

BJSM calls on tribal leaders to resist ST status demand for six communities

Kokrajhar, Nov 25: The Bodoland Janajati Suraksha Manch (BJSM) strongly opposed the Assamese government’s plan to grant ST status to six diverse communities and called on all tribal ministers and MLAs to oppose the plan or resign from their positions if the government proceeds. The manch was really upset about the relocation.

The Chief Minister, Dr. Himanta Biswa Sarma, had publicly declared that the request to award ST status to six communities would be presented in the upcoming assembly session on November 25, according to Working President of the BJSM DD Narzary. Additionally, he claimed that the action will show total disdain and shame for the feelings, identity, and constitutional rights of Assamese indigenous tribes. According to the BJSM, this is a deliberate political ploy to undermine and jeopardize the sons of the soil in their own country. “The current BJP-led Assam Government is purposefully pushing this agenda even though the six communities do not fulfill the Lokur Committee criteria nor the constitutional qualifications required for inclusion in the list of Scheduled Tribes,” he stated, adding that the current tribal population of Assam would suffer greatly if advanced and numerically larger communities were granted



ST status. He predicted that the tribal people will eventually be marginalized and exploited on a social, economic, and cultural level, lose their political representation, and lose their constitutional protections. According to Narzary, the moment has come for all tribal ministers and MLAs in the Assam Assembly to vehemently oppose and defeat any resolution or bill that would grant these six communities ST status. He vehemently denounced the recent warnings and remarks made in the public by some Ahom Students’

Union (ASU) officials against tribal elders who disagree with their ST demand. He continued, “Threatening remarks like these reveal a dominant mindset and an attempt to stifle peaceful democratic voices.” Additionally, he stated that before disputing the justifiable worries of the tribe, the Ahom elders should examine their own past. According to historical records, the Ahoms entered Assam in 1228 AD under the leadership of Chaolung Sukapha and established rule by overthrowing the pre-existing

Boro-Kachari Kingdom. As a result, they cannot claim to be Assamese aboriginal tribes, he said, adding that only communities recognized as state tribes may be included in the ST list under Article 366 (25) read with Article 342 of the Constitution. He added that, like the other five communities, Ahoms do not satisfy the Lokur Committee’s requirements. According to Narzary, the Ahom student leaders frequently asserted that the Ahoms had made a substantial contribution to the development of Assamese so-

■ The Bodoland Janajati Suraksha Manch (BJSM) opposed the Assamese government’s plan to grant Scheduled Tribe (ST) status to six communities, urging tribal ministers and MLAs to resist or resign if the law proceeds.

ciety, but they should acknowledge that the process of “Assamization” did not start with the Ahoms but rather in the 13th century when the Mech King Durlabh Narayan invited seven Brahmin and seven Kayastha families from Kanyakubja to Assam. This marked the beginning of the Assamization program, which eventually resulted in the division of Assam as well as the breakup of the formerly cohesive Bodo (Boro-Kochari) country into numerous sub-tribes and linguistic identities. Therefore, it cannot be regarded as a basis for ST eligibility to claim ownership of Assamese identity formation at the expense of the indigenous tribal community,” he continued. In addition to launching a statewide democratic mass movement with all tribal organizations to defend the constitutional protections granted to Scheduled Tribes, BJSM warned that if ST status was granted, they would file legal petitions before the Supreme Court for the protection of current tribal rights.

Tezpur University protestors seek judicial probe into VC



Tezpur, Nov 25: Tezpur University’s continuous turmoil increased on Monday as students, teaching personnel, and non-teaching professionals founded the Tezpur University United Forum (TUUF). Amid growing accusations of corruption and poor administration, the forum urged Vice-Chancellor Prof. Shambhu Nath Singh’s immediate suspension and called for a judicial probe. Deep dissatisfaction with the administration’s management of governance was evident in the announcement, which came on the 66th day of protests throughout the campus. A recent meeting with Vineet Joshi, the Secretary of the Department of Higher Education, ended without a conclusion, according to TUUF officials. A week has gone by without the publication of the two investigation committee reports that Joshi promised would be released in a matter of days, which has increased mistrust. The Vice-Chancellor is accused by TUUF of financial irregularities, including breaches of University Grants Commission recruitment standards and PM Rozgar Yojana requirements. The arbitrary extension of the Finance Officer’s term, shoddy construction projects in new dormitories, and alleged mental harassment of contractual employees through salary delays and sudden terminations are among the other issues brought forward. The Bir Lachit Borpuhan Defence Center, which was announced in 2023 but has not yet been operational, has also drawn criticism. Students were also upset at what they saw as the Vice-Chancellor’s contempt for Assamese heritage and culture. Since the Vice-Chancellor hasn’t been on campus since late September, TUUF has raised concerns about a lack of trust and transparency in the university’s leadership by threatening to escalate protests if their requests are not met. Delhi’s authorities have not yet addressed the forum’s demands for action and clarification.

Ri-Bhoi Police organises traffic awareness programme for public



Nongpoh, Nov 25: In an effort to provide special awareness on traffic rules and Motor Vehicles Act to students, the Nongpoh Police Station along with the Nongpoh Traffic Branch has received wide appreciation for taking the initiative to educate the public on safe driving practices, in which their efforts have significantly contributed to improving driving behaviour along the National Highway. As part of this initiative, students of Mahatma Gandhi University (MGU), Byrnihat, including law students on Monday attended the traffic awareness programme, expressed their satisfaction and happiness witnessing the hard work of the police in addressing issues related to traffic violations and also stated that as students, they strongly support the efforts of the Ri-Bhoi District Police. During the awareness programme on Traffic Rules and the Motor Vehicles Act, theoretical training was conducted in the con-

ference hall of Nongpoh Police Station, the session was led by Rubul Ali, Officer-in-Charge of Nongpoh Traffic Branch, along with other police officers. After the theory session, the students were taken to the highway for practical demonstrations on traffic management, particularly in crowded public areas. Students from MGU and the Law Department expressed great joy receiving such an opportunity to participate in a learning programme with the police and believe this experience will benefit them greatly and enable them to share this knowledge with others. Furthermore, the students praised Vivekananda Singh Rathore, Senior Superintendent of Police (SSP), Ri-Bhoi, for his dedication in conducting awareness programmes and regular inspections along National Highway 06. They noted that due to the commitment of the Ri-Bhoi Police Department, traffic move-

■ In partnership with the Nongpoh Traffic Branch, the Nongpoh Police Station has initiated a traffic awareness programme aimed at educating students about traffic rules and the Motor Vehicles Act.

ment has improved and accident cases have reduced significantly. Students of Mahatma Gandhi University also shared that they were delighted to take part in the practical demonstration on managing public transport and learning about various legal provisions and penalties under traffic laws. They extended their gratitude to SSP V.S. Rathore and all police officers, stating that due to their initiatives, the number of accidents and other harmful incidents on the highway has decreased. They also acknowledged that the consistent efforts of the police have encouraged the public to follow traffic laws more strictly.

Ram Nath Thakur reviews development projects in Siaha

Aizawl, Nov 25: Union Minister of State for Agriculture and Farmers’ Welfare Ram Nath Thakur visited Mizoram’s Siaha district on Monday as part of the Poorvottar Sampark Setu Programme, carrying out a detailed review of ongoing development work and interacting directly with local officials and residents. The visit is part of the Centre’s continued outreach to remote northeastern regions to ensure timely implementation of major schemes. The Minister arrived at the Siaha Helipad, where he was welcomed by M. Laikaw, Chief Executive Member of the Mara Autonomous District Council (MADC); V.L. Hruaizela Kiangte, Deputy Commissioner; and Manjeet Singh Sankhla, Superintendent of Police. Immediately after his reception, Shri Thakur inspected an Agriculture Department Exhibition set up at the Golden Jubilee Hall within the MADC Complex. The display showcased locally implemented projects,

farmer-oriented initiatives and achievements under various Central schemes. Addressing a public gathering organised in his honour, Shri Thakur conveyed greetings from Prime Minister Narendra Modi and thanked the people of Siaha for their warm welcome. He emphasized his visit in line with the Prime Minister’s vision to understand citizen challenges, assuring that all concerns would be relayed to the Prime Minister’s Office. The Union Minister emphasized the Central Government’s dedication to equitable development and encouraged collaboration to ensure all eligible beneficiaries receive Central schemes. CEM M. Laikaw acknowledged the government’s support for Autonomous District Councils, underlining the need for ongoing cooperation for district growth. Deputy Commissioner V.L. Hruaizela Kiangte expressed gratitude to the dignitaries, noting the visit as a boost for grassroots governance initiatives.

Bus-Ambulance collision leaves 3 dead in Assam’s Tinsukia District

Guwahati, Nov 25: At least three persons lost their lives when a night super bus collided head-on with an ambulance at Makum in Upper Assam’s Tinsukia district early morning on Tuesday.

The deceased, who died on the spot, are reported to be occupants of the am-

bulance. Sources said the collision occurred in the Sukanpukhuri area with the ambulance completely mangled owing to the severe impact of the crash. Several others who sustained injuries were rushed to a nearby hospital for immediate medical attention. Officials said the identities

of the deceased are yet to be confirmed. According to preliminary information, the ambulance was ferrying seven passengers at the time of the accident. Police teams rushed to the accident site, and an investigation is underway to ascertain the exact cause of the mishap.

Wild Elephant Attack in Numaligarh

Bokakhat, Nov 25: Many farmers have been severely hampered by the wild elephants that have been wandering about the villages of Numaligarh and Morongi districts of Golaghat district in search of food for the past few days. In the middle of this, a man was killed in a wild elephant assault on Sunday night. A 21-year-old man from 5 No. Rongbong village named Gopal Bhumij was attacked by the wild elephant.

Youth from Anini Embark on National Integration Tour Organised by Dao Division

New Delhi, Nov 25: A team of 14 students and a teacher from Anini embarked on a National Integration Tour on 24 November from Lekhapani Military Station, organised under the stewardship of Dao Division, Spear Corps. The tour aims to provide young minds from remote border regions an opportunity to witness the cultural, social and historical richness of the nation, thereby fostering greater awareness, confidence and national pride.

The delegation will travel to Dimaapur and onwards to Kolkata, where they will visit key educational, cultural and heritage institutions. Interactions with diverse communities and exposure to the vibrant multicultural fabric of the country are expected to broaden their understanding of India’s unity in diversity. The initiative serves as



a vital platform for nurturing discipline, leadership qualities and responsible citizenship among the youth. The Indian Army remains stead-

fast in its commitment to empowering young citizens, especially from far-flung border areas, by offering them meaningful experiences that inspire ambition and

patriotism. The tour underscores the Army’s continuous efforts to strengthen national integration and build a well-informed, confident and motivated future generation.

NIA spl court sentences 2 more accused in Visakhapatnam Espionage case

Jhunjhunu, Nov 25: A National Investigation Agency (NIA) special court has sentenced two more accused in the Pakistan-linked Visakhapatnam Navy espionage case to Simple Imprisonment (SI), along with fine.

The accused, identified as Ashok Kumar of Jhunjhunu district and Vikas Kumar of Alwar district of Rajasthan, will have to undergo SI of 5 years and 11 months under each of section 18 of UA(P) Act and section 3 of Official Secrets Act.

They also face an additional SI of one year in the event of default of payment of Rs 5,000 fine, imposed

by the NIA Special Court at Visakhapatnam (Andhra Pradesh). With this, NIA has successfully secured the conviction of eight of the 15 accused arrested in the case till date.

Ashok and Vikas were arrested in December 2019 from Mumbai (Maharashtra) and Karwar (Karnataka) respectively. NIA had, in June 2020, chargesheeted 14 accused persons, and subsequently filed a supplementary chargesheet against one more accused person in March 2021. A total of 15 accused persons had been arrested, of whom eight have so far been convicted and sentenced, in the

case. Trial against other accused in the case RC-05/2019/NIA/HYD is still in progress. NIA had taken over the case, relating to spying at vital installations and Indian Navy establishments by foreign spies/agents, from the Counter Intelligence Police Station, Intelligence Department, Vijayawada (Andhra Pradesh Police) in December 2019. NIA is continuing with its investigation to unveil the complete conspiracy behind the espionage, which was aimed at disturbing India’s unity, integrity, security and sovereignty.

Chinese national arrested for illegally entering India

Lucknow, Nov 25: A Chinese national, Liu Quinjing, aged 49, was apprehended for illegal entry into India by the Sashastra Seema Bal at the Rupaidiha checkpost on the India-Nepal border in Bahraich, Uttar Pradesh. Liu was reportedly videotaping the border area and lacked proper documentation for entry into India. During the routine police check, officials confiscated three mobile phones from Liu; one contained videos of sensitive locations within India, and a map of Nepal with English annotations was also found. Liu, who communicated only through gestures, claimed not to understand Hindi or English. Under interrogation with an interpreter, he disclosed prior travel to Pakistan but held a valid visa for that country. His suspicious activities and lack of valid entry documents have led authorities to classify him as a suspect. He has been handed over to the police, with a case lodged under the Foreigners Act. Initial investigations reveal that Liu entered Nepal from China on November 15 with a Nepali tourist visa, before crossing illegally into India on November 24.

Will carry out any decision made by high command: CM

New Delhi, Nov 25: Chief Minister Siddaramaiah expressed his willingness to remain in office if the Congress high command decides so, indicating he and Shivakumar will accept the party's decision regarding leadership. Siddaramaiah noted a prior agreement for a Cabinet reshuffle but chose to wait until the 2.5-year mark. Meanwhile, Shivakumar described Siddaramaiah as an "asset" to the party and mentioned unity among leaders. Tensions grew as a group of MLAs supporting Shivakumar visited New Delhi, pushing for a leader-

■ *CM Siddaramaiah is prepared to remain in office if the Congress high command decides, amidst discussions on leadership and pressure for a mid-term transition.*

ship transition. AICC President Kharage plans meetings with Congress leaders, while home minister G. Parameshwara declared his candidacy for the top post, emphasizing that leadership decisions rest with the high command. MLA Jarkiholi also expressed his aspirations, insisting all leaders deserve equal recognition for the party's success.

