

Jorhat meet adopts People’s Declaration for a Resilient Brahmaputra Basin

● *The People’s Declaration for a Resilient Brahmaputra Basin was adopted at a consultation in Jorhat aimed at addressing humanitarian and climate challenges in the region.*

Organized by NEADS and supported by local civil society, the event gathered various stakeholders to discuss issues such as floods, displacement, and climate change effects.

Jorhat, Dec 06: The People’s Declaration for a Resilient Brahmaputra Basin was adopted at the end of a two-day “People’s Consultation on Strengthening Humanitarian Response and Climate Resilience in the Brahmaputra Basin” in Jorhat on Friday. With assistance from Start Network, the North-East Affected Area Development Society (NEADS), the Inter-Agency Group (IAG) of Assam, and other local humanitarian civil society actors from throughout the Brahmaputra Valley coordinated the event.

In order to discuss the increasingly complex humanitarian and climate challenges affecting the Brahmaputra basin, including those resulting from frequent floods, riverbank erosion, widespread displacement, and changing hydrological patterns influenced by climate change, the consultation brought together humanitarian practitioners, climate workers, community leaders, civil society organizations, youth groups, and women’s collectives.



Tirtha Prasad Saikia, Director of NEADS, gave opening remarks, a summary of the consultation’s goals, and thoughts on regional issues. Following this, renowned development practitioner Ravindra Nath gave the first keynote speech, highlighting the growing vulnerability of riverine communities as climate-re-

lated risks worsen.

Thematic sessions on humanitarian trends, the effects of climate change, and hydrological changes throughout Assam were also part of the consultation. Luit Goswami (Rural Volunteers Centre), Deborah Sangma (State IAG Assam), Wilfred Toppo (People’s Ac-

tion for Development), Keshav Krishna Chattradhara (North-East Watertalk), and Rajen Saikia (District IAG Dhemaji) were among the speakers who offered insightful commentary on institutional gaps, ground realities, and the growing risks faced by vulnerable populations. Additionally, the event featured

stories from community representatives who described their experiences of displacement, loss of livelihood, and long-standing indigenous coping mechanisms that have been created by generations of coexistence with the Brahmaputra. The investigation of cooperative routes and locally driven solutions was one of the event’s main themes. Climate-resilient livelihoods, ecological restoration, community-based disaster response, strengthening local governance, social protection for the most vulnerable, and strategies for successful localization were all topics covered in groups.

The working groups made practical suggestions that focused on inclusive resilience-building throughout the basin, better institutional coordination, community leadership, and anticipatory action.

The People’s Declaration for a Resilient Brahmaputra Basin, which summarized the group proposals from the two-day discussions, was formally released as a result of the consultation. With a focus on local leadership, localization of resources and decision-making, anticipatory action, and community-driven resilience strategies that put vulnerable communities at the center of future humanitarian and climate action, the declaration advocates for people-centered, climate-informed, locally led humanitarian action.

In Brief

Chaos at LGBI as IndiGo cancels all Flights

Palasbari: IndiGo canceled all flights to and from Guwahati on Thursday, disrupting many passengers at Lokpriya Gopinath Bordoloi International Airport. Delays in aircraft landing and takeoff procedures led to these cancellations, creating widespread frustration among passengers who received notifications after boarding. Many who arrived early found no assistance from the airline despite long waits, and IndiGo officials failed to provide clear explanations for the cancellations, also announcing a halt on Guwahati flights for the next two days.

Assam eases Two-Child Rule for Indigenous Groups

Guwahati: The Assam government has officially relaxed its two-child policy for certain indigenous communities, allowing Scheduled Tribes, Scheduled Castes, tea garden workers, and the Moran and Matak communities to have up to three children without losing government benefits or facing restrictions in employment or elections. This amendment, effective immediately, aims to address specific social and demographic issues faced by these groups. Commissioner Patibandla Ashok Babu confirmed that individuals from these communities can apply for government jobs and participate in elections with three children. Chief Minister Himanta Biswa Sarma highlighted the importance of protecting the demographic future of these communities, warning that a strict population limit could endanger their existence within fifty years.

Body found

Imphal: A man’s body, estimated to be between 35 and 40 years old, was discovered along the riverbanks near Minuthong Bridge in Imphal East district. The Imphal East District Police, with support from an Executive Magistrate and the Mobile Forensic Unit, recovered the body on Saturday after local reports. The body, now at JNIMS Hospital’s mortuary, is of a medium-built individual, approximately 5 feet 6 inches tall, with short black hair, an elongated face, and swarthy complexion, dressed in olive green trousers and a black shirt, featuring identifiable tattoos.

Me’gong Festival 2025

Shillong: The Me’gong Festival 2025 was inaugurated in Tura with a vibrant opening ceremony, attended by numerous visitors from Meghalaya and beyond. Chief Minister Conrad K Sangma marked the festival’s fifth edition, which promises a weekend filled with major shows. Thousands gathered on the opening evening, celebrating this annual event that has become significant for the people of Garo Hills while attracting tourists. The first day featured live music performances on the Aski Stage, starting with international artist Richard Marx, who entertained the audience with popular hits and songs from his new album. Following him, Nee-ti Mohan performed well-known Hindi and Bollywood tracks, including a tribute song to the late Zubeen Garg, which resonated emotionally with the crowd. Julian Marley and electronic producer Nucleya also performed, energizing the audience.

Chaos at LGBI as IndiGo cancels all Flights

Palasbari, Dec 06: IndiGo abruptly canceled all of its flights arriving at and departing from Guwahati on Thursday, causing significant disruption to passengers at Lokpriya Gopinath Bordoloi International Airport (LGBI) in Borjhar. Sources claim that protracted delays caused by interruptions in aircraft landing and takeoff procedures ultimately resulted in the cancellation of numerous scheduled flights. Widespread annoyance and uncertainty resulted from the last-minute notification of the cancellations to passengers who had already finished their boarding procedures.

A number of passengers who were stuck claimed that the airline did not offer any help or other options, even though they were forced to wait for hours. Many had arrived at the airport as early as 4 a.m. to catch their flights to different locations, only to receive text messages on their phones informing them that their flights had been canceled.

Additionally, passengers said that IndiGo officials did not provide a clear explanation for the cancellations. Rather, they were reportedly told that the airline will also halt flights to and from Guwahati for the following two days.

Assam eases Two-Child Rule for Indigenous Groups

Guwahati, Dec 06: The Assam government has officially relaxed its two-child policy for a number of indigenous communities in the State. The decision was notified on December 5 and it now allows members of Scheduled Tribes, Scheduled Castes, tea garden workers and the Moran and Matak communities to have up to three children without losing government benefits or facing restrictions in government employment or election participation. According to the notification issued by the Health and Family Welfare Department, the amendment has come into force immediately. The order mentioned

that this change has been made in the Population and Women Empowerment Policy of Assam, which was first introduced in 2017. Officials said the amendment aims to respond to specific social and demographic issues faced by these communities. Commissioner and Secretary Patibandla Ashok Babu, while issuing the order, said that persons belonging to these communities will now be able to apply for government jobs and also take part in elections even if their families have three children. The order further mentioned that incentives for Self Help Groups will also remain available. The Government had

earlier decided in its Cabinet meeting held on October 23 that the ST, tea garden, Moran and Matak communities would be exempted from the earlier restrictions and the latest notification has now put that decision into official effect. Chief Minister Himanta Biswa Sarma emphasized the need to protect the demographic future of certain communities after a Cabinet meeting in October. He warned that a strict population limit could undermine their identity and threaten their existence, potentially leading to the extinction of some communities within fifty years if the two-child policy remains unchanged.

Mizoram Close to Peace Pact With HPC(D) Faction, Says CM Lalduhoma



Aizawl, Dec 06: Mizoram Chief Minister Lalduhoma on Friday said his government is on the verge of signing a peace agreement with the Lalhmingthanga Sanate faction of the Hmar People’s Convention (Democratic), in a major step aimed at restoring stability in Hmar-inhabited regions of the state. Addressing the general assembly of the Hmar Students’ Association (HSA) during the Sikpui Ruoi festival in Kolasib district,

Lalduhoma said discussions are progressing to facilitate the return of the outfit’s cadres to mainstream life. “We are hopeful that we can soon sign an agreement to restore peace in Mizoram, particularly in Hmar-dominated areas,” the CM said. The Sanate faction, active largely in Assam’s Cachar district, has been associated with extortion and other criminal activities in parts of Mizoram. The proposed pact comes years after the 2018

peace accord with another HPC(D) faction, which led to the creation of the Sinlung Hills Council (SHC) for Hmar villages in northeastern Mizoram. Calling on the Hmar community — one of the major Mizo tribes — to take the lead in strengthening ties among various tribal groups, Lalduhoma praised the HSA for its contributions to education, cultural preservation and community welfare.

The Chief Minister also out-

lined his government’s development priorities, highlighting farmers’ welfare under the ‘Bana Kaih’ programme and noting that the Zoram People’s Movement (ZPM) government had created several new jobs over the past two years.

Lalduhoma was accompanied by Assembly Speaker Lalbiakzama and Revenue Minister B Lalchhanzova, signalling the administration’s emphasis on peace-building and development.

SC Raises Concerns Over Contract Links to Pema Khandu’s Family

Itanagar, Dec 06: The Supreme Court ordered the state government to submit a thorough affidavit outlining all previous and ongoing contract work awarded to businesses owned by Chief Minister Pema Khandu’s family across all districts of the state. As a result, the Arunachal Pradesh Congress Committee (APCC) announced on Friday that it is taking a wait-and-watch stance.

The instruction comes after the state government’s previous affidavit, which verified that between 2012 and 2023, four companies connected to the chief minister’s relatives were given 146 work contracts totaling more than 383 crore in the Tawang area alone. APCC spokeswoman Kon Jirjo Jotham emphasized that the state government has the right to abide by the Supreme Court’s judgment and stated that the Congress would not make any political remarks because the matter is still pending. He stated that pressure groups and civil society organizations, not the party, had brought the public interest lawsuit and that the Congress would wait to see how the case played out.



Peace agreement with Hmar militant faction likely soon: Mizoram CM

Aizawl, Dec 06: Mizoram Chief Minister Lalduhoma has said that his government is moving closer towards signing a peace agreement with the Lalhmingthanga Sanate faction of the Hmar People’s Convention (Democratic).

He said that talks are being held with the group and the effort is to bring its remaining cadres back to a normal and peaceful life in the state. The Chief Minister made this statement on Friday while speaking at a public programme during the Sikpui Ruoi festival in Kolasib district.

The event was organised by the Hmar Students’ Association. Lalduhoma said that the talks have been going on for some time and the government is hopeful of a peaceful settlement. He also said that the objective of the agreement is not only to end violence, but

also to restore peace and stability in areas where the Hmar community lives in large numbers. Lalduhoma stated that discussions with the Hmar factions have progressed, aiming to address remaining issues and reintegrate militants into society.

The Hmar People’s Convention (Democratic) previously signed a peace agreement in 2018, which improved administration and development through the Sinlung Hills Council. The Chief Minister emphasized the Hmar community’s essential role in promoting peace and unity among Mizoram’s tribes and praised the Hmar Students’ Association for its contributions to education and social harmony. Additionally, he highlighted the Bana Kaih programme focused on enhancing farmers’ welfare and rural economic activity.

Police in Palasbari Intercept Bolero with 45 Supari Bags, detain Three

Palasbari, Dec 06: During an investigation based on a tip, Palasbari police on Friday arrested three people and confiscated a Bolero pick-up van filled with Burmese supari. The car with registration number AS01SC0183 was stopped at the Dewpani border area while it was traveling from Meghalaya into Assam, according to authorities. From the car, forty-five bags of Burmese supari were found. According to sources, Burmese supari have long been smuggled into Assam from Meghalaya without any documentation. Palasbari police have made great progress in stopping the illicit trade thanks to Friday’s operation. The three suspects who were discovered in the car have all been taken into custody.

New Land Custom Station coming up at India-Bhutan border in Assam

Guwahati, Dec 06: Dec 6: A new Land Custom Station (LCS) will come up at Samrang in Udalguri district along India-Bhutan border in Assam.

Assam Chief Secretary Ravi Kota and Jigme Thinlye Namgyal, Consul General of Bhutan held a meeting in Guwahati to discuss matters pertaining to the upcoming LCS.

“During the meeting, we reviewed issues related to the operationalisation of the LCS, with particular focus on facilitating appropriate interim arrangements to enable its functioning,” Dr Kota said.



The new LCS, which will be the third of its kind in Assam, is expected to give further boost to bilateral border trade with Bhutan.

2 teenage boys on trip to Lucknow, probe on 'sexually assaulted'

Lucknow, Dec 06: Two teenage boys were allegedly sexually assaulted by a man who took them to Lucknow on the pretext of getting them selected in a cricket team, police said on Friday. A police officer said the boys belong to a locality under Bhelupur police station. One victim is 14 and the other 15 years old, and both are students of Class 9. The matter came to light on Friday. Police said the victims' families filed a complaint alleging that the accused sexually assaulted them for three consecutive days. After receiving the complaint, police registered a case and sent the boys for medical examination. Circle officer, Bhelupur, Gaurav Kumar, said that based on the complaint, a case has been registered against the accused.

Indian student dies after suffering severe injuries

New Delhi, Dec 06: A 24-year-old Indian student in the US has died after suffering severe injuries in a house fire, according to the Indian mission here. Sahaja Reddy Udumala was pursuing a Master's degree in Albany, New York. The Consulate General of India in New York said in a post on X on Friday (local time) that it is "deeply saddened by the untimely demise" of Udumala, who lost her life in the house fire incident in Albany. "Our thoughts and heartfelt condolences to her family during this difficult time," the Consulate said, adding that it is in touch with Udumala's family and is extending all possible assistance. The Albany Police Department said in a statement that its personnel and the Albany Fire Department responded to the house fire on the morning of December 4. When they arrived at the scene, officers and firefighters found the residence fully engulfed in flames and learned that several individuals were still inside the home. They were able to locate four adult victims inside the residence, who were treated on scene by emergency medical personnel before being transported to a hospital, where they are being treated for serious injuries.

