state. Sarma was unanimously elected leader of the BJP and NDA

Legislature Parties during a meeting attended by senior leaders of alliance partners, including the Asom Gana Parishad and Bodoland People's Front. Ahead of the ceremony, Sarma announced that Rameswar Teli, Atul Bora, Chandra Mohan Patowary and Ajanta Neog would take oath as ministers alongside him. He also named Ranjit Das as the NDA candidate for Speaker of the Assam Legislative Assembly. The development follows the NDA's decisive victory in the Assam Assembly elections, where the alliance won 102 seats in the 126-member House. The BJP secured 82 seats, while its allies AGP and BPF won 10 seats each.

Mohan Bhagwat to Visit Assam on Three-Day Tour from May 13

Guwahati, May 12: Rashtriya Swayamsevak Sangh chief Dr. Mohan Bhagwat will arrive in Assam on May 13 on a three-day visit. According to a press statement issued by Kishore Shivam, Bhagwat will land at Lokpriya Gopinath Bordoloi International Airport in Guwahati on Tuesday afternoon and proceed directly to Hojai. A training camp titled Karyakarta Vikas Varg-Ek (Second Year) began on May 11 at the Sanskar Mandir Project and will continue till June 1. Bhagwat is scheduled to remain present at the camp on May 14, 15 and 16 as part of his regular visits to RSS training programmes.

On May 17 morning, he will return to Guwahati. After a short rest at Sudarshanalay in Barbari, he will leave for Nagpur.

The 20-day training programme is being conducted by the RSS Assam Kshetra unit. Only swayamsevakas who have completed earlier RSS training are eligible to participate.

A total of 103 volunteers from five regions are attending the camp, including North Assam, South Assam, Tripura, Manipur and Arunachal Pradesh. The participants include 56 from North Assam, 20 from Tripura, 13 from Manipur, 8 from South Assam and 6 from Arunachal Pradesh.

In Brief

Narendra Modi Hails Himanta After NDA Victory in Assam

Guwahati: In a post on X, Narendra Modi said, "A great day for Assam! For the third consecutive time, the NDA government assumes office. Congratulations to Dr. Himanta Biswa Sarma on taking oath." He added that Sarma has made a mark as an excellent administrator and has carried out pioneering work for the state. The Prime Minister also conveyed his best wishes for the new tenure. Modi further congratulated newly inducted ministers Rameswar Teli, Atul Bora, Charan Boro and Ajanta Neog, expressing confidence that they would help strengthen Assam's development journey. Responding to the Prime Minister's message, Himanta Biswa Sarma thanked him for attending the swearing-in ceremony and said Modi's vision and leadership had played a key role in Assam's progress over the last decade.

US Plans to Boost Business Links With Assam



Guwahati, May 12: Sergio Gor said the United States would look to explore new opportunities for commercial cooperation with Assam as he attended the swearing-in ceremony of Himanta Biswa Sarma in Guwahati. The presence of the US Ambassador at the oath-taking ceremony drew attention as it highlighted the growing international and diplomatic interest in Assam and the Northeast region. Himanta Biswa Sarma took oath as Chief Minister for a second consecutive term after the BJP-led NDA secured a strong victory in the 2026 Assam Assembly elections. After attending the ceremony, Sergio Gor said the United States and Assam already shared commercial ties and expressed hope that more opportunities for cooperation would emerge in the future.

Disaster Management Exercise 'Jal Aapda' Successfully held in Tawang

Tawang, May 12: A two-day exercise 'Jal Aapda' was conducted in the Tawang area in Arunachal Pradesh from May 11 to 12, showcasing seamless coordination and preparedness for flash floods and debris slide scenarios in high-altitude terrain.

The exercise was jointly undertaken by the Army, Gajraj Corps, District Disaster Management Authority under District Administration, Tawang, SDRF, paramilitary forces, NCC and local stakeholders.

Lessons from the Dharali mudslide disaster in Uttarakhand (August 2025) were integrated into the Disaster Management Plan to strengthen response mechanisms.

Key highlights of the programme included real-time activation of the Joint Control Centre and District Incident Response Team; drone-based area mapping and search operations; casualty evacuation and medical aid and multi-agency relief and rescue coordination.

Exercise Jal Aapda rein-



forced inter-agency synergy, rapid response capability and operational readiness for Humanitarian Assistance

and Disaster Relief (HADR), reaffirming the commitment to safeguarding lives in remote high-altitude regions.

Himanta Biswa Sarma Announces Oath Ceremony for Four Ministers

Guwahati, May 12: Four newly elected MLAs of the NDA will take oath as ministers along with chief minister designate Himanta Biswa Sarma during the swearing-in ceremony at Khanapara in the presence of Prime Minister Narendra Modi on Tuesday. The leaders named for induction into the Assam Council of Ministers are Rameswar Teli, Atul Bora, Charan Boro and Ajanta Neog. "Happy to announce that the following four colleagues of mine will take oath as ministers tomorrow along with me in the august presence of Hon'ble Prime Minister Shri Narendra Modi Ji. They are Shri Rameswar Teli, Shri Atul Bora, Shri Charan Boro and Smt. Ajanta Neog," Sarma took to social media to announce on Monday night. Sarma also announced that BJP MLA Ranjit Das will be the ruling alliance's candidate for the post of Speaker of the Assam Legislative Assembly. "I am also happy to

share that Shri Ranjit Das, Hon'ble MLA, will be our candidate for the post of Speaker of the Assam Legislative Assembly," he stated. "My heartfelt congratulations and best wishes to all of them. Together, we will continue to work with full dedication for a stronger, more developed and prosperous Assam," Sarma added. Notably, Prime Minister Narendra Modi arrived in Guwahati on Monday night, ahead of the swearing-in ceremony of the third BJP-led NDA government in Assam. The Prime Minister was received by chief minister-designate Himanta Biswa Sarma and other BJP leaders at the Lokpriya Gopinath Bordoloi International Airport. The swearing-in ceremony, scheduled for 11.40am, will be attended by Chief Ministers and Deputy Chief Ministers of 22 States, senior BJP and NDA leaders along with party workers and supporters from across the state.

BJP targets Meghalaya double-digit

Shillong, May 12: Inspired by the BJP's emphatic return to power in Assam, the Meghalaya unit of BJP on Tuesday, while asserting that the electoral verdict reflected "pro-incumbency" in the neighbouring state, expressed confidence that the political trend would eventually influence Meghalaya as well. In the recently-concluded Assam Assembly elections, the ruling BJP had bagged a record 82 seats with the NDA together.

Mohan Bhagwat to Visit Assam on Three-Day Tour

Guwahati, May 12: Rashtriya Swayamsevak Sangh chief Dr. Mohan Bhagwat will arrive in Assam on May 13 on a three-day visit. According to a press statement issued by Kishore Shivam, Bhagwat will land at Lokpriya Gopinath Bordoloi International Airport in Guwahati on Tuesday afternoon and proceed directly to Hojai. A training camp titled Karyakarta Vikas Varg-Ek (Second Year) began on May 11 at the Sanskar Mandir Project and will continue till June 1. Bhagwat is scheduled to remain present at the camp on May 14, 15 and 16 as part of his regular visits to RSS training programmes. On May 17 morning, he will return to Guwahati. After a short rest at Sudarshanalay in Barbari, he will leave for Nagpur. The 20-day training programme is being conducted by the RSS Assam Kshetra unit. Only swayamsevakas who have completed earlier RSS training are eligible to participate.

NE/EAST

PM Modi to Arrive in Guwahati Tonight for Assam NDA Government Swearing-In Ceremony

Guwahati, May 12: Assam is set for a major political transition as preparations reach their final stage for the swearing-in ceremony of the new BJP-led NDA government, scheduled to be held on May 12 at the Veterinary College Ground in Khanapara, Guwahati. Chief Minister-designate Himanta Biswa Sarma on Monday personally reviewed the arrangements at the venue, which is witnessing heightened security and large-scale logistical preparations ahead of the high-profile event. Speaking to reporters during his visit, Sarma confirmed that Prime Minister Narendra Modi will arrive in Guwahati on Monday night to attend the ceremony as the chief guest.

“The Prime Minister will arrive in Guwahati tonight. At 11 am tomorrow, the new government of Assam will take oath,” Sarma said, adding that the Prime Minister’s presence marks a significant moment in the state’s political landscape. He further stated that several top NDA leaders are expected to attend the ceremony, including Union Home Minister Amit Shah, Defence Minister Rajnath Singh, BJP national president Nitin Nabin, along with Chief Ministers from various NDA-ruled states across the country. The swearing-in ceremony is expected to witness a massive turnout of party workers, supporters, and booth-level



BJP workers from across Assam and the Northeast, turning the Khanapara venue into a politically charged gathering of significant scale.

Sarma also confirmed that the first Cabinet meeting of the new government will be held immediately after the oath-taking ceremony. He underlined that the implemen-

tation of the BJP’s election manifesto will remain the top priority of the incoming administration, with a strong focus on governance, development, and welfare delivery.

WC TNL criticizes the comments made by the Manipur Home Minister regarding ‘external aggression’

Guwahati, May 12: The working committee, Tangkhul Naga Long (WC TNL) has strongly criticised Manipur Home Minister’s statement that there was “no foreign aggression” in the recent attacks on villages in Kamjong district.

In a press release issued by its working committee, WC TNL said the Home Minister’s remarks, made after his visit to Namlee, Wanglee, and Choro villages on May 9, were “unfortunate and insensitive.” The organisation alleged that the statement appeared to shield “Kuki narco-terrorists” and added to the suffering of Tangkhul Naga villagers affected by the attacks.

According to WC TNL, homes, properties, and livelihoods were destroyed during the May 7 attacks on the three villages. The organisation claimed there was clear video evidence recorded by the Assam Rifles showing that Choro village



was attacked by KNA-B militants. It also said eyewitnesses reported that the attackers came from across the Indo-Myanmar border. WC TNL further stated that the Assam Rifles had confirmed the rescue of a Tangkhul Naga woman allegedly abducted by KNA-B and Village Volunteers East-

ern Zone (VVEZ) from Namlee village on May 9.

The organisation pointed out that a suo motu case had also been registered by Kamjong Police and questioned why the Home Minister denied the possibility of external aggression despite the available

evidence.

WC TNL also referred to a statement by local MLA Leishiyo Keishing, who had reportedly described the attacks as an act of “external aggression” carried out by suspected KNA-B and PDF militants during his visit to the affected villages on May 8.

The organisation questioned how more than 100 heavily armed militants could have carried out the attacks in border areas where only a small

Kuki population exists. WC TNL also raised concerns about the role of the Assam Rifles, alleging that personnel stationed near Choro village reached the site nearly three hours after the attack began. WC TNL demanded that the Home Minister clarify his statement.

denying foreign aggression. It warned that Tangkhul civil society organisations may take action if no clarification is issued.

COCOMI says Kamjong attacks were cross border aggression

Guwahati, May 12: Coordinating Committee on Manipur Integrity (COCOMI) on Monday reiterated that the recent attacks at three villages in Manipur’s Kamjong district was an armed aggression from across the Indo-Myanmar border.

In a statement, the COCOMI said that the incidents that unfolded in the border villages of Kamjong district were not imaginary narratives or politically manufactured claims, but direct acts of armed aggression carried out by heavily armed groups operating from across the International Border in Myanmar. The statement was issued following a recent press note issued by KOHUR (Kuki Organisation for Human Rights Trust).

The COCOMI had alleged the recent attacks were purely cross-border armed aggression by foreign-based groups against Indian citizens which KOHUR reacted while terming as “misleading” narrative. The KOHUR’s attempt to discredit the statement of COCOMI regarding the terrorist attacks in Kamjong district was deeply unfortunate, misleading, and detached from the ground realities faced by the people residing along the Indo-Myanmar border, the COCOMI said.

Reiterating that the narrative by COCOMI was not imaginary narratives or politically manufactured claims, the apex body asserted that local representatives, including the sitting MLA of the affected region, had openly acknowledged the involvement of KNA (Burma) in the attacks.

The presence of cross border narco-terrorist groups within the Indian Territory was also acknowledged by a statement issued by the



PRO & spokesperson of the Union ministry regarding the rescue operation of a Naga woman villager from Namlee and arrest of another KNA(B) operatives namely Lal Thag John (38) along with arms and ammunition from Churachandpur.

The alleged KOHUR’s attempts to distort or selectively suppress these facts only exposed their continued pattern of shielding and whitewashing violent elements instead of standing for genuine human rights and justice, the apex body said. COCOMI stated that its recent statement merely articulated the grave security concerns emerging from repeated cross-border infiltration, armed incursions, and coordinated attacks affecting Indian citizens residing in the border areas of Manipur. “Labeling these concerns as “communal” or attempting to trivialize them is an insult to the affected villagers who have continuously lived under fear and insecurity due to unchecked militant movements along the porous international boundary,” it added.

COCOMI also accused the KOHUR of invoking the language of human rights only when it suits their narrative, while remaining conspicuously silent on the repeated attacks, intimidation, extortion, displacement, and violence faced by indigenous communities in the border regions despite being a pseudo human rights group.

Acknowledged for its with DigiLocker



Kohima, May 12: Nagaland was among four states felicitated by the Union Ministry of Electronics and Information Technology (MeitY) for its performance in DigiLocker integration during a national consultative workshop held in New Delhi on Monday. Gujarat, Rajasthan and Karnataka were the other states recognised at the event titled “Strengthening Cybersecurity Framework for State Data”. The recognition was given for the states’ performance in integrating services with DigiLocker under the Centre’s digital governance initiatives. Sabou Yashu, Director, Information Technology and Communication, Nagaland, received the award on behalf of the state’s IT department. Meghna Priya represented the Nagaland State e-Mission Team under the National e-Governance Division.

Officials said the recognition highlights Nagaland’s efforts in strengthening digital service delivery and expanding integration with national e-governance platforms.

Nearly half of Meghalaya’s population above 15 years of age consume tobacco

Kohima, May 12: Nearly half of the state’s population above the age of 15 consumes tobacco in either smoked or smokeless forms, while close to 8,000 people die every year from tobacco-related diseases, a senior health official said on Monday, May 11. The concern was highlighted during the launch of the World No Tobacco Day (WNTD) 2026 campaign, where State Nodal Officer of the National Tobacco Control Programme, Dr Nabaneeta D Mawrie, described the situation as

a serious public health challenge requiring urgent attention. Addressing the gathering, Mawrie said tobacco addiction continues to affect a significant section of the population and warned about its growing impact on younger generations. “Tobacco is not just a habit, it is a trap carefully designed to addict our youth and communities,” she said. She stressed the need for stronger awareness of protecting adolescents and young adults from tobacco exposure and addiction.