Muskan gives birth to a baby daughter while incarcerated after being charged with his husband's "blue drum" murder in Meerut

New Delhi, Nov 25: Muskan Rastogi, currently incarcerated for the brutal murder of her husband Saurabh Rajput, recently gave birth to a baby girl at the Lala Lajpat Rai Memorial Medical College in Meerut. This occurred on Monday evening after Muskan was brought to the hospital due to increased labor pains late Sunday night. The head of Obstetrics, Dr. Shakun Singh, reported that the baby weighed 2.4 kg and the delivery was normal; both

mother and daughter are in good health.

Despite being informed of the event, Muskan's family chose not to visit her. Hospital authorities stated that she is stable and has been under close monitoring throughout the day. Due to the sensitive nature of the case, police presence at the hospital has been significantly increased, and special security measures have been instituted, including the compilation of Muskan's medical records.

A panel established by the SC requests that Goa notify the Tiger Reserve in two stages

Bengaluru, Nov 25: A Supreme Court-appointed panel has recommended notifying a tiger reserve in Goa in two stages, emphasizing the need for community consultations and awareness building, despite opposition from the state government. The Central Empowered Committee (CEC) was formed following Goa's challenge to a July 2023 high court order to designate a reserve encompassing the Mhadei Wildlife Sanctuary and adjacent areas, approximately 750 square kilometers in total.

The Goa government argues that the proposed reserve has around 100,000 inhabitants who have lived there for over 50 years and they oppose relo-

cation, claiming there are no resident tigers in Goa, only a transit corridor. The Goa Foundation, the petitioner, disputes this. The CEC has proposed that 468.6 square kilometers of the Cotigao and Netravali Wildlife Sanctuaries adjacent to Karnataka's Kali Tiger Reserve be designated as the core area, with additional areas in the Bhagwan Mahavir Wildlife Sanctuary and National Park suggested for a buffer.

The CEC has advised excluding heavily populated areas from the first phase due to the need for extensive community engagement before any additional areas can be considered for inclusion. The report underscores the



necessity of local support to address livelihood and rehabilitation concerns. Claude Alvares from the Goa Foundation noted the government's rejection of the tiger reserve was dismissed.

The CEC urges the state government to initiate the notification process within three months and to draft a Tiger Conservation Plan in consultation

with the National Tiger Conservation Authority (NTCA), outlining strategies for habitat connectivity, managing developmental impacts, and improving prey base. They emphasized the importance of effectively communicating to the public that declaring a Tiger Reserve does not automatically involve the forced relocation of villages or acquisition of private lands.

The historical context includes NTCA recommendations for a tiger sanctuary at Mhadei following the deaths of several tigers there in 2019, indicating ongoing concerns for tiger conservation in the region, with previous recommendations made in 2011 and 2016.

2 more suspects arrested from Tamilnadu: Cops

Chittoor, Nov 25: With the arrest of Dinesh and Jinesh, all eight members of a gang involved in a significant theft are now in custody. The group previously included core conspirators Ravi, Xavier, and constable Annappa Naik, among others. Police traced Dinesh and Jinesh to Tamil Nadu following the heist, but no money was recovered from them. Investigators suspect they possess the remaining stolen cash, estimated at ₹82 lakh, yet the gang reportedly spent only ₹1 lakh, primarily on mobile devices and logistical expenses. State home minister G Parameshwara has emphasized strict action against any police involvement in the crime and called for heightened vigilance within the department. Investigations into the cash-management firm's adherence to Reserve Bank of India regulations are also underway.

Calling failed relationship rape trivialises offence: SC

New Delhi, Nov 25: The Supreme Court emphasized that labeling all failed relationships as rape can trivialize the serious nature of sexual offenses and unjustly stigmatize the accused. The court's remarks came while nullifying a rape complaint against a Maharashtra lawyer, was consensual and lasted nearly three years. The justices, BV Nagarathna and R Mahadevan, noted that the complainant voluntarily engaged with the lawyer and that the allegations lacked credible evidence of coercion or lack of consent. They criticized the misuse of criminal law in personal disputes and affirmed that accusations of rape should only arise from genuine cases of sexual violence. The court acknowledged societal dynamics where women may consent based on promises of marriage, insisting that any legal claims must be substantiated by solid evidence rather than assumptions. Overall, the judgment illustrated a clear distinction between consensual relationships and those involving coercion, and the need for a cautious approach to such allegations.

NSG will host a "Neverever" memorial and vow at the Gateway of India on the anniversary of 26/11

Mumbai, Nov 25: The National Security Guard is set to hold a commemorative event at the Gateway of India on Wednesday to mark the 17th anniversary of the 26/11 Mumbai terror attacks. The ceremony, themed "Neverever," will honor the lives lost in the terrorist attack and aims to reaffirm the commitment to ensuring such incidents do not recur. A dedicated memorial zone will display photographs and names of the fallen, alongside floral tributes and candles.

Additionally, a "living memorial" composed of wax from homage candles will be created for future observances.

Participation from students across 11 colleges and 26 schools in the city is planned, focusing on pledge-taking ceremonies that emphasize peace, vigilance, and national security. Attendees will have opportunities to engage with a pledge booth and a mes-



sage-writing corner to honor those affected by the tragedy.

The program will include recognizing survivors and families of victims, complemented by curated audio-visual segments. To conclude the event, the Gateway of India will be illuminated in the tricolor, displaying the word "Neverever," representing Mumbai's and the nation's resilience. This ceremony remembers the 166 lives lost and over 300 injured in the attacks by 10 terrorists from Pakistan on November 26, 2008.

After being re-elected, Nitish will lead the first cabinet with an emphasis on jobs and the industrial rebirth

Patna, Nov 25: The Bihar Cabinet approved various proposals aimed at industrial revival, technological advancement, and job creation following the National Democratic Alliance's return to power. Chief Secretary Pratyay Amrit announced that the first Cabinet meeting under Chief Minister Nitish Kumar focused on agro-industrial revival, approving the establishment of 25 new sugar mills and the revival of nine shuttered ones.

Additionally, eleven new townships with upgraded infrastructure were sanctioned, along with projects for a



defence corridor, semiconductor manufacturing park, global capability centres, a tech city, and a fintech city. A high-level committee of national and international experts will oversee these projects, producing a report within six months. The Cabinet also established an ar-

tificial intelligence mission aimed at positioning Bihar as a leader in this sector through collaboration with skilled individuals and businesses, to enhance urban areas and foster economic development. With a significant youth population, the government aims to harness this resource to

accelerate growth.

From 2020 to 2025, five million government jobs and employment opportunities were created, with a new goal set to generate ten million more opportunities in the next five years. The Cabinet is committed to further industrialization, asserting a vigorous approach to project completion.

Furthermore, a six-day assembly session is scheduled to commence on December 1, during which the newly elected assembly will take oath, and Chief Minister Kumar will request a vote of confidence.

Over 100 hearing aids valued at 20 lakh are donated to TTD by a Tirupati devotee

Agency: In a heartfelt act of generosity, a devoted individual named N Virat from Tirupati contributed over 100 hearing aids, valued at ₹20 lakh, to the Tirumala Tirupati Devasthanams (TTD) on Monday. This significant donation supports the TTD's Shravanam Project, which is dedicated to the welfare of infants and children with hearing impairments. Virat formally presented the hearing aids to TTD Executive Officer Anil Kumar Singhal, as reported by a news agency.

The hearing aids will be allocated to children who successfully complete their training under the guidelines of the Shravanam Project. This initiative



ensures that after finishing their training, these children will have access to

devices that mitigate challenges related to hearing disabilities.

The Tirumala Tirupati Devasthanams (TTD) is an autonomous trust established by the government of Andhra Pradesh, entrusted with the management of the Sri Venkateswara Swamy temple in Tirupati, regarded as the richest Hindu temple globally. TTD is responsible for the operations and financial oversight of the Venkateswara Temple in Tirumala and other affiliated temples, while also running the Shravanam Project. This project, which commenced in 2006, offers comprehensive audiological services and therapy aimed at assisting children with hearing impairments.

PM Modi visiting the Ayodhya Ram temple: "Centuries-old wounds are healing"

New Delhi, Nov 25: Prime Minister Narendra Modi ceremonially hoisted a saffron Dharma flag atop the newly completed Ram temple in Ayodhya, describing the event as a healing of the "wounds and pain of centuries" and a fulfillment of a 500-year-old resolve. Accompanied by notable dignitaries including RSS chief Mohan Bhagwat and Uttar Pradesh officials, he raised the 10x20-ft triangular flag during the auspicious Abhijit Muhurat, which is significant within Hindu



tradition. The flag features a radiant Sun, the sacred 'Om', and the Kovidara tree, symbolizing awakening and the collective efforts over centuries. Modi emphasized that this flag will act as a "symbol of resolve" for citizens, embodying a heritage of dreams

fulfilled through the discipline of saints.

He articulated that the flag represents the eternal values of truth and righteousness as espoused by Lord Ram.

Invoking the maxim Satyameva Jayate, he underscored that truth ultimately

prevails over falsehood and affirmed that the flag inspires people to uphold their commitments, regardless of the cost. Modi's remarks reinforced the victory of truth and Dharma while calling for a steadfast adherence to one's principles. Champat Rai, general secretary of the Shri Ram Jannabhoomi Teerth Kshetra, stated that the ceremony signifies the formal completion of the Ram temple, marking a significant milestone in the emotive Ram Jannabhoomi movement.

After the completion of the Etawah Mahadev temple, Akhilesh promises to visit other temples

Lucknow, Nov 25: Former Uttar Pradesh Chief Minister Akhilesh Yadav reaffirmed his commitment to visit other temples only after the completion of the Kedareshwar Mahadev Temple in his native Etawah district. He shared this vow on social media, coinciding with Prime Minister Narendra Modi's ceremonial hoisting of the 'Dharmdhwaja' at Ayodhya's Ram Temple, which marked a significant milestone in the temple's construction after five years. Yadav's declaration includes plans to visit Ayodhya with his family post the completion of the Kedareshwar Mahadev Temple, which he previously mentioned



would coincide with Modi's hosting of the Ram Temple consecration ceremony set for January 2024. He emphasized the importance of faith,

describing it as a source of positivity and harmony, and expressed confidence that divine will would facilitate his religious experiences.

The Kedareshwar Mahadev Temple, designed as a replica of Uttarakhand's Kedarnath Temple and dedicated to Lord Shiv, is positioned as a strategic move by Yadav's Samajwadi Party (SP) to present a counter-narrative to the Bharatiya Janata Party (BJP)'s Hindutva agenda. The temple is projected to occupy a 10-acre area and is slated for inauguration in 2026, ahead of the 2027 Uttar Pradesh elections, where the BJP has maintained a stronghold since 2017.

Bihar Cabinet holds decides to provide 1 crore jobs to youth in 5 years

Patna, Nov 25: The newly established Bihar Cabinet convened for its inaugural meeting, during which it pledged to create one crore jobs for the youth over the next five years. Chief Secretary Pratyay Amrit highlighted that the meeting, chaired by CM Nitish Kumar, prioritized widespread employment and industrial development. Key initiatives include the establishment of a defense corridor, a semiconductor manufacturing park, global capacity centers, a mega tech city, and a fitness city, all aimed at transforming Bihar into a 'tech hub' for eastern India. The state's development will focus on becoming a back-end hub and global workplace under the new economy framework within five years. Dedicated committees have been formed to spearhead employment-oriented initiatives, particularly in the start-up sector, to provide livelihood opportunities for young entrepreneurs. Plans for greenfield townships in eleven cities, including nine divisional towns, Sonapur, and Sitamarhi, were also confirmed, alongside the reopening of nine closed sugar mills and the establishment of 25 new ones.

Kerala BLO removed for inappropriately exposing himself

Thiruvananthapuram, Nov 25: A Booth Level Officer (BLO) in Tavanur mandal, north Kerala, has been removed from duty following an incident where he exposed himself during voter verification. The incident, which became public after being broadcast on television, prompted a show-cause notice from the district administration. The Electoral Registration Officer (ERO) was notified on November 23, leading to the District Collector, V R Vinod, relieving the BLO of his duties on Monday. His responsibilities for the Special Intensive Revision (SIR) were reassigned to another BLO. The SIR process has been contentious, facing criticism from opposition parties due to multiple disruptions and incidents, including BLOs collapsing on duty and at least three officials dying since the enumeration began on November 4. Reports indicate that two of the fatalities were suicides, while the third was described as occurring under "unnatural circumstances." Video footage captured the officer lifting his mundu (dhoti) inappropriately while working in a crowd, sparking outrage and necessitating the change in responsibilities.



Tax collection should be smooth process with minimum discomfort to taxpayer: President Murmu

New Delhi, Nov 25: President Droupadi Murmu emphasized the importance of smooth tax collection with minimal discomfort for taxpayers during her address to Indian Revenue Service officer train-

ees at Rashtrapati Bhavan. She highlighted that revenue collection is vital for nation-building as it funds infrastructure, education, health, and social welfare. Murmu reminded them of Chanakya's

analogy of a honeybee, advocating for an optimal and fair tax collection approach. She regarded the recent Goods and Services Tax reforms as a significant shift towards inclusive growth, entrepre-

neurship, and sustainability. The President stressed the necessity for tax officers to ensure fairness and trust, balancing enforcement with facilitation. She called for the development of transparent,

accountable, and technology-driven systems in tax administration. Murmu encouraged officers to be innovative and data-driven, adapting to rapid changes in the economic landscape.