Two of the victims were later transferred to a medical burn centre for further treatment.

Three killed, eight critically injured as bus collides

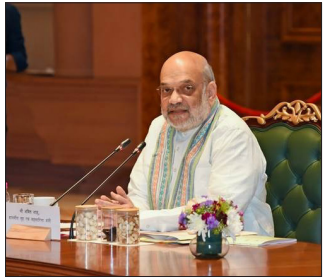
New Delhi, Dec 06: Three passengers were killed when a private bus coming from Chhattisgarh collided with a stationary truck near a village in Gondia district of Maharashtra, police said on Friday.

Eight passengers of the Chhattisgarh-registered bus were critically injured in the accident which took place on National Highway-53 near Dhoibisarad village under Deori tehsil shortly after midnight on Thursday, they said.

The bus, belonging to a private travel agency, was going from Kawardha in Chhattisgarh to Chandrapur in Maharashtra. As the bus was passing through Deori at 12.20 am, the driver was unable to notice a truck parked on the roadside due to darkness and rammed into it, according to police.

Union Minister Amit Shah announces plan to raise cattle rearers'

New Delhi, Dec 06: Home and Cooperation Minister Amit Shah today announced that the government is aiming to boost the income of cattle rearers by twenty per cent over the next five years by implementing a circular economy model in the dairy sector.



The Minister made the announcement while addressing a public meeting in Sanadar, Gujarat, after inaugurating a Bio-CNG and Fertiliser Plant of Banas Dairy and performing the ground-breaking ceremony for a state-of-the-art 150 TPD Milk Powder and Baby Food Plant of Banas Dairy. Highlighting the successful implementation of the circular economy by Banas Dairy, Mr. Shah reiterated that the government is working to replicate this model across all dairies in India. The Minister vowed to ensure the success of White Revolution 2.0, focusing on four major targets: the National Gokul Mission, Animal Husbandry infrastructure, development. The Minister noted that a delegation of parliamentarians is currently visiting Banas Dairy to review the growth story of Asia's largest dairy.

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Karnataka DyCM Shivakumar refers to Delhi Police notice as "harassment" National Herald case

Bengaluru, Dec 06: Karnataka Deputy Chief Minister D K Shivakumar on Saturday termed the Delhi Police's notice to him, seeking financial and transactional details as part of its probe into the National Herald case, as "harassment" and said he will fight it legally. Condemning the move, Shivakumar, who is also the state Congress chief, questioned the need for a separate police probe when the ED had already filed a chargesheet in connection with the case. The notice issued by the Economic Offences Wing (EOW) states that Shivakumar is "supposed to have vital information" pertaining to the National Herald case registered on October 3 this year, against Congress leaders Sonia Gandhi and Rahul Gandhi. "It is very shocking to me. I have provided all the details to the ED. The ED had summoned me and my brother (former MP D K Suresh)

also. There is nothing wrong, it is our (party) institution (National Herald, Young India), and we being Congressmen, we have supported the institution, there is no hide and seek, everything is in black and white," Shivakumar said. Speaking to reporters here, he said, "I don't know. After ED has filed a charge sheet, there was no need for the police (Delhi police) to register a case. We will take up the case, we will fight it in the court of law."

In the notice dated November 29, the EOW has summoned Shivakumar to appear before it or provide the requested information by December 19 latest. Calling the move as nothing but "harassment", the Deputy CM said, "What is there in it? It is our money, we can give it to anyone, whomever we like, when we pay taxes. There is nothing involved. Already Prevention of Money Launder-



ing Act (PMLA) case has been registered and a chargesheet has been filed." "It is being done to harass. I condemn it. I don't know, it was a surprise to me, yesterday I got a notice. I have just studied it, still I will have to go through it again and reply to it. Suresh also had donated some money, earlier being a MP," he added.

Bihar CM Nitish Kumar's name included in World Book of Records for taking oath for 10th time

Patna, Dec 06: The World Book of Records (WBR), London, has classified Bihar Chief Minister Nitish Kumar as the only person to have been sworn in as chief minister of any state in independent India ten times, earning him international acclaim. Nitish was commended by WBR for taking the oath of office as Bihar's chief minister a record ten times. According to WBR's congratulations letter, Nitish is the only person who took the oath 10 times between 1947 and 2025. The achievement, which represents uncommon leadership continuity, has established a standard in the nation's democratic system. It represents his dedication, imaginative leadership, and steadfast faith in the people of Bihar. Being in charge of a state 10 times is not just an impressive accomplishment for an individual, but also WBR congratulated Nitish for taking the oath of office as chief minister of Bihar for a record 10th time. In its congratulatory letter, WBR said that from 1947 to 2025, Nitish is the only individual to take the oath ten times. The milestone has set a benchmark in the country's democratic system, reflecting rare continuity of leadership. "It signifies his commitment, visionary leadership and un-

wavering trust of people of Bihar. Leading a state for ten times is not a remarkable personal achievement but also a moment of honour for entire country," WBR letter said. The letter pointed out that Nitish's consistent efforts in governance, development, social welfare and maintaining administrative stability has inspired millions of people across the country and will continue to motivate both present and future generations. As a mark of rare achievement, Nitish's name has been included in the list of WBR. The organisation will provide an official certificate acknowledging his record-setting milestone. Reacting to WBR's initiative to list Nitish's name in its global list, Janata Dal (United) MLC and spokesperson Neeraj Kumar said that it was a moment of pride not only for Bihar but for the entire nation. "This is recognition to Nitish's relentless efforts and vision for Bihar's development. It will inspire workers of JD(U) who have been the backbone of the party's achievements," Neeraj said, adding that Nitish became the longest serving CM of Bihar as well. The list of other longest serving chief ministers includes Pawan Kumar Chamling (Sikkim), who served over 24 years, 5 months, and



14 days, followed by Naveen Patnaik (Odisha) with over 24 years and Gegong Apang (Arunachal Pradesh) for 22 years. Jyoti Basu (West Bengal) served for 23 years. M Karunanidhi (Tamil Nadu) had the most terms and longest days across several stints. Lal Thanhawla (Mizoram) and Virbhandra Singh (Himachal Pradesh) served for nearly

22 and 21 years, respectively. WBR, London is a leading international institution dedicated to identifying, certifying and documenting extraordinary world records and outstanding achievements. The organisation honours eminent personalities, institutions, and historically significant sites worldwide for their contributions, impact and cultural heritage value.

Sitharaman lauds J&K CM Omar Abdullah's 'focused' to revive

New Delhi, Dec 06: Union Finance Minister Nirmala Sitharaman on Saturday appreciated Jammu and Kashmir Chief Minister Omar Abdullah for his "focused" and "determined" approach to restore the Union territory's economy following a major setback to J-K's tourism sector. Reflecting on the nation's economic journey since 2019, marked by a sequence of unprecedented global and domestic challenges, the finance minister highlighted the specific efforts underway in Jammu and Kashmir. Without naming Pakistan, she said the country had trouble "with our borders which has always been both through the state actors and non-state actors", and referred to Jammu and Kashmir. "This time you saw what happened, particularly at a time when Jammu and Kashmir was coming around, the economy was picking up under the Central rule," Sitharaman said at the Hindustan Times Leadership Summit.

The Centre had actually gone into the granular details of looking at Jammu and Kashmir's economy, "removing the undergrowth and re-



ally pushing it up so that it becomes buoyant", she added. "The restoration of the J-K Bank is something which the country can be proud of, the way in which J-K's economy revived," she said, citing the revival of the local economy before it took a "major hit" due to external factors that brought the crucial tourism industry to a standstill. "I must appreciate the chief minister of J-K who met me twice, focused on restoring the economy after the tourism sector came to a standstill," Sitharaman said, in a veiled reference to the April 22 attack in Pahalgam when Pakistani terrorists shot dead 26 people, mainly tourists.

440+ canceled IndiGo flights today, broken down by city: Delhi, Bengaluru, Mumbai

New Delhi, Dec 06: IndiGo's nationwide disruption slightly improved but still lagged on Saturday, with more than 440 flights cancelled amid an escalating staffing and operations crisis that has left airports across major metros overwhelmed.

Passengers wait outside the IndiGo airlines ticketing counter at the Chhatrapati Shivaji Maharaj International Airport, after several IndiGo airlines flights were cancelled, in Mumbai, India, December 6, 2025. (REUTERS)

Delhi's Indira Gandhi International Airport and Mumbai's Chhatrapati Shivaji Maharaj International Airport reported the one of the highest number of disruptions, as passengers faced long queues, hours-long delays and limited information. Since Tuesday, when the crisis spilled into public view, IndiGo has cancelled roughly 1,600 flights. The airline, which operates about 60% of India's domestic market, had already been struggling through November, during which it cancelled an average of more than 25 flights a day due to its inability to comply with new duty-time



norms. Scenes of unrest were reported from several airports on Friday, with passengers posting videos on social media showing groups shouting

slogans at airline counters. IndiGo cancelled 1,000 flights on Friday alone, compounding the pressure on major hubs.

Sonia Gandhi claims is a "systematic attempt being made to defame him BJP of 'vilifying' Nehru's legacy

New Delhi, Dec 06: Sonia Gandhi, the head of the Congress Parliamentary Party (CPP), attacked attempts to "distort and demean" the memory of former prime minister Jawaharlal Nehru, calling it a "systematic attempt" to alter history and undermine the country's foundations. Accusing the ruling Bharatiya Janata Party (BJP) of "vilifying" the legacy of Jawaharlal Nehru, Gandhi claimed that their goal is to "destroy the social, political, and economic foundations" of the country. "Let there be no doubt whatsoever that the project to vilify Jawaharlal Nehru is the main objective of the ruling establishment today. Their goal is not just to erase him, it is to actually destroy the social, po-



litical, and economic foundations on which our nation has been founded and built," she said while speaking at the launch of the Nehru Centre India at Jawahar Bhawan in the national capital on Friday. The Congress Parliamentary Party chairperson said, "While we welcome ongoing analysis of his (former PM Jawaharlal Nehru)

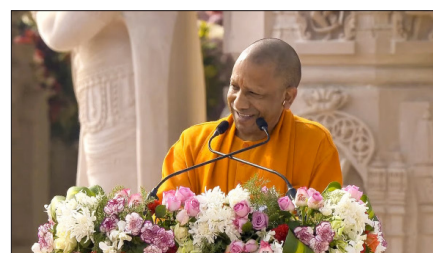
contributions, what is not acceptable is the systematic attempt being made to denigrate, distort, demean and defame him. The sole objective of this is not only to diminish him as a personality, his universally recognised role in India's independence struggle and his early decades as a leader of an independent nation challenged

Congress Parliamentary Party chief warns efforts to denigrate India's first PM aim to undermine the nation's social, political, and economic foundations

by unprecedented problems, but it is also to demolish his multifaceted legacy in a self-serving attempt to re-write history." "systematic attempt" to alter history and undermine the country's foundations. Gandhi stated, "Analysis is one thing, but deliberate mischief with what he said, what he wrote and what he did is another thing and totally unacceptable. They belong to the ideology that had no role in our freedom movement, the making of our Constitution."

For 'Viksit Bharat 2047 Way for investment': Yogi Adityanath on Ram Temple

Lucknow Dec 06: Uttar Pradesh Chief Minister Yogi Adityanath on Saturday hailed the 1992 demolition of the Babri Masjid — which he referred to as "the disputed structure" — and termed building of the Ram Mandir in Ayodhya as "the biggest achievement" that led to "lasting peace". The senior BJP leader noted that the day of his session at the HTLS, December 6, marks the anniversary of "when a stain was removed" and the path laid for the temple to come up. He thanked the Supreme Court for its 2019 decision that unanimously ruled to allow the temple to be built at that spot. As the Ram Temple has been built in Ayodhya, would similar issues in Kashi (Varanasi) and Mathura be next on the agenda, he was asked by Shashi Shekhar, Editor-in-Chief of Hindustan, at the HT Leadership Summit 2025 in New Delhi. "We will reach there too. We have reached," he said, speaking in Hindi. "We have ensured a riot-free state," he added,



calling it the first prerequisite for investment to come in. "Today, being December 6, would have seen a curfew-like situation in UP. But it's all peaceful. That is our achievement," he added. He also underlined connectivity, citing the example of the new airport set to open on Noida's Jewar. "We will inaugurate it within the next two months," he said. The Jewar airport is being built to handle 12 million passengers annually in its first phase, and will be expanded later to handle up to 120 million passengers by 2050.

Kokrajhar Medical College and Hospital is visited by Assam CM



Kokrajhar, July 17: Assam Chief Minister Dr Himanta Biswa Sarma visited Kokrajhar Medical College and Hospital in Kokrajhar, India, for two days. He discussed the college's shortcomings and complaints, stating that it needs hostels for doctors, nurse quarters, and an MRI machine. He assured that the issues will be resolved as soon as possible. Sarma also addressed the case of Dr Sujit Giri, a snakebite specialist, who reportedly wanted to resign from his post after an insult by a magistrate. He stated that he would inquire into the matter. After visiting the college, Sarma returned to Guwahati.

Meghalaya tells High Court two illegal coke plants razed; 15 more to be demolished by Dec 15

Shillong, Dec 08: The Meghalaya government has informed the High Court that two illegal coke oven plants violating the Meghalaya State Pollution Control Board's (MSPCB) siting norms have been demolished, while the remaining 15 will be pulled down by December 15. The task has already been assigned to a contracted agency, the state said in a status report filed in court.

The report was submitted during the hearing of a PIL on illegal coal mining and transportation in the state.

According to the government, in line with decisions taken during the Committee's meeting on November 20, the MSPCB will conduct inspections every three months, and a consolidated report will be submitted thereafter.

The state also said approval is awaited for shifting and auctioning 3,039.92 MT of coal at

Nongjri. Meanwhile, the investigation into 920.73 MT of missing coal continues.

Garuda's aerial survey in South West Khasi Hills identified 37 coal dump sites, of which 28 have been physically verified. Inspection was scheduled to be completed by November 30.