Man detained with live bullets govt’s swearing in ceremony

Shillong, May 12: A man was detained on Tuesday at the venue of the swearing-in ceremony of the new Assam government after security personnel reportedly recovered a few rounds of live ammunition during routine screening at the entrance of the Veterinary College Field in Khanapara. Police said the ammunition was detected during frisking at the entry point, following which the individual was taken into custody and shifted to Basistha police station for questioning. While confirming the detention, a police officer said no firearms were recovered from the person and an investigation is underway to ascertain the circumstances under which the live bullets were carried into the security to administer the oath of office and secrecy to Himanta Biswa Sarma as Chief Minister along with his new Council of Ministers.

Meghalaya CM inaugurates state’s first eri silk yarn unit in Ri Bhoi

Shillong, May 12: Meghalaya Chief Minister Conrad K Sangma on Monday inaugurated the state’s first eri silk yarn manufacturing unit at Lumdaitkhla in Bhoirymbong, Ri Bhoi district, marking a boost for the state’s textile sector and rural entrepreneurship ecosystem. The unit, named Sai Lum Eri Silk Manufacturing Unit, has been supported under PRIME Meghalaya and is aimed at strengthening sustainable livelihoods, promoting indigenous textile traditions and expanding income opportunities for local communities. Speaking at the inauguration, the Chief Minister said entrepreneurship remained central to the government’s development strategy. He said the initiative had helped address the absence of an organised market for eri silk cocoons, creating new opportunities for both farmers and weavers. He noted that eri silk farmers were now able to sell cocoons within the state at fair prices, while weavers could access yarn at more affordable rates. “With the kind of dedication shown by the



entrepreneurs, I am further motivated to support such initiatives,” Sangma said, adding that the project reflected the government’s focus on strengthening rural industries. The unit, founded by Wallambok Pyngrope, received Rs 50 lakh in zero-interest support under PRIME Meghalaya. It currently produces around 20 kg of yarn per day and employs 15 local workers, with an

impact on over 2,000 weavers in the region. Meghalaya Basin Management Authority (MBMA) Executive Director Saloni Verma said the project was the result of sustained coordination among departments and described it as a source of dignified and sustainable livelihoods. She lauded Pyngrope for his efforts in building an enterprise rooted in local needs and said similar

ventures would be encouraged across the state.

Meghalaya’s eri silk, also known as Ryndia, has gained national recognition for its eco-friendly and ‘cruelty-free’ production process. The textile received the Geographical Indication (GI) tag in April 2025. The product also drew national attention when Prime Minister Narendra Modi highlighted Meghalaya’s eri silk traditions during an episode of Mann Ki Baat in June 2025. According to the founder, Meghalaya is the second-largest producer of eri cocoon in the country, with Ri Bhoi alone accounting for about 60 metric tonnes annually. The region has around 7,200 eri farmers and about 1,000 active weavers. The Chief Minister also handed over a cheque of Rs 35 lakh to the entrepreneur during the programme, reaffirming the government’s commitment to supporting local enterprises and strengthening the rural economy through traditional industries combined with market-driven growth.

Arunachal minister Dasanglu Pul stresses cultural identity, heritage preservation

Itanagar, May 12: Arunachal Pradesh Women, Child Development and Cultural Affairs Minister Dasanglu Pul on Monday said the protection of cultural identity and heritage is essential for strengthening unity and instilling pride among the younger generation. Addressing the “Somnath Swabhiman Parv” programme at Kardo in Ziro, Pul said the event marked 75 years of the renovation of the historic Somnath Temple and reflected the resilience of Sanatan culture despite repeated attempts over centuries to destroy the shrine. She said Somnath Temple had withstood repeated invasions but continued to stand as a symbol of faith and cultural identity. Pul also highlighted the role of Sardar Vallabhbhai Patel in initiating its reconstruction after Independence. Quoting former President Rajendra Prasad, she said the temple represented the triumph of “the power of construction over the power of destruction.” The programme was attended by Chief In-



formation Commissioner Major General (Retd) Jarken Gamlin, Lower Subansiri ZPC Hibu Dumi, Art and Culture Secretary Mamata Riba, Lower Subansiri Deputy Commissioner

Oli Perme and other dignitaries. The minister urged young people to remain committed to preserving cultural heritage and traditions while also embracing development and innovation. She said both the Centre and the Arunachal Pradesh government were working to preserve and promote India’s cultural legacy through improved connectivity and tourism initiatives. Referring to Prime Minister Narendra Modi’s vision of “Vikas Bhi, Virasat Bhi”, Pul stressed the need to balance development with heritage conservation, adding that Arunachal Pradesh could build a distinct global identity by blending tradition with innovation. “Somnath Swabhiman Parv” marks the 75th anniversary of the reconstruction and consecration of the Somnath Temple, one of the 12 Jyotirlingas dedicated to Lord Shiva. The temple was rebuilt after Independence under the leadership of Sardar Patel and inaugurated by Rajendra Prasad on May 11, 1951.

Himanta Biswa Sarma Receives Congratulations from Simon Wong

Guwahati, May 12: Simon Wong on Tuesday, May 12, congratulated Himanta Biswa Sarma as he began his second consecutive term as Chief Minister of Assam, reaffirming Singapore's continued support for the state and its development journey. In a message posted on X, Wong highlighted the growing partnership between Singapore and Assam and expressed confidence in the state's progress under Sarma's leadership. "Big congratulations to our dear friend Himanta Biswa. Your new term as Chief Minister will no doubt propel Assam to greater heights. As your trusted friend, we will stand by Assam as always," Wong said. Earlier in the day, Sarma visited the revered Kamakhya Temple and sought blessings for peace, progress and prosperity for the people of the state ahead of the swearing-in ceremony. Preparations were underway at the Veterinary College Ground in Khanapara, where Sarma took oath along with members of his new cabinet. Ahead of the ceremony, Sarma announced that Rameswar Teli, Atul Bora, Charan Boro and Ajanta Neog would be inducted into the cabinet. He also named Ranjit Das as the alliance's candidate for Speaker of the Assam Legislative Assembly. In a separate message on X, Sarma said his new team would work with full dedication to build a stronger, more developed and prosperous Assam. The swearing-in ceremony in Guwahati was attended by Narendra Modi, Amit Shah, Rajnath Singh, senior Union ministers, and chief ministers and deputy chief ministers from NDA-ruled states.

Protest erupts at Dhubri office

Dhubri, May 12: Tensions prevailed at the Pratapganj office of J Infotech Ltd. in Assam's Dhubri after drivers and workers staged a protest against the company management over an alleged assault on a driver and a series of labour-related grievances. The protest was triggered by an incident that reportedly took place inside the company premises, where a driver was allegedly assaulted by a youth who later fled the scene. According to protesting workers, the matter was immediately reported to company authorities, including the project manager, but no action was allegedly taken against the accused. Workers accused the management of failing to ensure the safety and security of employees within the office premises. Protesters claimed that despite informing the authorities about the incident, the company did not intervene or initiate any formal response.

Union Law Minister meets NGOs, community leaders in Mizoram

Aizawl, May 12: The Union Minister of Law and Justice, Arjun Ram Meghwal, today held an important interaction meeting with NGO representatives and community leaders in Mamit district of Mizoram.

During the meeting, the Minister met with leaders from major civil society organisations including MHIP, YMA, MUP, Village Council (VC), and MZP. He listened to the grievances, challenges, and concerns raised by the representatives regarding the welfare and development of the people in the district.

Addressing the gathering, Arjun Ram Meghwal stated that the Central Government remains committed to supporting the people of Mizoram and assured that all possible assistance would be extended wherever necessary. He emphasized that solving the problems faced by the public and ensuring better governance



are among the government's highest priorities. The Minister appreciated the important role played by NGOs and community-based organisations in maintaining social harmony, supporting development initiatives, and working for the welfare of the people. The programme was also attended

Himanta Sworn In for Second Consecutive Term as Assam CM

Guwahati, May 12: Himanta Biswa Sarma on Tuesday took the oath of office and secrecy as the Chief Minister of Assam for a second consecutive term during a grand swearing-in ceremony held at Khanapara in Guwahati.

Assam Governor Lakshman Prasad Acharya administered the oath of office in the presence of Prime Minister Narendra Modi, Union Home Minister Amit Shah, other Union Ministers, senior NDA leaders, Chief Ministers and Deputy Chief Ministers from 22 states, industrialists, bureaucrats, party workers and a large gathering of people.

After taking oath, Sarma,

who also scripted history by becoming the first non-Congress minister to be sworn in as Assam Chief minister for a second consecutive term, said he would fulfil his responsibilities with dedication and continue working for the peace, progress and development of Assam. Four ministers designate – Rameswar Teli, Atul Bora, Charan Boro and Ajanta Neog – also took the oath of office as Cabinet Ministers in the Sarma-led government in the State. According to sources, 18 other ministers would be inducted in the Sarma-led government. Among other leaders who were present at the oath-taking are Union



Ministers Rajnath Singh, Sarbananda Sonowal, Kiren Rijiju, Shivraj Singh Chauhan, Lalan Singh, Nitin Gadkari, Jyotiraditya Scindia and Chirag Paswan. Delhi Chief Minister Rekha Gupta, her Goa counterpart Pramod Sawant,

West Bengal Chief Minister Suwendu Adhikari, Rajasthan's Bhajan Lal Sharma, Bihar's Samrat Choudhury, Chhattisgarh's Vishnu Dev Sai, Uttarakhand's Pushkar Singh Dhami, Maharashtra's Devendra Fadnavis, Odisha's Mo-

han Charan Maji and Madhya Pradesh's Mohan Yadav were also present at the ceremony.

Among Chief Ministers of other North East states present were Tripura's Manik Saha, Nagaland's Neiphiu Rio, Mizoram's Laldhuma, Manipur's Y Khemchand Singh, Arunachal Pradesh's Pema Khandu and Sikkim's Prem Singh Tamang.

The BJP-led NDA returned to power in Assam for a third consecutive term after securing a historic mandate in the 2026 Assembly elections. BJP won as many as 82 seats while allies AGP and BPF bagged 10 seats each in the 126-member Assam Legislative Assembly.

Missing Maharashtra Teen Found Dead in Arunachal River After Days-Long Search

Itanagar, May 12: The decomposed body of a 17-year-old boy from Maharashtra, who had gone missing earlier this month after being swept away by strong river currents, was recovered from the banks of the Yomgo River in Siang district, police said.

The deceased has been identified as Pratesh-mesh Baswakar, son of Rahul Baswakar, an Indo-Tibetan Border Police personnel, and a resident of the ITBP camp at Guminagar in Aalo.

Prateshmesh had gone missing on May 3 during a picnic near Bene village in West Siang district. He was feared drowned after being

swept away by the powerful current of the Yomgo River. Police said the body was found along the riverbank near Dama village in neighbouring Siang district by local residents, who immediately informed authorities.

Investigating officer Lakhi Mena confirmed that the decomposed body recovered from the site was that of the missing teenager. The body was later retrieved with the assistance of personnel from the Indian Army and jawans of the 20th Battalion, ITBP.

An unnatural death case has been registered at Aalo Police Station, and further investigation is

underway. According to police, the incident took place when a group of 10 minors had gone for a picnic near the river. Five of them reportedly approached the riverbank to shoot a video while holding hands. During the process, one of the boys suddenly jumped into the river and was swept away by the strong current.

Following the incident, a large-scale search operation involving ITBP personnel and local residents was launched. However, continuous rainfall and swollen river conditions severely hampered rescue efforts over the past several days.

IED defused near Indo-Myanmar border, grenades seized in Imphal

Imphal, May 12: Security forces in Manipur defused an improvised explosive device (IED) near the Indo-Myanmar border in Kamjong district, while separate incidents involving the recovery of hand grenades and reports of violence were recorded in different parts of the state, police said on Tuesday, May

12. According to officials, the IED was detected near Border Pillar No. 90, around 50 km west of Kasom Khullen Police Station in Kamjong district amid continuing tension in the hill districts. Fresh incidents of violence were also reported from Wanglee, Namlee and Choro villages. Police said the ex-

plosive device was suspected to have been planted by the Kuki National Army-Burma (KNA-B). The IED was detected on Monday at around 9:30 am by personnel of the 40 Assam Rifles stationed at K Ashang Khullen. The matter was subsequently reported to Kasom Khullen Police Station. A Bomb Disposal

Squad (BDS) team from Imphal later reached the location and safely defused the explosive at around 2:55 pm, officials said. In a separate incident in Imphal East district, police recovered two 36 HE hand grenades from the residence of Advance Hospital and Research Institute director Gururib-

am Bhavananda Sharma at Brahmapur Guruaribam Leikai under Porompat Police Station. According to police, a family member noticed a black plastic bag near the gate while opening the residence on Tuesday morning and informed authorities after finding the object suspicious.

Myanmar-Based Militant Attack Devastates 3 Manipur Villages

Imphal, May 12: A fact-finding mission by the Ukhrul District Working Journalists' Association (UDWJA) has uncovered alarming evidence of an alleged coordinated cross-border militant attack from Myanmar that ravaged three Naga villages in Kamjong district, exposing serious lapses in border security along the Indo-Myanmar frontier.

The UDWJA team visited Namlee, Wanglee, and Z. Choro villages on May 8, a day after heavily armed militants reportedly crossed the international border and launched simultaneous attacks on these frontier settlements in the early hours of May 7. According to villagers and survivors, the attack began around 4 am when a large group of armed militants entered from the Myanmar side, surrounded the villages, and opened heavy gunfire from multiple directions. Explosives and bomb attacks were also allegedly used, forcing residents to flee into nearby forests and hills in panic. By sunrise, at least 22 houses and shops had been burned to the ground. Several vehicles were destroyed, valuables looted, and many families displaced.

A woman survivor told the UDWJA team that militants entered her home and forced her and her husband to a nearby church.

"They said they came to take revenge for their comrades," she said, adding that the attackers identified themselves as members of KNA-B and were carrying sophisticated weapons.

"My house was burned before my eyes. I could only save my Bible and the clothes I was wearing," she added.