Tripura regularises 13,082 ad-hoc promotions

Agartala, Nov 25: In a major administrative decision aimed at resolving a long-pending grievance of government staff, the Tripura Government on Monday approved regular status for more than 13,082 employees who were granted one-time ad-hoc promotions in 2021. The move ensures that these employees—including those who have already retired—will now receive full financial and service-related benefits based on their higher posts. The announcement was made by Cabinet spokesperson Sushanta Chowdhury after a Cabinet meeting chaired by Chief Minister Manik Saha. Chowdhury said the decision followed months of deliberation and came in response to widespread demands from employees whose promotions had been stalled in terms of benefits due to a pending court matter. According to officials, the government had promoted over 13,000 employees across various departments on an ad-hoc basis soon after the formation of the new administration in 2018. However, many of these



promotions could not be regularised because a Special Leave Petition (SLP) concerning the issue remains under consideration before the Supreme Court. As a result, employees continued to receive salaries, pensions, and perks based on their previous posts despite serving in higher positions. Chowdhury highlighted the hardship caused by the delay, noting that many retirees were unable to draw pensionary benefits matching their promoted posts. “For example, a Deputy Director who was

promoted on an ad-hoc basis to Joint Director but retired thereafter continued to receive pension only for the Deputy Director post. This has been a long-standing issue affecting thousands of families,” he said. To resolve the matter, the state government had constituted a high-level committee headed by former Tripura High Court judge Justice Arindam Lodh. The committee conducted a detailed review and submitted its recommendations earlier this year.

Tripura CM launches Mukhyamantri Gram Sampark Yojana

Agartala, Nov 25: Tripura Chief Minister Manik Saha launched the Mukhyamantri Gram Sampark Yojana to enhance rural road connectivity and improve access to essential services for remote areas. The initiative aims to construct roads to every home in villages across the state. During a series of development programs at Pragna Bhavan, CM Saha also introduced the Mukhyamantri Tripura Gram Samridhhi Yojana 2.0, focused on accelerating rural growth and promoting sustainable livelihoods. Additionally, a Mega Griha Pravesh Programme was conducted, facilitating hundreds of beneficiaries to move into their new homes, highlighting the state’s advancements in housing development.

Two Key Reports on 1983 Assam Violence Tabled

Guwahati, Nov 25: In a significant disclosure nearly four decades after the Assam Agitation, the Assam government on Tuesday made public the long-suppressed report of the Tiwari Commission, formed to investigate post-Assam Movement violence, administrative collapse, and issues of illegal immigration. Simultaneously, the Assembly tabled the report of the unofficial Mehta Judicial Inquiry Commission, headed by retired Himachal Pradesh High Court judge Justice T.U. Mehta, which had examined the political and social unrest surrounding the controversial 1983 Assembly polls. The Tiwari Commission, led by former bureaucrat Tribhuban Prasad Tiwari, submitted its 548-page report in 1984, though it had never been released until now.

The committee documented not only the infamous Nellie massacre but also widespread violence across the State in 1983. The report states unequivocally that the Nellie killings cannot be attributed solely to the conduct of elections. It argues that decades-long anxieties over large-scale immigration, loss of land by indigenous communities, rapid demographic shifts in tribal and Assamese-majority areas, and fears of linguistic marginalisation had created a volatile environment well before the polls. The Commission notes that to prevent the elections, AASU and AAG-SP supporters organised arson, attacks on government offices, sabotage of railway lines, destruction of public property, picketing, and repeated bandh calls. As the agitation intensified, violence spiralled beyond the control of its organisers, resulting in heavy casualties and massive property loss.

Official estimates show 3,023 deaths and over 15,000 houses burnt in 3,547 violent incidents between

January and April 1983. Of these, 1,811 deaths occurred in Nellie alone, though unofficial estimates are significantly higher.

The report underscores that people from all communities were affected, warning that Assam’s complex demographic distribution—where a majority in one region is a minority in another—fuelled cyclical retaliatory violence. The Mehta Commission, however, reaches a contrasting conclusion. After examining 600 witnesses over 36 sittings, it asserts that the central government’s decision to enforce elections despite overwhelming public opposition was the primary trigger of the 1983 bloodshed.

At the peak of the anti-foreigners movement, the public was “completely unwilling” to cooperate with the electoral process, the report states. With local officials and police refusing election duty, the government had to fly in personnel from outside Assam, and even ballot papers were printed outside the State.

The enforced election, the Commission says, generated “deep resentment, administrative paralysis, and widespread unrest.” The Mehta panel also highlights long-term concerns about demographic change since 1951—encroachment on indigenous land, erosion of cultural and political identity, and fears among tribal and Assamese communities of becoming minorities in their own homeland. These anxieties, it says, led many to view the 1983 election as “an attack on identity and existence.” With the tabling of the two long-delayed reports, Assam’s political and historical discourse on the 1983 violence has been reopened—offering two sharply different interpretations of one of the State’s most turbulent chapters.

Manipur’s Amur Falcons fly 6,000 km non-stop to Kenya

Imphal, Nov 25: In a remarkable demonstration of endurance, three satellite-tagged Amur Falcons from Manipur have accomplished a significant long-distance migration, covering thousands of kilometers to reach East Africa in under a week. Weighing about 150 grams each, the birds—Apapang, Alang, and Ahu—were tagged for a conservation project focused on their migratory behaviors, drawing global attention with their extraordinary navigation and stamina.

Leading the migration, Apapang (orange tag) set a record for small raptors by covering 6,100 kilometers in just six days and eight hours without stopping. Her journey included crossing the Indian peninsula, the Arabian Sea, and the Horn of Africa before landing in Kenya, marking one of the longest non-stop flights documented for a bird of this size. Alang (yellow tag) followed closely, completing 5,600 kilometers in six days and fourteen hours. She made brief stops in Telangana and Maharashtra, illustrating remarkable navigational skills as a first-time migrant.

The third falcon, Ahu (red tag), took a unique path, halting in western Bangladesh before passing over the Arabian Sea. She has flown 5,100 kilometers in five days and fourteen hours and is currently positioned near northern Somalia, with expectations of reuniting with Apapang and Alang in Kenya’s Tsavo National Park, their wintering habitat. These migrations highlight the Amur Falcon’s status as a “tiny long-distance voyager.” Each year, thousands of these birds traverse from East Asia to Africa via India, undertaking challenging non-stop flights and emphasizing the need for the protection of international migratory routes that connect ecosystems worldwide.

417 join Congress in Peren, slam state govt’s ‘showmanship politics’

Kohima, Nov 25: In a significant political development in Nagaland, a total of 417 individuals led by Tumda Newme, former Independent candidate from the 6-Tening Assembly Constituency and founding member of the Peren Division NDPP, formally joined the Nagaland Pradesh Congress Committee (NPCC) on Monday. The mass induction, held at Newme’s residence in Jalukie, was organised under the supervision of the Peren District Congress Committee (DCC) and has been hailed by party leaders as a major momentum shift ahead of future elections. The Congress has described the joining as a reflection of growing public discontent against the current state government and what they called its “showmanship politics.”

Senior party leaders said the development marks a change in political mood across Peren district, with more citizens expected to follow suit in the coming months. Addressing supporters during the induction ceremony, Tumda Newme said he chose to align with the Congress because the people of Nagaland were feeling “deeply disillusioned” under the present regime. He criticized the government for focusing on image-building instead of addressing grassroots issues, noting the increasing wealth gap and the suffering of the poor. Newme joined the Congress to support ordinary citizens, associating with a party committed to service, justice, and inclusivity. NPCC President S. Supongmeren Jamir welcomed new members, signaling a pivotal moment for the party. He urged inductees to strengthen the organization ahead of the 2028 state elections and encouraged voters to prioritize candidates who focus on public welfare over those who use financial inducements.

Global talent marks grand opening of Arunachal Rang Mahotsav’s third edition

Itanagar, Nov 25: The third edition of Arunachal Rang Mahotsav, now recognised as the Northeast’s largest and most diverse theatre festival, opened at the DK Convention Centre on Monday with a vibrant display of global cultural exchange. The 15-day international festival has drawn artists, directors and theatre practitioners from ten countries, setting a new benchmark for creative collaboration in Arunachal Pradesh. The inaugural ceremony, attended by top state leaders, highlighted the rapid rise of theatre culture in the state. Deputy Chief Minister Chowna Mein, speaking at the event, said that Arunachal Pradesh’s theatre movement is still young but is advancing at a remarkable pace. He praised the growing enthusiasm among young performers and emphasised that international participation has boosted confidence in the state’s artistic potential. Mein credited festival director Riken Ngomle for bringing global visibility to the event, noting that Arunachal Rang Mahotsav has now become the region’s most prominent platform for performing arts. He also acknowledged actor and festival ambassador Adil Husain for inspiring emerging local talent through his enduring influence. Tourism Minister P.D. Sona welcomed the international delegates



and described how the state’s renewed cultural momentum began four years ago during the 50-year celebration of the Arunachal Legislative Assembly. That milestone, he said, sparked a period of energetic cultural revival—what he referred to as “Arunachal Ek Safarnama”—leading to a surge in youth-driven ac-

tivities across theatre, music, sports, fashion and the wider creative sector. Chief Minister Pema Khandu, addressing the gathering, said the festival’s evolution into a global event is a moment of immense pride for Arunachal Pradesh. He commended Ngomle’s tireless efforts in shaping the festival’s expanding scale and reputation. Khandu highlighted that

the presence of artists and directors from multiple countries demonstrates the state’s growing cultural stature on the world stage. He added that Arunachal’s youth possess deep artistic and theatrical promise, assuring that the government will continue supporting initiatives that nurture creativity, innovation and long-term cultural development.

Army sports institute shines at World Boxing Cup 2025 with outstanding medal haul

New Delhi, Nov 25: Army Sports Institute (ASI) delivered a stellar performance at the World Boxing Cup held in New Delhi from 14–20 November 2025, reaffirming its reputation as one of the nation’s premier hubs for elite sporting excellence.

All nine ASI boxers who participated finished on the podium—an extraordinary 100% medal-conversion rate—bringing immense pride to the Indian Army and the nation. The contingent secured a remarkable 3 Gold, 4 Silver and 2 Bronze medals, showcasing skill, grit and world-class preparation.

Gold medal winners: Hav Arundhati (70kg), Nb Sub Jaismine (57kg), Hav Sachin (60kg)

Their dominant performances were matched by equally spirited efforts from the silver and bronze medalists, who demonstrated exceptional discipline, fighting spirit and commitment to excellence.

The Army Sports Institute’s medal sweep is a testament to its state-of-the-art training ecosystem, scientific athlete management, and the relentless dedication of its coaches, support staff and soldiers.

The Indian Army congratulates all medal winners for their phenomenal achievement and remains committed to nurturing world-class athletes who continue to bring honour to the nation on global sporting platforms.

NEHU imposes strict traffic rules on campus after mishap

Shillong, Nov 25: The North-Eastern Hill University (NEHU) in Shillong has imposed strict new traffic rules on campus with immediate effect in the wake of a recent accident that left two students of the institution fighting for their lives in hospital.

According to the rules, from Monday, no vehicle has been allowed to cross the 30 kmph speed limit inside the campus,

with helmets made compulsory for every two-wheeler rider and cyclist. The university authorities warned violators of disciplinary action.

The imposition of the traffic rules came after a speeding vehicle, allegedly driven by the security guard in an intoxicated state, rammed into two students near Gate II of the campus, critically injuring them on the evening of November 17.

Silchar vendors told to get vending IDs by Dec 1

Silchar, Nov 25: All roadside vendors in the vicinity of Sadarghat and the surrounding districts who have not yet applied for their Zone-13 vending ID have received a crucial reminder from Silchar Municipal Corporation. Between November 26 and December 1, 2025, vendors must pick up and turn in completed application forms to the Corporation’s headquarters. The Corporation has cautioned that failure to apply within this time frame could make it more difficult for vendors to get vending identity in the future, which could have an impact on their capacity to operate lawfully. Officials stress that including vendor operations under official control not only safeguards the livelihoods of numerous small-scale business owners but also encourages safety, hygienic practices, and adherence to local regulations. Vendors are urged to actively engage in the process, taking advantage of the chance to obtain legal recognition and gain access to pertinent programs intended to improve their companies. The Corporation’s mandate highlights the need for balanced governance that promotes both public order and commercial activity, as well as the increasing significance of street vending in the local economy.



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Mizoram CM holds key meetings with Union Minister on railway, road projects

Aizawl, Nov 25: Mizoram Chief Minister Lalduhoma held key meetings with Union Railway Minister Ashwini Vaishnaw and DoNER Minister Jyotiraditya Scindia in New Delhi on Monday. During the discussions, the Chief Minister sought accelerated progress on key railway and border road projects vital for the state’s connectivity and development. During the meeting with Vaishnaw, Lalduhoma proposed integrating the state’s Inner Line Permit (ILP) portal with the IRCTC ticketing system in order to simplify travel for visitors to Mizoram. On the other hand, the Mizoram Chief Minister sought finalisation of the Sairang–Thenzawl railway line alignment, while emphasising alignment with the proposed Thenzawl Peace City master plan. The Union Railway Minister assured

that the review of the alignment would be completed by February 2026. Proposing revisions to train schedules for the Sairang–Guwahati and Sairang–Kolkata routes, the Chief Minister pressed for earlier arrivals at Sairang to improve commuter convenience, to which Railway Minister agreed. Noting that the Rajdhani Express currently takes 42 hours and 20 minutes to reach New Delhi from Sairang, Lalduhoma urged a reduction in travel time and an increase in its weekly frequency from once to twice. In his response, Railway Minister said the journey time would be cut by around four hours and that the request for additional frequency would be examined. The Railway Minister agreed to study the feasibility of the integration. Lalduhoma also suggested identifying land near Sairang station



for a warehouse or cold storage facility, aimed at supporting agricultural producers and enhancing logistics. Later, in a separate meeting with DoNER Minister Jyotiraditya Scindia, Lalduhoma sought financial support for strategic border roads, including the Pukzing–Silsury road in Mamit district

and the Champhai–Tualpui road. Scindia assured that funds would be sanctioned either in the ongoing financial year or the next, depending on availability. The two leaders discussed the ongoing development initiatives in Mizoram that are driving transformative progress across the region.