In East Jaintia Hills, the UAV survey estimated 81,776.92 MT of coal at 660 dumps, but only 58,321 MT was found during physical verification.

An FIR has been lodged over 8,766.37 MT of verified coal that could not be accounted for.

Of the physically verified 58,321 MT:142.97 MT has been transferred to the designated depot.19.508 MT matched claims made in a pending petition.35,661 MT has been ordered to be seized.

The Committee has also

The Indian Army scales Arunachal Pradesh's highest peak, Mount Kangto

Itanagar, Dec 06: An Indian Army climbing team from the Eastern Command has made the historic first recorded ascent of Mount Kangto, Arunachal Pradesh's highest peak at 7,042 metres, marking a watershed moment in Indian mountaineering history, according to a defense spokesperson. Approaching from the exceedingly difficult southern route, the team successfully scaled the previously unconquered mountain, long regarded as an invincible sentinel of the Kameng Himalayas, according to Defence Spokesperson Lt Col Athul Sreedharan. Lt Gen R C Tiwari, Army Commander of Eastern Command, formally 'flagged in' the squad and praised the mountaineers for their outstanding courage, endurance, and professionalism. According to the statement, the General Officer Commanding (GOC) of the Gajraj Corps flagged off the 18-member expedition from a forward base on November 3 last year. The team embarked on a physically demanding expedition over harsh and inhospitable Himalayan terrain, encountering rarefied air, extreme sub-zero temperatures, perilous icy ridgelines, deep crevasses, and near-vertical ice walls. Their performance exemplifies the Indian Army's core characteristics of grit, discipline, teamwork, and unwavering spirit, according to the statement. The successful ascent not only honors the magnificence of the Eastern Himalayas, but also demonstrates the Army's dedication to pushing the boundaries of human endurance and operational competence. "Nothing is impossible for the Indian Army," the statement read.

directed the Deputy Commissioner to file FIRs for the remaining missing coal.

In West Khasi Hills, the court was informed that seized coal may be moved to an existing designated depot in the district to avoid creating new temporary depots.

In South Garo Hills, although Garuda detected around 35 MT of coal lying outside designated depots during the aerial survey, district authorities could not find any coal during subsequent inspection.

The status report further mentioned steps taken to recover dues from Ferro Alloy Plants. The Committee has also instructed the Coal Audit Committee to complete source audits within a month.

An FIR was filed on October 10 against individuals who falsely claimed that coal had been extract-

ed before the national ban.

With around 210 MT of coal still to be auctioned, the state has written to MSTC and Coal India. MSTC has informed the government that e-auctions will resume on December 17.

Responding to the High Court's concerns over illegal mining in the Krem-langshait forest under Lumbangla village in East Jaintia Hills, the state said a joint inspection was conducted following an FIR on September 27.

Authorities detected and seized 22,122 MT of illegally extracted coal from the forest. Photographs attached to the report show drilling rigs, mining equipment and box-cut mine structures still intact at the site.

The High Court has said it expects prompt action to seize and destroy the equipment used for illegal mining.

HC Seeks Detailed Heritage Report as Activist Moves to Save Shillong's Bidhan Bhavan and Other Historic Sites

Shillong, Dec 08: The Meghalaya High Court has directed the State Heritage Committee to submit a comprehensive report identifying all buildings, artefacts, structures and other elements covered under Section 3 of the Meghalaya Heritage Act, 2012. The Committee has also been asked to outline the steps taken so far for their restoration and preservation.

The directive was issued by a Division Bench comprising Chief Justice Soumen Sen and Justice H.S. Thangkhiw while hearing a Public Interest Litigation (PIL) concerning the proposed demolition of Bidhan Bhavan, also known as Roy Villa, which currently functions as a State Circuit House. During the hearing, the Advocate General sought additional time to file a detailed affidavit after reviewing official records relating to the history of Bidhan Bhavan and how it came to be used as a Circuit House.

The Court noted that the State already has a statu-

tory mechanism under the Meghalaya Heritage Act, 2012, and reminded authorities of their duty to protect the region's historical legacy.

The Bench observed: "Every civilisation is known for its culture, which is best understood and appreciated through its creations—buildings, monuments and artefacts... Their preservation is essential for both present and future generations."

The Heritage Committee has been specifically asked to examine Bidhan Bhavan's heritage value, which the Court said prima facie appears to be of historical significance. The State has been allowed time until February 5, 2026, to file its affidavit. Meanwhile, Malvika Bisharad, originally from Behala and now a long-time resident of Shillong, has emerged as a key figure in the campaign to save Bidhan Bhavan from demolition. She highlighted the historical relationship between Shillong and the Roy family of Satkhira.

Me'gong Festival 2025 Opens to Packed Crowds in Garo Hills

Shillong, Dec 06: The Me'gong Festival 2025 began in Tura on Friday with a colourful opening ceremony and a large turnout of visitors from different parts of Meghalaya and other states. Chief Minister Conrad K Sangma formally opened the event, marking the fifth edition of one of the biggest cultural festivals of Meghalaya. The festival will continue through the weekend and several major shows have been planned for the coming days. According to officials, thousands of people gathered at the venue on the opening evening. Many of them said that the festival has now become a major annual celebration for the people of Garo Hills and is also attracting tourists from outside the state. People were seen enjoying music shows, food stalls and several cultural activ-

ities across the large festival ground. The first day of the festival was centred around live music performances on the Aski Stage. Well-known pop singer Richard Marx was the first major international artist to perform. He sang several popular songs as well as a few from his new album. He told the audience that he was happy to visit Meghalaya and perform in front of such a large and enthusiastic crowd. His performance was followed by singer Neeti Mohan, who sang well-known Hindi songs and old Bollywood numbers. She told the audience that she found the place extremely beautiful and wondered why she had not visited earlier. During her performance, Neeti Mohan also sang "Mayabini" as a tribute to the late singer Zubeen Garg, who was one of

the most loved musicians from the Northeast. Audience members said the song created an emotional mood in the venue. On the festival's opening night, Julian Marley performed reggae music, followed by electronic producer Nucleya, who energized the crowd. Local artists like Haystack Ladies and Ahaia showcased traditional sounds, complemented by top contestants from the Chief Minister's Meghalaya Grassroots Music Project, which aids young musicians in gaining exposure and confidence. Food stalls, particularly the Great Garo Hills Cook-Off, attracted visitors; guest judge Nambie Jessica Marak commended the use of traditional ingredients, highlighting the importance of preserving local culinary knowledge.

Gaurav Gogoi writes to External Affairs Minister S. Jaishankar on Zubeen's death in Singapore

Guwahati, Dec 06: Lok Sabha Deputy Leader of the Opposition, Jorhat MP and President of the Assam Pradesh Congress Committee, Gaurav Gogoi, has written to External Affairs Minister Dr. S. Jaishankar demanding a thorough investigation into how Assam's beloved artist Zubeen Garg was allegedly murdered during the North East India Festival 2025 held in Singapore. In his letter, Gogoi has drawn special attention to a statement made by Assam Chief Minister Dr. Himanta Biswa Sarma on November 24 in the Assam Legislative Assembly. In that statement, the Chief Minister claimed—based on findings of the Assam Police Special Investigation Team—that the death of Zubeen Garg was a "pre-planned murder."

The letter further states that one of the accused currently under police investigation was directly associated with the organisation of the Singapore event. Gogoi also mentions that the organisation run by this individual has received several lakhs of rupees over the past years from the Ministry of External Affairs (MEA) for conducting various events. Gogoi writes in the letter: "It is extremely unfortunate to learn through media reports that even after the demise of one of the greatest icons of Northeast India, the North East India Festival in Singapore continued on



September 19, 20 and 21. Once the tragic news was received, the festival should have been immediately postponed to a later date." The Deputy Leader of the Opposition has urged the Ministry of External Affairs to issue a formal statement informing the public about all details of the case, as well as to clarify the nature of the relationship between the MEA officials and the accused individual associated with the event. He has also stated

that the Ministry should clearly spell out its position regarding the claims made by the Chief Minister on the floor of the Assembly. It may be recalled that on 19 September, during his visit to Singapore to perform at the North East India Festival 2025, Assam's beloved artist Zubeen Garg died under mysterious circumstances. The event was jointly organised by the Ministry of External Affairs and the High Commission of India in Singapore.

NSCN (K) Cadre Arrested in Arunachal; Arms and Ammunition Seized

Itanagar, Dec 06: Security forces on Saturday arrested an active militant of the NSCN (K-Niki Sumi faction) during a coordinated operation by the Assam Rifles and Arunachal Pradesh Police in the Hukanjuri area of Tirap district.

According to officials, the joint operation was launched after credible intelligence inputs confirmed the presence of an armed insurgent in the region. Acting on the information, a combined team of Assam Rifles personnel and state police moved swiftly to the suspected hideout and conducted what officials described as a "precise and carefully planned" intervention.

The team apprehended self-styled Captain Jenlong Supong, an active member of the NSCN (K-Niki Sumi) faction, preventing him from fleeing or posing any threat to local residents.

The operation led to the recovery of a pistol, a mag-

azine, six live rounds, a mobile phone and a PAN card from the arrested militant. Supong was later handed over to Khonsa Police for further interrogation and legal proceedings.

Officials said the arrest highlights the strong coordination between security forces in their ongoing efforts to maintain peace and curb insurgent activities in the sensitive region.

The NSCN (K-Niki Sumi) faction remains one of the few Naga insurgent groups that has not entered into a ceasefire agreement with the Centre. In contrast, several other groups, including the NSCN-IM, have signed ceasefire pacts and are engaged in peace talks.

Recently, in line with a notification from the Ministry of Home Affairs, the Nagaland government's Home Department (Political) declared the NSCN (K) and all its factions, wings and front organisations as an "Unlawful Association" under the Unlawful Activities (Prevention) Act, 1967.

Peaceful Eviction Frees 38 Bighas in Rupahihat

Nagaon, Dec 06: The Nagaon district administration and police administration, working together, carried out another large-scale eviction drive at Rupahihat Bhakatgaon under the Samaguri revenue circle on Friday as part of the Assam government's continuous efforts to free government land and reserved forest areas from encroachment. The drive started at eight in the morning with the goal of removing encroachment from about 38 bighas of land in a grazing reserve region. Eighty-six families had constructed homes on the disputed land and were living there illegally. The encroachers were given notifications to leave the area by the Samaguri revenue circle officer a month ago. After getting the notice, a large number of the encroachers had already fled the area. Approximately 100 dwellings, including both pucca and kutcha constructions, were destroyed during the operation.

Meghalaya Judo Association felicitates state players

Shillong, Dec 06: The Meghalaya Judo Association organised a Felicitation Programme on 04th December 2025 at 3:00 PM at Hotel Pegasus Crown, Wards Lake Road, Police Bazar, Shillong, Meghalaya 793001 to honour two medal winners and Shri Jonathan Larinsanga, Coach-cum- Manager who accompanied the Meghalaya Team to the Sub-Junior National Judo Championship 2025-2026, held at the Lal Bahadur Indoor Stadium, Hyderabad from 16th to 20th November 2025. The athletes felicitated were:

1. Master ADRIC LYNDOH NON-GLAIT (East Khasi Hills District) - Silver Medal in -66 kg category
2. Miss LARIKA KHARKHYL-

LIANG (Eastern West Khasi Hills District) - Bronze Medal in - 48 kg category. The Association presented CASH AWARDS to both Judokas and a Special Gift to the Coach-cum-Manager in recognition of their achievements.

The programme was attended by Mr. John Lyngdoh, Working President; Mr. Dipak Mallick, General Secretary; Mr. Sujit Kumar Chanda, Joint Secretary of the Association; along with other members and guests. Leading the programme, Mr. John Lyngdoh expressed that this is a proud moment for the Meghalaya Judo Association and for the State of Meghalaya. He highlighted that out of the eight participating Judokas, two athletes secured medals, bringing

pride to the State after a long interval at the national level—especially at a time when Meghalaya is preparing to host the 39th National Games 2027. Mr. Lyngdoh congratulated both medal winners and their family members present at the event, as well as the Coach-cum-Manager for his hard work and leadership during the championship. Mr. John Lyngdoh, Mr. Dipak Mallick and Mr. Sujit Kumar Chanda jointly stated that this remarkable achievement marks a significant milestone for Judo in Meghalaya, showcasing the growing talent among young Judokas in the State. They extended their heartfelt congratulations to both medalists and wished them continued success in future competitions.

The Meghalaya Judo Association held a Felicitation Programme on December 4, 2025, at Hotel Pegasus Crown, Shillong, to honor medalists Master Adric Lyngdoh Nonglait (Silver in -66 kg) and Miss Larika Kharkhyliang (Bronze in -48 kg), along with Coach-cum-Manager Shri Jonathan Larinsanga.

The Association also acknowledged the Coaches, Training Staff, and Family Members whose unwavering support enabled these young athletes to excel at the national level. The programme concluded with a vote of thanks delivered by Mr. John Lyngdoh, followed by a lunch for all attendees.

Body Found

Imphal, Dec 06: A man's body was found along the riverbanks close to Minuthong Bridge on the eastern side of Imphal East district on Friday, sparking an unsettling event. The body of a deceased male, estimated to be between 35 and 40 years old, was recovered by the Imphal East District Police Station on Saturday following information from local sources. The recovery, conducted with the presence of an Executive Magistrate and the Mobile Forensic Unit, is part of a thorough inspection and documentation process. The body has been transported to the mortuary of JNIMS Hospital in Imphal. Authorities describe the

● *Police described the deceased as a medium-built man, 5 feet 6 inches tall, with short black hair, an elongated face, and a swarthy complexion.*

man as medium-built, standing 5 feet 6 inches tall, with short black hair, an elongated face, and a swarthy complexion. He was found wearing olive green trousers and a black shirt, and he had several tattoos that may aid in identification. Police are requesting public assistance for identification and have set a deadline of December 15 for claims on the body; if not claimed, formal disposal will follow protocol.