Another resident, Eno Phungreing Ansari, alleged that the attackers infiltrated from across the Myanmar border and carried out coordinated assaults using firearms and explosives. Villagers further claimed that militants looted vehicles, fuel, electronic items, cash, and motorcycles before retreating back towards Myanmar. One of the most serious concerns raised during the fact-finding mission was the alleged lack of timely security response despite hours of continuous firing. Residents said an Assam Rifles post at Aloyo is located just minutes from Choro village, yet no personnel reportedly arrived while the attack continued from around 4 am to nearly 7 am. Kamjong Police confirmed that a suo motu FIR has been registered, stating that suspected KNA-B militants crossed the Indo-Myanmar border and carried out attacks using sophisticated weapons, explosives, and even drone-based bomb drops.

The findings of the UDWJA team have intensified demands for an independent investigation into what villagers described as an act of "foreign aggression" on Indian soil.

The incident has also raised serious concerns over border surveillance, intelligence failure, and the vulnerability of remote villages along the Indo-Myanmar border.

Two NSCN militants killed Arunachal

Itanagar, May 12: Two militants allegedly belonging to the National Socialist Council of Nagaland (NSCN) were killed during a counter-insurgency operation carried out by the Assam Rifles in eastern Arunachal Pradesh's Changlang district, officials said on Tuesday, May 12. The encounter took place during a night-long operation in a thickly forested area near Songking village under the jurisdiction of Miao police station. Security officials said arms and ammunition were recovered from the site following the operation. According to sources, the Assam Rifles launched the operation based on specific intelligence inputs indicating the presence of NSCN militants in the area. The militants were reportedly camping in the region and were allegedly involved in extortion activities targeting local villagers. Sources further stated that villagers had been facing sustained pressure from the militants to pay extortion money. Acting on the inputs, troops initiated a search operation in the area, during which they reportedly came under heavy fire from the militants, triggering a fierce exchange of gunfire. The operation continued through the night, resulting in the killing of two militants. Security forces have launched an extensive search operation in the surrounding areas to trace any remaining insurgents and secure the region.

Kohima Marks International Nurses' Day With Focus on Nurses' Contribution

Kohima, May 12: The Naga Hospital Authority Kohima (NHAK) observed International Nurses' Day 2026 at its auditorium under the theme "Our Nurses. Our Future. Empowered Nurses Save Lives."

The programme brought together nurses, nursing students, retired personnel, and healthcare officials to honour the dedication and service of the nursing community.

Delivering the theme address, R. Ayangla, Associate Professor, College of Nursing, NHAK, highlighted the critical role of nurses in sustaining healthcare systems. She emphasised that nurses continue to serve selflessly despite challenges such as staff shortages, burnout and increasing healthcare demands.

Ayangla noted that true empowerment of nurses goes beyond recognition, stressing the need for safe working environments, fair compensation, leadership opportunities and inclusion in decision-making processes.

She also outlined key actions including strengthening nursing education, improving nurse-patient ratios, promoting mental well-being, and encouraging innovation and leadership within the profession.

Ayangla stated that in a time of global healthcare challenges, empowering nurses is essential to improving patient outcomes and building resilient health systems.

Special guest Dr. Imotemsu, Managing Director, NHAK, in his address, described nurses as the backbone of the healthcare system and lauded their tireless service despite being understaffed and overburdened.



Imotemsu encouraged nurses to incorporate love, compassion, and empathy into their daily work, stating that such values can transform patient care and bring deeper meaning to the profession.

He further urged them to view their profession not merely as a job but as a mission.

Special presentations were performed by third year GNM nursing students and retired nurses, adding significance to the celebration.

The programme concluded with a vote of thanks by Neivotuonuo, general secretary, TNAI local branch, Kohima.

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Double Engine Government: Power Synergy or Democratic Concern?

The phrase “double engine government” — where the same party governs both a state and the Centre—has become a staple of Indian electoral discourse. Its proponents argue that policy alignment between New Delhi and state capitals greases the wheels of governance. Central schemes reach beneficiaries faster, inter-governmental disputes are minimised, and coordinated infrastructure projects move from blueprint to ribbon-cutting with fewer bureaucratic detours. Gujarat’s rapid absorption of central funds during BJP’s concurrent tenures is frequently cited as proof of this efficiency dividend.Yet the model carries serious democratic costs. Federalism’s genius lies in its friction — the productive tension between state and central governments that keeps both accountable. When a single party controls both engines, that friction disappears. Opposition-ruled states risk being starved of discretionary funds, as allegations surrounding MGNREGS releases and disaster-relief grants periodically suggest. Worse, a uniformly aligned polity leaves voters with fewer levers to punish poor central governance: ousting a state government that shares ideology with the Centre may produce little corrective pressure. There is also the subtler danger of administrative homogenisation. India’s diversity demands policy experimentation at the state level — a laboratory federalism that has gifted the nation everything from Tamil Nadu’s noon-meal scheme to Kerala’s public-health model. A double-engine polity, by rewarding conformity with the Centre’s template, risks narrowing that innovative space. Efficiency without accountability is mere expediency. A double engine may move faster, but democracy needs independent brakes as much as aligned throttles. Voters deserve to weigh this bargain with clear eyes—not only at election time, but in every budget cycle thereafter.

Migration is becoming a lethal risk due to Bangladesh’s youth unemployment dilemma

On May 2, 28-year-old Md Riyad Rashid from Kishoreganj was killed in a Ukrainian drone attack near the Russia-Ukraine border while serving with Russian forces. His friend Limon Dutta, who was injured in the same attack, informed the family and said another Bangladeshi had died beside him. Riyad had gone to Russia in 2024 believing he would work for a company. His parents never imagined their son would end up becoming a soldier on a distant frontline, let alone embracing such a tragic fate. According to a March 2026 joint report by rights groups Fortify Rights and Truth Hounds, which draws on Ukrainian official data and survivor testimonies, at least 104 Bangladeshis had been recruited into the Russian military by February 2026, with at least 34 confirmed killed. The actual number is undoubtedly higher, as news of deaths often reaches families through informal networks such as friends or colleagues, rather than official channels. Unlike previous instances where some Bangladeshis joined foreign conflicts for ideological or religious reasons—such as the Khilafat Movement, the

Today, on the occasion of International Nurses Day, we remember the contribution of nurses with deep respect. Without them, the entire healthcare system would be almost unimaginable. When a patient is admitted to a hospital, the first person to stand by them is usually a nurse. In the middle of the night, when fever rises, when saline is administered, when pain becomes unbearable, it is the nurses who stand beside the patients’ bed. Yet, we know little about their lives, their labour, and their sacrifice, let alone remember them. Nursing is more than just a profession; it is a responsibility, a commitment to service. Florence Nightingale’s birth anniversary on May 12 is observed worldwide as International Nurses Day.

The woman who cared for wounded soldiers with a lamp in her hand on the battlefield of the Crimean War paved the way for millions of nurses today. In Bangladesh, too, nurses continue their work with the same dedication and commitment, often without adequate recognition or benefits. Modern nursing in Bangladesh began in the late 19th century, when missionary hospitals first introduced trained nursing services. After the partition of India, some institutional training developed during the Pakistan period, though it remained insufficient and unstructured. Following independence in 1971, efforts were made to organise the nursing profession as part of building a new healthcare system. Today, the Bangladesh Nursing and Midwifery Council regulates nursing education and practice in the country. There are over 300 public and private nursing institutes offering three-year diploma and two- to four-year BSc programmes. However, considering the country’s vast population, the number of trained nurses remains far below the standard number recommended



by the World Health Organization: there are only 0.7 nurses per 1,000 people in the country, according to 2023 World Bank estimates.Let’s consider how this low ratio impacts our healthcare system. Doctors diagnose and prescribe medication and treatment, but nurses remain on duty round the clock ensuring timely medication administration, monitoring saline flow, and observing for any new symptoms. Their vigilance often makes the difference between life and death. This especially significant in the context of Bangladesh where the number of doctors is still insufficient and access to specialised care in rural areas is limited. Nurses contribute directly to reducing maternal mortality, managing immunisation programmes, and providing family planning services. They provide more than physical care. A patient lying in a hospital bed, overwhelmed by fear, pain, and loneliness, finds comfort in a kind word, a gentle touch, or simple reassurance. Nurses provide this every day. In medical science, this is known as “holistic care”—treating the patient as a whole, not just the disease. In Bangladesh, there is still

a misconception that nursing is a “low-status” job. This idea is clearly misguided. A nurse often carries out several tasks simultaneously—such as administering injections, recording vital signs, comforting patients, and preparing patient files—which requires not only medical knowledge but also patience, empathy, and mental strength. But the working conditions for nurses in this country are riddled with problems. Salaries and benefits are often inadequate, especially in private hospitals where many nurses work long hours for minimal pay. Irregular shifts, lack of weekly leave, and insufficient rest negatively impact their physical and mental well-being. There are also social challenges. Many still believe that studying nursing lowers a person’s social status. This discourages talented students from entering the profession, creating a vicious cycle: an insufficient number of nurses leads to heavier workloads, making the profession less attractive, which scares off potential nurses. Breaking this cycle requires a change in our attitude. People forget that during the Covid pandemic, nurses stood

on the front lines, risking their lives. Many were infected, and some even lost their lives. They stayed beside patients when families could not, holding their hands in their final moments. Their sacrifices must not be forgotten. Meanwhile, nurses must update their skills to keep up with new technologies, treatments, and diseases. ICU nurses manage ventilators, operating room nurses maintain strict sterilisation, and dialysis nurses understand kidney functions. Continuous training and higher education opportunities are essential. In Bangladesh, opportunities for master’s and PhD-level nursing education remain limited. Without research, the scientific advancement of nursing is not possible. In developed countries, nurse practitioners can diagnose illnesses and prescribe medication independently. Introducing such roles in Bangladesh could significantly improve healthcare access, especially in remote areas.One positive aspect is the growing global demand for Bangladeshi nurses. Countries in the Middle East, Europe, and North America face severe nursing shortages. If Bangladesh can ensure quality training and English profi-

ciency, this sector could generate substantial remittance. The Philippines currently leads in global nurse exports. Bangladesh has the potential to follow. However, increasing numbers alone is not enough; quality of work must also be ensured. Nursing curricula must align with international standards and practical training must be strengthened, along with a focus on language skills. Such investments will yield long-term economic benefits.The development of nursing profession is not solely the government’s responsibility; it requires collective effort. The government must improve salaries and working conditions. Strong regulatory frameworks are needed to ensure fair wages in private institutions. Raising social awareness is equally important. Media and educational institutions can play a key role in highlighting the importance of nursing. Children should be taught from an early age that nursing is a noble and humane profession. The role of male nurses also deserves attention. In Bangladesh, nursing is still considered a profession only for women, but male nurses can contribute equally. Encouraging male students and creating a supportive environment is essential.At some point in life, everyone needs hospital care. In those uncertain and difficult times, the person who stays closest is often a nurse. For carrying such immense responsibility, they deserve our deepest respect and gratitude. If Bangladesh truly aims to build a healthy and prosperous nation, nurses must be given their rightful dignity. On this International Nurses Day, let’s move beyond formal expressions of thanks and demand real change. True gratitude will be reflected in meaningful improvements in nurses’ lives. The lamp lit by Florence Nightingale still burns today, in the hands of millions of nurses. Let’s honour that light.

anti-Soviet jihad in Afghanistan, or ISIS—the current wave is driven overwhelmingly by economic deception rather than conviction. Many are lured by recruitment agencies promising legitimate jobs in construction, logistics, or manufacturing, only to have their passports confiscated and be forced into combat. A BRAC Migration Programme report highlighted how legal migration channels have been twisted into forced recruitment, while some are even trafficked through third countries using Umrah visas or other deceptive routes. Social media posts glorifying life in the Russian army have added another layer of false allure. Russia’s desperate need for manpower in its prolonged war of attrition has intensified this exploitation. The number of work permits issued to Bangladeshis by Russia surged to 9,300 in 2025—more than triple the 2,800 issued in 2024. This happened as Bangladesh sent over 11 lakh workers abroad in 2025, an 11.8 percent rise from the previous year. Intelligence assessments suggest Russia planned to recruit at least 18,500 more foreigners in 2026, with Bangladesh remaining a key target.These

deaths on Ukrainian battlefields, however, form only one chapter in a larger tragedy, as the same economic desperation pushes thousands of our young men onto even more perilous paths. In 2025, at least 24,318 Bangladeshi nationals reached Europe through irregular sea and land routes—a staggering 59 percent increase from 2024—making them one of the top nationalities on the dangerous Mediterranean crossings. Hundreds have perished from drowning, starvation, or exhaustion. Early 2026 has already pushed Mediterranean migrant deaths close to 1,000, with Bangladeshis among the most affected. Closer to home, the Andaman Sea and Bay of Bengal routes offer no comfort. These mixed voyages, often carrying both Rohingya and Bangladeshi nationals, made 2025 the deadliest year on record in South and Southeast Asia, with nearly 900 Rohingya deaths or disappearances. In April, another boat capsized off Teknaf, leaving around 250 people feared dead or missing. Families sell their last pieces of land, take crushing loans, and pay brokers Tk 8-16 lakh or more, all driven by the belief that there is no

future left for them in their own country. These heart-wrenching losses—sons dying in foreign wars, bodies lost at sea, families left in eternal grief and debt—are not mere accidents of geography or the cunning of distant traffickers. They are the direct, predictable result of our own long-standing failures in economic planning, education, migration governance, and political leadership. We have created a nation that exports its youth’s vulnerability.At the core lies a persistent youth employment crisis that has eroded hope for millions. According to the BBS Labour Force Survey 2024, unemployment rose to 3.66 percent from 3.35 percent in 2023, with literate unemployment at 4.17 percent versus 1.39 percent among the non-literate. Youth unemployment is far higher at 8.07 percent (ages 15-29), while 20.3 percent are neither in education, nor employment, nor training. Of the 26.24 lakh unemployed, 8.85 lakh are graduates. Many who do work remain in low-paid, insecure informal jobs, reflecting a deep skills mismatch between education and labour market needs. In this gap, brokers and migra-