BUSINESS

Karnataka Bank shares jump 15% in two sessions the trigger

New Delhi: Shares of Karnataka Bank Ltd extended their sharp gains for the second straight session on Monday. The stock surged 6.80 per cent to hit a day's high of Rs 201.80, taking its two-day gain to 15.21 per cent. According to BSE data, Karnataka Bank commanded a standalone/consolidated price to earnings (P/E) ratio of 6.59/6.59, with a price to book (P/B) value of 0.66. Its earnings per share (EPS) stood at 30.35/30.36, while the company reported a return on equity (RoE) of 9.94 per cent. Trendlyne data showed a one-year beta of 0.8, indicating low volatility. The rally comes after investor Aditya Kumar Halwasia purchased 38 lakh shares of the bank in a bulk deal on Friday. Halwasia is known for his investments in Tourism Finance Corporation of India Ltd (TF-CIL) and is the Chairman and Managing Director of Cupid Ltd. The small-cap lender also counts Quant Mutual Fund among its key institutional backers. Quant holds a 3.90 per cent stake in the bank through its Quant Mutual



Fund-Quant Mutual Small Cap Fund. On the earnings front, Karnataka Bank reported a 5.06 per cent year-on-year (YoY) drop in net profit to Rs 319.22 crore, compared with Rs 336.24 crore in the same quarter last year. Net interest income declined 12.6 per cent YoY to Rs 728.13 crore amid pressure on interest margins. Despite the dip in profitability, asset quality improved sequentially. Gross NPAs fell to 3.33

per cent from 3.46 per cent in the June quarter, while net NPAs eased to 1.35 per cent from 1.44 per cent. Technically, the stock traded above its 5-, 10-, 20-, 30-, 50-, 100-, 150-day and 200-day simple moving averages (SMAs). The counter's 14-day relative strength index (RSI) stood at 73.83. A level below 30 is defined as oversold while a value above 70 is considered overbought.

Sahajanand Medical, Amagi Media, and Fractal Analytics SEBI nod to launch IPOs

New Delhi: The Securities and Exchange Board of India (SEBI) has given Sahajanand Medical Technologies, Amagi Media Labs, and Fractal Analytics final approval to move forward with their initial public offerings. When the issues hit Dalal Street, the specifics of these IPOs will be revealed. Sahajanand Medical Technologies, incorporated in 2001 and specialising in Class III and C/D medical devices, will launch an offer-for-sale of up to 27,644,231 equity shares of face value Rs 1 each. Promoters Shree Hari Trust, Dhirajkumar Savjibhai Vasoya, and Samara Capital Markets Holding, along with Kotak Pre-IPO Opportunities Fund and NHPEA Sparkle Holding B V, are among the key sellers. The company is recognised for its technologically advanced portfolio across vascular and structural heart intervention, with a global footprint in 76 countries as of March 2025. According to F&S Report, Sahajanand was the first player globally to receive a CE certification for a DES with a biodegradable polymer (Infinium). As of 31 March 2025, it operated two R&D centres, held 102 patents worldwide, and maintained 71 patent applications and five Indian design registrations in progress. Financially, Sahajanand Medical Technologies posted revenue from operations of Rs 1,024.88 crore in FY25, up from Rs 795.5 crore in FY23. Net profit rose to Rs 25.15 crore in FY25 from Rs 11.9 crore in FY23. The IPO is managed by Motilal Oswal, Avendus, HSBC, and Nuvama Wealth, with MUFG Intime India as registrar. According to the F&S



Report, Sahajanand is a leading player in the drug eluting stent (DES) market in India, with a market share of nearly 25% in CY 2025 of total DES sales volume. It is also among the top five companies by DES sales volume in Germany, Spain, Poland, and Brazil, and among the top five for occluders in Thailand, South Korea, and India as of March 2025. Amagi Media Labs Limited, a software-as-a-service (SaaS) business focused on cloud-native technology connecting media companies and audiences, has also received SEBI's green light for its IPO. Headquartered in Bengaluru, Am-

agi's offering consists of a combination of fresh equity shares aggregating up to Rs 1,020 crore and an offer-for-sale (OFS) of up to 3.41 crore equity shares by investor and individual shareholders. The selling shareholders include PI Opportunities Fund I and II, Norwest Venture Partners X, Accel India VI, Accel Growth VI Holdings, Trudy Holdings, AVP I Fund, and others. Amagi plans to invest Rs 667 crore from the proceeds of the fresh issue into technology and cloud infrastructure, with the remainder directed towards acquisitions and general corporate purposes.

Midea expands into Mizoram, strengthens foothold in Northeast appliance sector

Aizawl: Midea, the world's No. 1* smart home appliances brand, has expanded its presence into Mizoram, marking a key milestone in its strategy to deepen its reach across India's North-Eastern region. Announced on 24 November 2025, the company's full range of home appliances — including refrigerators, washing machines, microwave ovens and major domestic appliances — will now be available to consumers in Mizoram. The brand said the move aims to provide high-quality, energy-efficient and smart home solutions through a strong dealer network and improved after-sales service support. The expansion also aligns with Midea's mission to combine global innovation with local consumer insights to enhance everyday living. Commenting on the launch, Siddharth Saxena, Country Head, Midea India, said, "We are delighted to bring Midea's world-class range of home appliances to Mizoram. This expansion represents our continued commitment to provide smart and energy-efficient solutions to every Indian household. The North-East region offers immense potential, and with our presence in Mizoram, we look forward to delivering superior convenience, performance, and design to our customers." In Aizawl, retailers say Midea's growing footprint in the Northeast is likely to intensify competition in the premium and mid-range appliance segments. Dealers expect increased customer interest as demand for smart home



products continues to rise in Assam's capital. Midea India, a 100% subsidiary of Midea Group, remains focused on strengthening its retail and service infrastructure nationwide.

Apple, Amazon, Meta unite against Reliance Jio, Vi's 6GHz demand

New Delhi: US tech giants Apple, Amazon, Meta, Cisco, HP and Intel have come together to oppose Reliance Jio and Vodafone Idea's request for mobile spectrum in the 6-gigahertz band. These companies want the full 6GHz band to be kept for Wi-Fi use instead of mobile networks. In their joint response to Trai's consultation paper on the next spectrum auction, major US tech companies said the 6GHz band is not yet technically or commercially ready for mobile services. They advised against fixing any deadlines for auctioning the 6425–6725 MHz and 7025–7125 MHz ranges for mobile use. They suggested that Trai and the Department of Telecommunications should review how the upper 6GHz band is allocated after the decisions of WRC-27, which will also examine the 7.125–8.4 GHz range. The government has announced that 400 MHz of 6GHz spectrum is ready for auction, another 300 MHz will be available by 2030, and 500 MHz will be delineated for low-power uses such as Wi-Fi. Reliance Jio has asked the government to include the entire 1200 MHz available in the 6GHz band in the upcoming auction, even though 500 MHz from the lower portion of this band is already set aside for unlicensed Wi-Fi use.

'Biggest crash ever starting' Robert predicts global

New Delhi: Finance author Robert Kiyosaki has sounded a sweeping alarm, declaring that the "biggest crash in history" is already breaking across global markets. The Rich Dad Poor Dad writer, who has long warned of systemic instability, claims the downturn he anticipated more than a decade ago is beginning to play out simultaneously in the U.S., Europe, and Asia. His prescription: move swiftly into scarce, hard assets such as gold, silver, Bitcoin, and Ethereum. Posting on X (formerly Twitter), Kiyosaki wrote that the crash he outlined in his 2013 book Rich Dad's Prophecy has now arrived. He argued that the unfolding market stress is not part of an ordinary economic cycle but the product of deeper structural forces. Central to his thesis is the rapid expansion of artificial intelligence, which he believes is hollowing out traditional employment at a pace

that the global economy is unprepared for. Kiyosaki warned that as AI-driven automation displaces workers, both office and residential real estate will face severe pressure. Job losses, in his view, will trigger a chain reaction: reduced incomes, falling demand for property, and a collapse in valuations. "AI will wipe out jobs, and when jobs crash, office and residential real estate crashes," he wrote. Amid this bleak outlook, Kiyosaki reiterated his long-standing conviction that precious metals and decentralised digital assets remain the strongest shields against financial chaos. He urged investors to "buy more gold, silver, Bitcoin, and Ethereum," repeating his belief that silver is the "best and safest" asset for the period ahead. He even offered a specific forecast, saying silver—currently priced around \$50—could climb to \$70 soon and potentially reach \$200 by 2026.

Transformers and Rectifiers shares jump 9% Rs 390 crore order win

New Delhi: Shares of Transformers and Rectifiers India Ltd (TARIL) climbed 9 per cent in Tuesday's trade after the company disclosed that it bagged a fresh order worth nearly Rs 390 crore from Gujarat Energy Transmission Corporation Limited. Transformers and Rectifiers shares rose as much as 8.7 per cent to hit the day's high of Rs 312.80, compared with its previous close of Rs 287.60 on the BSE. The counter is still down around 52 per cent from its 52-week peak of Rs 650.23. In a stock exchange filing dated November 25,



the company announced that it has secured an order valued at Rs 389.97 crore from GETCO for the supply of 53 transformers of various types. The delivery is

scheduled for the next financial year. With this award, TARIL's order inflow from GETCO for the quarter has risen to Rs 493.42 crore, the company said.

RIL shares hit fresh 52-week high

New Delhi: Reliance Industries Ltd (RIL) shares touched a new 52-week high in Tuesday's trade, rising 1.58 per cent to Rs 1,560. The stock later traded 1.10 per cent higher at Rs 1,552.60. At this price, it has gained 11.53 per cent over the past six months. Abhishek Basumallick, Co-founder and Fund Manager at Shree Rama Managers, attributed the momentum to strong performance across key business segments. "Biggest trigger for Reliance right now is its telecom business that's doing really well and also in the last few you know quarters, I think the refining part has also been doing well. Jio Financial Services Ltd (JFSL) is again something which is also picking up. He added that growth across the wider Reliance platform is improving. "So, the entire Reliance ecosystem is beginning to pick up. They've invested heavily in Reliance Retail. At some point in time, it will also start giving back cash flows to the parent company," he said. Basumallick noted that sentiment "is now in favour of



Reliance at least for the short term." Mayuresh Joshi, Head of Equity Research at William O'Neil India, said the conglomerate's retail and telecom operations are positioned for a strong phase. "The retail and telecom (Jio) businesses are expected to make a very strong comeback. As the new energy business comes on stream and utilisation levels improve, the ROEs are definitely going to strengthen as we exit FY27." He also pointed to improving flexibility in RIL's O2C operations. "The broader rationale is that Reliance now has multiple feedstock options, which increases optionality within the O2C segment. As a result, the overall EBIT contribution from this vertical is lower than before, effectively shielding the company from volatility. That's what the market is factoring in right now when it comes to Reliance," Joshi stated.

Nothing begins rollout of Nothing OS 4.0 with Android 16, enhanced Glyph features

Nothing's latest software update leans fully into identity, polish, and AI-driven creativity, offering its most ambitious OS overhaul yet.

New Delhi: Nothing has begun the public rollout of Nothing OS 4.0, its Android 16-based software update that brings a more refined interface, tighter system coherence and the first wave of AI-powered creative tools through its new Essential Apps framework. A major highlight is Live Updates via the Glyph Interface. Real-time ride, delivery and timer information can now appear on both the screen and Glyph lights, creating a unified system for progress tracking without the need to open an app. Any app that supports Android 16's Live Updates will automatically work with Glyph Progress, significantly widening compatibility. Alongside the OS update, the company is expanding Nothing Playground. Users can now describe an idea in the Widget Builder and have AI generate a custom Essential App. These creations sit inside the new Widget Drawer, introduced with OS 4.0, which consolidates both built and collected tools in one organised space. Nothing OS 4.0 also introduces a deeper Extra Dark Mode that enhances contrast and reduces power use system-wide. It now



extends to first-party apps such as Essential Space and Launcher, with broader app support planned. Animations have been reworked throughout the OS. Touch responses, swipes and gestures have greater depth, and opening or closing apps is now accompanied by subtle background scaling to create a sense of movement and connection. Volume controls now include gentle haptic signals at the upper and lower limits. Built on the structure of OS 3.0, the update keeps Nothing's visual identity intact while introducing

improvements across design, interactivity and device intelligence. A major highlight is Live Updates via the Glyph Interface. Real-time ride, delivery and timer information can now appear on both the screen and Glyph lights, creating a unified system for progress tracking without the need to open an app. Any app that supports Android 16's Live Updates will automatically work with Glyph Progress, significantly widening compatibility. Nothing OS 4.0 also introduces a deeper Extra Dark Mode that en-

hances contrast and reduces power use system-wide. It now extends to first-party apps such as Essential Space and Launcher, with broader app support planned. Animations have been reworked throughout the OS. Touch responses, swipes and gestures have greater depth, and opening or closing apps is now accompanied by subtle background scaling to create a sense of movement and connection. Volume controls now include gentle haptic signals at the upper and lower limits.

Adani Green Energy shares in a downtrend

Mumbai: Shares of Adani Green Energy have delivered negative returns this year, reflecting the short-term weakness in the Adani Group stock. In fact, the stock has fallen 30% from its 52-week high of Rs 1,445 reached on December 8, 2024. Adani Green Energy stock slipped 4% this year but rose 4% in a year. The modest yearly returns signal a slowdown in growth for the stock in the long term. Adani Green Energy shares slipped 50% and fell 12.17% in three years and five years, respectively. However, the stock could rise just 7.25% in two years. In the current session, Adani Green Energy shares were trading on a flat note at Rs 1002.90 against the previous close of Rs 1009.55. Market cap of Adani Green Energy stood at Rs 1.62 lakh crore. Total 1.13 lakh shares changed hands amounting to a turnover of Rs 11.38 crore. Earlier, Adani Green Energy stock opened higher at Rs 1016.85 today.

Palak Muchhal Visits Brother Palash Muchhal at Mumbai Hospital



Mumbai: Palash Muchhal’s wedding with Indian cricketer Smriti Mandhana was expected to take place on November 23, but the celebrations came to a sudden halt following a medical emergency in Smriti’s family. A day later, Palash himself also had to be admitted to a hospital in Mumbai, prompting concern among well-wishers and fans.

On Tuesday morning, Palash’s sister, singer Palak Muchhal, was spotted arriving at the hospital to see her brother. She stepped out in a long blue shirt paired with black leggings and white wedges and headed straight inside without interacting with the paparazzi waiting outside. The situation came

to light after Palak issued an official statement on Instagram, informing the media and fans that the wedding had been postponed. “Due to Smriti’s father’s health, Smriti and Palash’s wedding has been put on hold. We would request you all to respect the privacy of the families during this sensitive time,” she wrote, requesting space for both families as they navigate the sudden developments. Reports suggest that on the day of the wedding, Smriti Mandhana’s father, Shrinivas Mandhana, suddenly fell ill and had to be rushed to the Sarvhit Hospital and Medical Research Centre in Sangli after experiencing heart attack-like symptoms. The unforeseen medical scare

brought the wedding preparations to a complete pause.

