

Women-Run Kathiatoli Bazaar Inaugurated by Chief Minister Himanta Biswa Sarma

The Chief Minister of Assam, Dr. Himanta Biswa Sarma, initiated the distribution of entrepreneurship seed capital checks to 33,625 women in the Barhampur Legislative Assembly Constituency under the Mukhyamantrir Mahila Udyomita Abhiyan.

Nagaon, Dec 02: The distribution of entrepreneurship seed capital checks to 33,625 women beneficiaries of the Barhampur Legislative Assembly Constituency in Nagaon district under the Mukhyamantrir Mahila Udyomita Abhiyan (MMUA) was initiated on Monday by Chief Minister Dr. Himanta Biswa Sarma. 32,615 of the beneficiaries are from rural areas, while 1,010 are from urban areas. Speaking at a session organized at Kathiatoli, the Chief Minister said women across the State have already grown acquainted with the Mission's objectives since its roll-out in September last year. He informed that women in roughly 44 constituencies have so far received the first installment of aid, adding that nearly 10 lakh women have already benefited. The Gov-



ernment expects to send first-installment payments to roughly 15 lakh women by the end of this month and to 32 lakh women by February, he said. The Chief Minister stated that more than eight lakh women in Assam have already reached this milestone by utilizing SHG loans, bank connections, and revolving fund support. Prime Minister Narendra Modi's nationwide effort aims to empower three crore women as lakhpati baideus. Dr. Sarma noticed that Assam continues to import key commodities like as eggs, rice, milk, legumes and edible oil. He added that the State has not yet produced enough to suit its own needs and that trucks that enter Assam are fully laden but return empty. He attributed this largely to the low engagement of women in constructive economic activity. Highlighting the success of Amul, he said women's cooperatives in Gujarat produce nearly 1.5 crore litres of milk daily, while Assam produces only two lakh litres. If 40 lakh SHG women of Assam produce even one litre of milk each per day by engaging themselves in the dairy sector, Assam's daily

milk production could jump to 40 lakh litres, he added. Similarly, if each woman produces just two eggs per day through poultry rearing, the State's daily production could reach 80 lakh eggs. With such collective effort, the State's rural economy could change significantly and Assam would no longer need to import these items, he said. Dr. Sarma urged beneficiaries to make appropriate use of the seed capital. He remarked

that the Rs. 10,000 granted now is merely the first stage, and the plan will continue until every beneficiary becomes a lakhpati baideu. If the sum is deposited in a SHG account, it would assist establish a corpus of Rs. 1 lakh, which could subsequently be utilized to start a collective or individual enterprise, or expand an existing business. Beneficiaries will receive Rs. 25,000 and then Rs. 50,000 in successive phases when the government reviews the use of the funds after six months, he said. The Chief Minister told that women of Barhampur have showed tremendous interest in fields such as agriculture, livestock rearing, handloom and handicrafts. 8,714 women have applied to raise goats, 5,176 for dairy, 3,859 for poultry, 2,989 for pigs, 1,279 for ducks, and 1,133 for fisheries-related activities.

IIT-Guwahati Alumna wins Prestigious 2025 Quad Fellowship

Guwahati, Dec 02: Souraja Kundu, an alumna of the Indian Institute of Technology-Guwahati (IIT-G), has been awarded the prestigious 2025 Quad Fellowship.



The Fellowship aims to foster cross-national collaboration, interdisciplinary innovation, and leadership development. A graduate from the Batch of 2021-25, Souraja had received her B. Tech. degree in Electronics and Electrical Engineering during the 27th Convocation of IIT Guwahati. She is also a recipient of the Governor of Assam Gold Medal.

Considered as one of the world's most competitive international fellowships in Science, Technology, Engineering, and Mathematics (STEM), it will enable Souraja to pursue her Ph.D. in Machine Learning at Carnegie Mellon University (CMU), USA.

Speaking about the fellowship, Souraja said, "The best thing about the Quad Fellowship is the opportunity I get to make friends with interdisciplinary STEM researchers across the world and take initiatives together to create impact on social and policy level through our research."

Expressing gratitude for the research opportunities at IIT Guwahati, she thanked her mentors who supported her in every aspect to learn, grow, and

explore whatever research she wanted to pursue.

Notably, Quad Fellows receive financial support for graduate studies; global leadership training and curated academic programming and access to a life-long international network of leading scientists, technologists, and innovators.

The recipients of Quad Fellowship are selected through a multi-stage process including an online application, expert review and final panel interview.

The process evaluates the applicant's holistic attitude towards academic excellence in STEM and passion for science, capacity to bridge differences, and orientation toward results.

This year, a total of 37 students from 11 countries were selected for the 2025 cohort, with 25 Fellows placed in U.S. institutions and 12 in Japan.

Leparada's Youngest ZPM Iter Bam Wins Unopposed

Itanagar, Dec 02: In a significant moment for grassroots democracy in Arunachal Pradesh, Iter Bam has become the youngest Zilla Parishad Member (ZPM) from the 11th Basar Assembly Constituency in Leparada district after securing an uncontested victory as the BJP candidate. Former Basar MLA Gokar Basar lauded the development, describing it as a clear indication of rising youth participation in governance. He noted that the uncontested mandate shows the community's trust in young leaders who are willing to work closely with the people. He also spoke warmly about his personal association with Iter Bam and expressed optimism that she would drive meaningful development across the constituency. Current Basar MLA Nyabi Jini Dirchi extended her congratulations to Iter Bam and all women candidates across Arunachal who won unopposed. She said such victories reflect public confidence in women-led initiatives and mark a positive shift toward inclusivity in the state's political environment. In her message of gratitude, Iter Bam thanked the peo-



ple of Leparada for their trust and acknowledged the support extended by MLA Jini Dirchi throughout the election process. Her victory is seen as a wider transformation in Leparada district, where young people and women are stepping forward to shape the future of local governance.

Mizoram raises alarm on OBC move, risky rail route

Aizawl, Dec 02: The Centre for Environment and Social Justice (CESJ) has raised alarm over renewed efforts to grant OBC status to the Gorkhali community in Mizoram and over the environmental risks linked to the proposed Sairang-Hmawngbuchhuah railway alignment. CESJ recalled that in December 2024, the Mizoram government had clarified that Gorkhas in the state do not face caste-based backwardness as defined by the Mandal Commission, and thus do not qualify for state-level OBC status. The organisation warned that granting OBC recognition within the state could significantly affect employment opportunities for Mizo youth and disrupt social balance.

CESJ also warned that the proposed railway route may threaten rivers, streams, watersheds, and ecologically fragile zones across Mizoram. It urged authorities to conduct thorough environmental and social impact assessments before proceeding.

The group stressed that safeguarding Mizoram's water sources and ecological stability must take priority over poorly planned infrastructure expansion.

KOHUR slams Manipur government's reports to NHRC, calls them 'misleading and legally deficient'

Imphal, Dec 02: The Kuki Organisation for Human Rights Trust (KOHUR) has sharply criticised the Manipur government and state police for what it calls "misleading and legally deficient" Action Taken Reports (ATRs) submitted to the National Human Rights Commission (NHRC). In its final representation filed under Case No. 3/14/0/2025, KOHUR alleged that the ATRs overlook widespread attacks on the Kuki-Zo community, downplay institutional failures, and rely heavily on selective or incomplete data. The submission accuses authorities of ignoring Supreme Court directives and key findings by international human rights groups, including UN bodies and Amnesty

International. KOHUR said that 37 reports submitted by a Supreme Court-appointed committee documenting stalled investigations were excluded from the ATRs. The Trust cited several high-profile cases that reflect ongoing impunity: the assault on BJP MLA Vungzagin Valte, sexual violence and killings of Kuki-Zo women, the burning alive of seven-year-old Tongsing Hangsing and family, and the murder of Income Tax officer Letminthang Haokip. According to KOHUR, more than 60,000 people—mostly Kuki-Zo civilians—have been displaced. Relief camps remain overcrowded, and many hospitals in the hill districts are barely functional.



KOHUR urged the NHRC to reject the ATRs, initiate an independent judicial inquiry, strengthen protec-

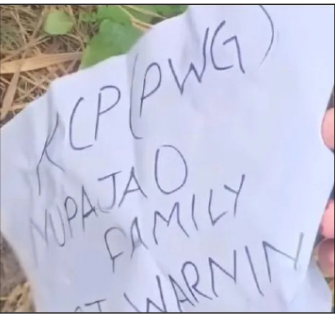
tions for Kuki-Zo communities, and ensure fair compensation and improved humanitarian access.

Tripura forces destroy cannabis cultivation

Agartala: Joint teams of security forces along with forest officials in Tripura conducted separate operations and dismantled illegal cannabis cultivation spanning over 100 plots across Sepahijala district on Tuesday. Sources said that approximately 800,000 plants were destroyed during coordinated raids by the teams. The teams targeted key cultivation zones in North Kalamchoura Gram Panchayat and areas surrounding Bishalgarh during twin operations conducted throughout the day.

Bomb found at Deputy Commandant's residence gate in Thoubal

Imphal: Suspected cadres of an underground outfit placed a hand grenade at the residential gate of a Deputy Commandant in Manipur's Thoubal district on Tuesday morning, reports said. The grenade was left on top of a paper that carried a handwritten warning: "KCP (PWG), the last warning, Nupajao and family." The explosive was discovered at the gate of Kangabam Nupajao, the son of K. Achou of Athokpam Makha Leikai under Thoubal police station. He is the son of K. Achou.



to the site and safely removed the hand grenade. The squad later disposed of the explosive at a secluded spot in the district around 10 am. Police have registered a case and launched an investigation. Although no group has officially claimed responsibility, the note points to the involvement of KCP-PWG, an outlawed faction of the Kangleipak Communist Party that seeks Manipur's sovereignty.

Farmer's uplift in integral part of our Govt's policies: Meghalaya CM

Shillong, Dec 02: Meghalaya Chief Minister Conrad K Sangma on Monday said that the programmes, policies and agenda of the state government are focussed to help and uplift the farmers of the state.

Addressing the concluding day's programme of the 4th Organic Youth Summit in Shillong, Sangma said, "Farmers are an important part of our policies and our different mission mode programmes in agriculture and allied sectors are to push the farmers and give them the necessary support and help."

The 1st Northeast India Organic Week cum Buyer Seller Meet was also simultaneously held during the summit.

"The summit, with the perspective of learning, sharing and helping the farmers, will continue beyond its three days' schedule," the Chief Minister said.

On the Organic Mission of the state, he said that organic is not just a 'buzzword' for the state but goes back to the knowledge, tradition and practices of the forefathers who have been farming for centuries and celebrating that practice and farming.

He also informed the gathering that agriculture, tourism and service sector are key sectors for the government. "We are very keen to see that a strong convergence takes place between tourism and agriculture,



especially organic farming, so a lot of activities that are taking place in the tourism sector is being connected with the organic mission along with entrepreneurship programmes," Sangma said.

Expressing happiness that the summit took place in Shillong, he said, "We have been very assertive about organic farming and I hope this summit has been an opportunity to share the knowledge and practices of our forefathers with the rest of the world. Let this be the

beginning of building relationships, experience sharing and networking."

The Chief Minister later interacted with participants from other countries who posed questions on the vision of the state, use of technology, logistics support, etc for young organic entrepreneurs.

The Organic Meghalaya Compendium, and the website, Megholia, was also released and launched respectively during the occasion.

NATIONAL

Management's bid to cover up jaundice spread and callous attitude caused violence MP government

Bhopal, Dec 02: On November 25, violence erupted at the Vellore Institute of Technology (VIT) Bhopal campus due to management's attempts to conceal a jaundice outbreak, neglect complaints about food quality, and mistreatment of students. A three-member panel's investigation resulted in a show-cause notice issued by the Madhya Pradesh Higher Education Department to the chancellor, demanding a response within seven days, with potential disciplinary actions if ignored.

Approximately 4,000 students engaged in protests that included vandalism and arson, primarily driven by grievances over inadequate food and water services. The investigation revealed that the administrative environment was akin to a "fort," characterized by dictatorial control where student complaints were suppressed.



The notice, pursuant to the Madhya Pradesh Private University Act of 2007, indicated the government's intention to assume management if the institution failed to comply with the demands.

Despite a student body of around 15,000, the conditions related to the mess facilities were described as "too unsatisfactory." The panel's report indicated that between November 14 and 24, 35 students contracted jaundice, an issue acknowledged by the management but poorly

documented. The management's harsh response to complaints included threats of punitive measures, such as confiscation of identification cards and reducing academic marks.

Students expressed fear rather than confidence on the campus, with management's self-assuredness contributing to unrest. When the situation escalated, management only contacted law enforcement in the early hours, illustrating a failure to proactively manage student health issues. Findings also crit-

■ The inquiry revealed a non-cooperative attitude from the management and a centralized decision-making process that limited input from a broader team.

■ Complaints from students about the food were met with threats of retaliation, fostering a climate of fear.

icized the lack of microbiological audits of drinking water and the improper handling of sick students, causing further anger among the population.

The warden and security staff's aggressive treatment of protesting students precipitated the violence, highlighting decision-making centralization within the institution. The inquiry found management's non-cooperation and a perceived bias against the investigation, culminating in a toxic atmosphere that triggered widespread uprisings among the student body.