tion agents thrive, making emigration feel like the only viable path for many. The crisis is especially acute in rural areas where opportunities are limited and state presence uneven. Most migrants reportedly come from districts such as Cumilla, Chattogram, Tangail, Brahmanbaria, Noakhali, and Chandpur. In 2022, Cumilla alone accounted for 105,997 migrant workers, or 9.52 percent of the national total. Migration has become deeply normalised across generations, with local economies increasingly dependent on remittances. Returnees often reshape social hierarchies through new homes, land purchases, and visible consumption. For many young men, going abroad is now seen as a socially respected career path, turning personal aspiration into collective pressure and entire regions into labour-exporting zones.Since the 2024 July uprising, desperation has deepened further. Hopes that political transition would bring a reverse brain drain and attract skilled Bangladeshis back to rebuild have largely faded. Instead, migration pressure has increased, with more people attempting to leave through both legal and irregular channels. Alongside economic factors, growing distrust in political stability, governance, and the rule of law has become a key driver. The post-uprising breakdown in law and order, along with rising mob violence, has further reinforced the perception that a secure and predictable future at home is increasingly uncertain. Our migration system has repeatedly failed to shield these desperate young men. Job offers are poorly verified, pre-departure briefings remain superficial, and once workers leave, tracking is almost nonexistent. High fees create crippling debt from the start. Sub-agents operate with impunity, often protected by political connections. Our embassies in destination countries are too often reactive rather than protective.The United Kingdom’s decision earlier this month to sanction the Bangladeshi agency “Dream Home Travels and Tours Ltd” should shame us into action. The UK accused the firm of deceiving migrants with promises of safe jobs in Russia, only to funnel them into Moscow’s war machine. If a foreign government can identify and penalise such networks operating from our soil, why have our own

law enforcement and intelligence agencies struggled to do the same with the urgency and transparency required? Equally troubling is the diplomatic silence. While India and Nepal have issued formal demarches to Moscow seeking the discharge and repatriation of their nationals, Bangladesh’s Ministry of Foreign Affairs and the Ministry of Expatriates’ Welfare have remained largely passive. There has been no visible high-level protest, sustained diplomatic pressure, or public demand for the return of those still trapped on the frontlines. This absence of accountability deepens the sense of abandonment felt by affected families.We have expanded higher education impressively in numbers, yet failed to ensure quality or relevance. Technical and vocational training remains underfunded and stigmatised. Remittances hit a record \$32.8 billion in 2025 but this success has become a dangerous crutch. We celebrate the remittance inflow while ignoring the human cost of lives lost and families broken. Longstanding governance failures—political short-termism, weak anti-trafficking enforcement,

poor coordination, and insufficient rural awareness—complete this tragic picture. We have left too many gaps for traffickers and foreign recruiters to exploit.Our young men are not pawns to be sacrificed in someone else’s war, nor bodies to be counted among the drowned. They are our asset: a vast youthful population that should be powering a real demographic dividend. Instead, through our collective policy failures across governments, we have turned too many of them into vulnerable exports.It is time we faced this difficult truth with honesty and courage. We must create quality jobs for the millions of new entrants each year, overhaul education to match skills with demand, reform migration with strict verification and fee controls, dismantle trafficking networks regardless of their origin or power, and—most crucially—restore stable governance, rule of law, and assertive diplomacy so that our youth, especially in rural Bangladesh, can believe in a future here at home. Only then can families stop receiving news that no parent should ever have to hear. The blood of Riyad Rashid and so many others demand nothing less.

Labour's uprising: Starmer's legitimacy is in jeopardy

The clock is ticking on Sir Keir Starmer’s leadership of the Labour party. He had begun Monday morning with a speech designed to save his premiership after it was routed in local and devolved elections last week. In it he attempted a political synthesis by occupying Reform’s terrain of national pride without the xenophobia, adopting the left’s language of industrial revival without class antagonism and repositioning Labour as culturally pro-European without reopening the Brexit settlement. It did not succeed. By the afternoon, scores of MPs from across the party had publicly demanded that the prime minister leave

office in an “orderly transition”. As the hours passed, the rhetoric crossed an important threshold: from criticism of strategy to questioning Sir Keir’s legitimacy as leader. Labour MPs increasingly say that voters do not trust, or believe, Sir Keir. Nor do they see the change the Labour government promised to deliver. Backbenchers are clearly saying the prime minister’s leadership is the issue. The instinctively loyal MP Catherine McKinnell put it in stark terms. The message from voters, she said, was clear: “The Labour government has to change, or we will change the Labour government.” Historically, Labour is not a

regicidal party – though Jeremy Corbyn faced multiple attempts by Labour MPs to remove him as leader. Perhaps that is why many want to avoid a return to a civil war, or appearing like the Conservatives, who, in the past decade, indulged in bouts of panic, instability and public bloodletting. In calling for a smooth handover of power, the Labour rebels are looking to lower the temperature and make removal seem responsible rather than reckless.But Sir Keir is in no mood to go quietly and has vowed to fight on. His insistence that the 2024 election gave him a mandate to lead Labour into the next election and perhaps govern for a decade reveals



a profound misreading of the electorate that brought him to power. It is true that Labour won a landslide. But the party inherited a temporary anti-Tory

coalition, not a ringing endorsement from voters. Labour’s parliamentary majority created the illusion of dominance. Underneath it lay a shallow and brittle

voting bloc – one that plainly feels taken for granted by Sir Keir’s leadership. The Labour party has already moved on to the more interesting question of succession. The health secretary, Wes Streeting, represents the Blairite machine, the former deputy prime minister Angela Rayner the protest of the rank and file, and the Greater Manchester mayor, Andy Burnham, is the prince across the water. Whether a leadership contest happens quickly or whether it is delayed matters, because timing favours different candidates: notably, Mr Burnham needs to slow politics down long enough to win a parliamentary seat. He would

probably already be back in Westminster if Labour’s over-riding priority was defeating Reform rather than ensuring Sir Keir was not threatened by his popularity.Given Labour’s poor showing in the polls, Mr Burnham will find it harder to win a seat – if he is allowed to stand. Greater Manchester, Labour’s showcase region, has revolted against the very political culture it once embodied. That may prove the ultimate price of Starmerism. Political systems rarely collapse in a single dramatic moment. Often they wither away as they lose the ability to recognise that the world sustaining them has already disappeared.

Hardeep Puri announces ‘new era for India’ slashes royalty rates for oil and gas sector

New Delhi:In good news for companies like ONGC, Oil India, India has rationalised royalty rates for oil and gas companies under the Oil-fields (Regulation and Development) Act to boost growth in the upstream sector.This comes days after Prime Minister Narendra Modi addressed the nation and urged citizens to reduce imports-linked consumption, including petrol, diesel, and cooking gas usage on the backdrop of West Asia Conflict that has resulted in the closure of Strait of Hormuz since February 28.The blockade of Strait of Hormuz, has pushed oil price higher. Currently crude is hovering near \$99.01 per barrel and Brent Crude is hovering near \$105.05 per barrel.Govt revises oil and gas royalty framework after ORD Act amendments

Union Petroleum and Natural Gas



Minister Hardeep Singh Puri said the reform in royalty is part of a decade-long effort to modernize India’s regulatory landscape by simplifying complex rules and creating a more consistent system to strengthen the country’s energy future. The move follows the 2025 amendments to the ORD Act and Petro-

leum and Natural Gas Rules, under which the government introduced revised royalty rates and methodologies for crude oil, natural gas, and casing-head condensate. Puri also called the move marks a “new era” for India’s oil and gas sector by removing long-standing inconsistencies in the royalty framework.“In a

big boost for the country’s Upstream Sector, rationalization of royalty under the ORD Act marks a new era for our Oil & Gas regimes by eliminating inconsistencies and driving growth in the upstream sector under the leadership of PM @narendramodi. This landmark decision will be a major step toward regulatory clarity,” Puri said on X.According to the minister, the revised schedule aims to create a stable, predictable, and investor-friendly framework for India’s upstream oil and gas sector. Crude price in 2026

Brent crude prices stood at \$72.48 per barrel on February 27, before the conflict began. Crude oil prices crossed \$120 per barrel at one stage and have largely remained above \$100 per barrel since the West Asia conflict escalated on February 28, 2026.

Medanta steps up Northeast cancer outreach as doctors stress early detection of Esophageal cancer

Dimapur: Medanta - The Medicity has intensified its healthcare outreach in Northeast India amid growing concerns over rising cases of esophageal cancer in the region, particularly in Nagaland, where tobacco use, chewing betel nut (supari), and dietary habits remain major risk factors. Doctors from the Gurugram-based hospital, recently ranked India’s Best Hospital by Newsweek in 2026, warned that many patients continue to seek treatment only at advanced stages because early symptoms are often mistaken for acidity or throat irritation. Specialists said symptoms such as difficulty swallowing, unexplained weight loss, persistent cough, vomiting, chest discomfort, regurgitation, and hoarseness should not be ignored.Dr. Rajesh Puri, Vice Chairman, Interventional Gastroenterology at Medanta, said early diagnosis can dramatically improve survival rates, while Dr. Hitesh Panchal high-

lighted Upper Gastrointestinal Endoscopy as an effective and minimally invasive screening tool that enables faster treatment and recovery.The awareness drive is also expected to influence Dimapur, where demand for advanced diagnostics, specialty consultations, and preventive screening services has been steadily increasing. Industry observers say growing awareness campaigns and improved access to tertiary healthcare could strengthen the city’s position as a regional medical hub for Nagaland and neighboring states.

Medanta has signed an MoU with the Government of Nagaland for accreditation under the Chief Minister’s Health Insurance Scheme (CMHIS) and partnered with IDAN to promote healthcare awareness. Dr. Panchal will consult patients in Dimapur on May 15 and 16, while Medanta has also launched a dedicated Northeast helpline with multilingual support.

First source Solutions share zoom 18% heavy

New Delhi: The stock price of FSL had hit a 52-week low of ₹200.60 on March 2, 2026. It touched a 52-week high of ₹403.80 on June 25, 2025. Firstsource Solutions (FSL), an RP-Sanjiv Goenka Group company, is a global intelligence partner to enterprises across healthcare, AI-led productivity gains and operating leverage. Given the strong pipeline and healthy guidance, analysts at ICICI Securities upgraded FSL to ‘Buy’ and revised the target price to ₹290, valuing it at 18x P/E on FY28E EPS. FSL reported Ebit margins expansion in both Q4 and FY26, supported by operational efficiencies and improved business mix.

IIT Madras BS Programmes gain momentum as demand rises for flexible, skill-based higher education

Chennai: Indian Institute of Technology Madras has opened admissions for its BS Degree Programmes for the 2026 academic cycle, with applications open till May 31, amid rising demand for flexible and industry-aligned higher education models in India’s evolving job market.The institute is offering four programmes — BS in Data Science and Applications, BS in Electronic Systems, BS in Management and Data Science, and BS in Aeronautics and Space Technology — aimed at learners seeking future-ready skills in technology, analytics, management, and emerging sectors.

The programmes are open to anyone who has completed Class 12, with no



age restrictions, and do not require candidates to clear the Joint Entrance Examination (JEE). Admissions are conducted through a qualifier process, widening access to IIT education for students across diverse academic and economic backgrounds.IIT Madras

said the programmes can be pursued alongside regular undergraduate courses such as BCom, BSc, BBA, and Engineering, reflecting growing market demand for multidisciplinary and data-driven skill sets. Courses are delivered primarily online, with physical examinations held across India. Prof. Prathap Haridoss, Dean (Academic Courses), IIT Madras, said the programmes are designed to combine flexibility with IIT-level academic quality and improve career opportunities for students.The institute also offers fee support of up to 75 per cent for eligible economically disadvantaged learners. Interested candidates can apply through the official IIT Madras BS admissions portal.

JSW Energy reports a 38% increase in Q4FY26 a Rs 2 dividend, in renewable generation

New Delhi: JSW Energy reported a 38.36% year-on-year (YoY) increase in its consolidated net profit to Rs 573.53 crore in Q4FY26, from Rs 414.51 crore reported in Q4FY25.Revenue from operations stood at Rs 4,498.58 crore, up 41.05% YoY from Rs 3,189.39 crore reported in Q4FY25.For the full financial year FY26, revenue from operations increased 60.92% YoY to Rs 18,901.13 crore from Rs 11,745.39 crore reported in FY25. JSW Energy’s board has recommended a dividend of Rs 2 per equity share of face value Rs 10 each for FY26. Shareholders will need to approve the dividend at the company’s 32nd Annual General Meeting (AGM). The company has fixed June 5, 2026 as the record date to determine eligible shareholders for the dividend. Renewable energy generation rose 68% to 2.9 BUs, while thermal generation increased 43% to 8.8 BUs.The company said long-term PPA generation grew



25% year-on-year to 8.6 BUs. Short-term generation surged 201% to 3.1 BUs.The

company attributed the growth to higher contribution from the Mahanadi thermal

plant, Utkal project and renewable capacity additions.Q4FY26 highlights:Capacity expansion gains paceJSW Energy added 2.6 GW capacity during FY26, taking total installed generation capacity to 13,454 MW.Renewable installed capacity stood at 7,796 MW at the end of FY26.The company said it added 118 MW renewable capacity during Q4FY26 alone.FY26 highlightsThermal business remain the key contributor in Q4FY26 revenue growth. Revenue from the thermal sector surged to Rs 13,212.23 crore from Rs 7,941.75 crore in FY25. Revenue from the renewable energy business also climbed to Rs 5,625.75 crore from Rs 3,578.90 crore a year ago. JSW Energy, part of JSW Group, is one of India’s leading private power companies. The company operates across thermal, hydro, solar and wind power generation and is aggressively expanding its renewable energy portfolio.

Nifty Pharma hits record high in weak market; 56 stocks beat index gains

New Delhi: The Nifty Pharma index scaled a fresh record high in an otherwise weak market, as investors continued to shift towards defensive sectors amid rising uncertainty.The pharma index has surged 15 per cent between April 2 and May 11, 2026, outperforming key benchmark indices during the period. Data showed that 56 out of 92 listed pharma companies outpaced the index’s gains over these 34 trading sessions, highlighting broad-based buying interest across the sector. Among the top gainers, shares of ZIM Laboratories Ltd, Cohance Lifesciences Ltd, Suven Life Sciences Ltd, Neuland Laboratories Ltd, Kopran Ltd and Advanced Enzyme Technologies Ltd rallied between 15 per cent and 71 per cent during the period. Market participants have increasingly favoured pharmaceutical stocks due to their defensive nature, especially at a time when volatility in global markets and geopolitical concerns have weighed on risk appetite. Meanwhile, anti-malaria



drug maker IPCA Laboratories Ltd emerged as the only declining stock among the 92 pharma companies tracked during the period, slipping 3 per cent.Benchmark equity indi-

ces, including Nifty50, came under pressure today after Prime Minister Narendra Modi urged citizens to reduce fuel consumption and avoid unnecessary gold purchases.