Following the news of the senior Mandhana’s condition, Palash became deeply emotional and stressed. His mother told Hindustan Times that he was extremely close to Smriti’s father and was unable to continue with the wedding rituals while the family was going through such a difficult moment. “He cried so much that his health suddenly deteriorated. They kept him in the hospital for four hours. He was given an IV drip, an ECG was done, and other tests were carried out. Everything came back normal, but he is under a lot of stress,” his mother shared, revealing how intensely the situation had affected him.

Govinda Honors Dharmendra with ‘Love You Forever My Ustad’ Tribute

Mumbai: Govinda has paid a heartfelt tribute to Dharmendra. On Monday, i.e. soon after the veteran actor’s death, the former took to his Instagram handle and remembered his Kaun Kare Kurbanie co-star. In the picture that Govinda shared, Dharmendra was seen hugging the actor with a smile on his face. In the caption of his post, Govinda wrote, “Aapki tarahn dosra koi nahi ho sakta (there can be no one like you), love you my ustad forever (heart emoji).” Check it out here:

Earlier today, Govinda’s wife, Sunita Ahuja also spoke

to Mid-Day and shared how deeply Dharmendra’s passing affected her. “I was very sad; he was my childhood crush. The last time we met was when I had visited him during Ganesh Chaturthi. Esha Deol had hosted us at their home, and my son Yash and I went there. We met Dharmendra ji and Hema ji there,” she said. Sunita also recalled another cherished memory and added, “2 years back, we had even shared a stage, and I had danced with Dharamji at a reality show. My heart goes out to the family, and my deepest condolences to them. Dharamji



was a legend, and the industry will surely remember him fondly. Matarani unki aatma ko shaanti de.”

Dharmendra had recently been admitted to Breach Candy Hospital in South Mumbai due to health complications.

Although he was discharged, reports claimed that he had been placed on a ventilator following breathing difficulties. Despite showing signs of improvement, the legendary actor passed away on November 24. His last rites were

also held on the same day and were attended by several Bollywood celebrities, including Amitabh Bachchan, Shah Rukh Khan and Salman Khan. Even in his late 80s, Dharmendra continued to entertain audiences and worked in several films. He was seen in Karan Johar’s Rocky Aur Rani Kii Prem Kahaani and Shahid Kapoor’s Teri Baaton Mein Aisa Uljha Jiya. Dharmendra will also be seen posthumously in Sriram Raghavan’s Ikkis. The film, which also stars Agastya Nanda in the lead, will hit theatres on December 25, 2025.

Amar Singh Chamkila Misses International Emmy Award 2025

New York: Imtiaz Ali’s “Amar Singh Chamkila” had bagged not one, but two prestigious nominations at the 53rd International Emmy Awards. Protagonist Diljit Dosanjh was in the running for the ‘Best Actor’, along with “Amar Singh Chamkila” being nominated in the ‘Best TV Movie/Mini-Series’ category. The project turned out empty-handed at the Emmys during the ceremony, which took place on Monday night in New York City. Refreshing your memory, “Amar Singh Chamkila” was in the running for the ‘Best TV Movie/Mini-Series’ category, along with Germany’s “Herrhausen: The Banker



and the Bomb”, the UK’s “Lost Boys and Fairies”, and Chile’s “Vencer o Morir (Victory or Death)”. The award was finally given to “Lost Boys and Fairies”. All hopes were lost when Diljit, who was nominated in the ‘Best Performance by an

Actor’ category, alongside David Mitchell for “Ludwig”, Oriol Pla for “Yo, adicto”, and Diego Vasquez for “One Hundred Years of Solitude”, also lost the title to the Spanish actor Oriol Pla. Nevertheless, Diljit and Imtiaz created quite a

splash at the red carpet of the International Emmys. Diljit was seen greeting the photographers with his signature namaste during the ceremony. Along with Diljit and Imtiaz, the Netflix India team, including Vice President, Content, Monika Shergill, and Director, Original Films, Ruchika Kapoor Sheikh, were also present at the event. Previously, speaking during the 53rd International Emmy World Television Festival’s panel and medal ceremony, Imtiaz called “Amar Singh Chamkila” a love story between an art & an artist. The ‘Rockstar’ maker shared, “For me, this was a love story between an art-

ist and his art. A singer and performance are like lovers, and at some point of time, you don’t do it for money, success, and glamour, you do it for the performance itself, beyond any logic, to serve their audiences, and that was the strongest impulse in Amar Singh Chamkila’s character, and that is what I focused on.” Despite the losses, the significant representation of Indian talent and storytelling across major categories reinforces India’s position as a key global content hub. Both Diljit Dosanjh and Imtiaz Ali were present at the awards ceremony, representing the film and the Indian contingent.

Ranbir Kapoor Joins ‘Spirit’ Cast: Special Entry Planned for Prabhas’ Next

Mumbai: For weeks, Spirit it has been surrounded by whispers, exits and speculation — but Sandeep Reddy Vanga finally put the film into motion with a grand muhurat ceremony in Hyderabad on Sunday. What fans didn’t expect was an immediate spark of fresh excitement: a strong report claiming Ranbir Kapoor will appear in the Prabhas-starrer in a special cameo. The film opened its first schedule with a star-packed traditional launch, attended by megastar Chiranjeevi as chief guest. Photos from the ceremony showed the director and cast seeking blessings before rolling the camera on one of the most talked-about projects of the year.

According to a report in Deccan Chronicle, Ranbir Kapoor — who headlined Vanga’s blockbuster Animal — will appear at a crucial juncture in Spirit. The report describes his cameo as a narrative turning point and a moment that will be “historic” because Ranbir and Prabhas have never shared screen space before. A source told the publication,



“Ranbir will come into the picture at a crucial juncture of the storytelling. It will be a turning point in the plot and a historic moment in Indian cinema since he has never shared screen space with Prabhas.” The possibility of two top stars coming together under Vanga’s direction has already sent fan circles into overdrive. The launch ceremony saw Chiranjeevi performing the traditional clap, with Sandeep Vanga later posting photos of the event and thanking him warmly.

He wrote, “Heartfelt thank you to our MEGASTAR CHIRANJEEVI sir for blessing the event with his presence. Sir..... your gesture is unforgettable — we all love you.” Triptii Dimri, who stepped in as the

female lead after Deepika Padukone’s exit, was also present. She joins Prabhas, Vivek Oberoi, Prakash Raj and Kanchana in the film’s ensemble. Although Prabhas did not attend the muhurat, Vanga shared a photo of the actor holding the clapboard, writing, “Dear fans... I thought PRABHAS anna’s hands were enough to EXCITE YOU ALL..... So on this muhurat day, I’m posting this for you — with gratitude and love. SPIRIT.” Spirit has been in the headlines for months, especially after Deepika Padukone backed out of the project — reportedly over disagreement regarding an eight-hour workday. She later also stepped away from Kalki 2898 AD 2, another film led by Prabhas.

Varun Dhawan and Kriti Sanon Post Special Artwork to Celebrate ‘Bhediya’ Third Anniversary

Mumbai: Kriti Sanon took to social media to mark a special milestone for her film Bhediya, as it completed three years since its release. The actress reposted a heartwarming illustrated artwork that features her and Varun Dhawan. Taking to their Instagram stories, both actors shared a cute animated illustration of Bhediya and celebrated three years of the film. Bhediya, the horror comedy film, was loved by everyone. In Thamma, Bhediya also made a cameo. The sequel is also in the making. Much details have not been shared till now.

The countdown for Dhanush and Kriti Sanon’s much-anticipated film Tere Ishk Mei has already begun. With the release date just three days away, the film opened to advance booking on a positive note on November 24. As of 11 PM, the film had sold over 6,500 tickets across the top two national chains, PVR Inox and Cinepolis for day one. A majority of these sales came from PVR Inox. The initial response looks



promising, which indicates strong potential for the film to become another clear box-office success. While it’s still early to predict, if the current momentum continues over the next three days, the movie could secure a solid advance booking. Since the release of the trailer, Tere Ishk Mein has generated significant buzz among audiences, and A.R. Rahman’s music has only heightened the excitement, contributing to a strong start in pre-sales. Adding to the anticipation is the reunion of Dhanush and Aanand

L Rai, who are returning with Tere Ishk Mein, the spiritual sequel to the superhit film Raanjhanaa. The film explores surrender and transformation through an all-consuming romance that heals, hurts, and changes them. Varun Dhawan’s romantic comedy “Sunny Sanskari Ki Tulusi Kumari” was his most recent movie, released in October 2025. The actor’s previous venture was the high-octane action thriller “Baby John,” which came out in December 2024.

After that, he will fea-

ture in the film “Border 2” along with Sunny Deol, Ahan Shetty, and Diljit Dosanjh. Besides that, he also has the “No Entry” sequel that everyone is talking about and will be co-starring Arjun Kapoor and a few other big names from the Bollywood comic universe. Varun Dhawan, with his attractive public appearances or the warmth he shows when the cameras are off, is a constant winner of people’s hearts, which is obvious not only from the on-screen but also from the off-screen world.

Mittal’s remark clashes with Kapoor offer

Mumbai: Bigg Boss 19 contestant Tanya Mittal has been over the moon ever since Ekta Kapoor offered her a role in one of her upcoming TV shows. Ekta, who graced the Weekend Ka Vaar episode, said that she would love to cast Amaal Mallik and Tanya Mittal in her upcoming project, and that they will have a discussion once Bigg Boss 19 ends. While Tanya has been ecstatic about being offered an Ekta Kapoor show, netizens dug up her old podcast in which she mentioned that she doesn’t want to work with ‘big names’. She once mentioned that she would prefer to work with a small director for free, and help them grow, instead of chasing fame and money.

A video that is going viral on social media shows Tanya Mittal saying, “Log hamesha Karan Johar, Sanjay Leela Bhansali bade naam lekar bade logon ke peechhe bhaagte hain. Main chahun-gi shayad koi ek aisa Chhota director ho jiska talent ho, aur usko nahi mil rahi ho koi badi heroine. Main uske liye free kaam karu aur unka talent bahar aaye. (People always chase big names like Karan Johar or Sanjay Leela Bhansali. I would perhaps like to find a small director with real talent who isn’t getting a big heroine. I would work for them for free so that their talent can be recognized).” She further added that she has a completely different way of thinking, and that she has no interest in chasing or working with big people. “Meri soch bohot alag hai. Mujhe kisi bade aadmi se nahi milna, kisi bade aadmi ke saath kaam nahi karna. Mujhe chhote logon se milna hai, chhote kaam karna hai, unhein bada banana hai. Isliye main yaha ground pe ghoomkar logon se mil rahi hu. That is my purpose. Money, fame is not my purpose.” she said. During the recent Weekend Ka Vaar, Ekta Kapoor said that she would love to cast Amaal Mallik and Tanya Mittal in her next project.



Box Office Success: Ajay Devgn’s Quirky Rom-Com Beats Competition, Hits ₹60 Crore Milestone De De Pyaar De 2

Mumbai: Ajay Devgn, R Madhavan, Rakul Preet Singh, and Gautami Kapoor starrer De De Pyaar De 2 released in theatres on Friday, November 14. Directed by Anshul Sharma, the romantic-comedy is produced by T-Series and Luv Films.

The sequel to the 2019 hit De De Pyaar De collected Rs 4.35 crore on its second Sunday. However, on Monday, the film is estimated to have collected Rs 1.50 crore, marking a drop of nearly 33 per cent from its second Friday. The film opened at around Rs 8.75 crore and witnessed steady growth over its first Saturday and Sunday. De De Pyaar De 2 has collected Rs 57.35 crore (India net) in its first nine days. After earning Rs 51.10 crore in its open-



ing week, the film added Rs 2.25 crore on both its second Saturday and Sunday. A drop was expected on Monday, and the film brought in Rs 1.50 crore, taking its total collection to Rs 63.20 crore, as per Sacnilk. This marks a nearly 60% decline from the previous Monday. With this, the film’s second-week total stands at Rs 13.25 crore, and it is projected to close the week in the Rs 17–19 crore net range, approximately 50% of its first-week earnings. The film has earned Rs 19.25 crore overseas in 10 days, pushing its worldwide total to Rs 93 crore. Notably, De De Pyaar De

2 is outperforming Ajay Devgn’s Son of Sardaar 2 as well as several other recently released mid-sized films. Another advantage of the Anshul Sharma directorial is that it continues to draw more audience than this weekend’s new releases, 120 Bahadur and Mastiii 4.

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Amitabh Bachchan Pays Heartfelt Tribute to Late Sholay Co-star Dharmendra

Mumbai: Veteran actor Amitabh Bachchan mourned the loss of his dear friend and legendary actor, Dharmendra. The latter breathed his last at the age of 89 after suffering from health-related issues. He was cremated at the Pawan Hans Crematorium on November 24 and several celebrities, including Amitabh Bachchan and his Abhishek Bachchan had come to pay their last respects.

Dharmendra’s Sholay co-star penned an emotional note on his blog and recalled their bond. Big B shared, “... another valiant Giant has left us .. left the arena .. leaving behind a silence with an unbearable sound ..Dharamji .. the epitome of greatness, ever linked not only for his renowned physical presence, but for the largeness of his heart, and its most endearing simplicity. He brought with him the earthiness of the village in Punjab he came from,



and remained true to its temperament unsoiled throughout his glorious career, in a fraternity that witnessed changes every decade ...the fraternity underwent changes .. not him.” He concluded by writing, “His smile, his charm and his warmth, extending to all that came in his vicinity .. a rarity in the profession, the air about us swings vacant, a vacuum that shall ever remain vacuums.prayers.” Amitabh Bachchan and Dharmendra shared the screen

in several films like Sholay, Chupke Chupke, Ram Balram and Dost among others. Notably, his last film, Ikkis, stars Bachchan’s grandson Agastya Nanda along with Jaideep Ahlawat and others. Dharmendra made his debut in 1960 and quickly became a superstar. He was known for his versatility, mastering roles from the romantic hero to the tough action star. His career boasts over 300 films, many of which are considered classics today.