Parliament is disrupted by Kangana Ranaut's jab at the opposition during the SIR discussion demand

New Delhi, Dec 02: Actor-politician Kangana Ranaut has criticized opposition parties for their disruptive behavior in Parliament during its winter session, asserting that such actions stem from their increasing desperation due to recent electoral defeats. Speaking to reporters after a series of disruptions, Ranaut indicated that the opposition's inability to engage constructively was damaging their credibility with the public. She pointed out that significant parliamentary business was being hindered, stating, "The more they lose, the more frustrated they become."

The winter session of Parliament, commencing on December 1 and scheduled to run until December 19, faced immediate challenges as the opposition called for a discussion on the Special Intensive Revision (SIR) of electoral rolls. Prime Minister Narendra Modi emphasized the need for a "drama-free" session, urging the opposition to prioritize substan-



tive issues over feelings of defeat. He asserted that Parliament's focus should be on delivery rather than distractions.

In response to the opposition's insistence on discussing poll reforms, parliamentary affairs minister Kiren Rijiju noted that while the government would consider their proposals, they needed to allow for some flexibility in scheduling discussions. Despite these efforts, the Lok Sabha was adjourned on the second day of the session due to continued protests over the SIR by opposition MPs.

Prominent opposition figure Priyanka Gandhi criti-

cized the government for its reluctance to facilitate discussions on pressing issues such as voter list irregularities and air pollution, arguing that Parliament must serve as a forum for diverse voices and deliberation on critical matters.

She condemned the current government's approach, stating, "Is this how the Parliament should run? Parliament is the temple of democracy; all voices should be heard." Overall, the session has been marked by tensions between the ruling party and opposition, reflecting the heightened stakes surrounding electoral discourse and governance.

Ranchi CA made 900 crore illegally

Jharkhand, Dec 02: The Enforcement Directorate (ED) conducted searches under the Foreign Exchange Management Act (FEMA) on Naresh Kumar Kejriwal, a Chartered Accountant from Ranchi, Jharkhand, on suspicions of hawala operations.

These searches took place in Ranchi, Mumbai, and Surat following findings from the Income Tax Department indicating Kejriwal's control over undisclosed foreign shell companies in the UAE, Nigeria, and the USA, which have amassed over ₹900 crore in unexplained assets and facilitated around ₹1,500 crore in illicit transfers back to India. The aim of the investigation is to collect evidence related to unauthorized cross-border transactions.

Additionally, the ED executed searches in a separate case concerning FCRA violations linked to the Jamia Islamia Ishatul Uloom Trust in Maharashtra, connected to a prior FIR and charges filed by local police under the Prevention of Money Laundering Act (PMLA).

In a struggle for power, Siddaramaiah leaves the fate to the top brass of the Congress

Bengaluru, Dec 02: Karnataka Chief Minister Siddaramaiah and Deputy Chief Minister DK Shivakumar recently addressed the media, presenting a united front amidst ongoing speculation regarding potential leadership changes within the state government. Both leaders expressed their willingness to travel to New Delhi if summoned by the Congress high command. When questioned about the timing of Shivakumar's transition to the Chief Minister's position, Siddaramaiah stated, "When the high command says," indicating that decisions would be driven by the party leadership.

The backdrop of their remarks includes a meeting that took place earlier that day, demonstrating their ongoing cooperation. Siddaramaiah also mentioned an upcoming meeting



of Karnataka MPs scheduled for December 8, though he did not confirm if leadership transitions would be on the agenda. He emphasized that the discussions would focus on farmers' issues and other state matters, affirming the commitment to unity among Karnataka MLAs in the face of opposition challenges, stating, "We are

always united, we are brothers and working together."

Rumors regarding a leadership change have intensified as Siddaramaiah recently marked two and a half years in office since the Congress party regained control in 2023. The speculations were fueled by discussions of a "rotational CM" arrangement where Shivakumar was expected to take the Chief Minister's role after halfway into Siddaramaiah's term. The tension was further invigorated by Shivakumar's hints at resigning from his position as head of the Karnataka Congress, alongside reports of his supporters gathering in Delhi. However, their recent breakfast meetings serve to quell such rumors, reinforcing their collaborative relationship as they continue to navigate their political landscape together.

A female friend is blamed by the family after an Odisha student commits suicide

Bhubaneswar, Dec 02: Family members of an 18-year-old boy, who allegedly died by suicide at Kalinga Institute of Industrial Technology (KIIT) in Odisha, accuse his female friend and her family of harassment leading to the tragedy.

A police case has been filed against the friend and her family for abetment of suicide. The boy, from Raipur, was found dead by classmates; an investigation is underway, including the seizure of his mobile phone and laptop. This incident marks the third reported suicide at KIIT, raising concerns about student mental health. KIIT stated



the incident was linked to personal issues, possibly related to a romantic relationship.

The deceased's mother has voiced concerns regarding threats from the girl's family and criticized hostel safety measures, particularly the use of ceiling fans.

Police claim of administration change operation' not in chargesheet Gulfisha Fatima to SC

New Delhi, Dec 02: Gulfisha Fatima, seeking bail in the February 2020 riots case, argued before the Supreme Court that the Delhi Police's claims of a coordinated "regime change operation" are absent from the chargesheet.

Her lawyer, Abhishek Singhvi, highlighted the excessive duration of her incarceration, framed as "astonishing and unprecedented," and questioned the basis of the prosecution's allegations regarding a pan-India conspiracy.

Singhvi pointed out that other co-accused had previously been granted bail, emphasizing that Fatima

● Gulfisha Fatima seeks bail from the Supreme Court, arguing against "endless custody" related to the February 2020 riots.

is the only woman still detained. He challenged the evidence against her, asserting that the alleged secret meeting lacked substantiation and that the police had not provided any substantial evidence.

The hearing is set to continue later in the day, with the accused being charged under stringent anti-terror laws following riots that resulted in 53 deaths and over 700 injuries.

Bajrang Punia's pleas are rejected by the Delhi High Court

Vinesh Phogat challenging wrestling body WFI elections

New Delhi, Dec 02: The Delhi High Court dismissed petitions from prominent wrestlers Bajrang Punia, Sakshi Malik, Vinesh Phogat, and Satyawart Kadian, who challenged the Wrestling Federation of India's (WFI) December 2023 elections.

The wrestlers did not appear before the court on multiple occasions, including a key hearing on November 27, leading Justice Mini Pushkarna to note their continuous absence.

The court observed that the petitioners showed a lack of interest in pursuing their case, stating, "The petitioners do not seem to be interested in prosecuting the present matters."

The wrestlers had alleged that the elections



were marred by unfair and non-transparent practices, claiming procedural irregularities in the election process.

However, given their repeated non-appearance, the High Court ultimately dismissed their petitions for default and non-prosecution, effectively end-

ing their legal challenge against the WFI elections. This case attracted significant attention due to the involvement of some of India's most celebrated wrestlers, who were prominent in the 2023 protests advocating for reforms and greater accountability within the federation.

The center provides information on basic pay-DA linking and shares the 8th Pay Commission update

New Delhi, Dec 02: The central government clarified to Parliament that there are currently no plans to merge any part of the dearness allowance (DA) with the basic pay of central government employees. This announcement follows the issuance of the Terms of Reference (ToR) for the 8th Central Pay Commission. Minister of State for Finance Pankaj Chaudhary stated in a written response that no proposals regarding such a merger are under consideration.

He explained that the DA and Dearness Relief (DR) rates are adjusted every six months based on the All India Consumer Price Index for Industrial Workers (AIC-PI-IW) to protect the basic pay and pensions from inflation. Despite this, employee unions have been advocating for an immediate merger of 50 percent of the DA with basic pay, arguing that this



would increase the basic salary and result in future DAs being calculated on a higher revised amount.

The 8th Pay Commission, which is expected to submit its recommendations within 18 months, is set to affect nearly 50 lakh central government employees, with its new salary structure likely coming into effect from January 1, 2026. This Commission is chaired by former Supreme Court judge Ranjana Prakash Desai and was announced in January 2025 to explore changes in sala-

ries and benefits for central government employees.

Central Pay Commissions are established periodically to evaluate and propose changes to the emolument structure, retirement benefits, and various service conditions for government employees, typically implementing their recommendations every ten years. The current process reflects ongoing discussions and expectations surrounding employee compensation amidst inflation and economic changes.

Bihar MLA Vibha Devi struggles to read oath

Patna, Dec 02: A recently elected legislator in Bihar, Vibha Devi, has garnered attention for struggling to read her oath in the state Assembly, as showcased in a now-viral video. As a member of the Janata Dal (United) party, Vibha Devi's election from the Navada seat came after defeating her opponent from the Rashtriya Janata Dal by a margin of over 27,000 votes. The footage captures her visibly wrestling to articulate the oath, ultimately requesting assistance from a fellow legislator sitting beside her. Despite her prior election in 2020, which makes this her second time taking the oath, social media reactions have been mixed. On one hand, some users criticized her inability to read the oath, raising questions about her capability to handle legislative duties, suggesting that if she struggles with the oath, read-

ing bills might be an issue as well. This sentiment echoes a broader concern regarding qualifications and readiness for political office. Conversely, defenders of Vibha Devi emphasize the importance of the democratic process and public mandate over academic credentials.

They argue that political positions should reflect the will of the people, citing that democracy is upheld by public trust rather than elitist standards. This incident unfolds against the backdrop of the Bihar Assembly elections, where the ruling NDA coalition, including the JD(U), secured a significant victory in November, commanding a 243-member Assembly. The discussion surrounding Vibha Devi's oath-reading challenges represents a broader conversation about the qualifications and expectations of elected officials in India.

Rahul Gandhi's open discussion outside Parliament following the arrival of a Congress MP's dog

Mumbai, Dec 02: A controversy erupted in the Indian Parliament when Congress MP Renuka Chowdhury brought a puppy into the complex, generating reactions from various political factions and sparking widespread debate online. Rahul Gandhi, the Leader of Opposition in the Lok Sabha, humorously remarked on the situation, highlighting the focus on the puppy while suggesting that India discusses such trivial matters. He questioned the constraints around pets in Parliament, suggesting that perhaps societal issues are being overshadowed by this light-hearted incident.

Chowdhury defended her actions, clarifying that she did not intentionally bring the puppy into the Parliament. She explained that she rescued the animal



after witnessing a scooter collide with a

car, believing the puppy was at risk. "Is there any law?" she asked, emphasizing that her intent was purely compassionate as she picked up the puppy and transported it to safety.

Furthermore, she expressed her bewilderment at why her act of kindness became a national talking point, instead of addressing more significant issues. "The real ones who bite are sitting in Parliament," she remarked, alluding to the politicians who govern, while contrasting their actions with her compassionate act towards a mute animal. Her comments pointed to a perceived lack of focus on pressing political matters and a frustration with the trivialization of her deed, questioning the priorities of the government and media alike.

In the POCSO case, the SC postpones the trial of former Karnataka chief minister BS Yediyurappa

New Delhi, Dec 02: The Supreme Court has temporarily halted the trial proceedings against former Karnataka Chief Minister BS Yediyurappa in a sexual harassment case linked to the Protection of Children from Sexual Offences (POCSO) Act. This decision was announced by a bench led by Chief Justice Surya Kant during a hearing of Yediyurappa's plea to contest the Karnataka High Court's prior refusal to dismiss the case. The Chief Justice noted the necessity of issuing a notice, primarily to consider return-

ing the matter to the High Court for further assessment.

Senior Advocate Sidharth Luthra, representing Yediyurappa, argued that the High Court disregarded crucial evidence and failed to acknowledge testimonies indicating that the alleged incident did not occur.

He criticized the prosecution for suppressing certain statements and emphasized that Yediyurappa's political history, having served as Chief Minister four times, should be taken into account.

The case arose from a complaint filed on March

14, 2024, by a now-deceased woman, alleging that Yediyurappa molested her 17-year-old daughter during a visit to his home for assistance. The complaint further accused the former Chief Minister of attempting to silence the incident through a monetary offer. In response, police initiated an FIR under the POCSO Act, citing sexual assault and harassment allegations.

On July 4, 2024, a trial court acknowledged not only Yediyurappa's charges but also implicated three others on accusations of evidence

destruction and suppression efforts. However, the Karnataka High Court later quashed this cognizance order, deeming it "cryptic" and mandating that the trial court reassess the situation. Afterward, on February 28, a Fast-Track Special Court issued a new cognizance order, summoning Yediyurappa and the other accused for a hearing on March 15.

Challenging this latest order and the original complaint, Yediyurappa contended that the allegations were politically driven and inconsistent in nature.

Rs 10 Lakh Fake Currency Seized in Guwahati, one Arrested

■ On Monday evening, the West Guwahati Police confiscated Fake Indian Cash Notes (FICN) worth Rs 10 lakh during a roadblock operation in Boragaon.

Guwahati, Dec 02: In an effort to crack down on counterfeit cash circulation, the West Guwahati Police District on Monday evening confiscated Fake Indian cash Notes (FICN) worth Rs 10 lakh during a naka operation conducted at Boragaon under Garchuk Police Station. A police team established a roadblock in the Boragaon region based on particular intelligence about the circulation of counterfeit notes into the city. During the operation, cops intercepted a motorcycle carrying registration number AS-01Y-7837. Suspected counterfeit notes totaling Rs 10,00,000



were found in a bag after a thorough inspection of the rider's possessions. Santanu Talukdar, a 48-year-old biker, was apprehended right away. According to police sources, Talukdar had brought the counterfeit notes from a bordering state and was going to circulate them in vari-

ous regions of Assam. Investigators also learned that he had been involved in similar criminal actions in the past.