Addressing citizens, PM appealed for fuel conservation to help protect India’s reserves. He noted that crude oil and gold account for a significant portion of the country’s import bill.

Axis Bank shares near key support levels; should investors buy the stock

New Delhi: Shares of Axis Bank, one of the leading private sector banks in India, slipped around 2 per cent to ₹1,267.25 per share on the BSE on Friday. Those at Mirrae Asser Sharekhan, too, kept their ‘Buy’ rating intact with a target of ₹1,550.“Axis Bank has entered FY27 on a stronger footing as loan growth momentum is robust at 18.5 per cent Y-o-Y, retail asset quality stress is visibly stabilising, and the voluntary provisioning build significantly de-risks the balance sheet for any future credit cycle volatility. NIM is likely to stay under check in the near term as repo rate cuts get transmitted, but declining deposit costs and a gradual rebalancing of loan mix toward higher-yielding loans should provide cushion,” it said. The stock has been testing investor patience for some time now. It has generated +3.3 per cent returns over the last one month, -3.6 per cent in the last three months, and +5.6 per cent returns in six months.Besides, Axis Bank stock is trading somewhere in the middle of its 52-week high and low range. The current market price of Axis Bank stock is ₹1,290 on the BSE, compared to its 52-week high price of ₹1,418 and 52-week low of ₹1,041. Against this, total deposits rose 13.9 per cent Y-o-Y and 6.0 per cent Q-o-Q to ₹13.35 trillion.Axis Bank fundamental outlookAxis Bank’s net interest income (NII) increased 4.7 per cent Y-o-Y and 1.2 per cent Q-o-Q in Q4FY26, while net interest margin (NIM) compressed by 35 basis points Y-o-Y and 2 bps Q-o-Q Further, its core operating profit rose 3 per cent Y-o-Y, but reported net profit dipped 0.9 per cent annually. PL Capital retained its ‘Buy’ rating on the stock, while increasing the target price to ₹1,600 (from ₹1,500) post Q4 results. The brokerage raised loan growth estimates for FY27 and FY28 by 100bps each to 13 per cent, but trimmed net interest margin (NIM) forecast for FY27 and FY28 by avg. 10bps, and cut core PAT estimate by average 2 per cent.Technically, Axis Bank shares slipped below the ‘Super trend line’ support last week, confirming a downtrend. However, a mid-week rise in



the stock, that ended near the 20-day SMA, appears to have improved signals from oscillators, said Anand James, Chief Market Strategist, Geojit Investments Limited.

“This suggests that despite the prevailing trend being down, the odds of a recovery swing appears higher. The ₹1,268 or the recent low of ₹1,253 may be used as a downside marker,” he said. Meanwhile, according to a Bloomberg report, Axis Bank has signed a \$500 million offshore loan with Mitsubishi UFJ Financial Group Inc. (MUFG).

The three-year facility is likely to be priced based on the secured overnight financing rate (SOFR) plus 85-basis point interest margin. Axis Bank plans to use the funds for lending and general business purposes, the report said. Notably, D-Street analysts had said post its March quarter results that the bank needs to increase its deposit mobilisation to aid future loan growth The lender’s loan-to-deposit ratio (LDR) stood at 92 per cent, while liquidity coverage ratio (LCR) was 117 per cent in Q4FY26.Given this, analysts at PL Capital said the bank needs to accelerate its deposit growth to achieve the targeted loan growth.Axis Bank’s loan disbursements grew 18.5 per cent Y-o-Y to ₹12.3 trillion in Q4, driven by38-per cent uptick in corporate loans, and 24-per cent SME loans. Retail loan growth was at 8 per cent Y-o-Y.

IT dividend stocks: TCS vs Infosys vs Wipro vs LTM

New Delhi: Dividend announcements from Indian IT companies have remained in focus as several technology firms declared shareholder payouts alongside their FY26 earnings. Among them, LTM Ltd (formerly known as LTIMindtree Ltd) recommended a final dividend of Rs 53 per equity share for the financial year ended March 31, 2026. The company has fixed Monday, May 25, 2026, as the record date to determine the eligibility of shareholders for the final dividend. The payout is subject to shareholder approval at the company’s 30th Annual General Meeting (AGM), scheduled on Monday, June 1, 2026. If approved, the dividend will be paid on or before Wednesday, June 10, 2026, according to the company’s AGM notice.LTM’s highest-ever single dividend

LTM’s latest dividend also stands out in the company’s own history of dividend payments. According to the official dividend data available, the Rs 53 per share final dividend for FY26 is the highest single dividend announced by the company to date. Earlier, the company had declared an interim dividend of Rs 22 per share for FY26, taking the total dividend payout for the year to Rs 75 per share. However, while LTM’s

payout is among the notable dividends in the IT sector, it is not the highest recent payout across the broader Indian IT space.

Oracle Financial Services Software Ltd (OFSS) announced a second interim dividend of Rs 270 per share, taking its total FY26 dividend to Rs 400 per share, while Mphasis recommended a dividend of Rs 62 per share for FY26. The record date for OFSS was May 7, while Mphasis has fixed July 8 as the record date. Tata Consultancy Services Ltd (TCS), in its Q4 FY26 results, declared a final dividend of Rs 31 per equity share for FY26, taking the total payout for the year to Rs 110 per share. “The final dividend, as may be declared by the shareholders at the AGM, will be paid on Friday, June 12, 2026, subject to deduction of tax at source,” the company said.Infosys Ltd recommended a final dividend of Rs 25 per equity share for FY26, taking its total dividend amount for the year to Rs 48 per share. The record date for the purpose of payment of final dividend is June 10, 2026, and the dividend will be paid on June 25, 2026.

Wipro Ltd said that the interim dividends of Rs 11 per share declared in July 2025 and January 2026 will be treated as the final dividend for FY26.

INTERNATIONAL

Lamb with peas and broad beans, caponata and vignarola: Conor Gadd’s recipes for Italian-style spring vegetables

Spring is arguably the most exciting time for a chef, or cook. The long – really long – winter has come to an end and, as the shadows shorten, the list of ingredients lengthens: peas, broad beans, wild garlic, spring lamb ... It is where nature comes into her own, because, as if by design, all of its bounty goes together in the most wonderful, natural and understated way.

Lamb shoulder cooked in buttermilk with peas, broad beans and wild garlic

Prep 15 min
Chill overnight
Cook 3 hr 50 min
Serves 6
1 lamb shoulder (2.2-2.5kg), on the bone
500ml buttermilk
Finely grated zest of 1 lemon
1 whole head garlic, cloves separated and smashed, but unpeeled
50g chopped rosemary
200ml chicken stock
150g podded peas
150g podded broad beans
80g wild garlic leaves
Score the lamb all over in a crisscross fashion. In a bowl, mix the buttermilk with the lemon zest, smashed garlic cloves and chopped rosemary. Smother the lamb with the mixture, then cover loosely and chill in the fridge overnight.
The next day, heat the oven to 180C (160C fan)/350F/gas 4. Put the marinated lamb shoulder in a roasting tray, ensuring all the marinade goes in with it. Pour 200ml chicken stock into the tray, cover with foil and roast for three hours, basting every hour. Turn up the oven to 195C (185C fan)/385F/gas 5½, remove the foil and roast for another 30 minutes, until the meat is tender and the skin crisps up. Lift the lamb out of the tin and leave to rest while you get

on with the vegetables.
Drop the peas and broad beans into the roasting tray, and bring to a boil; add a little more stock, if required. Once boiling, add the wild garlic leaves, cook for two minutes, then take off the heat.

To serve, shred the lamb, arrange it on a platter and spoon over the sauce with all the gubbins from the tray. Serve with boiled potatoes and a green salad.

Caponata (Sicilian aubergine stew)

Sicily does flavour well. We serve this dish at both Burro and Trullo, but I’ve tweaked the recipe slightly to make it easier to do at home.

Prep 20 min
Cook 20 min



Serves 6
400ml oil
50g pine nuts
2 white onions, peeled and thinly sliced
4 whole garlic heads, cloves separated, peeled and thinly sliced
4 celery sticks, peeled, blanched and thinly sliced
500g jarred grilled peppers, chopped
25g black olives, pitted and roughly chopped
100g datterini tomatoes, quartered



with kitchen paper.

Next, sweat the onions and sliced garlic in the pine nut oil for as long as possible before they change colour, then drop in the celery, peppers, olives and tomatoes.

Take off the heat and cover with a lid.

In a deep-sided pan on a medium heat, fry the aubergines in 250ml oil for about four or five minutes, until golden all over.

Stir the aubergines into the onion mix, add the pine nuts, sultanas, chopped herbs and plenty of salt and vinegar, and serve warm or at room temperature.

Vignarola (Roman spring vegetable stew)

A Roman stew that marries broad beans, peas and artichokes, but this version



adds a few extras – you simply cannot eat enough

vegetables.
Prep 25 min

Cook 30 min
Serves 4-6

Put those weights down! How ‘eccentric’ exercise opens up a whole new world of fitness

We all love a power move, such as running, jumping, throwing balls, swinging kettlebells or scaling walls. In comparison, deliberate, controlled movement can seem a bit boring. But this slower side of exercise is frequently safer and less physically demanding than its more showy rival. And according to the latest research, one form of it is more effective than it has traditionally been given credit for.
“Eccentric exercise training provides numerous benefits for physical fitness and overall health, making it suitable for a wide range of individuals,” Prof Kazunori Nosaka writes in a new paper published in the Journal of Sport and Health Science. It “offers unique advantages over concentric or isometric exercise, particularly in promoting neuromuscular adaptations”.
Eccentric? Concentric? To explain this in slightly friendlier terms, any movement you make with your body involves one or more sort of muscle contraction: concentric (shortening), isometric (generating force to stay in one place, as you’d do in a plank), or eccentric (lengthening). Practically speaking, it’s usually safe to think of what sports scientists call the eccentric phase of a movement as “the lowering bit”. In a press-up or squat, it’s the part where your body’s descending towards the floor; in an overhead press, it’s the part where you’re lowering the weights from the top of the move. Typically, this means that eccentrics feel a bit less sexy than concentrics, but increasingly, it seems they’re an excellent option for almost everyone.
“One recent meta-analysis found that eccentric training is consistently effective for improving strength, power, muscle growth and flexibility across all populations, from athletes to older and clinical groups,” says Callum Roberts, head coach at Results Inc gym. “We usually use eccentric movements to reinforce technique and develop better range of motion – slowing down and taking the time to really focus on the movement. If you want to perform better, look better and stay functional over the long term, they really should be part of your training.” Exactly how easy it is to emphasise the eccentric bit



of an exercise depends a lot on what you’re doing. Some exercises don’t really have an eccentric phase – explosive movements such as a kettlebell swing don’t have a part where you control the weight as it comes back down, and sled pushes or pulls don’t involve a part where the sled pushes you back. In everything else, the simplest way to focus on the eccentric is to make the lowering bit slower. “Three to five seconds is a good rule of thumb,” says Kurt Johnson, co-founder of physiotherapy and performance clinic One Body LDN. “For example, if you’re doing a biceps curl, you’d curl up normally, but in the lowering phase take your time and count the seconds. The same goes for squats or push-ups.”
For tougher movements, you can also experiment with eccentric-only reps – in a pull-up, for instance, you can just do a small jump (or stand on a step) to get your chin over the bar, then lower yourself down as slowly as you can. In a press-up, things can be a bit more ungainly, but the principle is the same – just wrangle yourself into the top position of the

movement (a plank, essentially), then try to descend with a bit of decorum.
In other exercises, you can make the “up” bit easier than the “down”: in the biceps curl, for instance, you’d do this by “cheat” curling the dumbbells up (using a bit of momentum from your body to help), or by switching standard palms-up curls for palms-facing-each-other hammer curls, which recruit more muscles to the effort.
“A more advanced option is to add eccentric overload by using two limbs to lift but one to lower, like using both legs to push up in a leg press but one in the down bit” says Anwen Davies, a former gymnast and trainer at The Lady Lab. “This isn’t necessarily something to try as a beginner, but it’s worth bearing in mind.”Traditionally, the biggest problem associated with eccentric exercise (apart from how to pronounce the word, which turns out to be ee-centric) is delayed onset muscle soreness, or Doms – the dreadful feeling when you’ve done too many squats and can’t walk down the stairs properly. This partly happens

because it’s easy to accidentally overdo eccentrics. “Despite the workout feeling far less demanding, the body and muscles can end up feeling much more fatigued,” says Johnson. “It’s important to start with fewer repetitions of each exercise and lower weights before building up – that way, the soreness will largely become a non-issue.”
In summary, then: it’s not loud, it’s (probably) not as much fun as leaping on to a box, and you’ll have to use less weight than you normally would, but prioritising eccentrics might actually help you to build some strength. Time to take it slow.
Five eccentric exercises to try
If you’re new to eccentric exercise (or exercise in general), start easy – try doing two or three eccentric-focused exercises twice a week, with at least three days between sessions. Do three sets of around five to eight reps, focusing on the slow eccentric phase.
“After three to four weeks, your body will adapt to the soreness and you can increase the frequency or add exercises,” says Anwen

Davies. “The beauty of this approach is that you can get significant strength gains in 20 to 30 minutes without needing equipment or getting out of breath.” Take your pick from the below:
1. Eccentric-focused squats
Squat down slowly for three to five seconds, then stand up at a normal pace. “You can hold on to a door frame for balance initially, or lower to a chair,” says Davies. “This helps to build leg strength without the cardiovascular demand of regular squats.”
2. Wall press-ups
Put your hands on a wall shoulder-width apart, and slowly lower your chest towards the surface – again, three to five seconds is a good count before you pause and press back up. Lower the incline (so that you’re using a table or couch) as you get stronger.
3. Push presses
Using dumbbells, a barbell, or a couple of bottles of water, bend your knees slightly and then stand up straight, using the momentum to help push the weight overhead – then lower it slowly. Warm up your shoulders first, though.
4. Heel drops
“Stand on the edge of a step and rise up on to your toes, then, lower your heels slowly below the level of the step before returning to the start,” says Johnson. “This is a brilliant option for anyone with calf or Achilles issues.” You can also do it while you’re waiting for the bus.
4. Eccentric calf raises
Similar to heel drops, but a bit more intense, as you’re working on one leg. “Rise up on to your toes with both feet, then take one foot off the floor and slowly lower down over three to five seconds,” says Davies. “Use both feet to rise again. This is good for calf strength and ankle stability.” If balance is a problem, putting a hand on the wall or a table is fine.
5. Slow descent step-downs
Stand on a step or sturdy box, and slowly lower one foot toward the ground over three to five seconds without fully stepping down, then bring it back up. “This helps to build single leg strength and control, which translates to better balance and injury prevention,” says Davies.