LIFESTYLE

How To Start Saving Today For The Cruise Holiday You've Been Dreaming About For Years

We all have that one big fantasy. No, not the one where your boss quits and opens a chai tapri in Himachal. We're talking about the cruise holiday. That magical dream where you're floating through the Greek Isles, dressed in linen, sipping mocktails on the deck, while a crew member named Ricardo politely refills your glass and says, "Ma'am, your spa is ready."

But the real scene? You're in your worn-out pyjamas, ordering paneer lababdar (again) on Swiggy, watching cruise reels on Instagram, and whispering to yourself, "One day..." Well, what if I told you that "one day" could come a lot sooner than you think? And no, it doesn't involve selling your kidney or your ancestral land in Kanpur.

All it takes is a little mindful saving, and a bit of Indi-an-style jugaad. Below are 7 desi-but-deadly-effective ways to start saving smart — and get one step closer to that luxury cruise, with a tan and travel vlogs to boot.

1. Delete Swiggy and Zomato. Yes, Even If It Hurts.

Look, we get it. Nothing beats ordering butter chicken at 11.30 PM and having it arrive hotter than your love life. But here's the thing — one Swiggy order costs you Rs 400-Rs 600 on average. Do that 3 times a week? That's around Rs 1,500 per week. Which is Rs 6,000 a month. Which is Rs 72,000 a year. That's enough to get you on a 7-day Singapore-Malaysia-Thailand cruise, WITH balcony view.

Start cooking at home. Even if it's Maggi with peas and a fancy sprinkle of oregano stolen from your last Domino's order. You'll save money and finally figure out where all your katoris are hiding.



2. Uninstall Grocery Apps Post 9PM – You Shop Like A Psycho After That

There's something about night-time grocery shopping that turns us into irrational snack monsters. Suddenly, you need quinoa, protein cookies, imported pickles, and "clean" peanut butter for a health routine you'll start someday.

Stick to a list, go to a local market, and trust the sabziwala. He may not know what almond flour is, but he'll throw in free dhaniya without you asking. And no, BigBasket deals are NOT saving you money when you end up buying 3 litres of kombucha.

3. Go Cash-Only On Weekends (And Don't Take

Your UPI Brain With You)

Try this: withdraw Rs 2,000 on Friday. That's your budget till Sunday night. No GPay. No scanning random QR codes for popcorn. You'll find yourself checking prices like a true economist. Suddenly, Rs 250 for "charcoal cappuccino" feels like robbery. Rs 80 momo plates become a luxury. And you'll rediscover the joy of chai at Rs 10 and vada pav at Rs 25, which honestly, is still the best deal in India.

4. Turn Retail Therapy Into Cruise Fund Therapy

The next time you're tempted to buy that Rs 999 motivational wall frame that says "Wanderlust" in cursive font, ask yourself:

Women who drink coffee at night may become more impulsive: study

A recent study conducted by researchers at the University of Texas at El Paso (UTEP) has revealed that consuming coffee at night may significantly increase impulsive behavior, particularly among women. The findings, published in the journal iScience, raise concerns for individuals in professions requiring high levels of alertness and decision-making, such as healthcare workers, military personnel, and night-shift employees.

The research utilized fruit flies (*Drosophila melanogaster*)—a widely accepted model for studying neurological and behavioral processes due to their genetic and neural similarities to humans.

Caffeine was introduced into the flies' diets under various conditions: different doses, daytime vs. nighttime consumption, and in combination with sleep deprivation. Impulsivity was measured by observing the flies' response to strong airflow, a naturally aversive stimulus that typically causes them to stop moving.

Flies that consumed caffeine at night were less able to suppress movement, displaying impulsive behaviors such as reckless flying despite the unpleasant stimulus.

- Daytime caffeine intake did not produce the same behavioral changes.

- Gender-Based Differences:

- Female flies exhibited significantly greater impulsivity than males, despite having similar caffeine levels in their systems.

- Researchers noted that since fruit flies



lack human hormones like estrogen, other genetic or physiological factors may be responsible for the heightened sensitivity in females.

Expert Insights

"Under normal circumstances, flies stop moving when exposed to strong airflow," explained Erick Saldes, a science research specialist at the University of Illinois College of Medicine Peoria. "We found that flies consuming caffeine at night were less able to suppress movement, displaying impulsive behaviours such as reckless flying despite these aversive conditions."

"Uncovering these mechanisms will help us better understand how nighttime physiology and sex-specific factors modulate caffeine's effects," added Professor Kyung-An Han from UTEP's Department of Biological Sci-

ences.

Implications

The study underscores the potential behavioral risks associated with nighttime caffeine consumption, especially for women. While further research in humans is needed, the findings suggest that late-night coffee might not only disrupt sleep but also impair judgment and increase risk-taking tendencies.

Conclusion

As caffeine remains one of the most widely consumed psychoactive substances globally, this research adds a crucial layer to understanding its impact beyond wakefulness. Timing and gender may play a more significant role in caffeine's behavioral effects than previously recognized.

For more details, you can read the full report on The Financial Express.

Why People Cheat

We all grow up chasing our happily-ever-afters but life has a way of shaking us out of those fairytale dreams. One day, everything feels perfect and the next, you may be left questioning everything. But why do affairs happen? Why does infidelity strike even in seemingly happy relationships? And does an affair always mean the end of a marriage?

We all grow up believing in the idea of a perfect love, the kind that lasts forever and conquers all odds. But real life is rarely that simple. Partners cheat. Trust breaks. The illusion of 'happily ever after' shatters, revealing just how fragile relationships can be.

Take Pooja (name changed) for example. Her husband fought with his family to marry her, they built a life together, raised two sons and fifteen years later, he cheated. Or Sriram (name changed), who married his childhood sweetheart only to discover on their honeymoon that she was also seeing someone else. To their close friends, these stories were shocking. How could two people so deeply in love betray one another? Because love or what we think of as love isn't always enough. And human relationships are far more layered than we admit.



10 Books That Are Way More Addictive Than Your Instagram Feed

Struggling to stop scrolling? These books will pull you in faster than a 3am reel spiral. With gripping plots, binge-worthy pacing, and mind-blowing ideas, this list proves that dopamine hits don't only come from your phone. These stories are thrilling, emotional, and impossible to put down, perfect for when your attention span is fried but your brain still craves something juicier than a 15-second clip.

Tell Me I'm Worthless by Alison Rumfitt

A haunted house horror that's also a scathing political allegory, this novel dissects fascism, trauma, and gender identity with brutal, unapologetic force. It's disturbing, visceral, and unafraid to confront the ugliest parts of modern society. If you thought horror couldn't be political and poetic at the same time, Tell Me I'm Worthless will shatter that illusion, and probably leave you shattered too.

Who They Was by Gabriel Krauze

Written in unapologetic street slang, this semi-autobiographical novel doesn't ask for your approval, it demands you sit with its brutal honesty. Krauze blurs the line between morality and survival in a life of drugs, gang violence, and university lectures. It's gritty, disorienting, and painfully real. There's no redemption arc, just a raw account of a life that refuses to be simplified.

Acts of Desperation by Megan Nolan

This isn't your typical "messy woman" novel. It's a raw, compulsive portrait of obsession, self-loathing, and the performative nature of love. Nolan's narrator spirals into a relationship so consuming, it eats away at her entire sense of self. Brutally honest and uncomfortably relatable, this novel drags you through emotional mud, and you'll thank it for the bruises.

The Red Parts by Maggie Nelson

Part memoir, part true crime investigation, this is a genre-bending excavation of violence, justice, and grief. Nelson's voice is precise and devastating as she navigates the

re-opening of her aunt's murder case. It's not just about crime, it's about the ripples of trauma across generations and the emotional cost of seeking closure in a world that rarely offers it.

Butter Honey Pig Bread by Francesca Ekwuyasi

A lush, lyrical story of food, trauma, and familial healing, this novel follows a Nigerian mother and her twin daughters as they confront a painful past. It blends realism with Yoruba spirituality, creating a world rich in taste, texture, and feeling. Each sentence feels like a meal, layered with meaning, memory, and longing. Prepare to cry, crave, and feel deeply nourished.

Fourth Wing by Rebecca Yarros

Think The Hunger Games meets Game of Thrones, with dragons, enemies-to-lovers, and brutal training sessions. Fourth Wing throws you into a deadly military academy where survival is not guaranteed, and neither is love. It's fast-paced, smartly plotted, and unapologetically swoon-worthy. Pure serotonin for fantasy lovers who want romance, high stakes, and enough twists to keep you up till 3 a.m.

Project Hail Mary by Andy Weir

From the author of The Martian comes another thrilling space adventure, only this time, the stakes are galactic. A lone astronaut wakes up on a ship with no memory, no crew, and one impossible mission: save humanity. Packed with science, humor, and heart, this novel is a masterclass in pacing and geeky joy. You'll root for the characters, and maybe even cry over an alien.

The Employees by Olga Ravn

This experimental novel reads like a series of workplace memos and alien diary entries from employees aboard a spaceship. What begins as a commentary on labor and automation slowly morphs into a meditation on existence, memory, and what it means to feel. It's sci-fi at its strangest and most poetic. Short but dizzily deep, it leaves a lasting residue in your brain.

Techie Shares Smart Ways to Steer Clear of Office Politics



Nobody loves office politics. It's draining, mindless and something that we all are better off with. However, a lot of us get dragged into it much to our chagrin. In the endless maze of office politics, anyone can be the target. Even the most innocuous person can become the victim of office politics. This also explains why when remote work became an alternative option, everyone lapped it up. A lot of people felt a sigh of relief for not having to make small talks, engage in office politics and become a part of the vicious cycle. If one is far removed from office politics, one actually sees a boost in productivity. It also helps keep one more active and rejuvenated.

A techie recently shared some practical strategies to avoid office politics. They are effective and once a person imbibes them, it can make their life a lot easier on a day to day basis. Listed below are some of the tips that he has shared and they are quite practical in nature. The Pune-based techie Rohit Yadav who is a product manager shared that he has found a middle path wherein he doesn't play the game, but he is not blind to it either.

Listens more, speaks less

Be it in meetings or otherwise, Rohit shares

he focusses on listening more and speaking less. He has learnt to survive and thrive in office, thanks to this strategy. He believes one should choose silence over noise and calm over chaos.

Stay calm and focused

There will be many occasions when too much is happening and too many voices are overwhelming you. However, the key to avoid letting things get messier is when a person is able to keep their calm and stay focused. This will help a person from getting emotionally tangled into the office drama that unfolds.

Watch your tongue

There are a lot of people who may not enjoy authority in office, but they are the ones who hold a sway over people who are powerful. This is why one must quietly observe who influences what decisions. Also, one must avoid making unnecessary remarks in front of people, as one never knows how different people may use a piece of information.

Document everything

Important conversations, notes of meeting, follow up over important matters - all of these things should be documented. This will help a person hold in good stead in the long run.

'My Astrologer Said No!' How Star Signs Are Shaping Modern Marriages

In India, love might be blind but not before it checks in with the stars. Getting your patris matched before marriage is as routine as picking the wedding caterer. While it's most common in arranged marriages, even couples going for love marriages now run their kundlis through an astrological audit - just to rule out the 'risks.' But what happens after the vows are said and the stars get the "compatible" stamp? Turns out, patris aren't just useful in bringing couples together, sometimes they play the ultimate role in keeping them together too, even when one foot is already out the door.

Meet Mayank (name changed), a successful businessman with a secret - he's in love with someone else but the plot twist is he's not leaving his wife because his family's trusted pandit told him that as long as his wife remains in his life, his business will flourish. He's



afraid that if he leaves her, the prosperity might crumble. He does not even want to work on the marriage - his focus now is to not disrupt things and keep the affair under wraps. Why stir the pot when the stars are working in your favour? So his marriage is technically intact and so are his profit margins.

Prapti (name changed) felt trapped in her 17-year-old loveless marriage. On

the verge of breaking down, she reached out to her tarot reader, who was also a close friend. The advice surprised her. "She told me my partner is deeply in love with me and would be devastated if I leave, he's just terrible at expressing it." That conversation shifted something. "I began noticing the little things, how he quietly looked out for me, how he tried to keep me safe. That one chat when I was at my

lowest, honestly changed my marriage."

Then there's Tanya (name changed), living in one of the poshest societies in Gurgaon, where the air smells of Chanel, there are LVs and Audi, Mercedes, Porsche as far as eyes can see and amidst all this is the quiet desperation. She's not particularly happy in her marriage. Her guruji told her that her marriage is important and leaving him would

also mean walking away from the wealth, the driver, the spa weekends, the well choreographed life. "I may not be madly in love but it's easy to find people you have fun with. I am very practical. I don't want to live a meager life. I am sure of that."

Astrologer and tarot reader Jyoti Arora isn't surprised. In fact, she bursts out laughing when she hears stories like these. "This happens often. Sometimes, the client is deeply involved in an affair, and through tarot or their charts, the expert can clearly see that the new person will only bring more chaos. But since the client isn't opening up about it, the expert chooses to stay silent. So they simply tell them their current partner is better for them." She is aware of many astrologers secretly guiding their clients in the right path through simple manipulations but they don't see it as only that.

How Sweden is Embracing Sleep to Improve Well-Being

The ferry cuts through the icy Baltic waters as it makes its way around the Stockholm Archipelago. Place names like Skarpö, Hjälmö and Gällnö are painted on rust-red huts lining the jetties. The suffix “Ö” means island in Swedish, a pictorial representation of a land mass surrounded by sea with two tiny people about to dock. I am the only person to disembark at Svartsö, one of the few islands in the archipelago where accommodation remains open in winter. I make my way along a snowy track to Skärgårdshotell where I am shown to a cabin on the edge of a forest overlooking the dark expanse of Lake Svartsöfladen. It feels about as far away from it all as you can get. My room is Swedish simplicity at its most minimal: a bed, a chair and a bedside table. No television, and not much else to distract me from the pristine tranquillity of my surroundings. This is just as well as I am here, primarily, to sleep. In an age of relentless connectivity, sleep has become the ultimate luxury and spawned a new travel trend: sleep tourism, where sleep-deprived travellers are choosing their hotel on the basis of its pillow menu or booking themselves into away-from-it-all sleep retreats with tailored sleep-inducing activities.