Following the correct legal processes, the seized notes have been placed under custody. In order to identify his friends, track down the entire supply

chain, and dismantle the network responsible for producing and distributing the counterfeit money, police have launched a more thorough investigation. Authorities believe the arrest marks a big step toward controlling the flow of counterfeit money into Assam.

Man Shot in Kharupetia Over Loan Dispute

Kharupetia, Dec 02: A man named Munna Saha was severely injured in a shooting in Kharupetia, Assam, following a dispute with local businessman Ananta Biswas over a money transaction. The conflict escalated at Biswas's jewelry store, where Saha was shot and subsequently transported to Gauhati Medical College and Hospital for emergency care. Police discovered two live cartridges and a 9mm handgun at the scene and detained Biswas for questioning as they investigate the incident and the legality of the firearm ownership. The shooting has shocked local residents, as such violence is uncommon in the typically peaceful town, prompting police to enhance security and assure the community of strict actions based on the inquiry's findings.

Nagaland NSF Clarifies: Gorkhas Not Exempt from ILP

Kohima, Dec 02: The Naga Students' Federation's Inner Line Regulation Commission (ILRC) has issued a detailed clarification to counter a long-standing misconception regarding Inner Line Permit (ILP) rules for Nepali/Gorkha communities in Nagaland. According to the ILRC, Nepali and Gorkha citizens—whether Indian nationals or foreign citizens—are not exempt from obtaining an ILP to enter or reside in Nagaland.

The Commission highlighted that the Bengal Eastern Frontier Regulation (BEFR) of 1873 mandates ILP requirements for all non-indigenous individuals within ILP-notified regions.

The only exemption applies to non-native residents who were settled in the Naga Hills before Nagaland achieved statehood in December 1963. The ILRC also clarified that the Indo-Nepal Treaty of Peace and Friendship of 1950 does not override domestic laws such as Article 371(A) and the BEFR.

Therefore, Nepali citizens are required to comply with ILP regulations and broader Indian immigration norms. The Commission urged the public to avoid spreading misinformation and announced that surprise checks will be conducted across Nagaland to ensure strict compliance with ILP regulations.

Tripura's Raj Bhavan renamed, but opposition says 'only name changed, not governance'

Agartala, Dec 02: The Tripura government's decision to rename Raj Bhavan as Lok Bhavan has stirred political reactions across the state, with opposition leaders arguing that the move changes little in terms of governance. Leader of the Opposition Jitendra Chaudhary welcomed the renaming but said such symbolic gestures must lead to real public engagement. He criticised what he described as the government's "arrogant" style and urged that Lok

Bhavan serve as a genuine platform for citizens' grievances. Congress MLA Sudip Roy Barman was more critical, accusing the BJP government of using cosmetic changes to divert attention from failures. He claimed the Governor's House has been misused as a political instrument instead of functioning as a constitutional watchdog. Both parties questioned whether the renaming would meaningfully benefit the people or merely serve as a rebranding exercise without substantive change.

Tezpur University row triggers Rajya Sabha uproar



New Delhi, Dec 02: The unrest at Tezpur University and the long-pending demand for Scheduled Tribe (ST) status for six Assam communities dominated discussions in the Rajya Sabha on Tuesday, even as the Opposition continued pressing for an urgent debate on the Special Intensive Revision (SIR) of electoral rolls. Raising the Tezpur University issue during Zero Hour, Anchalik Gana Morcha president and Independent MP Ajit Kumar Bhuyan said the Central university was undergoing an "alarming administrative breakdown". He alleged that corruption-related complaints and irregularities had surfaced, while the Vice-Chancellor had been absent from campus for more than two months.

Bhuyan said the prolonged absence had created an administrative vacuum, disrupting academic activities. "The VC cannot run away from responsibilities by staying off campus. One individual cannot be allowed to paralyse a premier institution," he said, urging the Union Education Ministry to step in and restore order.

Founded in 1994 under the Assam Accord framework, Tezpur University has witnessed continuous protests and dharnas for nearly two months. AGP MP Birendra Prasad Baishya, speaking next, shifted the debate to the demand for ST status for six communities—Tai Ahom, Moran, Motok, Koch, Chutiya and the Tea Tribe (Adivasi). Calling the demand "historically justified", he cited British-era documents and noted that the Simon Commission had also recommended tribal status for these groups.

Baishya reaffirmed AGP's support and said the demands were "genuine", urging the Centre to take a decision. The issue has sparked heightened tensions in Assam, with supporters and opponents of the proposal staging regular protests.

NIA conducts searches in J&K, U.P in Delhi blast case, seizes incriminating material

New Delhi, Dec 02: The National Investigation Agency (NIA) on Monday conducted searches at several locations in Jammu & Kashmir and Uttar Pradesh as part of its investigations in the Delhi car bomb blast case.

Various digital devices and other incriminating materials were seized during the searches conducted at the premises of several accused and suspects in the two states. A total of eight locations were searched in the districts of Shopian, Kulgam, Pulwama and Awantipora of J&K, and one location in Lucknow (U.P.).

NIA had earlier, on 26th and 27th November, conducted extensive searches at the premises of the prime accused, Dr Muzammil Shakeel Ganie and Dr Shaheen Saeed, in the Al Falah University complex and other places in Faridabad (Haryana). A huge quantity of cash, foreign currency, gold and other incriminating materials were seized during those searches, and the same are being minutely examined to unravel the conspiracy that culminated in the bombing.

The anti-terror agency has arrested 07 key accused so far in the case RC-21/2025/NIA/DLI. NIA teams are questioning the arrested accused while continuing to pursue various leads in connection with the November 10 blast outside the Red Fort in Delhi. Eleven persons were killed and several others injured in the deadly terror attack.

NIA continues to work closely with various state police forces to track and arrest every member of the terrorist module involved in the bomb attack.

BTC Winter Session begins amid rising tensions over ST status demand

Guwahati, Dec 02: The two-day winter session of the Bodoland Territorial Council (BTC) began on December 1 under an unusually heavy security presence, as protests across the Bodoland Territorial Region (BTR) intensified over the Assam government's move to grant Scheduled Tribe (ST) status to six additional communities. The session opened with BTC Speaker Tridip Daimary presiding over the proceedings. The day started with the Question Hour, where members raised queries related to key development schemes and ongoing projects under the BTC. Representatives from the BPF, BJP, and UPPL attended the first day's sitting, and a detailed round of debates and discussions is anticipated as the session continues. The political atmosphere in the region turned tense on November 29, when thousands of Bodo students took to the streets in a massive show of dissent. Led by the Tribal Students' Union, the protest march began from Bodoland University at Rangalikhata in Debargaon and proceeded to the BTC Secretariat at Bodofa Nagar. The demonstrators voiced strong opposition to the state government's proposal to extend ST status to six communities, arguing that this decision would weaken the constitutional protections, political representation, and land rights currently enjoyed by existing tribal groups in the BTR. The protestors asserted that any di-



lution of tribal safeguards could have far-reaching consequences for the cultural and demographic identity of the region. Their march, marked by slogans and placards, drew significant public attention and prompted administrative authorities to tighten security measures around key government installations. With demonstrations continuing and emotions running high, the administration is keeping a close watch on the situation. Senior officials are reviewing security arrangements to prevent any escalation during the ongoing winter session. The BTC leadership is expected to address the concerns raised by the student bodies as discussions unfold in the coming days. As the session progresses, all eyes remain on how the council navigates the sensitive issue, which has sparked debate not only in the BTR but across Assam. The developments in the winter session are likely to play a crucial role in shaping the region's political landscape in the months ahead.

Gohpur forest team prevents Rhino Poaching, arrests armed suspect

Gohpur, Dec 02: In a breakthrough against wildlife crime, the Forest Department captured a group of suspected rhino poachers from Lauguti in Gohpur after a rapid and coordinated operation. The operation was conducted out by personnel of the Eastern Range Office at Gamiri under the Biswanath Wildlife Division, aided by forest guards who acted on particular information inputs.

Four active poachers—Biswarup Mili, Bimal Pachung, Ranuj Pegu, and Birgu Pegu—were captured by the crew, according to officials. These individuals are suspected to be part of a network involved in illegal poaching activities in forest areas known for rhino occurrence. The group's readiness for poaching attempts was demonstrated when the Forest Department found a handcrafted gun and two handmade rounds of ammo during the operation. The notion that the group was preparing an impending hunt before being apprehended has been reinforced by the weapon's confiscation. In addition to



the four arrested individuals, three more suspects have been detained for interrogation. According to officials, these people may have provided the poachers with local or logistical support, and additional

questioning is being done to ascertain their role in the crime. Additionally, forest officials stated that rhino poaching is still one of the main dangers to Assamese biodiversity and that, as a result, all those

implicated in wildlife crimes will face severe consequences. They praised the forest staff's quick thinking and attention to detail and stated that such actions are required to protect endangered animals.

Meghalaya Seeks Global Partners to export Khasi Oranges

● A renewed effort to enhance Meghalaya's organic export capabilities was the focus of the closing day of the 1st Northeast India Organic Week and the 4th IFOAM World Organic Youth Summit on December 1.

Shillong, Dec 02: A renewed drive to expand Meghalaya's organic export capacity dominated the closing day of the 1st Northeast India Organic Week and the 4th IFOAM World Organic Youth Summit on December 1, with the state's prized Khasi Mandarin emerging as the key focus for policymakers and exporters. Chief Minister Conrad K Sangma stressed that strengthening the organic mission will demand "unwavering and coordinated efforts from all stakeholders," underscoring that farmers remain central to every policy decision. He reminded participants that

the event should be viewed "as the beginning of a longer journey," adding that government programmes will stay "target-based and time-bound." The Khasi Mandarin—a bright, sweet, aromatic and easy-to-peel orange native to Meghalaya—was highlighted as a flagship product capable of driving the state's global market presence. Sangma emphasised that organic farming is rooted in Meghalaya's identity, noting that "the word 'organic' is more than just a buzzword... it is connected to our farmers, our forefathers, and the way our people have farmed for centuries." While acknowledging rising global reliance on modern technologies, he said the region's traditional practices have endured and now offer valuable knowledge "that can be shared with the world." The chief minister announced a new

target to expand organic cultivation across agricultural land, calling the initiative "ambitious but achievable." He pointed to logistics as a persistent challenge but maintained that improving these systems remains a priority so farmers can access both national and international markets. APEDA general manager Vinita Sudhanshu said the Northeast is becoming a significant contributor to India's organic sector. Calling the event the first of its kind in the region, she welcomed strong participation from farmers and FPOs and described Meghalaya as "an inspiring example of community-driven development." She noted APEDA's ongoing work on citrus protocols, cold-chain systems and market linkages, and confirmed that two FPOs from the Northeast will receive support for exposure visits during the upcoming Gulfood event.

NFR Strengthens Regional Connectivity with New Stoppage of Agartala–Silchar–Agartala Express at Pencharthal

Silchar, Dec 02: The Northeast Frontier Railway (NFR) has introduced a new stoppage for Train No. 15663/15664 Agartala–Silchar–Agartala Express at Pencharthal (PEC) Railway Station in Tripura, further enhancing regional connectivity and improving travel convenience for passengers. An inaugural flagging-off ceremony was held on Monday, 1 December 2025, at Pencharthal Railway Station in the esteemed presence of Smt. Santana Chakma, Hon'ble Minister for Industries & Commerce, Government of Tripura, along with senior officials

of NFR.

Timings for the new halt: Train No. 15663 (Agartala–Silchar) will arrive at Pencharthal at 14:01 hrs and depart at 14:03 hrs.

Train No. 15664 (Silchar–Agartala) will arrive at 13:13 hrs and depart at 13:15 hrs. The addition of the Pencharthal halt marks a significant step in strengthening regional rail services. The new stoppage will ensure smoother and more convenient travel options, improving access to essential railway facilities and enhancing connectivity for passengers in North Tripura district and nearby areas.



By introducing this new halt, NFR reiterates its commitment to improving passenger amenities, expanding regional connectiv-

ity, and contributing to the overall development of the Northeast through dependable and passenger-friendly transportation.

Apollo Micro gained 3% after obtaining a license to manufacture defense planes

Mumbai: Apollo Micro Systems’ stock increased 2.9% on the BSE, reaching an intraday peak of ₹276.35 per share. Following the company’s acquisition of a license to manufacture equipment under the defense aircraft category for unmanned helicopter operations, which includes unmanned aerial systems, there was a purchasing demand on the counter. Additionally, the license is given for radar equipment and inertial navigation systems within the category of

allied defense equipment. At 10:31 AM, Apollo Micro Systems’ share price was trading 1.77 per cent higher at ₹273.1 per share on BSE. In comparison, the BSE Sensex was down 0.39 per cent at 85,309.07. The company has a total market value of ₹9,166.32 crore. Its 52-week high was at ₹354.65 and 52-week low was at ₹92.5. The company has been granted an industrial explosives and manufacturing license by the Department for Promotion of In-

dustry and Internal Trade (DPIIT), Ministry of Commerce & Industry, Government of India. “This is to inform you that the company has been approved by the Department for Promotion of Industry and Internal Trade (DPIIT), Government of India, for Industrial Explosives and Manufacturing License,” the filing read. The Ministry of Defense’s (MoD) current and future production prospects require the license. The license is good for 15 years

after it is issued. The firm owns a license to produce unmanned helicopters (unmanned aerial systems (UAS))and is now involved in the development of numerous UAS platforms. In addition, the company is collaborating with various domestic and foreign partners for the development of logistics and delivery of unmanned aerial vehicles (UAV) systems, as well as offensive/attack-class unmanned systems.