BUSINESS

Paramount eyes hostile bid Warner Bros amid row over

New Delhi: Warner Bros Discovery agreed to sell its iconic studio and streaming assets to Netflix for \$72 billion on Friday — capping a multi-week bidding war that included Paramount Skydance and Comcast. The agreement has already faced political pushback with several members of Congress dubbing it an antitrust “nightmare” for consumers and creatives. Shareholders are yet to vote on the Netflix deal and US Department of Justice officials also highlighted its ‘anti-competitive’ nature. Paramount is now likely to make a last-ditch acquisition attempt by appealing directly to the shareholders through a hostile takeover offer. According to a CNBC report, Paramount lawyers had sent a letter to Warner Bros Discovery earlier this week claiming that the sale process had been rigged in favour of Netflix. It accused WBD of failing to consider its all-cash \$30 offer and announcing a predetermined outcome. People familiar with the matter told the publication that Netflix had made an initial bid of \$27 per share — higher than the Paramount offer at the time. The company is reportedly weighing the possibility of directly approaching shareholders with an improved bid — perhaps even higher than the

\$30-per-share offer submitted recently. Netflix would get a chance to match the figure in such a scenario. Paramount Skydance had been the presumed frontrunner for quite some time — making a series of unsolicited bids to acquire all of Warner Bros Discovery, including the cable TV assets slated for a spinoff. Company CEO David Ellison also enjoys close ties with US President Donald Trump. Multiple reports have also flagged the ‘deep pockets and political clout’ of his father Larry Ellison amid monopoly concerns. The streaming giant concluded a deal to buy the TV, film studios and streaming division of Warner Bros Discovery for \$72 billion on Friday. Netflix will gain access to a trove of content — built over the last century — DC Comics’ roster of superheroes, including Batman and Superman. But the agreement is likely to face heavy antitrust scrutiny in Europe and the US as it would give the world’s biggest streaming service ownership of a rival that is home to HBO Max and boasts nearly 130 million streaming subscribers. Some members of Congress also said a Netflix–Warner Bros Discovery deal could harm consumers and Hollywood — even before the bids were in.

RBI cuts policy repo rate to 5.25% to boost growth amid low inflation

New Delhi: The Reserve Bank of India on Tuesday delivered a 25-basis-point reduction in the policy repo rate to 5.25 per cent, as cooling inflation created policy room to support growth amid global uncertainties. For borrowers, the reduction in the repo rate is expected to ease monthly loan instalments, especially for home loans; however, softer deposit rates could hurt households dependent on fixed-income returns. The Monetary Policy Committee (MPC), chaired by governor Sanjay Malhotra, retained a neutral stance, signalling that its decisions will remain data-dependent even as it opens the door to further easing. After three days of deliberations, the central bank also announced liquidity infusion measures to ensure the smooth transmission of the rate cut across the banking system. These include open market purchases (OMOs) of government securities worth ₹1,00,000 crore and a three-year USD/INR buy–sell swap of \$5 billion during the month. Malhotra said the MPC took comfort from the sustained moderation in price pressures, with both headline and core inflation projected to remain at or below the 4 per cent target through the first half of 2026–27. He noted that underlying inflation pressures are even lower as the impact of

the increase in the price of precious metals is about 50 basis points. Growth, while remaining resilient, is expected to soften somewhat,” the governor said, adding that the benign inflation outlook created “policy space to support the growth momentum”. The central bank expects the rate cut, combined with liquidity support, to reduce borrowing costs and bolster credit flows across sectors. Banks anticipate a continued pickup in credit offtake, particularly in retail and MSME segments, which have been growing following earlier GST rate cuts and resilient consumer demand. They also endorsed the RBI’s combined approach of lowering rates and enhancing liquidity. Ajay Kumar Srivastava, MD and CEO of Indian Overseas Bank, said the decision would “spur demand in housing and real estate, support MSMEs, and sustain personal and auto loan growth”. He pointed out that bank credit growth remains healthy at around 11 per cent, while overall credit from bank and non-bank channels has expanded by 13.1 per cent. However, lenders say near-term pressure on margins, as the transmission of lower loan rates tends to be quicker than adjustments in deposits. SBI MD Aswini Kumar Tiwari told CNBC TV18 that fixed deposit rates “correct



only on maturity”, leading to temporary compression in net interest margins. Economists welcomed the policy’s growth-supportive tilt, calling the neutral stance a prudent choice that keeps open the possibility of additional easing if inflation remains contained. EY India chief policy adviser D.K. Srivastava said the move would strengthen private investment, reduce the government’s incremental borrowing costs and help counter global headwinds, provided fiscal consolidation stays on track.

Meta delays Phoenix mixed-reality glasses to 2027 to ‘get details right’

New Delhi: Meta is delaying the release of its Phoenix mixed-reality glasses until 2027, aiming to get the details right, Business Insider reported on Friday, citing an internal memo. The delay from an initially planned release in the second half of 2026 is because the company wants a fully polished device, the report said. Meta did not immediately respond to a Reuters request for comment on the report. Meta executives Gabriel Aul and Ryan Cairns said moving the release date back is “going to give us a lot



more breathing room to get the details right,” the report added. The goggles, previously code-named Puffin, weigh around 100 grams (3.5 ounces) and have lower-resolution displays and weaker computing performance than

high-end headsets like Apple’s Vision Pro, the Information reported in July. Mixed reality merges augmented and virtual reality and allows real-world and digital objects to interact. Meta is expected to make budget cuts of up to 30% for its metaverse initiative, Bloomberg News reported on Thursday. The metaverse group sits within Reality Labs, which produces the company’s Quest mixed-reality headsets, smart glasses made with Essilor-Luxottica’s Ray-Ban and upcoming augmented-reality glasses.

India’s NBFC powerhouses 4 lenders leading the Next wave of formal credit growth

New Delhi: India’s NBFC landscape has been shifting quietly but decisively over the past year. The RBI’s tighter rules on unsecured lending, higher risk weights and closer scrutiny have forced a clear divide between lenders that run a tight ship and those that grew too fast. That has given well-run Borrowing conditions are also easing, with bond markets opening up again and funding costs beginning to settle. For investors, this mix of pressure and relief creates an unusual moment. Liquidity is improving, and if it holds, fund-

ing for the better-managed NBFCs could get cheaper. A few of the mid-sized names that were ignored last year are already showing signs of revival — something that is visible in the way their share prices have moved recently. While over-optimism is unwarranted, the sector certainly merits a fresh look. Mid-cap NBFCs, in particular, tend to feel the impact of policy shifts and liquidity swings faster than the larger players. When conditions worsen, they are the first to be tested. When conditions improve, they often recov-



er earlier and sharper. Of course, not every mid-cap lender fits this pattern; only those with consistent under-

writing, steady collections and sensible capital buffers are able to convert this phase into durable growth.

Suzlon shares in focus on Monday Penalty cut, factories, fine details

New Delhi: Investors will likely keep a close watch on the Suzlon Energy counter when the markets open on Monday, following a weekend packed with regulatory updates and strategic expansion announcements. The renewable energy major’s shares ended Friday’s session on a positive note, closing 1.77% higher at Rs 51.75 on the BSE, up from the previous close of Rs 50.85. In a regulatory filing with the exchanges on December 5, after market hours, Suzlon informed about an order from the Gujarat State Tax authorities. The case pertained to a penalty originally imposed on Suzlon Global Services Limited—a wholly owned subsidiary that has since merged with the company. The Deputy Commissioner of State Tax, Appeal, Gandhidham, accepted the company’s submission regarding the contravention of e-way bill provisions and slashed the penalty amount. The order modified the fine, reducing it to Rs 50,000. The company said that the balance amount of Rs 19 lakh would be refunded in due course. Also, Suzlon is preparing for its next phase of growth, with a focus on scaling up execution capabilities. The company is planning to set up three new AI-enabled smart-blade manufacturing units to upgrade its existing facilities and manage future demand. This capacity expansion is intended to support a massive 6.2-GW order book and future growth requirements, Suzlon said. To fuel this, Suzlon has allocated approximately Rs 500–550 crore annually. The new units are being established near key wind corridors to optimize logistics; factories are already planned in Gujarat and Karnataka, while the location for the third facility will be finalised and disclosed later. Separately, in a filing dated December 4, the company disclosed a regulatory lapse involving the Central Ground



Water Authority. Suzlon has paid a penalty of Rs 1 lakh for the late submission of application for obtaining NOC for the use of groundwater. Meanwhile, Aakash Shah, research analyst of Choice Broking, said Suzlon is currently trading near 51.3, after falling more than 15% over the past month, reflecting clear weakness as the stock continues its downward trajectory. Shah said the broader price structure shows a sustained decline, marked by a repeated pattern of lower highs and lower lows, signalling that sellers remain firmly in control. He added that every recovery attempt has faced supply pressure, highlighting buyers’ inability to sustain short-term rebound levels. A key technical concern is that Suzlon is now trading below all major EMAs. With all major moving averages trending downward, overall momentum clearly favours the downside. The stock has struggled to reclaim even the closest moving average,

highlighting the lack of strong buying interest and reinforcing bearish sentiment,” Shah said. “Recent candles show persistent selling pressure, with no meaningful reversal patterns visible yet. Volume remains high but largely on down days, suggesting active distribution rather than accumulation. This adds to the caution as the stock approaches important support areas. Immediate support lies around 48–47.5; a breakdown below this zone may extend the decline toward 45–44. On the upside, any rebound toward 53–55 is likely to face selling pressure again, as these levels align with declining EMAs,” Shah noted. “For both investors and short-term traders, a disciplined approach is essential at this stage. Fresh buying should be avoided unless the stock decisively closes above the 20-day EMA, signalling early strength. Until then, sentiment remains weak, and caution is advised,” Shah added.

Rs 7,500–Rs 18,000 limits apply across all domestic routes IndiGo Govt fixes airfare

New Delhi: IndiGo flight disruptions: With widespread flight disruptions causing ticket prices to surge across several domestic routes, the Ministry of Civil Aviation on Saturday imposed strict fare caps to curb opportunistic pricing by airlines. The intervention follows rising complaints that carriers were charging unusually high fares amid operational turbulence, leaving passengers — many in urgent need of travel — facing steep and unexpected costs. The Ministry said it had taken “serious note” of the situation and invoked its regulatory authority to ensure airlines maintain “fair and reasonable” prices. A formal directive has been issued to all carriers mandating immediate compliance with newly prescribed fare ceilings, which will remain in effect until flight operations stabilise nationwide. Under the revised caps, airlines cannot charge more than Rs 7,500 for routes up to 500 km, Rs 12,000 for 500–1,000 km, Rs 15,000 for 1,000–1,500 km, and Rs 18,000 for routes exceeding 1,500 km. These limits apply uniformly across all airlines



and booking platforms. Up to 500 Km: Max fare Rs 7,500 500-1000 km: Max fare Rs 12,000 1000-1500 km: Max fare: Rs 15,000 Above 1500 km: Max fare: Rs 18,000 Government officials said the move aims to prevent price gouging during a period when thousands of travellers — including senior citizens, students, medical patients, and stranded families — are already dealing with significant travel uncertainties. Ensuring affordability for essential travel, the Ministry said, is a matter of public interest, particularly when disruptions are beyond passengers’ control. Introducing temporary price ceilings across all airlines after a surge of consumer complaints. The Ministry said it

had observed “abnormally high fares” being charged amid the ongoing disruption, prompting immediate regulatory action to protect passengers. A fresh directive issued to carriers requires them to comply strictly with the newly fixed fare limits, with the Ministry warning that any breach will result in prompt enforcement measures. The caps will stay in force until flight operations return to normal. Separately, the Ministry of Civil Aviation has instructed IndiGo to settle all outstanding refunds linked to cancelled or heavily delayed flights by 8 PM on Sunday, December 7. Airlines have also been told not to impose rescheduling fees on travellers affected by the crisis.

Kartik Aaryan's Sister Gets Married! See His Emotional Post

Mumbai: Bollywood actor Kartik Aaryan's sister, Dr Kritika Tiwari, recently got married to Tejashwi Singh. Their wedding celebrations took place in their hometown, Gwalior, and the actor was seen celebrating wholeheartedly with his family and loved ones. Several pictures and videos from Kritika's wedding functions went viral on social media, and Kartik was seen having a blast at his sister's wedding. Now, Kartik Aaryan has shared some unseen pictures from his sister's wedding and penned a deeply emotional note for



her. He wrote that he has seen her grow from a little girl into a graceful bride, and that he's incredibly proud of the woman she has become. On Saturday, Kartik Aaryan took to his Instagram to share

some unseen photos from Kritika and Tejashwi's wedding. One photo shows Kartik posing between the bride and the groom with folded hands on the stage, while another lovely picture shows

him holding the phoolon ki chaadar for his sister. The last picture is a beautiful family photo, which also includes Kartik and Kritika's mother, Mala Tiwari. In his note for his sister, Kartik wrote, "There are days that change your world quietly... today was one of them. Seeing my Kiki as a bride felt like watching years turn into a moment! Kiki, I've watched you grow from the little girl who ran behind me everywhere to this graceful bride who walked into her new life today with so much joy and strength. I'm proud of

the woman you've become, proud of the values you carry, and grateful for every laugh, fight, secret, and memory we've shared. And today, as you walked ahead, my heart stayed right by your side." He further added, "You may be starting a new chapter, but you'll always be my little sister—the heartbeat of our family. Nothing makes me happier than knowing you found that rare, once-in-a-lifetime love, with someone as pure and caring as Tej. May this new journey give you everything you once only dreamed of, little one."

Kusha Kapila's Ex: 'I'm A Single Guy'

Mumbai: Kusha Kapila's former husband Zorawar Ahluwalia has admitted that he is on a dating app. Ahluwalia was recently speaking on the YouTube channel Social Misfits and Zor & More when he opened up about their divorce and revealed that he is single now. He also explained why most marriages do not last long in today's times. Here are some of the excerpts from the interview:

During the interaction, Zorawar admitted being on dating apps after his divorce from Kusha and said, "Yes, I am a single guy, why can't I be on dating apps." When asked why marriages aren't working in today's time, he explained that it might be because people are realising that they are better if they 'run solo'. "We can't generalise why marriages are not working. But people are realising that sometimes they can work in a team and sometimes



they can't and are better off alone. I can't give you a straight answer. Sometimes you realise that you progress more when you run solo," he added. During the interaction, Zorawar also shed light on his divorce from Kusha Kapila and reiterated that it was mutual. "I think both the partners will get the feeling when it is not working. In my case, we both sat down and discussed that these things are not working, and we kind of came up to that point and mutually agreed to part ways. You have to realise it and be authentic with your partner and yourself. It's better if you stay clear with each other," he said.