Sweden has a different, more natural approach to sleep tourism, however, taking its cue from the landscape and a more traditional way of life. Often associated with bustling, connected cities like Stockholm and Gothenberg, come winter Sweden embraces its sleepy side and is inviting visitors to do the same. “The abundance of accessible nature and large areas of peaceful wilderness, combined with dark nights, cool temperatures and a cultural emphasis on relaxation, makes Sweden an ideal location for sleep tourism,” explains Christian Benedict, a sleep researcher at Sweden’s Uppsala University. “Studies have shown that technology and the way it impinges on our lives has a significant effect on our sleep, and spending more time in nature is tied to better mental health and fewer sleepless nights.” When I decided to try it for myself, I chose the Stockholm archipelago, a nature-lovers paradise with more than 30,000 islands, many of them uninhabited. Svartsö is one of the larger isles but has only around 65 year-round residents. A two-hour ferry ride from Stockholm, in summer it’s a popular getaway, luring weekenders and holiday makers with summerhouses, a clutch of restaurants and abundance of nature in which to walk, swim, cycle and kayak. In the winter months, the Skärgårdshotell is the only accommodation open and its cosy forest cabins, set away from the main building in their

own peaceful wooded area, offer the type of peace and quiet that I am after, while not leaving me completely alone in the wilderness. I am a city dweller with a restless mind. I often wake several times a night and rise early feeling the need to tackle the long list of things that have kept me awake. Here, on the island in winter, there is little for me to do except hike, read and observe the rhythms of the day in a way I can’t when surrounded by the bright lights of a city.

Svartsö literally means “the black island”, referring to the dark granite bedrock, though in winter the name could simply refer to the dark skies that are completely free of city glare. Darkness, long viewed as a metaphor for fear and depression, is embraced in these Nordic regions. Further north in the Arctic Circle, where the polar night blankets the land in darkness for months, far from staying indoors, inhabitants strap on headlamps and explore snowy trails. So I do the same, setting out at dusk past fields of sheep, pigs and goats. I head along the edge of the forest and wander down to the seashore, watching as the sun drops into the water and listening as the noisy drilling of a woodpecker stops, almost as if a switch has been flicked. The surrounding forest falls quiet as the Earth settles down for its own good night’s sleep beneath a heavy blanket of snow. I find the hotel sauna discreetly tucked between the trees and end the day in classic Scandinavian style, sweating out all the worries that might keep me awake followed by a plunge in the bracing sea. After a simple dinner of stångkorv (Swedish sausage and kale), I sit by the fire and get talking to a group of kayakers who have paddled here from Stockholm. “Traditionally, in the darker months, fire was important for warmth and light but also as part of the evening ritual,” a woman named Marie tells me. “After dinner people would cosy up around the fire and allow the flicker of flames to sooth away all the stresses of

own peaceful wooded area, offer the type of peace and quiet that I am after, while not leaving me completely alone in the wilderness. I am a city dweller with a restless mind. I often wake several times a night and rise early feeling the need to tackle the long list of things that have kept me awake. Here, on the island in winter, there is little for me to do except hike, read and observe the rhythms of the day in a way I can’t when surrounded by the bright lights of a city.



a day’s work.” It works for me. In fact, I find it so soporific that by 20:00 I am ready to retire to my cabin where I hunker down under a duvet and cosy woollen blanket and sleep for an unheard-of 10 hours, waking refreshed to see a sliver of moon above the trees outside. It’s easy to think of sleep deprivation as a very 21st-Century problem, but the Swedish legend of the Mara shows that it’s as old as the forest. A strange mythical being that was said to torture people in their sleep, causing fear and tight anxiety-ridden chests, Mara gave rise to the word “nightmare”. But in modern times, technological distractions have replaced mythical creatures as more and more people struggle to get to sleep. “Sweden is one of Europe’s most digitalised societies and were early adopters of digitalisation,” explains Thérèse Cedercruz, chief commercial officer for Sweden’s

refreshed to see a sliver of moon above the trees outside. It’s easy to think of sleep deprivation as a very 21st-Century problem, but the Swedish legend of the Mara shows that it’s as old as the forest. A strange mythical being that was said to torture people in their sleep, causing fear and tight anxiety-ridden chests, Mara gave rise to the word “nightmare”. But in modern times, technological distractions have replaced mythical creatures as more and more people struggle to get to sleep. “Sweden is one of Europe’s most digitalised societies and were early adopters of digitalisation,” explains Thérèse Cedercruz, chief commercial officer for Sweden’s

Scandic Hotels Group. “Our interest in sleep, and especially the lack of it, can be traced to this and an increased awareness of its impact on our health, which we have set out to counteract with a range of measures. We have blackout rooms, sleep-inducing playlists and wellness areas where mobile phones are banned. If our customers don’t sleep, our business as well as their health suffers.” London’s Cadogan Hotel has its own Sleep Concierge service , developed in association with hypnotherapist and sleep expert Malminder Gill, who provides a programme of guided sleep meditation. Mandarin Oriental Geneva has a three-day package, run with a private sleep clinic, that involves studying guests’ sleeping patterns and creating individual sleep programmes. In Thailand, amidst the tropical greenery on the Royal Coast, the Civa-Som Hua Hin resort’s resident naturopath will guide you through everything from diet to hormones that may be affecting circadian rhythms. Meanwhile, the Carillon Miami Wellness Resort uses electromagnetic and infrared technologies to get guests to sleep. “Our clients were coming to us saying they felt generally depleted, and this often seemed to be down to lack of sleep,” says Stella Photi, founder of holiday company Wellbeing Escapes. “We try to incorporate elements of the local cultures into our sleep programmes. In Buddhist countries such as Thailand or Sri Lanka we offer mediation and mindfulness. In India, Ayurvedic treatments use locally sourced herbs; and in Italy, guided walks through vineyards are part of a sleep-promoting programme of activities.” In Sweden, however, it is the experience of being in nature that forms the bedrock of sleep tourism.

Gynaecologist Highlights Symptoms and Tests for Uterine Fibroids

The National Institutes of Health (NIH) defines uterine fibroids, or leiomyomas or uterine myomas, as benign monoclonal tumours that are the most common benign tumours found in people who have a uterus. It is generally associated with heavy or prolonged menstrual bleeding, abnormal uterine bleeding, resultant anaemia, pelvic pain, infertility, and/or recurrent pregnancy loss. In an interview with HT Lifestyle, Dr Swatee Gaggare, consultant - obstetrics and gynaecology, Manipal Hospitals Baner, Pune, explained why it often hides in plain sight and the warning signs one should watch out for.

Stressing that for many, the first signs of uterine fibroids can be confused for an entirely less serious problem, Dr Swatee said, “Since they can appear suddenly, many might erroneously assume that weight increase or a digestive issue is the cause of their persistent bloating, tight clothing, and growing belly circumference.” However, the presence of fibroids, which are benign tumours growing in or on the uterus, is often indicated by these hints. Hormones like estrogen and progesterone are the main drivers of fibroid growth, Dr Swatee stressed. They can go unnoticed for years while silently getting larger every year. “Fibroids can stay small, but others can get so big that they change the structure of the abdomen and uterus. A pelvic exam or imaging for an unrelated problem is typically when one discov-



ers they have a fibroid,” she explained. Therefore, it is essential that you look out for warning signs. Dr Swatee points out that while some discover they have fibroids through pelvic exams, sometimes it gets detected when one has:

Persistent pressure in the lower abdomen. Fatigue from blood loss. Heavy clots during the first two days of menstruation. An extended menstrual flow could also be the first indication. Others might talk about constipation brought on by fibroids pressing against the rectum or frequent urination because of bladder pressure. One of the most deceptive symptoms is abdominal heaviness. Dr Swatee explains: “It is reasonable to assume that extra weight or bloating is being experienced because a large fibroid can have effects that are

strikingly like pregnancy. In certain case studies, fibroids grew for months or years until they reached the size of a grapefruit or more, causing significant discomfort and identifiable abdominal distension.”

“These symptoms can slowly interfere with day-to-day functioning, but because they develop gradually, they could be accepted or ignored,” Dr Swatee said. Pelvic ultrasound and magnetic resonance imaging (MRI) are often used to show the size, quantity, and location of fibroids. “They are frequently used to confirm the diagnosis. With identification, treatment options will be dependent on the severity of the symptoms, the age, desire to become pregnant in the future, and general health,” she added.

3 Drinks a Neuroscientist Says Are Actively Harming Your Brain

In an Instagram post shared on August 7, Rob-er WB Love, a neuroscientist specialising in helping people prevent Alzheimer’s disease with science, talked about the three common drinks that people often consume without thinking twice, but are harming their brains. Sharing the list, the neuroscientist warned, “Avoid these three drinks because they are harming your brain. Drink number three is a surprise to most people because they think it is healthy for them.” Let’s find out what these beverages are:

3 drinks that harm your brain

1. Alcohol

Per the expert, alcohol has been debated historically, but a lot of research now shows it’s not good for your brain. He explained, “Earlier research suggested that alcohol may reduce heart disease, but now we know it greatly impairs brain function.” He then shared how alcohol damages the brain: It impairs memory. It impairs sleep. It hurts your gut bacteria. What’s good for your gut is good for your



brain. Impairing memory and sleep are both terrible for your brain.

2. Soda with added sugar

Per the neuroscientist, soda is bad for the brain because it’s high in sugar and lacks fibre. When you consume a lot of sugar without fibre, it spikes your blood glucose and insulin levels, creating inflammation. Explaining how it could lead to brain damage, he said, “Inflammation damages the brain and body, makes you look older, and is one of the primary risk factors for Alzheimer’s

disease. Don’t get me started on diet soda; it is even worse. Large studies out of France show that exposure to artificial sweeteners increases the risk of type 2 diabetes by 69 percent.”

3. Tap water

Many people think tap water is healthy for them, but it is far from the truth. “Tap water actually contains a very damaging chemical for your brain called fluoride. Large studies out of China show that children exposed to fluoride have lower IQs than those not exposed,” he

explained. The neuroscientist pointed out that while there is some argument that water fluoridation is good for your teeth, research shows it’s not. “If you want fluoride, you can brush with fluoride, but please don’t swallow your toothpaste. If you have young children, please don’t give them tap water. Instead, give them reverse osmosis or distilled water. The state of Utah is currently looking at banning water fluoridation because of the negative impacts it is having on health,” he added.

3 Home Remedies To Stop Allergies

You can stop allergies with a variety of natural remedies, including breathing in steam and using nasal sprays. Limiting your exposure to allergens can also help. Allergens, such as dust mites, mold, pet dander, and pollen, cause allergies in some people. Your body overreacts to those harmless substances if you are allergic to them, releasing chemicals like histamine that result in allergy symptoms. Histamine causes sneezing, itchy eyes, and a runny nose. Other allergic mediators, such as leukotrienes, are involved in nasal congestion and “clogged ears.” Home remedies may provide all the relief you need with relatively little expense or hassle. However, some popular methods, like essential oils, herbs, and supplements do not have adequate evidence to support their use.



Read on to learn how to stop allergies with these six natural remedies—and which remedies to avoid.

Dehumidifier

You might use a dehumidifier during the spring and summer to help control allergy symptoms. Make sure you clean your dehumidifier regularly with a vinegar solution and empty it daily.

Dehumidifiers remove moisture from the air, inhibiting mold growth if moisture lev-

els are less than 30% to 50%. Dehumidifiers also reduce dust mites, a common allergen in the air that we breathe. Remember that you might worsen allergy symptoms if you are allergic to substances like pet dander or pollen and the air is too dry. A lack of moisture in the air can dry out your skin and irritate your nasal passages.

HEPA Filters

High-efficiency particulate air (HEPA) filters trap aller-

gens and other airborne irritants, such as dust and pet dander. While these devices can’t remove all particles from the air, research shows that they can significantly reduce the presence of allergens like dust mites and pet dander in the air.4 Some portable air cleaners have HEPA filters to purify the air in confined spaces. Portable filters exist, too, like the Honeywell HPA100 True HEPA Allergen Remover, which helps circulate air five times per hour. Whole-house systems that incorporate HEPA filters into heating, ventilation, and air conditioning (HVAC) systems provide the best air quality. HEPA filters also remove moisture from the air and floors to curb mold growth and mildew that can worsen allergies. However, note that HEPA filters can only remove airborne aller-

gens. Particles on surfaces or the ground will not be impacted, so it’s important to vacuum, sweep, dust, and clean surfaces, as well.

Nasal Spray

Nasal steroid sprays help decrease inflammation, open nasal passages, and relieve a runny or stuffy nose and sneezing.7 Many nasal corticosteroids are available over the counter, including Flonase, Nasacort, Rhinocort, and Nasonex. However, if you develop a nosebleed, stop using nasal sprays until the bleeding stops. Ask a physician for evaluation if the bleeding keeps returning. Some people with allergies might prefer saline nasal sprays, which are easy to use. This nasal spray delivers saline evenly to get rid of excess mucus, flush out allergens, and moisturize your nasal passages.

Why do the Japanese use umbrellas when it’s sunny?