Rent, cars, credit: CA explains why old financial wisdom no works

Mumbai: Many young earners today are facing a very different financial landscape from the one their parents knew. Rising living costs, expensive housing and easy access to credit have changed how people think about money.CA Nitin Kaushik wrote on X that the old rules no longer fit today’s reality, and young Indians need to follow more practical, numbers-based decisions instead of traditional expectations. The financial world young earners face today looks nothing like what their parents experienced. From renting to car ownership, an expert says that traditional advice no longer fits today’s numbers, and sticking to it may do more harm than good.

Owning a house has long been seen as a sign of stability, but high prices in major metros have made early buying difficult. Kaushik believes renting should not be viewed as a failure. “The new reality demands new rules — ones rooted in today’s numbers, not nostalgia,” he says. According to him, if renting helps save more money and that amount is invested wisely, it can actually work better than buying an overpriced home too early Also, credit cards and instant loans may look convenient, but Kaushik warns that they come with long-term stress. “It’s a trap disguised as convenience. Normalising it only normalises financial stress,” he says.

MotoHaus enters Aizawl with Brixton Motorcycles, VLF Electric Scooter; targets 5,000 sales in firstyear

Aizawl: MotoHaus, the mobility arm of KAW Veloce Motors Pvt. Ltd. (KVMPL), has announced the launch of its new Aizawl dealership, marking a significant push into the Northeast’s growing premium two-wheeler and EV market. The partnership with LZ MotoHaus brings Austria’s Brixton Motorcycles and Italy’s VLF Tennis Electric Scooter to Mizoram for the first time.

The brand’s portfolio includes the Brixton Crossfire 500X, 500XC, Cromwell 1200 series, and the soon-to-be-launched Storr 500. The VLF Tennis Electric Scooter and Mobster 135, priced at ₹1,29,999, offer urban mobility features such as removable batteries, large tyres, cantilever suspension, mobile charging, and a 150 km riding range.

KVMPL Managing Director TusharShelke said the expansion aligns with MotoHaus’ mission to deliver “world-class, performance-driven and sustainable mobility solutions” across major Indian markets.

The Aizawl facility features a 2,000



sq. ft. showroom and a 1,500 sq. ft. workshop with extended warranty support—2+2 years for Brixton bikes and 3+3 years for the VLF Tennis Electric Scooter.

Aizawl’s urban consumers are increasingly seeking premium lifestyle motorcycles and reliable EV options. The combination of hilly terrain, rising fuel prices, and a young, aspirational customer base positions Aizawl

as a high-potential market for MotoHaus’ premium motorcycles and EV scooters.

As part of an aggressive nationwide expansion, MotoHaus plans to open five more outlets across Mumbai, Chennai, Mysuru, Raipur, and Jaipur by the end of 2025, aiming for 5,000 unit sales in its first year. The company will also introduce a new touring motorcycle by year-end.

The share price of Vodafone Idea increases by 4%. Why has telecom stock increased

New Delhi :Shares of ailing telecom company Vodafone Idea rose about 4% in intraday trades on Tuesday, December 2, amid anticipation of relief on adjusted gross revenue (AGR) dues before the end of the year. Union Telecom Minister Jyotiraditya Scindia stated in an interview with CNBC-TV18 that the Center will not proceed with any relief measures unless the telecom company makes a formal request. According to Scindia, the government is reviewing the legal parameters established by the Supreme Court in its ruling last month.

“Judgment needs to be considered from a point of view of what can be done and what cannot be done. We cannot cross the border of the SC verdict,” he told the television station. He also indicated that the government may be able to complete its assessment and issue recommendations within a couple of weeks, with the relief package likely to be announced by the end of the year. Vodafone Idea, on October 27, received a favourable order from the Supreme Court that has allowed the government to reconsider and



take an appropriate decision with reference to the additional AGR demand raised for the period up to the financial year 2016-2017, and comprehensively reassessing and reconciling all AGR dues, including interest and penalty. Vodafone Idea CEO Abhijit Kishore, during the second-quarter earnings call, revealed that the AGR liability on the business was at roughly ₹78,500 crore at the end of September 2025. Following the comments from the Telecom Minister, shares of Vodafone Idea jumped 3.8% to hit the day’s high of ₹10.32 apiece

on the BSE. In the last three months, Vodafone Idea share price has rallied 57%, and over the last six months, it has gained 45%, as investor interest heightened amid hopes of relief on AGR dues.

“Vodafone Idea is sustaining a strong short-term uptrend, supported by price consistently holding above the 9-EMA and maintaining a “Positive” Supertrend structure.

The stock has demonstrated consistent momentum by forming a sequence of higher highs and higher lows. Drumil Vithlani, Technical Research An-

alyst at Bonanza, stated that recent declines toward Rs. 9.70 to Rs. 9.90 were purchased into, indicating strong demand close to the rising support zone. According to the expert, bullish participation is further validated by volume rises on up days. According to Vithlani, a breakdown below Rs. 9.70 would be the first indication of trend weariness, while a decisive close above Rs. 10.50 may accelerate upside. As long as the stock holds above Rs. 9.80, the trend is still favorable for continuation towards Rs. 10.80–Rs. 11.20.

Manipal Hospital EM Bypass sets milestone with rare aortic repair for Mizoram senior

Aizawl: Manipal Hospital, EM Bypass, a unit of Manipal Hospital Group one of India’s largest healthcare providers has completed a landmark minimally invasive endovascular aortic repair on a 78-year-old patient from Mizoram. The high-risk procedure underscores the hospital’s growing leadership in complex cardiovascular and vascular interventions in Eastern India.

The patient was diagnosed with a life-threatening aortic aneurysm at a local hospital in Mizoram before being referred to Manipal Hospital for specialized intervention. Led by Dr. Dilip Kumar, Director Cath Lab and Senior Interventional Cardiologist, the team deployed a bifurcated aortic graft through two femoral access points and sealed the procedure using five closure devices. The technique ensured almost no bleeding and remarkably enabled next-day mobility and discharge—likely a first-of-its-kind case in India involving such large-bore access.

In the Aizawl healthcare sector, this achievement highlights a widening gap between available local facilities and the rising demand for advanced cardiac procedures. With growing preference among Mizoram residents for technologically advanced treatments, metro-based hos-



pital groups are increasingly attracting patients from the Northeast.

The patient has recovered smoothly and will continue routine follow-ups. Manipal Hospital Group said the case reinforces its commitment to delivering precision-driven, minimally invasive solutions that reduce hospital stay and speed up recovery.

EaseMyTrip shares zoom 20% what fuelling rally in this penny stock

Mumbai: Shares of key information technology (IT) firms from the Tata Group such as Tata Elxsi, Tata Technologies and TCS have tumbled up to 52% from their record highs. The correction in these IT stocks is in line with other sectoral stocks impacted by subdued quarterly earnings, a fall in discretionary spending by global clients, geopolitical tensions, and continuous selling by foreign institutional investors (FIIs). While Tata Elxsi has lost 52% from its record high of Rs 10,760, Tata Technologies stock has fallen 52% from the high of Rs 1,400. Another Tata Group stock TCS too slipped 32% from the record high of Rs 4,592 till date. The fall in the IT stocks is also reflected in the correction in IT indices on bourses. BSE IT index has slipped 16% in 2025 and a year, respectively. The Nifty IT index has also lost 13.46% in 2025 and fallen 14% in a year.

Meanwhile, Tata Elxsi shares were trading on a flat note at Rs 5122.65 today. Total 2,077 shares of the firm changed hands amounting to a turnover of Rs 1.06 crore on BSE. In terms of technicals, the Tata Group stock is neither oversold nor overbought on charts with a RSI of 37.1. Tata Elxsi shares are trading lower than the 5 day, 10 day, 20 day, 30 day, 50 day, 100 day, 150 day and 200 day moving averages. The large cap stock hit a 52 week high of Rs 7474 on December 5, 2024 and fell to a 52 week low of Rs 4601 on April 7, 2025. Drumil Vithlani, Technical Research Analyst at Bonanza Portfolio said, “Tata Elxsi continues to trade in a structural downtrend on the weekly chart, with price consistently respecting the falling 50-EMA and staying below the broader declining trendline. The series of ‘Negative’ Su-



pertrend signals and lower highs indicate sustained supply pressure. Even recent rebounds failed to break above the Rs 5,500–5,700 resistance zone, showing weak follow-through. Volume trends remain muted, suggesting lack of fresh institutional buying. As long as the stock holds below the Rs 6,000 zone, the trend remains corrective. Immediate support lies near Rs 5,000; a close below this may extend weakness, while a sustained move above Rs 5,700 is needed to reverse momentum.” Jigar Patel from Anand Rathii said, “Support is seen at Rs 5,000, while resistance is placed at Rs 5,500. A decisive move above Rs 5,500 may trigger a further upside toward Rs 5,700. The expected short-term trading range is between Rs 4,900 and Rs 5,700.”Riyank Arora, technical analyst at Mehta Equities said, “Tata Elxsi is attempting a recovery after a period of corrective decline. The stock is holding firmly above the Rs 5,000 support zone, showing signs of stabilisation. Momentum indicators are gradually turning positive, and price action suggests a potential higher-low formation. A breakout above Rs

5,250 can accelerate the upmove. Price Targets lie between Rs 5,350 and Rs 5,520. Support lies at Rs 5,000.”Tata Technologies

Tata Technologies shares were trading on a flat note at Rs 675 today. Total 0.27 lakh shares of the firm changed hands amounting to a turnover of Rs 1.83 crore on BSE. In terms of technicals, the Tata Group stock is neither oversold nor overbought on charts with a RSI of 48.3. Tata Technologies shares are trading lower than the 5 day, 10 day, 20 day, 30 day, 50 day, 100 day, 150 day and 200 day moving averages. Riyank Arora, technical analyst at Mehta Equities said, “The stock continues to move in a sideways-to-corrective zone after its earlier weakness. It is finding strong buying interest near Rs 660–665, forming a base. Momentum is still muted, but improving volumes indicate accumulation. A close above Rs 700 is essential to trigger strength and trend reversal. Targets lie between Rs 715 and Rs 740. Support is at Rs 660. Sustained trade below this weakens sentiment.”

Huawei Mate XTs vs. Samsung Galaxy Z TriFold

New Delhi: The Galaxy Z TriFold, Samsung’s most ambitious foldable smartphone to date, was just introduced. This device combines two hinges and three interconnected displays, giving a tablet-sized experience in a foldable phone form factor. Samsung touts the TriFold as a multifunctional device for productivity, media, and multitasking. The phone will launch first in South Korea on December 12 and will eventually be accessible in additional markets, including China, Taiwan, Singapore, the UAE, and the US. With the Galaxy Z TriFold, Samsung enters a more competitive foldable market where all manufacturers are promoting daring ideas. With its Mate XTs, which were introduced in China on September 4, 2025, Huawei continues to dominate the tri-fold market. The gadget is powered by the Kirin 9020 and runs on HarmonyOS. Both gadgets target customers who demand huge, flexible displays, multitasking capabilities, and novel folding mechanisms. While Huawei continues to improve its tri-fold strategy with its exclusive hinge and sturdy materials, Samsung introduces a dual-hinge design with three connected screens. Here’s a deeper look at the design, display, camera, performance, battery, and cost of the most recent Galaxy Z TriFold and Huawei Mate XTs. The main display is shielded by the Samsung Galaxy Z TriFold’s multi-fold inward design. For easier folding and fewer gaps, Samsung’s improved Armour FlexHinge technology has two hinges of varying sizes with a dual-rail structure. Sturdiness and stability are offered by the Advanced Armour Aluminum frame and titanium hinge housing. Samsung uses extensive quality checks, including CT scanning and laser measurement, to ensure perfect assembly. In addition, the phone has



IP48 dust and water resistance, supports two SIM cards, and runs OneUI 8, which is based on Android 16. For structural integrity, Huawei Mate XTs, on the other hand, maintain a tri-fold design with parallel geometric embossing. The device weighs 298 grams and comes in White and Purple colour variants with a leather-like texture. Its Tiangong dual-track hinge system assures seamless operation.

Hornbill–Mia partnership shows alignment between cultural economy and market policy trends

Aizawl: Mia by Tanishq’s participation in the Hornbill Festival 2025 as the Official Style Partner signals a broader alignment with national and regional cultural-economy policies that encourage private sector participation in heritage-driven events.

The introduction of “Mia x Hornbill” pendants and the establishment of an engagement zone highlight how consumer brands are contributing to tourism, artisan visibility and regional economic activity. Chief Minister Neiphiu Rio emphasized that such collaborations honour craftsmen and support cultural industries—a key priority area in many Northeast development policies.

For Aizawl’s consumers and policymakers, the partnership shows how cultural platforms can be leveraged for economic diversification, market expansion and creative-industry promotion.



Ranveer Singh Apologizes for ‘Kantara’ Imitation Blunder

Mumbai: Actor Ranveer Singh, who imitated Rishab Shetty’s performance in Kantara during the 53rd International Film Festival of India (IFFI) in Goa, has issued an apology. After a controversy erupted over his calling a revered goddess as a “female ghost”, he has said sorry if he has offended the religious sentiments of anybody.

The actor shared a statement on his Instagram story on Tuesday and said he has always deeply respected every culture and tradition. Singh also praised Shetty for his performance in the film. ”My intention was to



highlight Rishab’s incredible performance in the film. Actor to actor, I know how much it would take to perform that particular scene in the way that he did, for

which he has my utmost admiration,” he wrote. ”I have always deeply respected every culture, tradition and belief in our country. If I’ve hurt anyone’s sentiments, I sincerely apologise,” he added.