In the movie version of The Immortals of Meluha, Ranveer Singh will portray Lord Shiva



Mumbai: Ranveer Singh appears to be making a significant change to his on-screen persona after impressing audiences as Hamza in the Dhurandhar movies. According to a recent source, the actor would portray a Lord Shiva-inspired character in a lavish big-screen rendition of Amish Tripathi’s Shiva trilogy, sometimes referred to as the Immortals of Meluha series.Ranveer has obtained the rights to The Immortals of Meluha under his production company, Maa Kasam Film, according to a Pinkvilla report. The ascent of a Himalayan warrior in the ancient kingdom of Meluha is chron-

icled in the best-selling book and its two sequels. According to the report, Ranveer and Birla Studios have teamed up to create the mythological epic as a massive trilogy. For a considerable amount of time, Ranveer has been enthusiastic about bringing Meluha to the big screen. The project is now formally under development as a result of the recent acquisition. The franchise is being developed as a long-term cinematic universe, and the plot will be told over the course of three movies. The crew has already started writing, and they are taking their time to develop the world-building and

screenplay. According to a source cited in the article, “the first part is expected to go on floors in 2028.” The project’s specifics are currently unknown, and a director has not yet been selected. “The director won’t be locked until the script has advanced to a certain point. The source continued, “At the moment, the entire focus is on developing the material.” The Immortals of Meluha, the first novel in Amish Tripathi’s Shiva Trilogy, was published in 2010 and serves as the start of the Amishverse, his shared universe of stories.

The ascent of Shiva, a Himalayan warrior who travels to the ancient kingdom of Meluha, is the subject of the three novels. The Indus Valley Civilization is transformed into Meluha in the books, which combine mythology, history, and realism. Shiva is portrayed as a mortal man who assumes the role of a god after the kingdom accepts him as Neelkanth, their legendary savior.

The Secret of the Nagas and the Oath of the Vayuputras were the sequels. With 2.5 million copies in print since its publication, the Shiva Trilogy is now the fastest-selling book series in Indian publishing history.

SRK inspired Prajakta Koli’s love of romance, and the Netflix adaptation of her book

Mumbai: Prajakta Koli, who began her career as an actor, content producer, and now author, has discovered a whole new creative high through books and audio storytelling. In addition to being well-received by readers, her first book, Too Good To Be True, also entered the audiobook market because to her partnership with Audible, which she claims resulted from a deep affection for the genre. “So Audible—to be really honest with you, I kind of jumped on the whole audiobook bandwagon quite late,” she explains. I mean, I’ve had my nose to a book my entire life. I’ve always loved reading, but when I started reading romance novels, this whole world of escape kind of opened up, and I thought, “This is what I was waiting for, and this is what I have to do in my life.”Prajakta claims that she frequently saw the same narrative in several different formats at once. “Therefore, I would have a Kindle version, a hard copy, and an audiobook for

each book so I could continue to switch between whatever I was doing.” Prajakta’s notable collaboration with Marvel’s Wastelanders is a cherished memory tied to her love for the Marvel universe. She chose to narrate her book, Too Good To Be True, herself, favoring a straightforward narration over dramatization, citing her lack of directing experience as a reason. Although there are rumors of a Netflix adaptation, she remains cautious yet hopeful. The success of her book has been validating, overcoming her initial hesitations about writing. Prajakta finds significant meaning in reader recognition and sales achievements, particularly as a debut writer. Romance is central to her storytelling, inspired by her love for romance novels, and she is working on more stories while maintaining a busy schedule with new projects. She believes there is a continuous audience demand for heartfelt love stories, shaped heavily by her Bollywood film influences.

During a live performance in Kolhapur, a fan rushes to touch Sonu Nigam’s feet on stage



Mumbai: During his performance last weekend in Kolhapur, Maharashtra, Sonu Nigam experienced an unexpected moment. In the middle of the singer’s performance, a fan unexpectedly scaled the stage. Even though the interruption momentarily stopped the performance, the singer handled it coolly and even made the audience laugh.The singer is seen performing on stage wearing a green velvet blazer, matching pants, and a white shirt in a video from the performance that Sonu Nigam later posted on Instagram. He may be seen stepping back in the middle of the song when he sees a fan running toward him on stage. The admirer, wearing a white T-shirt, seemed to come up to the artist to touch his feet and ask for blessings. Sonu Nigam briefly stopped singing as a result of the sudden shift. Rather than

becoming enraged, the singer turned to face the audience and exclaimed, ”Waaah, shabaash!”Security guards soon arrived at the stage and attempted to remove the fan. But before things became too heated, Sonu Nigam intervened. Surprisingly, he turned the microphone over and drew the fan back towards him. The incident on stage involved a fan who began singing a few lines from the song ”Chori Kiya Re Jiya,” seamlessly continuing from where the original singer, Sonu Nigam, had left off. The crowd’s enthusiastic response turned the moment into an ad-hoc duet, showcasing the spontaneity of the event. However, Nigam appeared somewhat uneasy standing alongside the security personnel during this unexpected occurrence, indicating a slight discomfort with the situation. After the fan concluded his impromptu performance, he returned the microphone and expressed his admiration for Nigam by saying, ”Kolhapur loves you” in Hindi, before being escorted off the stage. Following the incident, Sonu Nigam shared a video of the moment on Instagram, reflecting on the audience’s behavior with a playful reprimand. He noted, “”Kyon Pitne vaale Kaam karte ho audience? Is baar toh bachaa liya, har baar nahi bacha paunga,” which translates to questioning why the audience engages in risky antics that could lead to repercussions.

He humorously acknowledged that while he managed to save the situation this time, he may not always be able to do so in the future. Sonu Nigam is well-known for posting special moments from his performances on Instagram, many of which demonstrate how he manages unforeseen circumstances on stage. In order to assist a child who had been separated from his family in front of an audience of about 30,000 people back in February, the singer temporarily halted his performance in Hubballi.

In France, Hrithik Roshan gives his parents a treat in honor of Mother’s Day



Mumbai: This year, Hrithik Roshan’s parents enjoyed a unique Mother’s Day celebration as the actor and his fiancée Saba Azad appeared to take them on an idyllic trip to France. Hrithik posted a number of endearing pictures from their time together overseas on social media, giving fans a peek into their family vacation.The actor posted pictures of his fiancée Saba Azad with his parents, filmmaker Rakesh Roshan and Pinkie Roshan, on Instagram on May 11. It looked like a laid-back family outing. The family get-together was

made more gorgeous by the enormous tree known as “Ombre de Maman,” which provided shade for the touching event. Hrithik Roshan can be seen in the pictures smiling next to the massive tree and jokingly gesturing to Saba Azad, who is clinging to one of its sweeping limbs. In a cozy and open family portrait, Pinkie Roshan sits cross-legged on the ground as Rakesh Roshan kneels next to her.

Wider pictures show the group in the same configuration while highlighting the tree’s immense size and grandeur, giving the

impression that they are having a great time. Another image shows the Roshan matriarch sitting cross-legged with her arms outstretched in a close-up. Hrithik wore a black leather jacket, black pants, and a matching tennis cap to maintain a chic yet understated appearance.

In addition, he had a cream-colored scarf over his neck. Wide-leg denim trousers and scarlet Mary Janes complemented Saba’s casual ensemble, which included a light blue striped blouse tied at the waist. Pinkie chose to wear all black, including tinted eyeglasses and a scarf with a black-and-white design. Rakesh, on the other hand, wore a white flat cap with sunglasses, dark jeans, and a black-and-white wind-breaker. ”I found this tree in France called ‘ombre de maman,’” the 52-year-old actor wrote as the caption for the photo. roughly means “Maa ki chaayaa!” Waah! To the shade, courage, and love that support us all, happy Mother’s Day. P.S. Before the French at-

tack me... I’m kidding, yes. We are just a quirky family who adores trees. Since early 2022, Hrithik and Saba Azad have been in a committed relationship. They frequently appear in public together at industry events, family get-togethers, and holidays. When they went to Karan Johar’s star-studded 50th birthday celebration together, the couple formally announced their romance. Prior to their divorce in 2014, Hrithik was wed to entrepreneur and interior designer Susanne Khan in 2000.

Hrehaan Roshan, 19, and Hridaan Roshan, 17, are the couple’s two kids. In terms of his career, Hrithik is getting ready to direct his first film, Krrish 4. Hrithik is both directing and starring in the eagerly awaited superhero movie, which is being produced by Yash Raj Films in association with Rakesh Roshan. The actor will also enter the over-the-top (OTT) market as a producer for Storm, a thriller set in Mumbai that is being developed for Prime Video.

Junaid Khan explains why he doesn’t show his father Aamir Khan scripts anymore



Mumbai: In the movie Maharaj, Bollywood actor Junaid Khan made his Bollywood debut and won praise from critics. His latter movies, though, did not connect with viewers. Junaid explained why he no longer shows scripts to his father, Aamir Khan, in a recent interview with Vicky Lalwani on his YouTube channel. ”No, because I made that mistake with Ek Din,” Junaid responded when asked if he talks to Aamir about his projects. Then he disclosed that even before they started filming Maharaj, director Siddharth P. Malhotra had informed him about obtaining the rights to the Thai movie One Day and wanted to collaborate with him. The script was still being worked on at the time. Later, Siddharth recounted the Ek Din script to Junaid

when they were working on Maharaj, and he truly enjoyed it. But Siddharth told him that he would find another director and that he would not be directing the movie since he was preoccupied with Maharaj. Then, recalling how Aamir insisted on making the movie as soon as he heard the narration, Junaid made the decision to ask his father for a second perspective. Junaid recalled Aamir’s heartfelt request to Siddharth, which the director was unable to turn down. “So he asked to be allowed to produce it,” he claimed. He asked them to allow him to produce it, saying, “Mere bete ke liye mujhe ek chance mil raha hai.” “Please give my son one chance.” ”Papa is a fantastic producer, but what ends up happening is it takes five years to make it,” Junaid continued. I im-

mediately realized that if I brought it to my father, he would say, “I’ll produce it, and then I’ll have one film in five years.” which is fantastic for him, but I’m only getting started. Dad is eager to collaborate with me on another movie, but I’m like, in a little while. When he is not in control, he becomes anxious. He said, “I don’t know why you’re doing this,” even with Maharaj. Are you certain this is the right movie for you? He was a little at ease with Loveyapa. Sai Pallavi and Junaid Khan played the main parts in this Sunil Pandey-directed movie. The romance film, which was supported by Aamir Khan Productions, received mediocre to poor reviews when it debuted and only made about ₹5 crore globally during its theatrical run.

Alia Bhatt attends Cannes 2026 for the first time

Mumbai: Alia Bhatt has arrived at the Cannes film festival on the French Riviera, and her first glimpse is already available! She was seen wearing a structured corset ball gown with little embellishments while attending as the worldwide brand ambassador for a beauty business. The actor is attending the esteemed film festival for the second time. She is walking the red carpet this time around, having made her Cannes debut in 2025. In addition to her participation, an Instagram video featuring Alia Bhatt has been making news. It included posters of several other female actors, other from Alia, being unveiled from the top of the Martinez hotel and was posted by the same beauty company she promotes. However, none of the posters included Aishwarya Rai Bachchan, who has been the brand’s face in India for many years. Enraged by this omission, fans criticized it in the video’s comments section. The brand has not yet addressed the issue. In terms of her career, Alia has two major projects planned: Love & War, which stars Vicky Kaushal and her husband, actor Ranbir Kapoor, and Alpha, which co-stars Sharvati.

On Instagram, Mouni Roy and her spouse Suraj Nambiar unfollow each other

Mumbai: Online rumors of marital problems between actor Mouni Roy and spouse Suraj Nambiar have surfaced four years after their wedding. Fans started speculating about the couple’s potential split after noticing that they appeared to unfollow one another on Instagram.Since their January 2022 wedding, Mouni and Suraj have been well-known. The couple publicly expressed their affection for one another by frequently posting photos of themselves together on social media. Fans are worried by their recent Instagram activity, though, and many are wondering what might have happened between the two. Mouni still has her wedding photos and other postings with Suraj on her profile, even though they are said to have unfollowed one other.

In a similar vein, Suraj’s Instagram account still features photos of him and Mouni. Suraj’s comment area was quickly inundated with inquiries from curious followers on their relationship status. “Why did you delete your wedding pictures?” said a social media user. Divorce in the near future? “They looked so in love, what happened?” said another. The rumors about Mouni and Suraj’s marriage

have not yet been addressed.Suraj is from a Bengaluru-based Jain family and works as an investment banker and businessman in Dubai. In contrast, Mouni is a businesswoman and an actor. In January 2022, the pair got married in Goa. Both Bengali and Malayali customs were observed at their wedding, which was held at the Hilton Goa Resort in Candolim.

A Bengali wedding took place later in the day, after the event started with Malayali customs. Mouni wrote, “I found him at last.. Hand in hand, blessed by family and friends, we’re married!” while posting photos from the wedding at the time. I need your blessings and love. Love, Mouni and Suraj.

The same photos were also posted by Suraj, who wrote, “27.01.2022 - Married my best friend and the love of my life.” I feel like the luckiest man alive.Mouni is presently anticipating the release of Hai Jawani Toh Ishq Hona Hai, her next movie. In addition to Maniesh Paul, Rakesh Bedi, Chunky Panday, Rajesh Kumar, and Jimmy Shergill, the film is directed by David Dhawan and features Varun Dhawan, Pooja Hegde, and Mrunal Thakur in key parts.

In Ragini 3, Nargis Fakhri would romance Aayush Sharma instead of Tamannaah Bhatia

Mumbai: Filmmaker Ekta Kapoor is renowned for her ability to create a stir with her films, and Ragini 3 is no exception. Her supernatural horror-thriller franchise’s third installment is putting together one of the year’s most surprising ensemble ensembles, which is sure to intrigue you! Salman Khan’s brother-in-law and actor Aayush Sharma has reportedly joined Tamannaah Bhatia, Junaid Khan, and Nargis Fakhri for the third episode of the series, which started with the 2011 film Ragini MMS starring Sunny Leone. But there’s a fresh update!