Across much of the world, umbrellas are simply used to shield people from the rain or to shade them from the sun. And while visitors to Japan may see many locals using them for these purposes, parasols also serve a far more powerful role in Japanese culture: they’re spiritual vessels. According to Tatsuo Danjyo, Professor Emeritus of humanities at Beppu University in Japan’s Ōita prefecture, Japanese tradition holds that certain objects – including umbrellas – can serve as yorishiro (an object that attracts gods or spirits). This belief is deeply rooted in history. Umbrellas first appeared in Japan between the 9th and 11th Centuries, but instead of shielding people from the weather, they served as symbols of spiritual or political power. Early umbrellas, such as the long-handled sashikake-gasa, were reserved for religious and political figures and were held by attendants over the elite. “The Japanese tend to have an animistic way of thinking,” Danjyo told the BBC. “[An umbrella’s] circular shape, which resembles the shape of a soul, and the handle, which resembles a pillar... was

thought to be an accessible place for a soul to descend.” By the 12th Century, Danjyo notes that umbrellas began to become widely used by the general public, and over the ensuing centuries, their spiritual significance has remained. That same spiritual significance comes to life in festivals across Japan today. At Kyoto’s Yasurai Matsuri, held each year in the second week of April, flower-decorated umbrellas are believed to extract diseases and illnesses from people. At the Hakata Dontaku festival, which takes place every 3-4 May in the northern city of Fukuoka, massive kasaboko floats are paraded through the streets; passing under one is said to bring blessings of good health and good fortune. And on the island of Okinoshima in Kōchi Prefecture, every 13-16 August residents create vividly decorated umbrella structures to house the spirits of the recently deceased during their annual Obon festival. Every second year on the night of 16 August, these umbrellas are carried in a ritual dance around a central platform, symbolically guiding the spirits safely back to the spirit world.

Sultan Azlan Shah Cup 2025 campaign 1-0 win against



the Indian team get over the line, as per a release from Hockey India. India began the game in promising fashion, stringing together neat passes and dominating possession in the opening exchanges. After a spell of early pressure, Sukhjeet Singh came close to opening the scoring, striking the post from close range. Team India eventually made their positive start count when Mohammed Raheel (15') finished off a well-worked team move, giving his side a 1-0 lead at the end of the first quarter.

Investigation into Khawaja's back spasm McDonald

New Delhi: Australian head coach Andrew McDonald confirmed that further investigation will be carried out for opener Usman Khawaja's back issue for the second Ashes Test, a pink-ball match at Brisbane and dismissed concerns that age is catching up with the southpaw, who will be 39 in December. After finishing the Perth Ashes opener in two days, players and staff flew to their home cities. Khawaja's back spasms are a significant concern for the Aussies, as the 38-year-old was not able to open in both innings and failed to score well in his only attempt with the bat. He also dropped an easy catch at slips before leaving the field in England's second innings. The potential for flexibility in the case of the Head looks extremely appealing to the head coach, who said that the team has "sort of "hypothesised around a middle order player going up to the top order if the second innings happened to flatten out".

Ali Trophy 2025 begins as key IPL 2026 audition for Indian players

New Delhi: The Syed Mushtaq Ali Trophy (SMAT) domestic T20 competition has closely mirrored the evolution and demands of its more glamorous cousin, the Indian Premier League (IPL). Its latest iteration, beginning on November 26, will also serve as a timely audition for the IPL auction scheduled for December 16. By that time, teams progressing out of the group stage and into the Super League would have played nine matches, giving scouts ample game time to assess players, unlike last year when the IPL auction took place after just one round of SMAT. SMAT definitely has a place in the auction. Any IPL will be won by a team that has a strong Indian core," renowned coach and Kolkata Knight Riders scout, Biju George, tells Sportstar.

The Indian domestic cricket schedule now reflects the rigours of international cricket. After five rounds of gruelling four-day Ranji Trophy cricket, players will have just a week to brace for high-tempo T20 action. Like the Ranji Trophy, the Elite (32 teams) and Plate (six teams) divisions have been introduced for SMAT this season to enhance competition and establish parity, which means there will not be any easy

Women's T20 World Cup

PM Modi, Jay Shah congratulate Team India for win in first-ever Blind



New Delhi: Prime Minister Narendra Modi congratulated the Indian women's team for their triumph in the first-ever Blind Women's T20 World Cup, saying that it is a "shining example of hardwork, teamwork and determination". India scripted history by winning the inaugural edition of the Women's T20 World Cup for the Blind. India defeated Nepal by seven wickets in a one-sided final in Colombo on Sunday. Taking to X, PM Modi posted, "Congratulations to Indian Blind Women's Cricket Team for creating history by winning the inaugural Blind Women's T20 World Cup! More commendable is the fact that they stayed unbeaten in the series. This is indeed a historic sporting achievement, a shining example of hardwork, team work and determination. Each player is a champion! My best wishes to the team for their future endeavours. This feat will

inspire generations to come." Taking to X, Jay wrote, "Congratulations to the @blindcricket Indian team for winning the first-ever Blind Women's T20 World Cup, an event that re-defines the limits of 'ability' and inspires differently abled athletes in India and around the world." After opting to field first, Indian bowlers displayed a brilliant show with the ball. The Indian bowlers bowled tight lines, limiting Nepal to 114/5 in 20 overs. While chasing, the Indian batters reached 100 runs

in the first 10 overs, ensuring there is no more threat. Opener Phula Saren played a match-winning knock. She scored 44 runs off 27 balls, including four boundaries. Her innings brought India to chase down the target in the 13th over, sealing the title. Apart from her, Karuna K also contributed with a 27-ball 42. Saren's magnificent performance earned her the Player of the Match. After scripting history, India captain Deepika TC opened up that they are very proud of this

win. She added that the entire team worked hard to lift the title. "We are very proud, and it is a huge win. Our entire team worked very hard. It is a very strong team and other teams are afraid of playing with us. We are even ready to play with the men's team." Deepika TC said after winning the match. In the T20 World Cup for the Blind, India put on an exceptional performance, going undefeated throughout the tournament to claim the title. India started their campaign with a convincing win over Sri Lanka. Against Australia, India registered a 57-run win after the Aussies failed to chase down the 293-run target. India overcame the hurdle of Pakistan, chasing down the 136-run target in just 10.2 overs. In the semi-final, India thrashed Australia by nine wickets and sealed the trophy with a one-sided win over Nepal.

Amar Singh Devanda wins Asia Oceania 100km Ultra C'ship



Mumbai: Amar Singh Devanda clocked a national record time of 6:59:37 to win the Asia Oceania 100km Ultra Championship held in Bangkok. Amar is a part of the 11-member contingent competing in the event organised by the International Association of Ultrarunners. "Amar Singh Devanda creates history for India, winning the Asia Oceania 100 km Ultra Championship in a National Record time of 6:59:37," AFI said in a post on X on Sunday. The other members of the Indian squad include Saurav Kumar Ranjan, Geeno Antony, Velu Perumal, Yogesh Sanap, Jayadrath, Aarti Zanwar, Ranji Singh, Sindhu Umesh, Namgyal Lhamo and Tenzin Dolma. As many as 5,000 athletes, including the likes of Olympian swimmer Srihari Nataraj and renowned archer Bhajan Kaur, will compete in the fifth edition of Khelo India University Games, scheduled to commence in Rajasthan on Monday. Athletes from more

than 230 universities will compete in 24 disciplines, including one demonstration event, in the annual event which will take place in Jaipur, Udaipur, Jodhpur, Kota, Ajmer, Bharatpur and Bikaner. The new sports included in KIUG this year are canoeing, kayaking, cycling, and beach volleyball. Among those who will be favourites to win medals in their disciplines are double Olympian swimmer Srihari Srihari, competing in his second KIUG, will take part in six events. "The Khelo India University Games stand as a powerful celebration of India's emerging sporting talent. This platform brings together the finest young athletes who exemplify dedica-

tion, discipline and the spirit of excellence," said sports minister Mansukh Mandaviya. "As India advances with renewed ambition towards the Asian Games 2026 and the Commonwealth Games, these games will play a pivotal role in shaping champions for the global stage," added Mandaviya. Karnataka's rising tennis talent Aradhya Kshitij delivered a brilliant performance to secure both the Singles and Doubles titles at the ITF J60 held from 17-22 November 2025 at the All Assam Tennis Association Complex in Chachal, Guwahati. In the Singles final, the top seed showed dominance as he beat second seed Praneel Sharma 6-2, 7-6.

PM Modi hails Indian performance in World Boxing Cup finals

New Delhi: Prime Minister Narendra Modi hailed the Indian boxers for their excellent performance in the World Boxing Cup Finals 2025, in which they secured 20 medals, including nine golds. The Prime Minister hailed the "resolve and determination" of the boxers.

India not only clinched nine gold medals but won medals in all 20 categories in the prestigious tournament held in Greater Noida this month, for which the top eight performers from the two World Boxing Cup legs qualify. India ended the campaign with nine gold, six silver and five bronze medals on last Thursday. Taking to X, PM Modi wrote, "Our phenomenal athletes delivered an extraordinary, record-breaking performance at the World Boxing Cup Finals 2025! They brought home an unprecedented 20 medals including 9 Golds. This is due to the resolve and determination of our boxers. Congratulations to them. Best wishes for the endeavours

ahead." India's women, produced a golden wave with Minakshi (48kg), Preeti (54kg), Arundhati Choudhary (70kg), and Nupur (80+kg) securing a gold each; Nikhat Zareen (51kg), Jaismine Lamboria (57kg), and Parveen (60kg), all climbed to the top of the podium as well. Seven golds medals came from women's boxers, with Pooja Rani (silver in 80 kg), Neeraj Phogat (bronze medal in 65 kg) and Saweety Boora (bronze medal in 75 kg) also receiving medals.

Men's boxers secured two golds, with Sachin Siwach (gold in 60 kg) and Hitesh Gulia (gold in 70 kg) being the champions for India. Silver medals came from Jadumani Singh (in 50 kg), Pawan Bartwal (silver in 55 kg), Abhinash Jamwal (silver in 65 kg), Ankush Panghal (silver in 80 kg) and Narendra Berwal (90+kg). Jugnoo (in 85 kg) and Naveen (in 90 kg) got bronze medals for India.

India has selected a 23-person team for the 2026 AFC U17 Asian Cup Qualifiers

New Delhi: India U17 men's head coach Bibiano Fernandes has named a 23-member squad for the AFC U17 Asian Cup Saudi Arabia 2026 Qualifiers, beginning Saturday at the EKA Arena in Ahmedabad.

India will face Palestine (November 22), Chinese Taipei (November 26), Lebanon (November 28) and Islamic Republic of Iran (November 30). The group winners will qualify for the final tournament in Saudi Arabia next year, which will act as the qualification pathway for the FIFA U17 World Cup Qatar 2026. Group A will see hosts China PR, Bangladesh, Bahrain, Brunei Darussalam, Timor-Leste and Sri Lanka doing battle while Group B will be contested by 2002 runners-up Yemen, Laos, hosts Kyrgyz

Republic, Cambodia, Guam and Pakistan. The Group C challenge will involve hosts Vietnam, Malaysia, Singapore, Hong Kong, China, Northern Mariana Islands and Macau. Australia headline Group E, with 2016 winners Iraq, Philippines, Jordan (hosts) and Bhutan standing in their way while Thailand (hosts), Kuwait, Turkmenistan, Mongolia and Maldives will vie for the automatic spot from Group F. Group G will see two-time winners Oman, Afghanistan, Myanmar (hosts), Syria and Nepal going head to head. AFC U17 Asian Cup will be contested on May 7 to 24, 2026. India's 23-member squad for AFC U17 Asian Cup Saudi Arabia 2026 Qualifiers: Goalkeepers: Manash-jyoti Baruah, Maroof Shafi, Rajrup Sarkar. Defenders: Abhishek



Kumar Mondal, Ankur Rajbagh, Indra Rana Magar, Korou Meitei Konthoujam, Lawmsangzuala, Md Aimaan Bin, Shubham Poonia. Midfielders: Dallalmuon Gangte, Denny Singh Wangkhem, Diamond Singh Thokchom, Mukundo

Singh Ningthoujam, Nitishkumar Meitei Yengkhom, Thonggoumang Thouhang. Forwards: Aazim Parveen Najar, Azlaan Shah Kh, Gunleiba Wangkheirakpam, Heeranganba Seram, Jasir Khan, Lesvin Rebelo, Rahan Ahmed.

India is 480 runs behind South Africa in the second Test



New Delhi: Aston Villa climbed into the Premier League's top four after striker Morgan Rogers scored twice to inspire a 2-1 comeback victory over Leeds United at Elland Road on Sunday. Leeds struck first in the eighth minute when Lukas Nmecha bundled home after Villa goalkeeper Emiliano Martinez failed to collect a high ball under pressure. The goal, created from a Sean Longstaff free kick and Gabriel Gudmundsson's hooked effort, required a lengthy VAR check for possible offside and a foul before being confirmed. Leeds dominated the first half, but Villa regrouped after the break. Manager Unai Emery's double substitution proved decisive. Within three minutes of the restart, substitute Donyell Malen delivered a powerful cross that Rogers toe-poked into the net for the equaliser. Villa continued to

press and were rewarded in the 75th minute when Rogers curled a superb free kick over the defensive wall and beyond goalkeeper Lucas Perri, sealing the turnaround. Leeds thought they had equalised almost immediately, but Dan James' assist was ruled out after VAR spotted a handball by Dominic Calvert-Lewin before the ball crossed the line. Malen later missed a chance to extend Villa's lead, blasting over from close range, while Martinez pro-

duced a sharp save to deny Pascal Struijk's late header. Villa held firm to secure their sixth win in seven league matches, continuing their resurgence after a slow start to the season. The victory lifted them five places to fourth with 21 points, underlining their growing momentum. For Leeds, the defeat was another setback. Despite their strong first-half showing, they were undone by Villa's second-half intensity and Rogers' clinical finishing.

Deaflympics 2025

Pranjali wins first individual gold, top

New Delhi: Pranjali Prashant Dhumal clinched gold in 25m Pistol Women — her second gold and third medal at the 2025 Deaflympics in Tokyo, Japan, on Monday. Pranjali finished with a score of 34 in the finals, two more than Halyna Mosina of Ukraine, who won the silver. Jiwon Jeon won the bronze medal with a score of 30, who overcame India's Anuya Prasad in a shootout, who eventually finished fourth. Pranjali had earlier won the gold in the 10m Air Pistol Mixed team event, along with Abhinav Deshwal. Pranjali hit four out of her first five shots in the first series of the finals and maintained the lead until the end of the ninth series,



Pranjali had qualified for the finals, finishing in the top two, also breaking the World Deaf Qualification and Deaflympics record.

where she was tied on 30 shots along with Mosina. In the tenth and final series, Pranjali hit four shots while Mosina could only score two, ensuring the Indian walked away with the gold medal.