Directed by Shetty, who also featured in the film, “Kantara: A Legend Chapter-1” released in October and was a prequel to 2022’s film “Kantara”. On the career front, Ranveer will soon be seen in Dhurandhar, the spy thriller that releases this Friday. The film is helmed by Aditya Dhar. Its run-time is said to be over 210 minutes.

Ranveer Singh performs live for Dhurandhar music

Mumbai: The anticipation around Ranveer Singh’s upcoming film Dhurandhar has been skyrocketing ever since the trailer dropped. Adding to the excitement, the makers hosted the music album launch in Mumbai, unveiling the film’s title track.

The event was marked by Ranveer Singh’s electrifying energy along with the singers’ power-packed performances. Following the event, several photos and videos started making rounds on social media. In one video, the actor was seen grooving on stage and



singing the film’s title track with rapper Hanumankind. Dressed in a dashing all-black ensemble, Ranveer set the stage ablaze with his infectious energy. Along with the duo, singer Jasmine Sandlas also joined the stage, hyping up the audience. Ranveer Singh’s infectious energy received wide praise from fans.

Saif Ali Khan Secretly Active on Instagram, Reveals Neha Dhupia

Mumbai: Many Bollywood stars stay off social media to protect their peace, but Saif Ali Khan seems to have taken a different route. He may not post, but according to Neha Dhupia, the actor still keeps an eye on the online world — including the trolling aimed at him — through a private account he never talks about.

In an interview with Zoom, Neha recalled a conversation with Saif that took place a few years ago while discussing the rise of online hate. She shared that the actor quietly follows

what people say about him, even though he does not have a public profile. Neha said, “5-6 years ago, during an interview on my show itself, I was talking to Saif about trolling. He said he is not on social media, but he has a private account, and sometimes he reads the stuff that’s written. He said it is going to get so bad, there’s going to be policing to an extent where I am thick-skinned that ‘ab farak nahi padta hai’.”Neha Dhupia will next star in Single Papa, releasing on Netflix on 12 December.

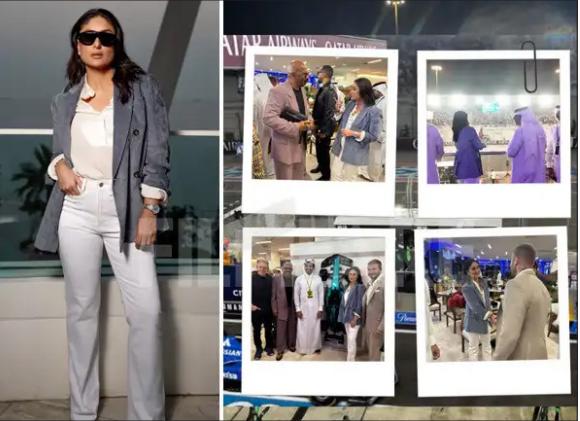
the wider issue of trolling, especially in recent cases involving AI misuse against female actors.

Neha said, “What happened with a couple of actresses recently, whether it is the wrong usage of AI and showing stuff across, it is getting there. I am happy that people are being pulled up. It makes me angry, but now I have reached a point where I am thick-skinned that ‘ab farak nahi padta hai’.”Neha Dhupia will next star in Single Papa, releasing on Netflix on 12 December.

Kareena Kapoor Meets Beckham, Ramsay, Harvey at Qatar F1

Agency: Bollywood actress Kareena Kapoor Khan spent an exciting day at the Qatar Grand Prix 2025, and on Monday she gave fans a closer look by sharing photos and videos from the event on Instagram. Posting a carousel of images, she wrote, “Qatar F1- 2025.”

In the pictures, Kareena is seen enjoying the thrilling Formula 1 atmosphere. Dressed in a stylish look, a crisp white shirt paired with white trousers and a slate-blue blazer, she posed against a scenic background at the racetrack. She was also seen standing near the pit lane, watching the crew work on the cars and getting a glimpse inside the paddock area where the real action happens. A playful polaroid-style photo included in



the post read, “Not music but the sound of (fire emoji),” capturing her excitement as she listened to the roar of the engines. Another picture showed her event wristband, with the caption, “Keeping the band for Tim,” referring to her son Taimur. She also posted a dramatic image of a race car speeding on the track, writing, “What a race!”

More pictures showed Kareena interacting with major international celebrities including chef Gordon Ramsay, former football star David Beckham, and comedian and TV host Steve Harvey. The unexpected combination of personalities instantly went viral, leaving fans amazed.

Vijay’s Kaavalan Re-releases Dec 5 for 33rd Cinema Anniversary

Chennai: Tamil cinema is witnessing an unexpected and spirited trend. Classic titles are drawing crowds with the enthusiasm usually reserved for festival releases, and at the heart of this revival sits Vijay. The latest film to join this movement is Kaavalan, which is set for a fresh theatrical run on December 5. The excitement around this return is not merely about reliving a familiar love story. It reflects a larger moment of nostalgia as fans revisit the chapters of Vijay’s journey before he redirects his

energy toward public service. When Kaavalan first reached theatres in 2011, it quietly reminded audiences of Vijay’s gentle screen presence. After a series of films that placed him in louder or more aggressive roles, this tender romance offered a different mood. The film gave viewers a hero who carried earnestness rather than bravado, and the shift was welcomed with open arms. Families filled theatres and the film settled into the affectionate space reserved for comforting entertainers.

‘Love in Vietnam’ Releases in Korea on December 8

New Delhi: After connecting strongly with audiences in India, Rahhat Shah Kazmi’s cross-Asian romance Love in Vietnam is now set for its South Korea release — a key milestone for the India-Vietnam collaboration that has steadily earned attention across the region. The film, starring Shantanu Maheshwari and Avneet Kaur, has recently found traction among Korean viewers, helped by fan edits, social media buzz, and interest in its emotional tone and cultural mix. Korean singer Seaya, who also stars in the film, has added to the excitement with her latest track that has gone viral in Korea.

Shantanu Maheshwari says the Korean release feels “surreal in the best way possible,” adding, “For me, the most touching part is seeing how Korean fans are responding to the small emotional details in the



film. They notice things we never expected anyone outside India and Vietnam to pick up, and that kind of sensitivity is rare.” He adds, “I’ve always been curious about Korea’s artistic culture, so the fact that our film is opening there feels like life coming full circle. I’d love to visit during the release, meet the audiences, and talk to them about what the film meant to them. I’m grateful for every bit of love coming our way.” Avneet Kaur calls this moment “a dream I didn’t even know I had.” Speaking about the

Korean audience, she says, “What has moved me the most is how Korean viewers express affection. There is a grace in the way they admire stories and people, especially Korean men and their chivalry. It’s something the whole world smiles about, including me.” She adds, “The idea that our film will now live in Korean theatres feels like a gift. I want to be there when it releases, just to soak in their energy and thank them for letting our story into their world. I feel nothing but excitement and gratitude.”

Shooting Wraps for Banerjee, Rao, and Channa’s Upcoming Film

Mumbai: Abhishek Banerjee, Ahsaas Channa and Gajraj Rao, who joined forces for a yet-untitled upcoming project, have officially wrapped filming, and the set vibes were nothing short of electric! The trio, along with the entire cast and crew, recently marked the occasion with a cheerful group photo that instantly sent fans into a frenzy.

Throughout the shoot, the team shared glimpses of their fun-filled days on set from behind-the-scenes jokes to candid videos, keeping audiences hooked. Netizens especially loved the playful banter between Abhishek Banerjee and Ahsaas Channa on social media, which not only showcased their off-screen camaraderie but also heightened the excitement around the project. Their effortless chemistry and humorous exchanges have left followers eagerly waiting to see them together on screen. The production



house expressed immense happiness over how the project has shaped up. In an official statement, they shared “Watching Abhishek, Ahsaas, and Gajraj come together has been a delight for every member of the crew. Their energy, humour, and constant good vibes turned each day of shooting into a celebration. The entire cast bonded beautifully, and the audience’s reac-

tion to their online banter only adds to the excitement. We’re thrilled with what we’ve created and can’t wait to share it with the world.” Gajraj Rao was recently seen in Akshay Kumar and Arshad Warsi starrer Jolly LLLB 3. Before that, he was seen in Yudhra, Bad Newz, Maidan, and the web series ‘Dupahiya’. Meanwhile, Abhishek Banerjee had a cameo in Ayushmann Khur-

rana and Rashmika Mandanna starrer ‘Thamma’. He was also seen as Jana in Rajkummar Rao and Shraddha Kapoor starrer ‘Stree 2’, directed by Amar Kaushik. The film was released in 2024, and emerged as a blockbuster. Ahsaas Channa is known for her performance in the web series ‘Half CA’, ‘Mismatched’, ‘Girls Hostel’, ‘Kota Factory’ and others.

Dulquer Salmaan Details Being ‘Pushed Around’ on Hindi Film Sets

Mumbai: Dulquer Salmaan, who has starred primarily in Malayalam movies, made his Bollywood debut with the 2018 film Karwaan. He then went on to star in Sonam Kapoor starrer The Zoya Factor, and Chup: Revenge Of The Artist. In a recent interview, Dulquer opened up about his experience working on Hindi film sets, and how different it is to the non-existent entourage culture in the Malayalam film industry. He recalled that when he did Hindi films, he would get ‘pushed around’ and overlooked on set, and that he had to create an illusion of being a big star to get space and command attention. He said that he realized that in Bollywood, fame is largely about perception.

In a conversation with Hollywood Reporter India, Dulquer said, “When I did Hindi films here, my two people and I would just get pushed around on set. I had to create this illusion of being this big star. Otherwise, I wouldn’t find chairs to sit! I wouldn’t



find space to look at the monitors. It’d be a big crowd of people.” He further added that if an actor arrives in a fancy car with many people surrounding them, they are perceived to be big stars. “I realised it’s all perception. If you come in a fancy car with a lot of people, then suddenly the perception is, ‘Oh, this is a star.’ Which is sad because that’s not where my energy should go,” he said. He further pointed out how different the culture is, on Malayalam film sets where the entourage cost is negligible, and there is no concept of multiple vanity vans and private chefs. “We never had any luxury on set. We’d shoot all over the state,

get permission from a house, pay the owners, and that would be where we change or use the restrooms. That was always the practice,” he said. When talking about entourage costs, Dulquer said that he believes one must pay for what they want. “Most of us absorb our own costs. If I’m being paid X, then X minus whatever my entourage costs or luxuries I want... I can absorb it. It’s not the end of the world. There’s no end to perks when something is free; you enjoy it more and keep wanting more,” he said. On the work front, Dulquer was last seen in the Tamil-language period thriller Kaantha, which was released last month.

Madhuri Dixit’s Shocking Transformation Revealed in ‘Mrs. Deshpande’ Trailer

Dixit is killer in Kukunoor’s Mrs. Deshpande

Mumbai: Madhuri Dixit is set to make a comeback to the thriller genre with her new series Mrs Deshpande. It is directed by Nagesh Kukunoor. The trailer, unveiled on December 1, 2025, has generated excitement by presenting Madhuri in a strikingly different role. Can you imagine the Dhak Dhak girl in a killer persona? Yes, she is playing an outwardly gentle woman who is, in reality, a convicted serial killer assisting the police in tracking down a copycat.

The teaser begins with Madhuri Dixit softly singing Bholi Si Surat before abruptly taking someone’s life. The following scene shows her in prison, remarking, “I’m locked up, so someone else must be imitating my methods.” This moment establishes the central premise of Mrs Deshpande. She plays a seemingly sweet-faced woman, who is hiding a chilling and violent history. Madhuri’s Mrs Deshpande is



serving a prison sentence of 25 years. However, the police aim to approach her to track down another serial killer. Interestingly, the police, with the help of Mrs Deshpande, understand that the current serial killer is copying all of her techniques. For those unaware, the series is an official remake of the French series La Mante.

The twists begin when Mrs Deshpande consents to assist

the police in helping with the investigation. However, she sets one condition. She wants to partner with her estranged son, who is now a detective. This leads to a strained collaboration. It pushes the two to face their shared trauma, lingering tensions and secrets that have been hidden for years. The series features Madhuri Dixit-Nene in the central role, with Siddharth Chandekar likely portraying

her son and Priyanshu Chatterjee taking on an important supporting character. It is scheduled to be released in JioHotstar on December 19, 2025. Madhuri was present at the trailer launch for the series. She opened up about working with the cast and crew, including collaborating with director Nagesh Kukunoor. Director Nagesh Kukunoor confirmed that he saw only Madhuri in the title role, stating, “The deglamorized look is just the beginning as her character constantly keeps the audience second-guessing the secrets that she hides behind the million-watt smile.” The series, which is produced by Applause Entertainment, also features Siddharth Chandekar and Priyanshu Chatterjee in pivotal roles. Mrs. Deshpande is positioned as a high-stakes psychological thriller that explores deep themes of identity, trauma, and the burden of a dark familial legacy.

Priyanka, Nick get Madhu’s sweet wish

Agency: Priyanka Chopra and Nick Jonas are undeniably one of the most loved celebrity couples, and never fail to shell out major couple goals. They are celebrating their 7th wedding anniversary today. While we are yet to see glimpses from their anniversary celebration, heartfelt wishes for the couple have started pouring in on social media. PeeCee’s mother, Madhu Chopra, also shared some unseen photos of Priyanka and Nick on this occasion. She penned a lovely note for the couple, wishing them a journey full of love, patience, and endless support. Madhu Chopra took to her Instagram to share some stunning pictures of Priyanka Chopra and Nick Jonas. The first photo shows them holding their daughter, Malti Marie, while the next one shows the couple chilling in a yacht.