At first, it was thought that Tamannaah’s character would fall in love with



both Aayush and Junaid while Nargis would portray a police officer. But according to a source, Nargis, not Tamannaah, was onboarded opposite Aayush. Watch out for Nargis wearing a khaki uniform and this new on-screen duo! Ragini 3 is ru-

mored to depart from the horror-erotic formula that has made the series successful over the years, in contrast to the other films in the Ragini franchise. With a greater emphasis on tension, humor, and supernatural themes, the new movie

is marketed as a high-concept supernatural thriller.

According to reports, the producers want to give viewers a “date night horror” experience.

That’s a daring rebranding that shows Ektaa is aware of the direction

mainstream horror is headed. While Bhushan Patel directed Ragini MMS 2, Pavan Kirpalani directed the first movie. After providing fans with commercially successful films like Khoobsurat (2014) and Veere Di Wedding (2018), director Shashanka Ghosh has been brought on board to assume the director’s chair this time.

A setback occurred when filmmaker Sahir Raza, who was originally scheduled to helm the picture, split with the producers. The project is scheduled to begin production in July of this year and is scheduled for release in 2027. However, it appears like everything are finally back on course.

Following the PM’s austerity appeal, Sharad Pawar wants an all-party meeting to discuss the situation



New Delhi, May 12: Sharad Pawar, the leader of the Nationalist Congress Party (NCP), on Tuesday called for an all-party meeting to address the situation in response to Prime Minister Narendra Modi’s call for austerity measures amid the ongoing violence in West Asia.Raj Thackeray, the leader of the Maharashtra Navnirman Sena, criticized the PM and questioned why “people should bear the burden for the mistakes of the government.”“You were still selling us gasoline and diesel at inflated prices when crude prices were around

\$60 to \$65 per barrel.” Thackeray claimed.PM Modi announced a number of austerity measures on Sunday, asking people to reduce their usage of gasoline and diesel, switch to working from home, put off traveling abroad, and temporarily stop buying gold. The PM needs to call an all-party meeting, according to Pawar on X. “The abrupt nature of these announcements has created an atmosphere of unease among ordinary citizens, the industry-business sector, and investors,” he stated. There is definitely reason to be concerned

about this situation. These are probably going to have a significant effect on the economy of the nation.The PM should call an all-party meeting under his own chairmanship given the gravity of the situation. The welfare of the nation greatly depends on leaders from all parties participating in the decision-making process on issues of national concern, he stated. “The central government must prioritize increased sensitivity and wide consultations in light of the current international circumstances. In order to perform a comprehensive assessment of the situation, the PM should also promptly convene a conference with prominent economic experts in the nation, industry representatives, and pertinent specialists. Future policy should be thoroughly discussed, according to Pawar.In response to PM Modi’s plea, Thackeray on X said, “What are you going to do about the Prime Minister himself and all his colleagues parading around the country with convoys of hundreds of vehicles,

getting flowers showered over themselves? Will you apologize for the errors we’ve done and pledge that, beginning with me, no one will do the same in the future? Why should the public be responsible for your mistakes? Currently, crude oil prices range from \$90 to \$100 per barrel, a level previously seen during various global events since 2008. The speaker questions why there is a sudden appeal for reduced fuel usage from the Prime Minister, suggesting that previous leaders, like Manmohan Singh and Modi, did not express similar concerns during peak prices. He further critiques the government’s past pricing policy, highlighting that petrol and diesel were sold at inflated rates even when oil prices were lower, questioning the use of the revenue generated. Additionally, he challenges the timing of the Prime Minister’s message regarding fuel conservation, noting that it was overlooked during extensive election campaigns using significant amounts of fuel.

Exam cancellation for NEET UG 2026 due to paper leaks and protests in Delhi

New Delhi, May 12: The National Eligibility cum Entrance Test Undergraduate (NEET UG) 2026 was canceled by the National Testing Agency (NTA) on Tuesday because to claims that the exam’s question material had been leaked the night before.

The exam, which is the prerequisite for admission to undergraduate medical programs nationwide, will now be re-conducted on new dates to be announced separately, according to the government. According to the NTA, the decision was made to maintain public confidence in the system and to guarantee transparency in the examination and evaluation procedures. The CIA also stated that the Indian government had given its approval.

Every year, thousands of students take the test. “On the basis of inputs subsequently examined by the National Testing Agency and investigative findings shared by law enforcement agencies, the NTA, with the approval of the Government of India, has decided to cancel the NEET (UG) 2026 examination conducted on May 3,” the agency stated in a statement.According to the NTA, the examination procedure “could not be allowed to stand” after its evaluation. Additionally, it stated that the Center has chosen to transfer the case to the Central Bureau of Investigation (CBI) for additional examination. The agency also promised to provide all required records and support, as well as to fully cooperate with the investigation. Student organiza-



tions across the nation staged protests in response to the cancellation. The National Students’ Union of India (NSUI), the Congress’s student organization, organized one such demonstration that took place close to Shastri Bhawan, the Union Education Ministry’s central Delhi headquarters.The NTA stated it had brought the issue under review to central agencies on May 8 for independent verification and required measures to ensure the fair, secure, and credible conduct of national examinations in an official statement that followed up on its press release on May 10. The statement claimed that the agency’s inputs and the conclusions given by law enforcement agencies proved the examination procedure “could not be allowed to stand.” In the upcoming days, official outlets will release the new admit card schedule and the updated exam dates.Although the agency admitted that

retesting the test would be inconvenient for students and their families, it insisted that the move was required to preserve the credibility and integrity of the national examination system. NTA further confirmed that the test centers selected by candidates for the May 2026 cycle, registration information, and candidacy details will be carried over for the re-conducted exam. There won’t be a need to register again, and there won’t be an extra exam price. Additionally, the organization stated that candidates’ previously paid costs will be reimbursed and that NTA’s own resources will be used for the re-examination. Parents and candidates have been instructed to disregard unreliable information spreading on social media and to rely solely on official communication channels for updates regarding the updated exam schedule and admission cards.

The bitter loss against DC revealed Ricky Ponting’s strategic flaw

New Delhi: Punjab Kings suffered their fourth straight IPL 2026 loss on Monday night, which proved to be yet another let-down. Shreyas Iyer’s team lost to Delhi Capitals by three wickets at Dharamsala after dropping their previous three games against Rajasthan Royals, Gujarat Titans, and Sunrisers Hyderabad. After cutting DC to 33/3 in 4.3 overs, PBKS scored a commanding 210/5 in 20 overs and appeared to be in charge. But when DC chased down the mark with an over remaining, captain Axar Patel and David Miller scored vital half-centuries, and youthful player Madhav Tiwari contributed with a significant 18-run cameo. In a strong start, PBKS’s openers, Priyansh Arya and Prabhsimran Singh, formed a 78-run partnership, with Arya scoring 56 and skipper Shreyas Iyer contributing an unbeaten 59. The standout moment was Suryansh Shedge’s explosive cameo of 21 runs off 8 balls, particularly his six off Mitchell Starc’s hat-trick delivery, which helped lift PBKS from 187 to 210. Shedge had previously showcased his talent with a half-century against Gujarat Titans. PBKS be-



gan IPL 2026 impressively, winning six of their first seven matches, but faced a troubling second half with four consecutive defeats, jeopardizing their play-off hopes. This has raised questions about head coach Ricky Ponting’s strategy regarding Shedge’s batting order, especially as both Stoinis and Shashank Singh have struggled. With critical matches against Mumbai Indians, Royal Challengers Bengaluru, and Lucknow Super Giants approaching, promoting Shedge to No. 5 could be crucial for PBKS’s turnaround. Despite a strong position against DC, PBKS faltered late in the match, emphasizing the need for tactical adjustments to avoid a repeat of their 2018 collapse and to stay in contention for the playoffs.

The most criticized talents of the Delhi Capitals shine in Dharamsala

New Delhi: In order to survive in the 2026 Indian Premier League, the Delhi Capitals defeated the Punjab Kings at Dharamsala on Monday night. Their fifth victory in 12 games was organized by two of their most criticized talents this season.David Miller and Axar Patel both had terrible batting form. In the previous three games, Miller was not even included in the starting lineup.

At one point, DC appeared to be out of the game as they chased 211 to win in 13 degrees Celsius after losing their top order, which included Abishek Porel, KL Rahul, and Sahil Parakh, during the powerplay. At that point, Axar entered and immediately assumed control of the pursuit. However, Tristan Stubbs battled at the other end and was eventually dismissed for 12 off 17 balls.

The target was much too large, but Axar looked nice. Delhi supporters wouldn’t have anticipated much, but then an unusual event occurred.Following the departure of fellow South African Stubbs, Miller entered the game and batted as needed. He held his end firmly while allowing Axar to express himself. However, Axar was removed against the flow of play following a 64-run partnership. On 30 balls, he scored 56. His innings had given DC’s chase a lot of vitality.It was time for Miller to step up and make amends. Miller scored in New Delhi last month, but DC was unable to score two goals off of two against Gujarat Titans. He made amends in style.Miller let out his inner beast after Axar was gone. Miller was on 26 off 17 balls when Axar was removed. His next 25 came from 11 balls, and in the 16th and 17th overs, he especially punished Marco Jansen and Ben Dwarshuis, hitting three sixes and one four before falling to the Australian. It must be acknowledged that both Axar and Miller displayed the body language of victors,



even though the scoreboard at the time of their arrival at the crease told a different narrative. No matter how difficult the equation was, they never seemed to give up.

They appeared determined to end their team’s losing skid and were, if anything, even more motivated.The stage had been set by Miller’s batting. To keep the Delhi Capitals’ hopes of making the playoffs alive, Ashutosh Sharma (24 off 10 balls), Madhav Tiwari (18 not out off 8 balls), and Auqib Nabi (10 not out off 2 balls) all contributed significant runs. Priyansh Arya and Cooper Connolly were two crucial wickets taken earlier in the game by Man-of-the-Match Tiwari. Nabi made his return to the DC Playing XI after a significant hiatus, previously playing against the same team in New Delhi. In this match, he bowled well, recording figures of 0/32 in four overs, took a catch, and contributed crucial runs at the end, finishing with six balls to spare. This performance was vital for the Delhi franchise, which has faced criticism recently. Despite slim chances of making the playoffs, a successful run could signify a major redemption, thanks to solid contributions from Axar, Miller, and the lower-order batters.

Sujit Bose, a former minister of Bengal, was arrested in connection with money laundering

Kolkata, May 12: Sujit Bose, a former West Bengal minister and leader of the Trinamool Congress, was detained by the Enforcement Directorate on Monday in relation to a money laundering case involving a purported municipal recruitment scam in the state, according to officials.Sujit Bose, 63, was detained by the central agency in accordance with the Prevention of Money Laundering Act (PMLA) following a day of interrogation at its CGO Complex headquarters in Salt Lake, Kolkata, they claimed. Since the Suvendu Adhikari-led BJP government assumed power in the state on Saturday, this was the first significant arrest of a TMC politician. The lawmaker was arrested because officials said he was “evasive” and frequently “inconsistent” in his responses.

The ED will request his custody for a thorough interrogation when he appears before a special PMLA court here on Tuesday, they said.Around 10.30 am, the former minister of fire services arrived in the Enforcement Directorate (ED) office with his son, Samudra Bose.Over 11 hours after their arrival, the jailed commander and his son were still inside the CGO complex, answering questions from the agency, according to the most



recent reports.

Amalesh Roy, a lawyer accompanying Sujit Bose, stated that he was denied entry to the interrogation chamber during Bose’s questioning related to recruitment irregularities at Dakshin Dum Dum municipality, a key location in a significant civic body recruitment scam. The investigation, which pertains to alleged job irregularities across various municipalities, suggests Bose played a direct role in securing positions for 150 employees in exchange for monetary benefits. The Enforcement Directorate (ED) claims to have traced illicit funds linked to Bose, including properties acquired as bribes and suspicious bank deposits. Despite being confronted with evidence from other suspects and documentation, Bose reportedly failed to provide convincing responses. Bose, a three-time MLA from Bidhannagar, recently lost

an Assembly election to the BJP’s Sharadwat Mukherjee. The ED conducted multiple searches on properties owned by Bose and his son, recovering “incriminating” evidence. The investigation is rooted in a Central Bureau of Investigation (CBI) FIR prompted by the Calcutta High Court, leading to active inquiries into the West Bengal Teacher’s recruitment scam, wherein criminal conspiracies allegedly involved public and private figures manipulating examination processes to facilitate wrongful appointments.

Political reactions have emerged, with BJP spokesperson Debjit Sarkar asserting that justice should prevail, while CPI(M) leader Sujan Chakraborty criticized Bose as a minor participant in a larger scheme of corruption linked to the Trinamool Congress (TMC), urging the ED to investigate higher party officials.

Vaibhav Sooryavanshi’s role as an impact player is impeding his development

New Delhi: With every Indian Premier League (IPL) 2026 match that goes by, Vaibhav Sooryavanshi’s reputation grows. The 15-year-old’s performance in the final three league games will determine whether or not the Rajasthan Royals advance to the playoffs. He has already scored 440 runs for the team in 11 games. The left-hander’s status as an impact player has become a significant concern, even though he is still making the appropriate type of noise with his batting.Some people are still upset over the team’s choice to make the young player only bat in the IPL 2026 matches. Trevor Penny, assistant coach of the Rajasthan Royals, had previously disclosed that Sooryavanshi is unhappy because he wants to be on the field. However,



er, the hitter continues to play as an impact player, suggesting that the Royals have not been able to persuade him to play the field. Sanjay Manjrekar, a former India batsman, has now commented on the situation, speculating that the team may be impeding the young player’s development because fielding is a crucial skill for any cricket player.

Manjrekar gave the Royals some advice as the de-

mand for Sooryavanshi to be included in India’s T20I playing XI grew. Manjrekar argued against the impact player rule in cricket, suggesting it limits player development by reducing their exposure to critical on-field situations. He emphasized that a cricketer should be well-rounded, showcasing batting, fielding, and bowling skills. Citing the example of Rohit Sharma, who played as an impact sub after an injury, Manjrekar expressed concern over players earning significant rewards for minimal contributions. He believes that for the sport to grow, players must face more challenges, rather than rely solely on their batting skills. He concluded that the current model is unsustainable for long-term success in cricket.