Kusha Kapila and Zorawar Ahluwalia, who tied the knot in 2017, parted ways in 2023. Back then, the two issued a joint statement and revealed that "we gave it our all, until we couldn't anymore." The former couple had also mentioned that a 'relationship ending is heartbreaking' and therefore they need time for healing.

Later, Kusha was rumoured to be dating Bollywood actor Arjun Kapoor. However, the actress had dismissed it saying, "Roz apne baare mein itni bak-was padh kar mujhe apna khud se ek format introduction karwana padega. Every time I read sh*t about myself I just hope and pray ki meri mummy na padh le yeh aab. unki social life has taken a big hit."

4th Friday Slump: De De Pyaar De 2 Screen Count Cut by Dhurandhar

Mumbai: De De Pyaar De 2 witnessed a steep fall in collections on its fourth Friday, adding only Rs 10 lakh to its total earnings. The drop was widely anticipated, as the film had already exhausted most of its momentum at the box office. With fresh releases occupying the majority of cinema screens, particularly the newly released Dhurandhar, the Ajay Devgn starrer has been pushed to very limited showtimes across the country.

The film is now expected to collect only a few more lakhs before concluding its theatrical run at approximately Rs 73 crore. According to Sacnilk, De De Pyaar De 2 performed decently during its first 20 days, recording an estimated Rs 72.40 crore India net. As of the latest update, the film's total has touched Rs 72.8 crore, marking a luke-



warm box office journey. Despite being a sequel to the successful 2019 film De De Pyaar De, the second installment failed to come close to the original, which had earned around Rs 95 crore net in India. The only silver lining is that De De Pyaar De 2 outperformed several recent rom-com releases, though that wasn't enough to label it a box office success—especially given its high production budget.

Several factors contributed to the film's underper-

formance. Poor marketing and lack of strong promotional activities significantly impacted its buzz. Additionally, the film suffered from mixed word-of-mouth, which limited its ability to grow beyond the opening weekend. On the other hand, Dhurandhar, released on December 5, has been creating waves both pre-release and post-release. As per Sacnilk, the film opened impressively with Rs 27 crore India net on Day 1, emerging as one of the strongest openers in

recent times. On its second day across all languages, Dhurandhar collected Rs 1.09 crore, bringing its total to Rs 28.09 crore India net.

Dhurandhar revolves around Intelligence Bureau Chief Ajay Sanyal, played by R. Madhavan, who spearheads a high-intensity mission to dismantle a dangerous terror network operating in Pakistan. Ranveer Singh stars as a 20-year-old Punjabi youth, initially imprisoned but later recruited and trained to infiltrate Karachi's criminal underworld. The film was shot across Thailand, Mumbai, Punjab and Ladakh between July 2024 and October 2025. With a runtime of 214 minutes, it stands as one of the longest Indian theatrical releases in recent years yet continues to attract strong footfalls thanks to its intriguing plot and powerful performances.

Box Office Clash Effect: Tere Ishk Mein Takes a Hit, Collects Rs 3.65 Crore on Day 8

Mumbai: The film Tere Ishk Mein has been ruling the box office since its debut last week. Unlike usual love stories, this film depicts an intense, passionate relationship that will stay with you long after you leave the theatre. Dhanush and Kriti Sanon lead this Aanand L Rai directorial. While the film had a fantastic first week, its collection has dropped at the start of the second week.

According to Sacnilk, Tere Ishk Mein earned Rs 3.65 cr on Friday, the start of the second weekend. This marks a steady decrease from Thursday, when it earned Rs 5.75 crore, marking its seventh day in theatres. Wednesday's collection was about Rs 6.75 crore and Tuesday's collection was around Rs 10 crore. The film's total box office collection now stands at Rs 87.30 crore so far. The dip in the numbers is mostly contributed to by Ranveer Singh's Dhurandhar, that released on the same day. On Day 8, the picture received a solid audience attendance, with a Hindi occupancy rate of 18.44 per cent and a Tamil occupancy rate of 15.47 per cent. It



opened on Friday with Rs 16 crore and grossed a healthy Rs 51.75 crore in the first three days. With several new releases this weekend, the film is expected to face stiff competition. The collection in the next few days will determine if the film will survive in its second week.

Tere Ishk Mein tells the narrative of Shankar, a furious and temperamental young man who falls deeply in love with Mukti. Their love grows during college, but Mukti eventually chooses

to marry someone else. The film explores Shankar and Mukti's emotional, visceral and unexpected world, depicting a love story that transcends logic, time, and fate. Tere Ishk Mein also marks Dhanush's highly anticipated return to Bollywood following an absence of 4 years. He made his Hindi film debut in Raanjhana, directed by Aanand L Rai, nearly a decade ago. His second collaboration with filmmaker Atrangi Re premiered on OTT in 2021.

The Return of Madhuri: She Finally Reveals Why She Left America

Mumbai: Madhuri Dixit was at the peak of her career when, in the 1990s, she decided to marry Dr Sriram Nene and leave all the fame behind to settle in the US. The couple eventually returned to India almost 10 years after moving abroad. Now, in a recent chat, the actress revealed what influenced her decision to come back to India.

In a conversation with Ranveer Allahbadia, when asked about the reason behind her return to India, Madhuri revealed, "A lot of things happened. My parents were living with me; all my siblings are in the US. Even Ram's family is there. My parents were getting older, and they wanted to come back to India. All my life and career, they were with me, and I didn't want to leave them alone." She added,



"Secondly, my work was here. I used to come to India, do my work, and then go back to the US. That was becoming very difficult because of the distance. Ram also felt that most of the patients who come to him are in an extremely bad state. He wanted to catch their problems early on. So he wanted to develop a system to make people healthy, to look after their wellness. We both thought that maybe this was

a calling because everything was falling into place." She admitted that she missed India while living abroad.

Madhuri Dixit tied the knot with Dr. Sriram Nene, a cardiothoracic surgeon based in Los Angeles, on October 17, 1999, in a private ceremony, followed by a reception in Mumbai. At the time, she was one of Bollywood's biggest stars but chose to step away from films and move to Colorado to begin a new chapter in her personal life. Interestingly, Dr. Nene wasn't familiar with her film work before they met and later said he saw her simply as his wife and life partner. While Madhuri loves what she does, her husband now comes above her career. When asked if Dr. Nene was a bigger blessing than her career, Madhuri said, "Career was there, it still is, and it will continue to exist, but I think the bigger blessing is my husband. Why? Because if you are not happy in your actual life, no matter what you achieve, you will not get happiness from it. Because you have no one to share it with." She added, "One day, people are going to forget you, and who is going to be with you? Your companion. That's why he takes a bigger place."

'Black Friday Special': Miley Cyrus Pokes Fun at Maxx Morando's Proposal

Agency: Grammy-winner Miley Cyrus has quipped that her engagement ring from fiancé Maxx Morando was a "Black Friday deal" after he proposed during their recent trip to Japan.

During an appearance on Jimmy Kimmel Live!, the host suggested Maxx should have waited until Christmas to pop the question, telling Cyrus: "Your fiancé, I wonder if he realizes ... if he waited like, three weeks he wouldn't have to come up with a Christmas gift."



The singer went on to joke: "That's why I got engaged. I make my fiancé open all the packages outside." Cyrus also clarified she will be fine with signing her next wedding certificate because they tend to be drawn up on "waxed" paper which she is ok with. She said: "This thing

is waxed paper, like anything that's got like a smooth surface, that's better and from the last marriage, I think I remember that the paper is waxed." She added of her paper aversion: "I love text message. No paper. Email, no paper. Phone call, no paper. It's the ... eh, I can't even talk about it ... It's getting worse so there does need to be some sort of intervention and I am going to look into some sort of EMDR, being hypnotized about it because it's affecting my everyday life."

Bollywood's Global Moment: Kriti, Nina, and Adrien's Stunning Gala Photo

Agency: Bollywood actress Kriti Sanon never fails to make heads, and she recently dazzled in a stunning look at the Red Sea International Film Festival 2025, which is taking place in Jeddah, Saudi Arabia. Several pictures and videos of the actress from the 'Women In Cinema' gala at the film festival have gone viral on social media. Fans were surprised and delighted to see her posing with Hollywood star Adrien Brody, and The Vampire Diaries actress Nina Dobrev, at the event.

Pictures of Kriti Sanon posing with Nina Dobrev and Adrien Brody went viral on social media. A fan posted the photos on Reddit's BollywoodGossip page, with fans gushing over the actress' pictures with the Hollywood stars. Kriti looked beautiful in a stunning black gown with a thigh-high slit from Australian designer Toni Matičevski. The outfit had an asymmetrical neckline and ruffle accents



cascading down the outfit. Meanwhile, Nina Dobrev looked breathtaking in a bright yellow gown with a side slit. Adrien Brody looked dapper in a classic tuxedo. Commenting on the photos, one Reddit user wrote, "So, last year we had Shradha with Andrew Garfield, this year Kriti with Adrien Brody," while another one commented, "Kriti you beauty!" Celebrities such as Ana de Armas, Kirsten Dunst, Vin Diesel, Faye, Rita Ora and others were also present at the 'Women In Cinema' gala. Kriti Sanon was last seen in Tere Ishk Mein, which re-

leased in theatres on November 28. The film, which also stars Dhanush, is performing well at the box office. Directed by Aanand L. Rai, the movie has received attention for its extremely intense and emotional story. Kriti's performance as Mukti is already being praised by audiences. Meanwhile, Kriti Sanon will next be seen in Homi Adajania's upcoming film Cocktail 2, alongside Shahid Kapoor and Rashmika Mandanna. Reports also suggest that Kriti is being considered for a pivotal role in Farhan Akhtar's highly awaited Don 3.

Controversy Hits Aryan Khan: Lawyer Lodges FIR Complaint

Mumbai: Aryan Khan has once again landed in trouble after a complaint was filed against him for flashing his middle finger at a crowd during an event in Bengaluru on November 28. Advocate Owais Hussain S, a resident of Sankey Road, submitted a complaint to the Director General of Police, the Bengaluru City Police Commissioner, The DCP, the Inspector of Cubbon Park Police Station, and the Karnataka State Women's Commission and sought the registration of an FIR against Shah Rukh Khan's son.

Owais claimed that Aryan's gesture was obscene and mentioned in his complaint that since several women were present at the venue, he "insulted their modesty". He also claimed that the gesture of showing his middle finger caused public discomfort, embarrassment, emotional distress and alleged that it reflected poorly on Bengaluru as a 'safe and dignified public environment.' The video, now viral on social media, shows Aryan casually flashing his middle finger, seemingly as a playful gesture directed at his friends in the crowd. It appeared to be light-hearted banter among friends. Meanwhile, netizens reacted



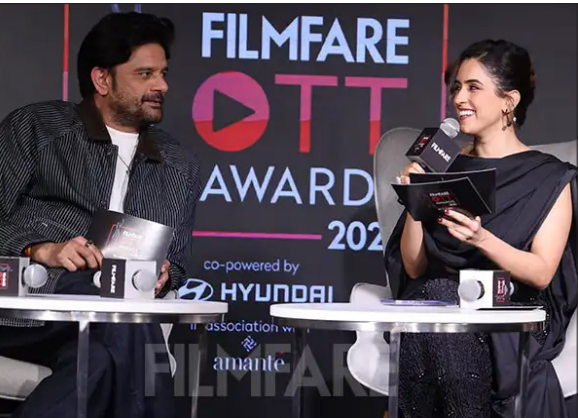
to the complaint with disbelief, questioning why such a trivial gesture would warrant legal action.

One user wrote on Reddit, "Never knew lawyers had free time to complain about his actions instead of focusing on major issues that result in far more serious cases", while another one added, "Also just found out that it was his private event with friends, not even a public event, contrary to what the lawyer claims." Commenting along the same lines, another netizen shared, "This stupid complaint caused me discomfort. Can I file a complaint against it?" "Judge should fine the complainant for wasting courts time," added another user. The case is currently under investigation under Section 173 B of the Bharatiya Nyaya Sanhita.

Jaideep Ahlawat Gets Candid on Binge-Watching at Filmfare OTT Awards Event

Mumbai: The Filmfare OTT Awards 2025 press conference, co-powered by Hyundai in association with Amanté, was held today, 5 December 2025. The awards night is scheduled to take place on 15 December 2025, celebrating some of the best performances and stories from the world of streaming.

During the interaction, acclaimed actor Jaideep Ahlawat spoke passionately about how the OTT revolution has changed storytelling and acting, giving creators a new level of freedom. He highlighted how longer screen time and binge-watch formats have allowed characters to grow naturally. Sharing his thoughts, Jaideep said: "A new platform has opened up. Earlier you needed a 22-minute episode or a 2.5-hour film to tell a story. Now, you can tell a story in 1 hour, 2 hours, or even over 8-9 hours. That liberty that writers and directors got eventually reached actors too." He



added that longer formats allow deeper understanding and real emotional connection: "When a story is told in more detail, you learn much more about the character. The change that OTT brought was in the way stories could be told, new structure, new freedom. Cinema has its own format, but this space opened a big opportunity for us."

Explaining how theatre-like focus and intensity help actors grow, Jaideep compared long-format storytelling to

performing a live play without breaks: "It's like you enter a 3-hour play, the curtain opens and now no one can do anything. Whatever happens will be seen. You need patience and hard work. That confidence carried actors, now we can carry an 8-hour story." Alongside Jaideep Ahlawat, Sanya Malhotra also attended the press conference, joining in the celebration of OTT's growing impact and the excitement around this year's awards.