Another photo from Wimbledon 2025 shows them posing with Madhu Chopra, while another one shows Nick and Priyanka enjoying a walk with Malti. Along with the beautiful photos, Madhu Chopra wrote, “Watching you both grow together has been one of our greatest blessings. May your journey be filled with love, patience, and endless support.

Happy anniversary, dear daughter and son-in-law.” Check out the post below! Meanwhile, on their anniversary, Nick Jonas shared a stunning picture of Priyanka Chopra lying on the beach against a beautiful backdrop. She is seen soaking up the sun in a red bikini. “7 years married to my dream girl,” he wrote. Reacting to this, Priyanka Chopra wrote, “You’re what dreams are made of... @nickjonas.” Earlier this year, in a chat with Kylie Kelce, Priyanka recalled the awkward meeting between her mother and Nick when she brought him home for the first time. Priyanka Chopra revealed she and Nick Jonas decided to go to her house to “just hang out” ahead of the Met Gala.

LIFESTYLE

Cardiologist's 5 Gut Health Secrets: Why You Should Never Skip Breakfast

Cardiologist Dr Alok Chopra highlights 5 simple tips to ensure your gut health remains optimal, recommending hydration, avoiding high glycemic foods, and more. Cardiologist Dr Alok Chopra often shares health tips on Instagram, educating his followers on how to take care of their heart, gut health and overall wellbeing. In a post shared last year in October, Dr Chopra, also a functional medicine expert, talked about 5 simple tips that can ensure your gut doesn't suffer because of day-to-day lifestyle choices. Let's find out what the cardiologist suggested

Sharing the five tips, the cardiologist wrote, "Enjoy every moment without feeling weighed down—follow these 5 simple tips to keep your gut happy and healthy." He stressed that the tips will keep your glow up, from the inside out.

Hydration: According to the cardiologist, the key to good gut health is hydration.



He suggested drinking 3-4 litres of water every day. He also advised starting your day with overnight-soaked methi or coriander water, and drinking buttermilk or coconut water. Additionally, if you are out with friends, he suggests skipping cocktails and mocktails when enjoying hard liquor. "Use water as a mixer," he added.

Sleep: Per the cardiologist, sleep is more crucial than we realise. He advised at least 8

hours of sleep. Additionally, if you are unable to get adequate sleep at night, the expert suggested the option of sneaking in a 45-minute afternoon nap for rejuvenation.

Movement: No pain, no gain: Make time for 45 minutes of daily movement, Dr Chopra advised. According to him, "Fit in a workout daily. If time is tight, even a short meditation, stretch session or yoga can make a difference. Consider joining a group

class; it can keep you motivated."

Do not head out on an empty stomach: Dr Chopra warned against heading out of home on an empty stomach and advised being smart about your body clock. He said, "Eat at the same time every day, try to take your biggest meal as your first meal. Avoid high glycemic foods and choose grilled options." According to Harvard Health, "Glycemic index

rates the effect of a specific amount of a food on blood sugar compared with the same amount of pure glucose. A food with a glycemic index of 28 boosts blood sugar only 28% as much as pure glucose. One with a GI of 95 acts like pure glucose." Some examples of high GI foods are white bread, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, and most packaged breakfast cereals.

Dance the night away: Lastly, the cardiologist advised to enjoy and live it up for good gut health. How does it help? Per the expert, dancing releases endorphins, the "feel-good" hormones. "It's a fun way to express emotions and boost your mood. Also, it lets you get some cardio in," he added. Note to readers: This article is for informational purposes only and not a substitute for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

6 Causes of Post-Pregnancy Period Pain & Doctor-Approved Pain Relief

The postpartum period is a very challenging time, both mentally and physically. The stage after childbirth brings a whole new set of changes, from emotional turmoil like postpartum depression to physiological changes like a much more painful period. While your period may make a grand comeback after the nine-month hiatus but the pain feels much more jarring because of the sharp intensity.

In an interview with HT Lifestyle, Dr Ila Jalote, consultant, obstetrics and gynaecology at Manipal Hospital, Gurugram, shared how after childbirth, periods can be more painful. She explained, "After months without a period during pregnancy, many new moms are confused when menstruation returns, which may be more painful than ever. Cramping, heavy flow, and discomfort that interfere with daily life can be both surprising and worrying. While some change in menstrual patterns is normal postpartum, an increase in pain isn't something to ignore." Further describing



how whether it's heavier or more painful than usual actually depends on whether the mother is breastfeeding or not. This is an important indicator. Dr Ila added, "The return of menstruation is primarily dependent on whether you are breastfeeding or not, with some women having their period within weeks and others taking many months. The initial period may be heavier, more irregular, and accompanied by severe cramping. In many cases, painful periods are temporary and manageable, but sometimes they can signal an underlying issue, such as UTIs and endometriosis, that requires medical attention."

Your doctor may also suggest that you try hormonal birth control. Hormonal birth control is available as a pill, patch, vaginal ring, injection, implant, or IUD. Hormones prevent ovulation, which can control your menstrual cramps. Surgery can treat endometriosis or uterine fibroids. This is an option if other treatments haven't been successful. The surgery removes any endometriosis implants, uterine fibroids, or cysts. In rare cases, a hysterectomy is an option if other treatments haven't worked and pain is severe. If you have a hysterectomy you will no longer be able to have children.

Women: Modest Weight Loss Cuts Osteoarthritis Risk, Says Surgeon



According to the World Health Organization (WHO), more than 60 percent of the 528 million people with osteoarthritis (OA) globally are women, and 73 percent of those affected are over the age of 55. The WHO reports that the knee is the most commonly affected joint, followed by the hip and hand. In an interview with HT Lifestyle, Dr Sharmila Tulpule, orthopaedic surgeon, regenerative medicine specialist, and founder and director of Orthobiologix Biotech Pvt Ltd, said that osteoarthritis, long thought of as a 'wear-and-tear' disease, has become incredibly complex, especially for women.

The prevalence of osteoarthritis, a type of joint disorder that occurs due to cartilage breakdown in the joints, is expected to increase with ageing populations and rising rates of obesity and injuries. By understanding the causes, symptoms, and treatment options for OA, you can take steps to manage the condition and improve your quality of life. According to Dr Tulpule, below are the factors concerning osteoarthritis in women.

Hormonal changes and menopause: Estrogen decline during menopause accelerates cartilage degradation, increasing OA risk. Hormone replacement therapy (HRT) may offer some benefits but requires careful consideration due to potential risks.

Obesity and metabolic factors: Obesity is a significant risk factor for OA, particularly in weight-bearing joints like the knees. Excess weight increases joint stress and systemic inflammation, exacerbating OA symptoms. Even modest weight loss can reduce OA risk and improve joint function.

Physical activity and joint health: Regular, moderate physical activity strengthens muscles around joints, enhancing mobility and reducing pain. Conversely, sedentary life-

styles contribute to joint stiffness and muscle weakness.

Mental health and quality of life: OA can lead to depression and anxiety, particularly in women, affecting overall well-being. Addressing mental health is crucial for effective OA management and improving quality of life.

Dr Tulpule said, "Regenerative therapies offer a more holistic approach by addressing the underlying causes of OA rather than merely alleviating symptoms. They are particularly beneficial for women seeking alternatives to invasive surgeries and medications." According to Dr Tulpule, stem cell therapy holds promise as a regenerative treatment for knee osteoarthritis, offering potential benefits in pain reduction and functional improvement. Explaining platelet-rich plasma (PRP) therapy, Dr Tulpule said it utilises growth factors from the patient's own blood to stimulate tissue repair and reduce inflammation. "Studies indicate that PRP can provide longer-term pain relief and functional improvement compared to traditional treatments like hyaluronic acid (HA) injections," she said. Dr Tulpule added that gold-induced cytokine therapy is a novel regenerative treatment that involves incubating the patient's own blood with gold particles, enhancing the anti-inflammatory and reparative properties of platelets. Studies have shown that it can lead to significant improvements in pain and function in patients with knee OA, with minimal adverse effects, she said. "For women, osteoarthritis is not just a joint issue — it intertwines with hormonal health, body weight, lifestyle, mental wellness, and occupational context," Dr Tulpule said. Advocating early detection especially during menopause. Promoting preventive strategies combining diet, weight management, and exercise.

Eat Your Way to Better Health: Dietitian Lists Top Glutathione Foods Boost glutathione: food for health

What went wrong with actor and model Shefali Jariwala? The sudden death of Shefali at just 42 has left many shocked and concerned, with early reports linking her cardiac arrest to an IV glutathione drip taken while fasting. Dr Anupriya Goel, a dermatologist, raises awareness about the potential risks of cosmetic treatments performed without proper supervision, noting that fasting, dehydration, and underlying health conditions can make these seemingly safe procedures dangerous. Also read | Shefali Jariwala death: Doctors warn skin lightening glutathione injections aren't without risk or 'severe side effects' Glutathione, a powerful antioxidant, plays an essential role in the body by defending against illness, reducing inflammation, and protecting cells from damage, thereby improving skin health. In recent years, glutathione treatments for anti-ageing and skin brightening have garnered attention. But did you know that you can naturally boost your body's glutathione levels by incorporating the right foods into your diet. Let us tell you about foods rich in glutathione and share tips on how to encourage its production through your daily meals. Glutathione is a potent antioxidant that helps protect cells from oxidative stress and damage, states Antioxidants Journal. It contributes to liver detoxification, plays a role in DNA synthesis, and is involved in various metabolic processes. "Low levels of glutathione have been linked to several health issues, including chronic diseases, fatigue, and im-

paired immune function. Therefore, incorporating glutathione-rich foods into your diet can be beneficial for maintaining optimal health," shares dietitian Gulnaaz Shaikh of KIMS Hospitals. "In many cases, glutathione-rich foods are a better and safer option compared to supplements, especially when it comes to long-term health and minimal side effects. Natural food sources help support the body's natural glutathione production without the risks associated with high-dose supplementation," says Dr Bhavya Swarnakar, MD, dermatology, Apollo Hospitals. "However, for individuals seeking targeted cosmetic or anti-ageing benefits, especially skin brightening, supplements — particularly oral glutathione — are sometimes recommended under medical supervision. While oral forms are generally safe, they can cause mild stomach discomfort in rare cases. Intravenous (IV) glutathione, on the other hand, may carry serious risks like skin allergies or effects on the liver, kidneys, or thyroid, and should only be administered by experienced professionals," explains Dr Swarnakar. While natural dietary intake is ideal for overall health, supplements may be considered in specific cases, but only after consultation with a qualified dermatologist or plastic surgeon who can advise on



the appropriate form, dosage, and duration. Glutathione, often referred to as the 'master antioxidant', is crucial for neutralising harmful free radicals and supporting vital bodily functions. This tripeptide, comprising the amino acids glutamine, cysteine, and glycine, plays a vital role in detoxification, immune health, and overall well-being. "While our bodies generate glutathione, we can elevate its levels through dietary choices. Incorporating glutathione-rich foods such as watermelon, strawberries, spinach, avocados, and broccoli into our meals can significantly benefit our health. Ideally, these should be consumed fresh or lightly cooked, as this helps retain their antioxidant properties. Moreover, maintaining a diet full of colourful, whole foods is key to bolstering your body's natural immunity," explains

Dr Rajeshwari Panda, head of the dietetics department, Medicovert Hospital. Several glutathione-rich foods can help boost your glutathione levels. Here's a list of some of the most effective options shared by Fauziya Ansari, Dietician, Apollo Spectra, Mumbai. Cruciferous vegetables are among the best sources of glutathione, along with other glutathione-rich foods.

High in glucosinolates, which can enhance the body's production of glutathione. Packed with nutrients and known for their antioxidant properties. Provides essential vitamins while promoting the production of glutathione, a key antioxidant. A versatile vegetable that's easy to incorporate into meals.

Another group of vegetables that support glutathione levels includes alliums, such as garlic and onions, as noted in the Archives of Biochemistry and Biophysics. These are known for their sulfur-containing compounds, which are essential for glutathione synthesis.

It contains sulfur compounds that help boost glutathione levels in the body. Rich in quercetin, an antioxidant that can enhance glutathione. A milder option that provides similar benefits.

Certain fruits are also known to support glutathione levels. Incorporating these glutathione-rich foods into your diet can help boost your body's antioxidant defence.

High in healthy fats and rich in nutrients, including glutathione. It contains lycopene, which may help to increase glutathione levels. Rich in vitamin C and antioxidants, promoting glutathione efficiency.

Including nuts and seeds in your diet can also contribute to your glutathione intake, as research published in the journal Nutrients.

Known for their antioxidant properties and healthy fats. A great source of omega-3 fatty acids that support overall health. High in lignans and omega-3s, making them a healthy addition.