People still miss Virat Kohli even though he retired from Test cricket a year ago



New Delhi: The national team once boasted about being at the top of the difficult world of red-ball Test cricket, while the world is singing songs about the fast-paced, evolving nature of T20 cricket today and India’s dominance on the global stage of the shortest format after winning back-to-back ICC Men’s T20 World Cups in 2024 and 2026. The famous Test captain Virat Kohli, who not only defined an era during his tenure from 2014 to 2022 but also provided the groundwork for future generations to build upon, deserves a great deal of credit for that transition. Today, May 12th, is a full year after

one of the greatest players our generation has ever seen—a man with 30 hundreds and 9,230 Test runs in 123 matches—announced his retirement from the game that helped mold him into the player and person he is today. Virat shocked the cricket community on this day in 2025 by announcing his retirement via an Instagram post.“I’ll always look back at my Test career with a smile,” Virat concluded his poignant speech. #269, signing off,” bringing a child from Delhi’s streets to a poignant conclusion to a wonderful voyage. His adventure started in 2011 when he was awarded India’s 269th Test cap.Fans thanked him on social media on his one-year retirement anniversary for helping to elevate Indian Test cricket.

They expressed their sincere feelings on how much the country misses seeing jersey number 18 in the white Test colors. “Virat Kohli didn’t just play Test cricket... he made an entire generation fall in love with it again,” a fan commented on X. Even after the King left white people a year ago, his impact can still be heard at every sta-

dium.With 40 wins under his belt, Virat has an almost 60% victory record while leading India in 68 Test matches. From his home venue, the Arun Jaitley Stadium, to the Sydney Cricket venue in Australia, where he guided India to a historic first-ever Test series victory on Australian soil during the 2018–2019 tour, his legacy reverberated. “Test cricket felt alive when Virat walked out in whites,” remarked a different fan. An entire generation became emotionally dependent on red ball cricket because of his anger, intensity, glare after every wicket, and conviction that India could win wherever in the globe. It still feels weird not to see 18 in Tests a year later. Statistics can never fully fill the void left by some retirements.In stark contrast to the contemporary fast-paced T20 environment where statistics frequently matter more, Virat’s unadulterated passion and aggression on the field have frequently been cited as elements that shaped Indian red-ball cricket and kept fans entertained even if the country had to sit in front of screens for five days in a row.

Abhishek Bachchan Expresses Big ETPL Wish for MS Dhoni to Compete in Europe

Bachchan Highlights BCCI Restrictions



New Delhi: MS Dhoni may not have played a single IPL game this season, but the former India captain’s popularity remains unmatched across the cricketing world. ETPL co-founder and actor Abhishek Bachchan has revealed that he would love to see the former Indian captain feature in the upcoming European T20 Premier League. Speaking to PTI from Dublin, Bachchan named Dhoni without hesitation when asked which Indian cricketer he would most like to see in the ETPL. “Mahendra Singh Dhoni,” Bachchan replied instantly when asked about his dream Indian signing for the ETPL. Despite retiring from international cricket in 2020, Dhoni continues to be one of the biggest attractions

in the sport and remains part of the Chennai Super Kings squad, although he has missed the ongoing IPL season due to a calf injury sustained before the tournament. Do you need a reason why you want to see Mahendra Singh Dhoni in cricket?” he added. Bachchan then went on to acknowledge the challenges of bringing current Indian players into overseas franchise leagues because of Board Control for Cricket in India (BCCI) regulations. “We would have loved to have the (current) Indian cricketers as part of the ETPL. But as we all know, Indian cricketers under contract with the BCCI are not permitted to play outside the IPL. We will miss them. It would

have been wonderful to have them,” he said. “Outside of the Indian talent pool, we have the rest of the world’s greatest cricketers who are coming and playing in the ETPL. So, I think we will be okay.” Under current BCCI rules, Indian male cricketers can participate in overseas T20 leagues only after retiring from all forms of Indian cricket, including the IPL. The policy is aimed at protecting the IPL’s exclusivity and maintaining the strength of India’s domestic cricket structure. Explaining the league’s long-term vision, Bachchan said the ETPL aims to create opportunities for emerging European cricketers by ensuring local representation in every squad.

Deepak Punia: Wrestler Protests Cost Indian Athletes International Exposure

Gonda: Asian Games silver medallist Deepak Punia has said the prolonged disruption caused by the wrestlers’ protest and the administrative uncertainty that followed hurt the progress of Indian wrestlers by severely limiting international exposure. Deepak, who won the National Open Ranking Tournament in Gonda on Monday, said the lack of regular overseas competition made it harder for wrestlers to identify shortcomings and improve consistently. The 26-year-old, once considered one of India’s most dependable medal prospects in the 86kg category, has struggled to regain momentum since narrowly missing an Olympic bronze in Tokyo.

The wrestlers’ protest emerged as one of Indian sport’s biggest controversies in 2023, when Olympic medallists and leading wrestlers including Vinesh Phogat, Bajrang Punia and Sakshi Malik accused then Wrestling Federation of India chief Brij Bhushan Sharan Singh of sexual harassment and misconduct. The athletes first protested in January 2023, demanding action against Brij Bhushan and reforms within the federation. Although the matter initially appeared to settle, the protest resumed later that year, with wrestlers staging a high-pro-



file sit-in at Jantar Mantar in New Delhi. The issue soon escalated into a governance crisis. The Sports Ministry suspended the Wrestling Federation of India, while an ad hoc committee temporarily managed the sport. The disruption affected domestic competitions, national camps, training schedules and international participation. The legal matter remains unresolved, though the Wrestling Federation has resumed functioning under new leadership. However, several wrestlers now believe the prolonged uncertainty had a direct impact on athlete development. “After 2023, many tournaments stopped because of the protest and all that happened. We did not get chances to compete abroad like we used

to earlier,” Deepak told PTI. He said regular international competition is essential for wrestlers to stay competitive and improve. “When you are competing internationally every second or third month, your shortcomings come out and you improve. But if you get only one World Championships or one Asian Championships in a year, there is a huge difference in performance,” he said. Deepak also linked his disappointing 11th-place finish at the 2025 World Championships to inadequate preparation, including the absence of quality sparring partners and limited overseas exposure. “I accept that I made mistakes in training. I did not get a sparring partner of that level before the World Championships. Sparring partners play

a huge role,” he said. He added that Indian wrestling has also lacked structured training support in recent years, saying foreign coaching systems focus more on technical details, recovery and tactical improvements. The impact may have extended beyond senior wrestlers, with younger athletes also losing valuable competition opportunities during the period of uncertainty. Deepak’s own circumstances reflect the continued complications within Indian wrestling. Despite winning the National Open Ranking Tournament in Gonda, he remains ineligible for the May 31 Asian Games selection trials under current Wrestling Federation policy, which does not consider the tournament as qualification criteria.

East Bengal Punjab Play Goalless Draw

New Delhi: East Bengal FC and Punjab FC played out an engaging yet goalless draw in their Indian Super League (ISL) 2025-26 encounter at the Vivekananda Yuba Bharati Krirangan in Kolkata on Monday. Despite the absence of goals, the contest was far from uneventful, with both sides creating several openings with a cumulative 29 attempts made and seven saves. The result ensures East Bengal remain at the top of the table with 22 points from 11 matches, while Punjab FC climb to sixth with 19 points from the same number of matches. East Bengal keeper Prabhsukhan Singh was awarded Player of the Match, according to a release. Punjab FC made a bright start to the contest and nearly found an early breakthrough in the sixth minute when their captain Dani Ramirez’s long-range strike skimmed the near post. The visitors looked composed in possession, with Ramirez pulling the strings in midfield, while Manglenhang Kipgen provided support through intelligent movement. East Bengal gradually settled into the rhythm of the game, using the width effectively through midfielders Bipin Singh and PV Vishnu. However, Punjab’s defensive unit, marshalled well by Bijoy V and supported by Khaiminthang Lungdim, remained compact openings.

Meet Rishabh Yadav: The Young Archer Striving to Deliver Indian Archery’s Greatest Triumph

New Delhi: In Indian archery, it is often the names of Deepika Kumari, Atanu Das and Jyothi Surekha Vennam that dominate conversations around elite performers in their respective disciplines. Deepika remains evergreen and ice-cool under pressure, as seen during the recent World Cup, while Jyothi has firmly established herself as the face of India’s compound revolution. And then, there is Rishabh Yadav.



that can finally rewrite that story. What started as a way to improve concentration for studies has now transformed into a full-fledged pursuit of Olympic glory. At 23, Rishabh is already ranked seventh in the world in the men’s compound category, and 2025 turned out to be the finest season of his young career. Across three competitions and multiple disciplines, he finished on the podium eight times.

He claimed two individual bronze medals, secured two golds and a bronze in the men’s team category, and also

picked up one gold, one silver and one bronze in mixed team events. With compound archery set to make its Olympic debut at the 2028 Summer Olympics, and the Asian Games looming large on the horizon, Rishabh now finds himself entering the defining stretch of his career. One he hopes will culminate in an Olympic medal for India in 2028. “I believe India is very close to changing the story of not winning an Olympic medal in archery because the country has been making significant strides on the compound side.

Sachin Yadav Set for Diamond League Debut as Neeraj Chopra Misses Rome

New Delhi: Two-time Olympic medallist Neeraj Chopra is likely to miss the Rome leg of the Diamond League, scheduled for June 4, while his compatriot and rising star, Sachin Yadav, will make his debut in the Italian capital city. The entry list for the Rome leg of the prestigious series doesn’t feature Chopra, the two-time Olympic medalist currently undergoing rehabilitation in Trkiye.

While the Rome field is set, the javelin world is also keeping a close eye on the Rabat Diamond League scheduled for May 31. Though the entry list for Morocco is yet to be released, it is expected to feature another heavy-hitting lineup. Sachin Yadav’s inclusion comes on the heels of a breakthrough period. He arrives in Rome following a stellar performance at the



2025 World Championships in Tokyo, where he famously out-thrown Chopra to finish a creditable fourth. While Chopra struggled with back issues during that final, Yadav registered a massive personal best of 86.27m, proving he belongs among the giants of

the sport. The Rome entry list confirms that Yadav will be tested by fire. While reigning world champion Keshorn Walcott is also not in the entry list, Sachin joins a world-class field of eight competitors, including: Julian Weber (GER): The consistent German pow-

erhouse and perennial podium threat The absence of Neeraj Chopra remains the talking point of the circuit. The two-time Olympic medalist has recovered from a back injury that troubled him in the World Championships last year. Chopra will want to be

100 percent before he returns to action this year, which will also feature the Asian Games. Chopra officially terminated his coaching partnership with Czech legend Jan Zelezny. The split, described as mutual, came after a mixed 2025 season where Chopra achieved his dream of breaking the 90m barrier (90.23m in Doha) but finished a disappointing eighth at the World Championships. Seeking a “fresh perspective” and more logistical flexibility, Chopra has reportedly moved away from the rigid international coaching structures of the last two years. In an even more significant strategic shift, the double Olympic medalist has launched his own sports management venture, a company managed alongside his family. This leaves a vacuum that Yadav seems ready to fill.

Delhi High Court Issues Notice On Plea Seeking Free FIFA World Cup Broadcast

New Delhi: The Delhi High Court has issued notice to the Centre and Prasar Bharati on a petition seeking directions to ensure that the FIFA World Cup 2026 is broadcast in India, especially through free-to-air public platforms such as Doordarshan and DD Sports. Justice Purushendra Kumar Kaurav issued notice to the respondents while hearing the writ petition filed by advocate Avdhesh Bairwa under Article 226 of the Constitution.



However, due to lack of interest from broadcasters, the value was later reduced to nearly USD 35 million. The petition claims that even after the reduction, no final agreement has been reached. The plea says the FIFA World Cup has already been notified as a “sporting event of national importance” under the Sports Broadcasting Signals (Mandatory Sharing with Prasar Bharati) Act, 2007. It argues

that once such a notification has been issued, the government and Prasar Bharati are under an obligation to ensure that the event is made available to the public. The petition also highlights India’s large football audience and refers to FIFA data showing that India was among the top global engagement markets during the FIFA World Cup 2022. It further states that Prasar Bharati has the infrastructure to broad-

cast the tournament through DD Sports, DD Free Dish and its WAVES OTT platform. The petitioner has argued that failure to broadcast the tournament would violate citizens’ rights under Articles 14, 19(1) (a) and 21 of the Constitution, including the right to receive information through television and public broadcasting platforms. Senior Advocate Vaibhav Gargar appeared for the petitioner.

Vinesh Phogat Versus the Wrestling Federation: The Latest Explosive Chapter in Their Legal War

New Delhi: Vinesh Phogat’s comeback attempt hit a wall on Monday, and she made sure the world knew it. The three-time Olympian travelled to the National Open Ranking Tournament in Gonda, Uttar Pradesh, for what would have been her first competitive bout since retiring after the Paris Olympics. She did not compete. Upon arriving at the venue, she was neither allowed to complete her verification nor permitted to use the training hall — effectively shutting the door before she could step anywhere near the mat.

In a post on X, she was blunt: “I don’t want any special privileges, I just want to compete on merit.” On the same day, she also formally responded to WFI’s show-cause notice — issued just two days earlier — asserting she remains eligible to compete and will submit a detailed reply within the prescribed 14-day period. The stand-



off between one of India’s most decorated wrestlers and the Wrestling Federation of India (WFI) has now deepened into a full-blown governance crisis, with no resolution in sight. The latest flashpoint came in May 2026 when Vinesh arrived at the National Open Ranking Tournament in Gonda expecting to compete, only to be informed by WFI that she was ineligible. Despite being informed she was ineligible to compete, Vinesh met WFI president Sanjay Singh at the venue and later addressed the me-

dia, strongly rejecting the federation’s stance. “If I had violated any rule, then NADA India would have given me a show-cause notice. Or they would have banned me. Or WADA would have given me a show-cause notice,” she said. The roots of the dispute trace back to the 2024 Paris Olympics, where Vinesh was disqualified from the women’s 50kg final for failing to make weight. She subsequently announced her retirement from wrestling, but ambiguity soon emerged over whether that retirement had

been formally processed through official channels. While her husband later stated that she had not formally retired through the required procedures, WFI maintained that communication from United World Wrestling (UWW) in December 2024 confirmed she had informed the International Testing Agency (ITA) of her retirement. The situation shifted again in December 2025 when Vinesh officially informed UWW, the Sports Authority of India (SAI), and WFI of her intention to return to competition. Around the same time, WFI flagged a missed whereabouts filing dated December 18, 2025, which Vinesh attributed to personal circumstances, including her responsibilities as an elected MLA. “I had missed one whereabouts. And there are three of them. I had become a mother at that time. I had an assembly session. I forgot to update.