HEALTH & LIFESTYLE

Your pet deserves a spa day too! Vet shares major signs when your pet needs professional grooming

Everyone needs a day of pampering and relaxation, and your dog is no exception. A good spa covers all grooming needs, offering professional care that rejuvenates and refreshes your dog, leaving them feeling their best. But how do you know when a spa day is right for your pet? In an interview HT, Dr Deepak Saraswat, head vet at Zigly shared signs pet parents can keep an eye out for to understand when their pets require a good spa day. Under physical signs, Dr. Saraswat highlights two key physical changes that signal when your dog may need a spa day. These include skin conditions, changes in coat health and hair loss. The specialised care will help restore the pet’s coat health as well as address shedding concerns.Skin conditions and coat changesDr Saraswat listed out skin and coat conditions like persistent dryness, dandruff, redness, visible irritation, matted fur, a greasy coat, and dull appearance that require professional grooming. Shedding is normal but Dr Saraswat noted that during seasonal changes it increases. He cautioned against excessive hair loss, bald patches, thinning fur, or frequent clumps of hair falling out as they may indicate allergies, skin infections, or other health issues, requiring professional attention.He further added, “Look out for overgrown nails affecting your pet’s ability to walk comfortably, foul-smelling ears, or visible dirt, which may indicate infection. For teeth, yellowing or bad breath are clear signs of dental care needs.” Other than physical signs, the pet’s behaviour can show discomfort,



indicating specialised grooming care. Scratching, and licking are one of the behavioural signs. Dr Saraswat said, “If your pet scratches or licks specific areas persistently, it could indicate irritation, allergies, or even the presence of parasites. Over-grooming that leads to visible redness or fur loss also warrants specialized grooming or medical attention.”Normal grooming is usually com-

mon, but if the pet repeatedly grooms one spot, seems to be in pain while grooming, or has skin damage, it could mean they're uncomfortable and require professional care. Each pet has unique needs based on their coat type and breed. Pointing this out Dr Saraswat explained, “Long-haired breeds may require grooming every 4-6 weeks, while short-haired breeds can go 6-8 weeks. Active pets or those prone to matting may need more frequent care.” Dr Saraswat listed out the essential grooming services which ensure the pet's overall wellbeing:Regular bathing with pet-safe shampoosNail trimming to prevent discomfortEar cleaning to avoid infectionsBrushing to maintain a healthy coatThe seasonal changes impact the coat, so each season comes with distinct grooming needs:Summer: Pets may need shorter trims to stay cool and prevent matting.Winter: Regular brushing is essential to manage shedding and maintain coat warmth.Monsoon: Special care for paws and fur is needed to avoid fungal infections. Dr Saraswat explained to consult a vet if there are any of these signs as they could suggest underlying health issues:Unexplained wounds, scabs, or lumps were noticed during grooming.Discharge or a foul smell from ears or skin.Extreme discomfort or lethargy during grooming sessions. He further added, “Grooming issues such as skin inflammation, bumps, or sudden changes in coat quality may indicate underlying health conditions like allergies, hormonal imbalances, or nutritional deficiencies. Consult a vet if these signs persist.”

Dermat recommends morning and night skincare for bright



Hands toil tirelessly throughout the day, engaging in endless activities. From frantically typing at work in the morning to adeptly chopping veggies for dinner. So at the end of the day, they appear dry and worn out. Most skincare practices are directed at the face to make the skin look soft and supple. In the quest for a glowing face, other parts of the body often go overlooked, including your hand. Dr David Kim, a board-certified dermatologist, addressed the issue of dull, wrinkly hands in an Instagram video and recommended the morning and night skincare routine to get bright and moisturised hands. Vitamin C- Apply 2-3 drops every morning for antioxidants and brightening. Moisturizer with ceramides- This is effective for moisturising.Sunscreen- Dr Kim called sunscreen ‘the best anti-ageing product’. So when you step out in the morning, as you slather sunscreen on your face and neck, don’t just rub the remnants between the palms. Be generous as you apply to your hands as well. Brightening serum- The dermat advised using a serum that contains ingredients like tranexamic acid, niacinamide, azelaic acid, kojic acid, and arbutin to make the skin bright.Emollient- After a serum, emollient helps to lock in actives like niacinamide acid better, enriching their absorption and effectiveness.Again, it goes without saying that skincare is not a one-size-fits-all approach. Every person has unique needs, much like how facial skincare does. Similarly, for the hands’ hydrating and brightening needs, a customized routine is essential.Dr. Kim’s morning and hand skincare routine is a general one, focusing on moisturizing and brightening needs. But, for more targeted and individualised needs, personal dermat consultation might yield better results.

Gut bacteria may help dietary fiber fight colorectal cancer



Dietary fiber is the part of plant foods that we cannot digest, but our gut microbiome can. Fiber is an essential part of a healthy diet, helping to prevent constipation, keep the gut healthy, and maintain a healthy weight.However, few Americans eat enough fiber, with research suggesting that as few as 1 in 20 people meet the adequate intake of 14g of fiber per 1,000 kcal each day.A new study has reinforced advice that you should incorporate plenty of fiber-rich foods in your diet. Researchers found that when gut bacteria break down plant fiber, they produce two compounds that act on genes to help prevent the growth of cancers.The study is published inDr. Eamon Laird, Assistant Lecturer in Human Nutrition at Atlantic Technological University Sligo and Adjunct Assistant Professor Trinity College Dublin, Ireland, who was not involved in the study, commented:“This is a well-run and comprehensive cell study with good methodologies but limited in scope — there are further questions to ask with many cell line variations and also real-life scenarios — the typical diet and lifestyle will have major effects, and it is unknown if these compounds still display these potential effects in the field, so to speak.” The gut microbiome is made up of many millions of bacteria and other microorganisms that help us digest what we eat. Although people cannot digest plant fiber, our gut bacteria break it down into molecules that we can then use.One type of molecule these microbes produce from fiber is short-chain fatty acids (SCFAs). SCFAs are essential for modulating immune responses and may help prevent the formation of tumors in the gut.In this study, the researchers investigated the effects of two SCFAs, propionate and butyrateTrusted Source, that are produced by gut bacteria, on healthy and colon cancer cells. Previous studies have suggested that propionate may moderate appetite and can reduce cholesterol, and that butyrate may help regulate inflammation and immune responses and protect against colorectal cancer. The researchers found that both propionate and butyrate altered gene expression in several isolated human cell types: healthy cells and treated colon cancer cells. Similar effects were seen in cells in the intestines of living mice.Importantly, these epigeneticTrusted Source changes occurred in genes that regulate the differentiation and multiplication of cells, as well as genes controlling programmed cell death, or apoptosisTrusted Source. All these processes are important for controlling or disrupting the rapid cell growth and proliferation that is characteristic of cancers.Ünlüşler told Medical News Today that one of the most interesting findings was how butyrate works in cancer cells:“It blocks enzymes called histone deacetylases (HDACs), leading to changes in DNA packaging that can slow down cancer cell growth or even trigger their [the cancer cells’] death.”Laird emphasized that, as a cell study, this “is on the bottom part of the evidence pyramid.”“I would like to see this in real life — for instance large-scale observational studies measuring indicators of these markers and then risk of cancer and disease followed by the gold standard of randomized controlled trials before we start implementation of the findings. [...] Is there a benefit or other effects in cells being treated for cancer?” he told Medical News Today.“What about those with Crohn’s disease or other conditions that cannot tolerate high fiber — what is the effect of these compounds then? There is still a lot more to investigate,” he said. On average, in the U.S., adults eat around 17g of fiberTrusted Source per day, which is less than 50% of the required amount for men and not quite 70% of that for women. In the UK, the average fiber intake is around 60% of the daily 30g recommended by the British Dietetic Association. To increase fiber intake, it is important to include a wide variety of plants in your diet, eating the skins of those with edible skins. Good sources of plant fiber include:fruits, such as avocados, apples, pears and raspberrienuts and seedvegetables, particularly legumes, potatoes, sweet potatoes, broccoli, and squasheswhole grain foods, such as freekeh, bulgur wheat, and brown rice.Ünlüşler welcomed the findings, telling MNT: “Eating enough fiber increases SCFA production in the gut, which may help prevent colorectal cancer by supporting healthy gene regulation. It’s a clear reminder of how closely diet and health are linked. [It] opens exciting doors for using diet and gut health to influence gene activity and prevent disease.”

Cells all over the body store ‘memories’

Memory is one of the most crucial aspects of our health and human identity. Through memory, we create our individuality, our specific relationships with the world we inhabit, and we learn to stay safe and make healthy choices.Historically, the ability to make, maintain, and update memories has been tied to the human brain.Increasingly, however, researchers are wondering if there is a whole-body memory, that is, if different parts of our bodies can also make and store a type of memory, and if so, how these other memories may be affected by and, in turn, impact aspects of our health.Recently emerging evidence seems to suggest that human memory may be an even more complex affair than we have so far imagined.In November 2024, a team of researchers from the Center for Neural Science at New York University (NYU) published a paper in Nature CommunicationsTrusted Source showing that nerve tissue and kidney tissue cells also store a kind of memory.Speaking to Medical News Today, lead author Nikolay Kukushkin, DPhil, clinical associate professor of life science at NYU, told us that his “lab has been interested in memory at

its most basic level for many years.”“In the past, we studied sea slugs because they form very simple memories, allowing us to get to the bottom of how they form. What we have done now is to find an even simpler memory, which is common not just across different animals, but across all cell types,” Kukushkin explains of his team’s new study. The “spacing effect” refers to a phenomenon whereby learning, or the creation of a memory, occurs more effectively when information, or exposure to a stimulus, is spaced out.In their study, Kukushkin and his team tested the formation of memories in laboratory experiments on two types of human non-brain cells: cells collected from nerve tissue and cells collected from kidney tissue. They exposed both of these types of cells to chemical signals in a spaced-out pattern mimicking the way in which brain cells learn through exposure to such chemical information via neurotransmitters, or chemical messengers. The question that then arises is: What kinds of memories might cells around the body store? That, Kukushkin told us, “is a critical point.”“Every system memorizes what it experiences — a sea slug memorizes sea

slug things, a human memorizes human things, a kidney cell memorizes kidney cell things,” he explained, also referencing previous research on memory formation conducted on Californian sea slugs.“We are not saying, as some people seem to imagine, that ‘mind’ memories (emotions, knowledge, skills) are stored in kidneys,” the researcher clarified. “Those things are still processed in the brain, and in the brain they are stored. But other cells have their own experiences.” “You can see why that would be useful,” said Kukushkin, “if your sugar-absorbing capacity has been maxed out, you should increase it to make sure you don’t waste any nutrients.”“But if you had it permanently increased, you’d probably be fatigued and hungry all the time. So adding a memory element into the pancreatic cell helps it adapt to the patterns of nutrients, just as ‘mind’ memories help us adapt to the patterns of experience,” he hypothesized. While Kukushkin said the recent study conducted by him and his collaborators “is a proof of principle,” other recent research more clearly shows how memories stored in other parts of the body than the brain could affect health outcomes in practice.

Here’s why your home’s temperature could be hurting your focus

For many, the thermostat is just another dial to adjust but for older adults, finding the perfect indoor temperature might be a crucial factor in maintaining focus and mental sharpness. A study from the Hinda and Arthur Marcus Institute for Aging Research, in collaboration with Harvard Medical School, has revealed how indoor temperature affects older adults’ ability to concentrate—even in the comfort of their own homes. The research is a wake-up call, especially as climate change brings increasingly extreme temperatures. It highlights the importance of maintaining a balanced indoor climate for the ageing population, whose cognitive well-being might depend on it. In the year-long study, researchers monitored 47 older adults, aged 65 and above, in their natural home settings and found that cognitive performance, specifically attention, thrives within a temperature range of 20-24°C (68-75°F). Straying outside this range by as little as 4°C (7°F) significantly doubled the likelihood of participants reporting attention difficulties.While both hot and cold conditions impacted focus, the study found that cold temperatures had a stronger negative effect. Participants reported more significant cognitive challenges when feeling cold than when feeling hot, suggesting that adequate heating during winter months is especially critical for older adults. Why does temperature have such a profound impact on cognition? As we age, our bodies become less efficient at regulating temperature, a vulnerability often compounded by chronic health conditions or medications. These physiological changes can extend beyond physical discomfort to impair cognitive functions like attention and memory. Dr Amir Baniassadi, the study’s lead author, explained, “Our findings underscore the importance of understanding how environmental factors, like indoor temperature, impact cognitive health in aging populations. With global temperatures rising, ensuring access to temperature-controlled environments will be crucial for protecting older adults’ cognitive well-being.” The study participants, with an average age of 79, completed over 17,000 surveys during the study period, reporting on their thermal comfort and ability to maintain focus. Most lived in private housing and had control over their indoor climate, making the results even more striking. If relatively advantaged individuals face cognitive challenges from temperature variations, vulnerable populations may experience even greater risks. With many



older adults living on fixed incomes, maintaining optimal indoor temperatures can be a financial challenge. As climate change continues to drive extreme weather events, this research highlights the need for public health policies and housing interventions that prioritise indoor climate resilience for ageing populations. For families and caregivers, this study offers actionable insights like ensuring that older adults’ living spaces remain within the cognitive “sweet spot” of 68-75°F can support their mental clarity and overall well-being. Simple measures like programmable thermostats, efficient heating and cooling systems and financial assistance for energy costs could make a significant difference. This research builds on previous studies that link climate change to health outcomes, expanding the conversation to include cognitive health. While much attention has focused on the physical dangers of extreme temperatures, this study suggests that even moderate temperature variations inside homes can have a profound impact on daily life for older adults. As we prepare for more unpredictable weather patterns, the thermostat may become one of the most important tools in promoting healthy ageing. So,

the next time you visit your grandma’s house, don’t just check in on her well-being—take a glance at her thermostat as the right temperature might just be the key to keeping her mind as sharp as ever. The findings emphasise the need for -Affordable temperature regulation solutions: Subsidised programs for heating and cooling systems.Energy efficiency in housing: Building codes that prioritise insulation and climate control.Community awareness campaigns: Education on the importance of indoor temperature for cognitive health.Dr Baniassadi noted, “This research highlights the need for public health interventions and housing policies that prioritize climate resilience for older adults.” With a bit of attention to the thermostat, we might help ageing loved ones stay not just comfortable but mentally agile in the years ahead. Journal article ‘Home Ambient Temperature and Self-reported Attention in Community-Dwelling Older Adults’ was published on December 03, 2024 in The Journals of Gerontology (Series A, glae286) and co-authored by Amir Baniassadi (PhD), Wanting Yu (B.Sc), Thomas Travison (PhD), Ryan Day, Lewis Lipsitz (MD) and Brad Manor (PhD).