Shed 20kg in 3 Months: This Coach Says Sugar is Your Waistline's Enemy

Anita Roy, a fitness enthusiast and coach, regularly shares weight loss tips and workout strategies on her Instagram profile. From fat-burning exercise routines to smart diet hacks that accelerate results, her feed is a go-to resource for anyone looking to lose weight and stay fit. On April 25, Anita shared an Instagram post explaining 10 cheat codes for weight loss. "10 cheat codes to lose 20 kgs in 3 months,"

she said. According to her, here's what you need to do. Use spices like cayenne pepper, turmeric, cinnamon, to boost your metabolism for faster weight loss. Eat your protein and vegetables first before your carbs, it will make you full quickly, you will struggle to eat your carb left on your plate. Always drink water 5-10 minutes before eating your meal; it will help control your appetite, and ensure you're satisfied with your meal portion on your plate. Always use smaller plates / bowls when



serving your food to trick your brain into seeing that the meal is big, this way you

will be satisfied with your food. Focus mainly on low calorie- high protein meals as they keep you fuller while consuming far lesser calories which ensures you're always in deficit for more weight loss. Eliminate sugar and refined carbs, your waistline will be snatched so fast. Use pictures, your fittings in your old clothes and body measurement to track your progress; they're always accurate. Scale fluctuates and

can make you lose hope and stop your journey because you may feel that you are not making progress. Follow this rule where you eat healthy 80% and allow yourself to indulge in a cheat meal 20% to help you stay consistent and not restricted. This fuels your energy and boosts your mood to stay consistent on your journey. This helps you to build muscles and still keep burning calories even while at rest. Weight loss is a

journey and the only way to keep seeing true and lasting results is by staying consistent and not perfect. Strength train 2-3 days a week. This helps you to build muscles and still keep burning calories even while at rest. Weight loss is a journey, and the key to seeing true and lasting results is by staying consistent, not being perfect. Note to readers: This article is for informational purposes only and not a substitute for

professional medical advice. Always seek the advice of your doctor with any questions about a medical condition. Leave the scale completely. Use pictures, your fittings in your old clothes and body measurements to track your progress; they're always accurate. "Scale fluctuates, and has made me lose hope and stop my journey because I felt I was not making progress," the fitness coach added.

The Formation of Attabad Lake, a Natural Wonder from a Tragic Event



the edge of a cliff above vibrant blue water,” she said. Based in south-east England, Winslow-Llewellyn and partner Craig Hubbard, known online as the Non Stop Travelling couple, work seasonal hospitality jobs between their trips to save up for their next adventure. After studying foreign travel advisory sites, mapping safe paths and scouring Google Earth, all that was left was to reach Hunza’s capital, Karimabad, as their base camp and hitch a ride to the trailhead.Perched atop an open truck piled high with rugs and appliances, the



on Earth – greater even than the Himalaya,” said Professor Mike Searle, Professor of Earth Sciences at the University of Oxford. From riverbed to mountaintop, Hunza Valley doesn’t rise; it lunges from 1,850m to 7,788m. The 6km vertical gain is a stretch of earth and stone so steep it turns roads into legends. Chief among them is the Karakoram Highway, the highest paved road on Earth, often called the world’s eighth wonder. But such epic terrain comes with danger stitched into every slope. Along the Karakoram Highway, hand-built barricades and hours-long delays due to landslides are routine. Winslow-Llewellyn recalls a harrowing encounter with a fresh mudslide – a crushed car hundreds of metres below and locals casually making their way across shifting ground. “It was eye-opening... to see how fragile life is and how vulnerable people are in this setting,” she says. On 4 January 2010, a massive landslide dammed the Hunza River for five months. By late January, water levels were rising by 1.1m per day, according to Nasa data. Users on Earth and Space Science blogs spoke about the cataclysmic event with a kind of reverent thrill – how a formation that usually takes geologic ages was unfolding within a single human lifespan, shaped by rupture and growing in real time. By June, the newly formed lake stretched 21km long and more than 100m deep, swallowing Shishkat village and partially flooding the town of Gulmit. Twenty people died, 6,000 were displaced and a 25km stretch of the Karakoram Highway was destroyed, along with six bridges.In 2012, blasting lowered the lake’s level by 10m, and a \$275m (£202m) project rerouted the highway, adding five tunnels to restore the road to Xinjiang, China, and making the region more accessible Today, Attabad Lake has become “a must-visit destination”, known for its piercing, cobalt-blue waters and stark mountain backdrop, says Misa Talpur, one of Pakistan’s pioneering solo female travellers. But the past still lingers below the surface, with remnants of submerged orchards and rooftops frozen in time.

Despite its tragic origins, the lake has become a rare source of economic opportunity. “Attabad Lake is fully served by local Shisket families directly impacted by the landslide,” said Talpur, who is now a licensed tour manager. Dozens of food kiosks, handicraft shops and boating facility providers have sprung up around the lake, bringing income to the affected families, while larger hotels lease land from local families, generating further revenue. Sania Malik, a training officer at AKAH (Aga Khan Agency for Habitat) notes there is a robust system of female entrepreneurs selling handicrafts and food items, and the community is rebuilding stronger

than ever. In the village of Shisket, which has a population of just 3,000, Malik recently trained 75 locals in emergency response. “We predominantly try to empower women to become first responders,” she said, “They’re the ones managing on a homestead level.”Talpur leads at least five to six tours to Attabad Lake in peak tourist season from June to September, and says that local tourists love to boat, jetski and zipline over the lake. They can also walk along the lakeside promenade and enjoy local cuisine at the lake-edge tea stalls. However, she recommends hiking up to Baskochi Meadows for the best vantage point. “It gives you an incredible bird’s eye view,” Talpur says – especially at sunset for breathtaking photography opportunities as the mountains shimmer golden. The lake also hosts frequent bonfire nights and musical events in the summer. Many travellers also visit the legendary Hussaini Suspension Bridge and the cathedral-esque, often-photographed craggy spires of the Passu Cones – both just around a 30-minute drive from the lake. The lake’s central location also means travellers can explore the Hopper Glacier, roughly a two-and-a-half-hour drive away. With its black ice and surrounding peaks, it is another dramatic example of the shapeshifting landscape of Gilgit-Baltistan. Alternatively, many plan day trips to the ancient Altit and Baltit Forts – more than 900- and 700-year-old vestiges of ancient royal architecture – to get a glimpse of the region’s royal past. Yet there’s no guarantee this popular travel destination will last. “Everything depends on how well-cemented the landslide debris [is],” said Searle. A sudden breach – triggered by something like a major earthquake – could drain the entire lake and “cause disastrous flood damage all the way down to Gilgit and beyond”, he adds. Studies of silt deposits indicate that the lake is shrinking over time. Ephemeral as it may be, Attabad Lake leaves a lasting impression. In the meadows above the lake, Winslow-Llewellyn and Hubbard met a family and asked to purchase fresh apricots, and were, of course, invited in. Over tea and bread, a young nephew revealed two of his siblings died in the landslide. “The kindness and smiles were contagious,” Winslow-Llewellyn said, “Somehow it feels more real when you meet people directly affected by the disaster.”And it’s those people, not just the landscapes, that stay with you. “Pakistan didn’t just wow us with its huge snow-capped mountains and jaw dropping lakes,” she said, “the people [were] the most genuinely friendly and hospitable people we’ve ever come across.” For a lake that was never meant to exist, now, it’s difficult to imagine a trip to Hunza, Pakistan, without it. To Talpur, Attabad Lake is testament that tragedy can be beautiful. “We often think a tragedy is the end,” she says, “But when something is broken and rebuilt, it’s much stronger.”



couple and a local family barrelled through tunnels, wind whipping their faces and laughter spilling into the air – until, suddenly, Attabad Lake burst into view, majestically blue and breathtaking, ringed by arid peaks jutting straight out of glacial water. “It’s probably my favourite memory of our time in Pakistan,” said Winslow-Llewellyn. “It felt like we were on a crazy rollercoaster ride.” Pakistan was their 88th country, but even for

seasoned travellers, the drama of the Gilgit-Baltistan region stood out. “We’ve become a little spoilt to say the least,” Winslow-Llewellyn smiled. But, “the views in Gilgit-Baltistan were dramatic, even before the hikes began”. “The Karakoram ranges are [one of] the highest, steepest mountains

The Battle for a Sacred Place: A Luxury Mega-Resort Threatens its Spiritual Heritage

For years, visitors would venture up Mount Sinai with a Bedouin guide to watch the sunrise over the pristine, rocky landscape or go on other Bedouin-led hikes.Now one of Egypt’s most sacred places - revered by Jews, Christians and Muslims - is at the heart of an unholy row over plans to turn it into a new tourism mega-project.Known locally as Jabal Musa, Mount Sinai is where Moses is said to have been given the Ten Commandments. Many also believe that this is the place where, according to the Bible and the Quran, God spoke to the prophet from the burning bush.The 6th century St Catherine’s Monastery, run by the Greek Orthodox Church, is also there - and seemingly its monks will stay on now that Egyptian authorities, under Greek pressure, have denied wanting to close it.However, there is still deep concern about how the long-isolated, desert location - a Unesco World Heritage site comprising the monastery, town and mountain - is being transformed. Luxury hotels, villas and shopping bazaars are under construction there. It is also home to a traditional Bedouin community, the Jebeleya tribe. Already the tribe, known as the Guardians of St Catherine, have had their homes and tourist eco-camps demolished with little or no compensation. They have even been forced to take bodies out of their graves in the local cemetery to make way for a new car park.

The project may have been presented as desperately needed sustainable development which will boost tourism, but it has also been imposed on the Bedouin against their will, says Ben Hoffer, a British travel writer who has worked closely with Sinai tribes.“This is not development as the Jebeleya see it or asked for it, but how it looks when imposed top-down to serve the interests of outsiders over those of the local community,” he told the BBC.“A new urban world is being built around a Bedouin tribe of nomadic heritage,” he added. “It’s a world they have always chosen to remain detached from, to whose construction they did not consent, and one that will change their place in their homeland forever.”Locals, who number about 4,000, are unwilling to speak directly about the changes. So far, Greece is the foreign power which has been most vocal about the Egyptian plans, because of its connection to the monastery.Tensions between Athens and Cairo flared up after an Egyptian court ruled in May that St Catherine’s - the world’s oldest continuously used Christian monastery - lies on state land.After a decades-long dispute, judges said that the monastery was only “entitled to use” the land it sits on and the archaeological religious sites which dot its surroundings.Archbishop Ieronymos II of Athens, head of the Church of Greece, was quick to denounce the ruling.“The monastery’s property is being seized and expropriated. This spiritual beacon of Orthodoxy and Hellenism is now facing an existential threat,” he said in a statement.In a rare interview, St Catherine’s longtime Archbishop Damianos told a Greek newspaper the decision was a “grave blow for us... and a disgrace”. His handling of the affair led to bitter divisions between the monks and his recent decision to step down.The Greek Orthodox Patriarchate of Jerusalem pointed out that the holy site - over which it has ecclesiastical jurisdiction - had been granted a letter of protection by the Prophet Muhammad himself.It said that the Byzantine monastery - which unusually also houses a small mosque built in the Fatimid era - was “an enshrinement of peace between Christians and Muslims and a refuge of hope for a world mired by conflict”.While the controversial court ruling remains in place, a flurry of diplomacy ultimately culminated in a joint declaration between Greece and Egypt ensuring the protection of St Catherine’s Greek Orthodox identity and cultural heritage. Egypt began its state-sponsored Great Transfiguration Project for tourists in 2021. The plan includes opening hotels, eco-lodges and a large visitor centre, as well as expanding the small nearby airport and a cable car to Mount Moses.The government is promoting the development as “Egypt’s gift to the entire world and all religions”.“The project will provide all tourism and recreational services for visitors, promote the development of the town [of St Catherine] and its surrounding areas while preserving the environmental, visual, and heritage character of the pristine nature, and provide accommodation for those working on St Catherine’s projects,” Housing Minister Sherif el-Sherbiny said last year.While work does appear to have stalled, at least temporarily, due to funding issues, the Plain of el-Raha - in view of St Catherine’s Monastery - has already been transformed. Construction is continuing on new roads.This is where the followers of Moses, the Israelites, are said to have waited for him during his time on Mount Sinai. And critics say the special natural characteristics of the area are being destroyed.Detailing the outstanding universal value of the site, Unesco notes how “the rugged mountainous landscape around... forms a perfect backdrop for the Monastery”.It says: “Its siting demonstrates a deliberate attempt to establish an intimate bond between



natural beauty and remoteness on the one hand and human spiritual commitment on the other.”

Back in 2023, Unesco highlighted its concerns and called on Egypt to stop developments, check their impact and produce a conservation plan.This has not happened.In July, World Heritage Watch sent an open letter calling on Unesco’s World Heritage Committee to place the St Catherine’s area on the List of World Heritage Sites in Danger.Campaigners have also approached King Charles as patron of the St Catherine Foundation, which raises funds to help conserve and study the monastery’s heritage with its collection of valuable ancient Christian manuscripts. The King has described the site as “a great spiritual treasure that should be maintained for future generations”. The mega-project is not the first in Egypt to draw criticism for a lack of sensitivity to the country’s unique history.But the government sees its series of grandiose schemes as key to reinvigorating the flagging economy.Egypt’s once-thriving tourism sector had begun to recover from the effects of the



million visitors by 2028.Under successive Egyptian governments, commercial development of the Sinai has been carried out without consulting the indigenous Bedouin communities.The peninsula was captured by Israel during the 1967 Middle East War and only returned to Egypt after the two countries signed a peace treaty in 1979. The Bedouin have since complained of being treated like second-class citizens.The construction of Egypt’s popular Red Sea destinations, including Sharm el-Sheikh, began in South Sinai in the 1980s. Many see similarities with what is happening at St Catherine’s now.“The Bedouin were the people of the region, and they were the guides, the workers, the people to rent from,” says Egyptian journalist Mohannad Sabry.“Then industrial tourism came in and they were pushed out - not just pushed out of the business but physically pushed



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SPORTS

NZ vs WI, 1st Test: West Indies pace puts New Zealand on the ropes

New Delhi:West Indies produced a fine display of disciplined fast bowling to leave New Zealand clinging on at 231 for nine when bad light brought an early end to play on the opening day of the first test at Christchurch’s Hagley Oval on Tuesday. Recalled paceman Kemar Roach led the way with a wicket from the third delivery of the day, and his younger teammates Justin Greaves, Jayden Seales, Ojay Shields and Johann Layne all pitched in to maintain the pressure.Kane Williamson, granted a life on 33 when debutant Shields bowled him through the gate off a no-ball, scored his 38th Test half-century in a 93-run partnership with Tom Latham, but three wickets in four overs put the Black Caps on the rack at 103 for four. West Indies, which last won a Test in New Zealand in 1995, drove home the advantage after tea, with Shields finally getting his maiden Test wicket, with a sizzling in-swinging yorker to remove Tom Blundell for 29. All-rounders Michael Bracewell and Nathan Smith stopped the rot with a stand of 52 for the seventh wicket to take the home side past the 200 mark.Smith departed for 23, caught at short midwicket off the spin of West Indies skipper Roston Chase, and Bracewell holed out for 47 off a Shields bouncer to exit with his



second Test half-century in sight. He got Latham two overs later for 24, the New Zealand captain attempting a drive but only managing a thick edge behind.Seales soon bowled Rachin Ravindra with a full straight yorker that took out the off stump and Will Young continued his poor run of form with a 38-ball 14 before he nicked the ball to the slips.Zak Foulkes and Jacob Duffy, both four not out, will resume on day two to defend the final New Zealand wicket.West Indies had won the toss and chose to field the second-wicket partnership by removing Williamson for 52 when the batting great shoulder-armed a delivery, and the ball flew off his bat to Alick Athanaze in the slips.

Did Virat Kohli Snub Handshake With South Africa Coach

Mumbai: With the exception of one or two instances, South Africa’s tour of India has mostly been a duel between the bat and the ball, with conversations and arguments mostly centered around the cricket match on the field. South Africa coach Shukri Conrad sparked a stir during a Guwahati Test press conference when he declared that he wanted the Indian players to ‘grovel’. Following the conclusion of the first ODI against South Africa in Ranchi, a video that has gone viral on social media purports that Indian talisman Virat Kohli declined to shake hands with Conrad. With the exception of one or two instances, South Africa’s tour of India has mostly been a duel between the bat

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McEvoy Pumped To World Scorching 21.38 Season Opener In Tokyo

New Delhi: The world’s fastest man, Cam McEvoy, who will now unleash his power against a World Team in Brisbane after a dynamic 21.38 long course 50m freestyle season opener at the Japan Open in Tokyo overnight.Australia’s Queensland-based 31-year-old Olympic and two-time world champion even surprised himself after only deciding to swim the meet four weeks ago –purely on a gym-based preparation.The Australia v The World short course meet at Brisbane’s Valley Pool on December 12, will see Australia’s Dolphins line up against a European-heavy World’s team in front of a sold out-crowd – with McEvoy the main attraction over 25m freestyle. “I just had a gym focus with mostly sub-max technique work coming into the Japan Open. It is the second year in a row I have done this style of prep and split the same at the 25 as I did at the Olympics and World Championships,” McEvoy re-



vealed on Instagram.“The last 20m is clearly where the specific work really comes into it but I’m super happy to swim 21.38 at this time of the year. So good to see things transfer into the pool when you’re moving the needle properly in the gym.“It’s a long season ahead and there’s still lots to do...but (this swim) gives me tonnes of confidence for continuing through this season as planned...now it’s time to get home to the family and reset for Australia v The World.”And in another encouraging swim, McEvoy’s Paris team mate, Gold Coast-

based Flynn Southam (Bond Swimming) clocked his personal best of 21.85 – under 22 for the first time – to finish second – the 11th fastest time by an Australian And while McEvoy was on show in Tokyo, his female counterpart, 2025 Women’s 50m freestyle world champion, The 23-year-old two-time Olympic 4x100m freestyle relay gold medallist in Australia’s world record-breaking team and Paris silver medallist, won the 50m freestyle in 24.48 and the 100m in 52.86Rockhampton was a trip down memory lane for Harris.

Poosit wins Bharath Classic with final hole birdie, Baisoya shoots 10-under to finish

Ahmedabad: Thailand’s Poosit Supupramai emerged winner of the inaugural 500,000 USD Bharath Classic Gujarat by one shot from hard-charging Korean Wooyoung Cho at the Kensville Golf Resort near here on Sunday. Poosit (69) birdied the 18th and final hole on the day to hold off Wooyoung Cho (65) even as Sachin Baisoya blazed the Kensville Golf Resort with a 10-under 62, which included two amazing birdie runs - one with six in a row and another with four in a row. His scintillating performance on the final day saw him climb into a tie for third place as the best Indian finisher at the event co-sanctioned by the Asian Tour and the Indian Golf Premier League (IGPL), as per a press release. Baisoya, an IGPL Tour regular but still looking for his maiden win on the Tour, was tied



on 15-under along with overnight leader Jazz Janewattananond, Panuphol Pittayarat and Ekpharrit Wu, all of Thailand. Though a home win eluded the Indians, It was a great week for them, as four of them finished in the Top-10 and a total of eight finished in the Top-20. As Baisoya finished third, Yuvraj Sandhu (67), a multiple winner at home, did his Asian Tour chances a lot good, with a sole seventh place finish.

He was 14 under 274.Ahmedabad Amateur Ishaan Chawhan, who had a brilliant week, could not get going the way he did on the first three days and shot 71, but he was under par all four days. At 13-under, he was Tied-eighth with IGPL Order of Merit Leader, Aman Raj (68) and two Thais, Settee Prakongvech (68) and Chonlatit Chuenboonngam (65).Pukhraj Singh Gill (69) was Tied-12th at 12-under

while Ajeetesh Sandhu (69)and Khalin Joshi (66) were ied-17th at 11-under. Saptak Talwar (66) was Tied-19.The inaugural US 500,000 Bharath Classic was jointly sanctioned by the Asian Tour and the Indian Golf Premier League (IGPL) Tour. The IGPL has three more events on its 2025 calendar, while it was the penultimate tournament of the season on the Asian Tour.It was an important week for those hoping to make up ground on the Asian Tour’s Order of Merit to secure playing privileges for next year, while the top four on the IGPL will get a spot into the final stage of the Asian Tour Q-School and a place in the 2026 International Series India.a row between holes two and five with two good par saves on holes 18 and one. “I owe this round a lot to my iron play today,” Sachin said later.

Sports Ministry will meet Indian football clubs, AIFF, FSDL to seek remedies for ISL

New Delhi: The Sports Ministry has scheduled a meeting to discuss the future of the Indian Super League (ISL) on December 3, calling upon the All India Football Federation (AIFF), ISL clubs and all stakeholders in the domestic football ecosystem. Six meetings have been scheduled in the headquarters of the Sports Authority of India (SAI) on Wednesday in the national capital, including separate discussions with the ISL clubs, I-League clubs and Football Sports Development Limited (FSDL), the corporate body that ran the ISL for 15 years. All but one of the meetings — with the I-League and lower division sides — will be in person, and the day will end with a joint conference with all stakeholders. “It is also requested that representatives of Transaction Advisor, viz. KPMG India Services LLP may also be asked to attend all the meetings to provide required clarifications during the proposed meeting,” the communique from the Ministry The 2025-26 season of men’s domestic football in India has remained uncertain, with several top-flight clubs, including ISL champion Mohun Bagan Super Giant, suspending first-team operations.The Master Rights Agreement (MRA) between FSDL and AIFF ends this month, and a Request for Proposal (RFP) for the next commercial partner has not received any bids.The



federation, as a result, took to the Supreme Court with representation from ISL clubs, who also met the Sports Minister later. Accordingly, a meeting has now been set for Wednesday. The ISL clubs had earlier met at the Football House, where Doordarshan was one of the options discussed as a broadcast partner for the 2025-26 season. It is also expected to be present on Wednesday at the SAI Headquarters.

Silent messages a loud Indian victory in Ranchi ODI against South Africa

New Delhi: High-profile cricket matches often reveal stories that never appear on a scorecard. They unfold in gestures, glances, and the silent choreography of men carrying both pride and grievance. The recent ODI in Ranchi between India and South Africa wasn’t just a convincing Indian win — it was an anthropological exhibit on how victory behaves after a bruising stretch of doubt. The match carried subplots that hummed just beneath the surface, and two moments, in particular, offered an unfiltered view of the emotional underbelly of Indian cricket. Rohit applauded with a softness that didn’t belong to professional sport. It had the tone of a parent cheering a child who has just won the potato-and-spoon race at the school sports day — gentle, indulgent, and quietly protective. His applause felt like an embrace delivered through claps: acknowledgement of a milestone and of the battles behind it. These were not isolated emotional spills. They were the overflow of players who felt they had been misjudged, rearranged, or undervalued by a think-tank that had misread both circumstance and character. The scars from the Test-series drubbing are still tender, and the absence of senior players pushed aside only deepens the ache when failure arrives. Decisions made in meeting rooms dissolve quickly under the heat of match



day. Cricket, as always, levels reputations with pitiless efficiency. It doesn’t respect hierarchy or management theories — only performance, grit, and the strange alchemy of team spirit. Players will band together because that is their natural instinct. They travel the same emotional terrain, share the same anxieties, and live under the same microscope. But the men responsible for recent decisions will feel the widening fissure. It has already begun to take shape: Players versus Coaching Staff. Every Kohli hundred, every Rohit statement on the field, every moment of success will press deeper into that crack,

validating one side and leaving the other scrambling for justification.Subplots like these don’t dissolve with time. They simmer, they travel, they shape the air in meeting rooms and the tone of conversations on long bus rides.What Ranchi revealed was more than a win. It exposed the uncomfortable, unsigned theatre unfolding inside the locker room — a stage where someone will eventually have to rise and play the elder statesman. Perhaps it needs a Shastri-like figure, a tall presence with enough gravitas to steady the room and stitch the frayed fabric of Indian cricket back together.

IPL 2026 Auction List Cameron Green

New Delhi: The list of players to have registered for the Indian Premier League (IPL) 2026 auction is out, with Australia all-rounder Cameron Green arguably emerging as the most lucrative option for franchises to buy. A total of 1,355 players feature in the long list of players, as per a report, though the official tally will be shared with the franchises on Monday. With a maximum squad size of 25 per franchise, a maximum of 77 slots are available to be filled at the mini-auction, which is to be held in Abu Dhabi on December 16. A maximum of 31 players can be picked to fill the remaining 77 slots. The long list doesn’t have many top-tier names as far as Indian players are concerned, with most of them being retained by their respective franchises. There are a few lucrative overseas options to choose from. Australia all-rounder Green, who did not participate in the 2025 mega-auction due to an injury, has been labelled as the most sought-after player from the auction pool. Some of the top overseas names who will be available to be taken in the auction include players like Sri Lanka fast bowler Pathirana, who was released by CSK after being picked for Rs 13 crore in the super auction, ahead of the 2025 season.

Indian sports wrap, December Manika, Manav impress but India loses again at Mixed Team Table Tennis World Cup

New Delhi: India suffered its second straight loss in Group 2 at the ITTF Mixed Team World Cup as it went down 4-8 to Japan at the Sichuan Gymnasium in Chengdu.Shunsuke Togami and Miwa Harimoto gave Japan the perfect start as they beat Akash Pal and Yashaswini Ghorpade 3-0 (11-6, 11-9, 11-5) in the mixed doubles rubber. However, Manika Batra and Manav Thakkar kept India alive in the tie by stunning higher-ranked opponents in their respective singles rubbers.While Manika won 2-1 (9-11, 11-8, 11-8) against World No. 8 Mima Ito, Manav took down World No. 8 Sora Matsushima 2-1 (11-9, 11-4, 6-11) to reduce the deficit to just one game.But Ghorpade and Diya Chitale could not take the tie to a deciding men’s doubles rubber as they lost 0-3 (8-11, 3-11, 5-11) to Ito and Hina Hayata. On Sunday, India lost its first match 6-8 to Croatia.India faces Australia, which also lost both its matches to Japan and Croatia, in its final group-stage match on Tuesday.



Only the top two teams from the group will qualify for the next round.Nikhil Singh and Ashvini Jadhav won the

men’s and women’s open events at the 9th Adani Ahmedabad Marathon, which witnessed the participation of 24,000 runners across categories. The half-marathon (21 km) event was won by Dharmender and Farheen Firdouse, respectively. The winners of the 10km open event were Rajan Yadav and Neeta Rani. The event had a prize pool of over ₹40 lakh. The event is recognised by the Athletics Federation of India (AFI) and listed on the Association of International Marathons and Distance Races (AIMS) Global Marathon Event List.The Professional Golf Tour of India (PGTI) on Monday announced that it will be staging the Jaipur Open 2025 at the Rambagh Golf Club in Jaipur from December 2 – 5, 2025. The tournament, which carries a prize purse of Rs. 1 crore will have a total of total of 126 professionals participating. The tournament will feature some of the leading Indian professionals, such as PGTI ranking leader Yuvraj Sandhu, Shaurya Bhattacharya, Arjun Prasad, Veer Ahlawat.