How sleeping in old schools is reviving rural Japan

The morning sun filters through tall windows, illuminating rows of wooden desks where students once recited kanji writing symbols. But instead of attracting boisterous children, this classroom now lures travellers in search of deep relaxation and a unique immersion in rural Japanese culture. This is Hare to Ke, a former elementary school-turned-guesthouse nestled in the mountains of Miyoshi on Shikoku, the smallest of Japan’s four main islands. Hare to Ke occupies the former Deai Elementary School, which closed in 2005 after student numbers fell to just five. According to a local newspaper, in its heyday in 1945, the school had more than 500 pupils, but like many rural schools across Japan, it gradually emptied out as families have increasingly migrated to cities. After eight years standing vacant, the school was officially decommissioned in 2013. Today, Miyoshi’s population has declined from a peak of 77,779 in 1955 to around 20,000, and more than 40% of its residents are aged 65 or older. In the decades following Japan’s postwar economic boom, the decline of local industries and a steady exodus of young people left Miyoshi with an aging population and abandoned infrastructure. By 2012, Miyoshi had 28 unused schools, and local officials began actively seeking proposals to repurpose them. But Tokyo-based designer Shuko Uemoto had an idea. Uemoto first visited Miyoshi in 2014 with her then-two-year-old son and was struck by the quiet beauty of the place. “The water and air here are completely different,” Uemoto told the BBC. “When we stayed here for the first time, my son’s asthma symptoms just disappeared. That moment really stayed with me.” “I remember thinking, if my child grew up surrounded by this kind of nature, how would that shape him? I got really excited by the idea,” she said. When she



came across Miyoshi’s call for revitalisation proposals, she returned to tour several of the area’s other empty educational centres. The moment she stepped into Deai Elementary School’s quiet courtyard, she knew she had found something special. “The sound of the river, the sunlight, the silence, it all felt full of potential,” she said. Uemoto relocated from Tokyo, submitted a detailed three-year business plan and launched what would become Hare to Ke with support from local officials and residents. Alamy Uemoto was inspired to transform the school into an inn after visiting Miyoshi for the first time in 2014 (Credit: Alamy) “The school had been a local landmark, but it stood in darkness, closed off from the community. Now, the lights are back on, and people have regained a sense of emotional belonging. The fact that outsiders are now drawn here and find it appealing has helped locals regain their confidence. That, I think, is the greatest achievement,” said Yuko Oka, an official from Miyoshi’s Regional Revitalisation Division. Today, 13 of Miy-

oshi’s previously abandoned schools have been transformed into community cafes, satellite offices and guesthouses like Hare to Ke, which has become a model for how abandoned schools can breathe new life into Japan’s many dwindling communities. But will it be enough to avert the quiet crisis unfolding across Japan’s countryside? As the country continues to grapple with a rapidly aging population and one of the world’s lowest birth rates, it is losing nearly 900,000 residents each year. According to one estimate, more than 40% of Japan’s municipalities could one day cease to exist. As younger generations increasingly trade rural areas for cities, roughly 450 schools close every year, according to Japan’s Ministry of Education, Culture, Sports, Science and Technology (MEXT). In response, a growing number of these once-empty buildings are now being reimaged to revitalise Japan’s depopulated regions. At Hare to Ke, guests aren’t just staying in a repurposed classroom, they’re reconnecting with nature and themselves through

rest and relaxation. The hotel’s name nods to a traditional Japanese concept of time, with hare referring to special celebrations or festivals and ke denoting mundane, everyday life. Historically, the two existed in balance, but following Japan’s postwar economic growth, many believe that distinction has faded, with everyday life becoming dominated by “hare”-like stimulation and abundance. Hare to Ke invites guests to rediscover that ancient rhythm through simplicity and stillness. By embracing slowness and sensory awareness, it encourages guests to return to the depth of “ke”. Visitors are welcomed by the aroma of freshly brewed coffee, they can sip herbal tea, nap to the soundtrack of rustling trees and wake to crisp mountain air. Guest Chill Kouri, who discovered Hare to Ke by chance during a road trip through Shikoku with a friend, echoed this sense of unexpected restoration. “The drive into the mountains was winding and narrow, but when we arrived, I was amazed. The atmosphere was nostalgic but fresh, and everything from the old school

building was thoughtfully preserved and run,” Chill said. “It’s not just a renovation; it’s a place where the whole concept feels alive.” Inspired by its bucolic setting, the hotel recently launched a specialised programme focused on deeper sleep improvement. Guests are asked about what typically disrupts their sleep, and based on their answers, they receive a custom-blended medicinal herbal tea. The experience incorporates aromatherapy, and soothing sounds and scents – engaging all five senses to guide visitors into ideal rest. The idea came after Umemoto relocated to Miyoshi and realised how deeply she slept. “I didn’t expect to feel such a difference, but the air and the silence helped me rest more deeply than I had in years,” she said. Recognising that many city dwellers rarely encounter true quiet or natural darkness, Uemoto saw an opportunity to create this “Sleep Trip” offering. “Many people struggle to sleep while travelling,” Uemoto said. “But if you can sleep deeply, just for one night, it transforms the entire journey. I want guests to

feel that. Surrounded by the mountain air, the cry of deer you can only hear if you stay overnight, the warmth from the sauna deep in your core, I hope people can truly relax here.” For more than 400 years, residents in the surrounding Nishi-Awa region have cultivated terraced fields on gradients as steep as 40 degrees, preserving not only agricultural practices but also the landscape and culture of these mountain communities. Guests who purchase the Sleep Trip option are served dinners featuring grains harvested from this challenging terrain, along with seasonal vegetables and locally sourced game meat. The design of Hare to Ke preserves the warmth and charm of the school’s past. Along the outdoor walkway leading to the entrance, graduation murals painted by former students remain. Class-

rooms feature playful nods to the past: eye charts, flasks and chalkboards evoke a nostalgic feel. Outside, locals who once attended the school as children now gather on the old sports ground to play gateball as guests look on. One of the former schoolhouse’s highlights is the sauna, which has become a destination in itself. “You’re wrapped in the aroma of herbs while gazing at the forest through the window,” said guest Mari Azumi. “The sauna room is lined with warm cedar, and the mountain scenery unfolds quietly in front of you. After the heat, you plunge into a cold bath filled with spring water from the mountains – crisp, clean, and refreshing.” Then comes the outdoor rest. You lie beneath the trees, and in that stillness, you begin to feel yourself blending into the landscape. It’s extraordinary, unfamiliar, yet deeply nostalgic. Like returning to something we’ve long forgotten. Like returning to nature.” According to Koji Kamizasa from Miyoshi’s tourism office,

locally grown ingredients. In addition, every second Sunday of the month, Miyoshi holds a night market where residents not only sell food, but also teach visitors about Awa Odori, Tokushima’s iconic traditional dance. Guests interested in the region’s storied past shouldn’t miss the annual Mt Tsurugi Summer Festival (17 July), a sacred ritual believed to date back more than 900 years. Taking place at the 1,955m summit of the eponymous mountain, it features a dramatic procession in which white robe-clad residents carry a mikoshi (portable shrine) up the mountain’s steep paths. Their rhythmic chants echo through the forest, accompanied by the sounds of flutes and drums. As Miyoshi continues to grapple with depopulation, events like these where travellers can participate not only help preserve cultural identity, but also introduce visitors to the region’s enduring traditions. Nearby attractions like the Iya Valley and its iconic Kazura vine bridge also attract nature lovers. Many travellers combine these highlights with a night at

The design of Hare to Ke preserves the warmth and charm of the school’s past, with graduation murals painted by former students and nostalgic classrooms. Hare to Ke is a hotel that promotes slowness and sensory awareness, inviting guests to return to the depth of “ke.” The sauna, a highlight of the hotel, offers a serene retreat with its warm cedar room and mountain scenery. The hotel, located in the mountains of Miyoshi, is a result of the closure of the former Deai Elementary School, which closed in 2005 after student numbers fell to just five. Hare to Ke is a former elementary school-turned-guesthouse in Miyoshi, Japan, offering a unique immersion in rural Japanese culture. 13 of Miyoshi’s previously abandoned schools have been transformed into community cafes, satellite offices, and guesthouses. The hotel’s name nods to a traditional Japanese concept of time, with hare referring to special celebrations and ke denoting mundane, everyday life. The hotel invites guests to rediscover the ancient rhythm through simplicity and stillness. Transforming the school into an inn.

“Hare to Ke is part of a broader story – one where rural Japan is reclaiming its future not through flashy tourism, but by creating intimate, grounding and genuinely local experiences.” For instance, the hotel offers seasonal cooking workshops where residents teach guests how to prepare food with

Hare to Ke, making it a base for both reflection and adventure. For many in the community, Hare to Ke is more than a guest-house – it’s a space where old memories resurface and new ones are made. “One day, an elderly woman in her 80s came with her niece,” recalled Uemoto. “She opened an old graduation album and pointed to her younger self, saying, ‘That’s me!’ She was so happy.” Even the former principal has come back to visit,” Uemoto added. This school isn’t just a building; it holds people’s stories. That’s why repurposing it wasn’t a light responsibility.

The European nation pioneering ‘beer diplomacy’

Czech beer culture is a fascinating and diverse one, with the Czech Republic being one of the world’s great beer-making nations. The country has been known for its pivo (beer), which has been brewed since at least 993 CE. Czechs consume more beer per capita than any other nation on Earth and in many places, beer is cheaper than bottled water. However, Czech lager has long been relatively underrated among true beer aficionados, overshadowed by Belgian ales, Bavarian brews, and the global IPA boom. Since 2019, a network of diplomats and brewers have been working behind the scenes to advance the awareness of Czech beer and inspire foreign brewers to make authentic Czech-style lager. Since the government began welcoming brewers from around the world, Czech-style lagers from craft brewers have been popping up across North America. This strategy is similar to Thailand’s Global Thai Program, which was launched in 2002 to promote Thai restaurants and cuisine abroad. The Czech Republic is following in Thailand’s footsteps with its six-year-old mission of “beer diplomacy.” The Czechs are known for their beer, which is not exactly a big hit with foreigners, but they excel in making it. The Czech Ministry of Agriculture has invited 20 brewers from Australia, Canada, and the United States to spend five days soaking up Czech beer culture. In conclusion, Czech beer culture is gaining recognition as a popular and diverse beverage. The Czech Republic is working to advance awareness of Czech beer and inspire foreign brewers to create authentic Czech-style lagers. The Czech government’s beer diplomacy initiative aims to teach the world how to drink properly by promoting the beermaking process. The initiative, which began in 2015, involves brewers from Pioneer Beer in Zatec, a small craft brewery and taproom, and Lukr, an innovative beer tap-making company in Plzeň. The goal is to create a creamy, thick head of foam that is characteristic of Czech beer, which is sold up to 2,000 a year to bars and tap rooms across the US and Canada. Czech beer culture is all about respecting the process of serving the beer, and the Czech government is trying to teach this to foreign



beermakers and tapsters. Brewers at Holy Mountain Brewing Company in Seattle, Washington, and Ryan Moncrieff, owner and head brewer of Rafter R Brewing Company in Maple Creek, Saskatchewan, agree that the only way to know the true taste of Czech beer is to go to the source. However, Czech beer doesn’t travel well, and while brewers can try their best to replicate authentic Czech brews, this hard truth debunks the great gospel of globalisation. To experience Czech beer as it was truly made, one must head to the Czech Republic. The Czech government’s programme will ultimately inspire a deeper curiosity from beer drinkers about what it’s like to drink Czech beer. The initiative demonstrates how Czech beer is revered and taught to the world through beer diplomacy efforts. By promoting the beermaking process and promoting the Czech beer culture, the Czech government hopes to inspire a deeper curiosity among beer drinkers about what it’s like to drink Czech beer.



A technicolour visit to Morocco’s holiest town

Moulay Idriss, a small town in Morocco’s Rif Mountains, is known for its pastel-colored cement buildings and ties to Idris I, the founder of Morocco’s first Islamic dynasty. Despite being historically closed to non-Muslims and lacking a direct train line, the town’s sanctity has made it the country’s holiest pilgrimage site. The city opened to non-Muslims in 1912, and planned improvements to Morocco’s high-speed rail system will make it easier to visit. The town’s most sacred elements are still preserved for followers of Islam. Moulay Idriss, a town in Morocco, is known for its vibrant colors and traditional way of life. The Al-Santisi Mosque, built in 1939, features an emerald-green minaret with white Kufic-scripted Quranic verses, symbolizing the town’s connection to Islam. The town’s homes and shops are built into rocky hills connected by narrow alleys and tunnels, with white facades turning into technicoloured paths. The dominance of white and green in Moulay Idriss is seen as a tribute to Islam, representing peace and the spiritual importance of the town. Cats are highly regarded in Morocco, as they are considered pure and ritually

clean. Prophet Muhammad was known for being gentle and caring towards cats, setting an example for Muslims. Donkeys are a primary form of transportation among local residents, helping with olive harvest and carrying groceries home up the mountain. Much of life in Moulay Idriss exists in the rocky hills above the town and among the winding, colourful streets. By evening, the town descends into the main square, filled with locals sipping coffee and mint tea, playing football, and enjoying street food like kefta and corn over fire. The town offers a rare invitation into the unfiltered everyday, inviting visitors to embrace the art of slow, mindful travel as they explore its age-old, technicolored streets and traditional way of life.



SPORTS

LPU’s Sartaj Tiwana puts behind mental father’s health concerns to retain 50m Rifle 3P gold

New Delhi: or over a year due to his father’s illness and defend his Khelo India University Games gold, aSartaj Tiwana came to Jaipur determined to overcome the mental exhaustion that has been his constant companion fs per a release. The final year student of Masters in Public Administration at Lovely Professional University knew that the Khelo India University Games Rajasthan 2025 was probably his final opportunity to find that winning rhythm ahead of the Senior National Shooting Championships and the 23-year-old did that and more as he clinched the Men’s 50m Rifle 3-position gold and also helped his University grab the team gold at the Jagatpura Shooting Range.”To-day’s result was something I manifested, from the past, because I was undergoing a lot of changes. It was quite encouraging to have a milestone like this ahead of the national championships. And this was my fourth time participating in the university games, and I have always been on the podium, so I didn’t want to break my streak,” Sartaj told SAI Media, as quoted from a release.The 23-year-old took up shooting at his boarding school and since then he has been a consistent performer on the na-

tional and international circuit, winning an Asian championship silver medal in 2023, a fourth-place finish in the world championships in 2023, and a bronze medal in the World University Games in 2023.However, Sartaj’s dream of following in his cousin brother and Olympian Arjun Singh Cheema’s footsteps suffered a setback in July last year when his father Kultej was put on a ventilator due to pneumonitis followed by a rare condition of getting chicken pox in the lungs.This meant that Sartaj had to leave the National Centre of Excellence at Dr Karni Singh Shooting Range in New Delhi and return to Mohali to take care of his father’s recovery.The mental struggle to see his father in such a bad shape took a toll on Sartaj, affecting his practice and performance. He was not able to practice regularly, and when he did, his mind was preoccupied with his father’s health. He was mentally exhausted, and it was a challenge for him to concentrate on shooting.Despite these difficulties, Sartaj continued his training with the help of his Khelo India scholarship amount, as the family was already spending a lot towards his father’s



recovery. He also missed many competitions, but he was determined to make a comeback at KIUG 2025.With his father in recovery, Sartaj is attempting to de-clutter his mind and focus on his mental and physical health as the countdown for Indian team’s selection for the 2026 Asian Games begins with the Senior Nationals later this month.Khelo India University Games 2025 he added.

Jamie Vardy’s First Serie A Double Fires Cremonese Past High-Flying Bologna

Bologna: Jamie Vardy struck his first brace in Serie A on Monday as Cremonese claimed a stunning 3-1 win at Bologna and the veteran forward continued his late-career adventure in Italy. Former Leicester City and England front-man Vardy rolled back the years with two classic striker’s goals either side of half-time as promoted Cremonese, in 11th on 17 points, inflicted a first home defeat of the season on their high-flying opponents. Bologna would have gone a point behind the division’s leading pair AC Milan

and Napoli with a win but it was 38-year-old Vardy who took the glory at a wet Stadio Renato Dall’Ara. ”I think we were just missing a bit of rain, this is a typical midweek in the UK,” joked Vardy after Cremonese ended a three-match losing streak.“The most important thing was getting the three points and keeping that progress going, it’s another step in the right direction.“It’s all about commitment and wanting what’s best for the club. Everyone’s on that same page and everyone’s pushing forward to

make sure that come the end of the season it will have been a successful year.”Cremonese were already leading through Martin Payero’s 31st minute effort when Vardy struck five minutes later with a near identical goal.Vardy was sent clean through by Federico Bonazzoli and he coolly rolled his finish through Federico Ravaglia’s legs.Bologna thought they were back in the game when Riccardo Orsolini confidently scored a penalty deep in stoppage time at the end of the first half.

Not RCB, CSK Or MI, This Side Was Most Searched IPL Team On Google In 2025 Royal Challengers Bengaluru

New Delhi: The year 2025 is coming to an end. The sports world witnessed several exciting moments, along with some unexpected results. For IPL fans, 2025 marked the end of a long wait - Royal Challengers Bengaluru (RCB) finally clinched the coveted trophy. For Virat Kohli, it was the high point of a journey that began in 2008. Interestingly, though, Kohli’s RCB was not the most searched IPL team. Neither was it five-time champions Chennai Super Kings nor Mumbai Indians. According to Google, the most searched IPL team in 2025 was Punjab Kings - who finished runners-up in IPL 2025. In fact, they ranked among the most-searched sports teams globally, after Paris Saint-Germain, Benfica, and Toronto Blue Jays. The second-most searched IPL team was Delhi Capitals, followed by Gujarat Titans and Lucknow Super Giants. Commenting on this achievement, Saurabh Aroara, Chief Commercial Officer of Punjab Kings, said:“This means a lot to us because it reflects what we’ve tried to build this entire year - a team and a brand people genuinely feel connected to. Our focus is always to win on the field, but what

makes this journey special is that fans relate to the stories we tell, the culture we celebrate, and the identity Punjab Kings stands for.” For IPL fans, 2025 marked the end of a long wait - Royal Challengers Bengaluru (RCB) finally clinched the coveted trophy He further added: “Being ranked among the most-searched teams globally is humbling. It tells us that people aren’t just watching us; they’re invested, curious, and emotionally tied to the team. We take that responsibility seriously and will continue creating moments, stories, and experiences that bring fans even closer to us - on and off the field.” While the primary parameter for Google to determine the top searches list remains the total number of searches for the term in a specific period, consistency is also an important factor, with one major spike not making much difference to the rankings. At the same time, geographical spread is also taken into account, ensuring that a term searched across regions and countries ranks higher than one that is popular in just a single location.



Royal Challengers Bengaluru (RCB) finally won the prized trophy in 2025, after a long wait for IPL fans.

FIFA World Cup 2026 Final

Draw Highlights: Lionel Messi and Argentina Will Begin Their Title Defense Against Algeria

New Delhi: FIFA World Cup 2026 Final Draw Highlights: Argentina and Lionel Messi will start their World Cup title defense against Algeria, while the U.S. was drawn Friday to open against Paraguay as soccer’s quadrennial championship returns to North America for the first time since 1994.Three-time champion Argentina also will play Austria and Jordan in Group J of the expanded 48-nation, 104-game festival, spread across 11 NFL stadiums plus three venues in Mexico and two in Canada. The ceremony included U.S. President Donald Trump receiving a peace prize awarded by FIFA, and balls with team names plucked famous North American athletes Tom Brady, Shaquille O’Neal, Aaron Judge and Wayne Gretzky. The U.S., which reached the semifinals at the inaugural World Cup in 1930 and the quarterfinals in 2002, starts Group D against Paraguay on June 12 in



Inglewood, California. The Americans play Australia six days later at Seattle, then faces Turkey, Romania, Slovakia or Kosovo on June 25 back at SoFi Stadium. FIFA World Cup 2026 Draw Live:

Have a look at all four pots again - Pot 1 - Spain (1), Argentina (2), France (3), England (4), Brazil (5), Portugal (6), Netherlands (7), Belgium (8), Germany (9), United States (14, placed in Group D),

Mexico (15, placed in Group A), Canada (27, placed in Group B). Pot 2 - Croatia (10), Morocco (11), Colombia (13), Uruguay (16), Switzerland (17), Japan (18), Senegal (19), Iran (20), South Korea (22), Ecuador (23), Austria (24), Australia (26).Pot 3 - Norway (29), Panama (30), Egypt (34), Algeria (35), Scotland (36), Paraguay (39), Tunisia (40), Ivory Coast (42), Uzbekistan (60), Qatar (51), Saudi Arabia (60), South Africa (61).Pot 4 - Jordan (66), Cape Verde (68), Ghana (72), Curacao (82), Haiti (84), New Zealand (86), UEFA Playoff A, UEFA Playoff B, UEFA Playoff C, UEFA Playoff D, FIFA Playoff 1, FIFA Playoff 2. A video reflecting the 1994 World Cup, which was hosted by the USA, runs on the big screen, and FIFA president Gianni Infantino takes the centre stage after that. He invites Canada Prime Minister Mark Carney, Mexico President Claudia

ICC Women’s ODI World Cup Padded up for decades, Amol Muzumdar

Mumbai: Under the floodlights of DY Patil Stadium, history was written — not just by the Indian women’s cricket team, but by a man who had waited a lifetime for this moment.As India lifted their first-ever ICC Women’s ODI World Cup, one quiet figure in the dugout finally stepped out of the shadows he had lived in for decades. Amol Muzumdar — the eternal “next man in” — had finally arrived.More than three decades ago, at the fabled Shardashram English School in Mumbai, a young right-hander sat padded up as Sachin Tendulkar and Vinod Kambli batted on and on, stitching together their world-record 664-run partnership. Muzumdar never got to face a single ball that day. That moment became a metaphor for his life — always waiting for his turn, always ready, yet never called to the crease of destiny. He did everything a cricketer could. A sparkling 260 not out on Ranji debut for Mumbai. More than 11,000 first-class runs at an average of nearly 50.. He shared dressing rooms with Rahul Dravid, Sourav Ganguly and Anil Kumble, but the India cap — that ultimate dream — never came.And yet, Muzumdar never complained. Not when selectors looked past him. Not when politics in Mumbai’s cricket circles clipped his wings. Not even when critics questioned his appointment as the head coach



of the Indian women’s team in 2023 — “How can someone who never played for India coach those who have?” they asked. Last night, silence roared. As Harmanpreet Kaur touched his feet and hugged him, Muzumdar’s eyes brimmed with tears. The flag of India fluttered in his hands as the women he had mentored danced in triumph. The stadium echoed with chants of victory — but his victory was deeply personal, achingly poetic.

Ahmedabad ratified to host Commonwealth Games 2030

Ahmedabad: Ahmedabad, the largest city in Gujarat on Wednesday was formally ratified as the host of the Centenary edition of Commonwealth Games to be held in 2030.The rights to host the games was awarded during Commonwealth Sport’s general assembly at Glasgow in Scotland. The 2030 Games will commemorate 100 years of the games which was first held in 1930 in Hamilton, Canada. India will play host after a gap

on 20 years. In 2010, Delhi had first hosted the Commonwealth Games. “In the last one decade, we have hosted 22 sporting events of international level in 18 cities of the country. This displays India’s capability to host big events. I am also happy to tell you that in 2029, we will be hosting World Police Games and in 2030 we will be hosting the Commonwealth Games,” Mansukh Mandaviya, Union minister for Youth Affairs and Sports in Delhi. India had presented a compelling vision for the 2030 Games, centred in the Gujarat city of Ahmedabad. 30 Indian dhol drummers burst into the General Assembly Hall in Glasgow, surprising delegates present with a cultural performance. In a statement here, Gujarat chief minister Bhupendra Patel said the Commonwealth Games will help the state emerge as the country’s “Sports Capital”.

Virat Kohli’s State Of Mind By R Ashwin Amid Rumours

New Delhi: Former Indian cricketer Ravichandran Ashwin spoke about star India batter Virat Kohli’s aggressive celebration following his back-to-back centuries against South Africa and his agreement to play the domestic 50-over tournament Vijay Hazare Trophy, saying that the batting icon must have taken all the chatter around his future as a one-format player to heart and is out there proving himself. After two successive ducks in Australia on his return to international cricket in November after the Champions Trophy win, Virat looks in seriously incredible touch, having notched a classy 74* at Sydney during a dead rubber and followed it with two back-to-back centuries against South Africa in the ongoing ODI series. These centuries have been marked by immense control and intent against spin and pace alike, flawless running between the wickets, and Virat topping it all off with aggressive, animated celebrations that had, of late, seemed to have become a thing of the past. Speaking on his YouTube channel, Ash Ki Baat, Ashwin said: “Why is Virat celebrating like that? What is he thinking, what has he gone through? Let’s not forget that Virat left Test cricket. Both were very synchronous. He loved Test cricket and wanted to play always, but he left because it was not only about his requirements. Whatever chatter was going on, and his lack of runs



in Tests, we do not know what he wanted to do. To leave the sport is a big decision.”The Indian spin legend, a longtime teammate of Virat, feels that communication between the batter and team management has been happening since he agreed to play the upcoming VHT, starting December 24. He believes that the 37-year-old Delhi-born batter has taken all the chatter around his ODI future to heart and is now giving himself a license to fully show what he is, whether through his celebrations or by playing domestics. In 12 ODIs this year, Virat has scored 586 runs in 12 innings at an average of 58.60, with a strike rate of 92.72, including three centuries, three fifties, and a best score of 135. During the ongoing series against South Africa, he stands on the verge of getting the Player of the Series award, having cracked 237 runs at an average of 118.50 and a strike rate of over 111, with two centuries.

Did R Ashwin Actually To Keep Shubman Gill

New Delhi: A short clip from Ravichandran Ashwin’s latest discussion on his YouTube channel is going viral on social media. Many users are claiming that the legendary spinner forgot to mention the name of Shubman Gill while talking about India’s top four for the 2027 World Cup. NDTV did a fact-check on the claim and found out that Ashwin did make the mistake. He took the names of Rohit Sharma, Virat Kohli, Ruturaj Gaikwad, and Shreyas Iyer, but realised seconds later in the same video that he forgot to mention Gill. Ashwin quickly Rohit, then Ruturaj and Shreyas could also come into the mix. It looks very exciting,” said Ashwin in a video on his YouTube channel. ”Sorry, I forgot the name of Shubman Gill in last discussion. It’s quite unfair again. So there is a competition for a lot of places but I would love to see Ruturaj get a fair go before it is been decided,” he said. Shubman Gill is currently out of the India squad. He sustained a neck injury during India’s first Test against South Africa in Kolkata last month and remains on the sidelines due to that. In his absence, India tried Yashasvi Jaiswal as an opener with Rohit Sharma in the first two ODIs against the Proteas.



Gaikwad’s 105 at No. 4 showcases adaptability and strengthens

Mumbai: Ruturaj Gaikwad is a specialist opener in the white-ball format and the team management’s decision to play him at No. 4 in the opening ODI in Ranchi ended in disaster as he lasted only 14 balls. The start to his knock in Raipur on Wednesday wasn’t shorn of drama either as he barely managed to ward off a snorter from Marco Jansen. Gaikwad didn’t look back thereafter as he played with conviction on way to his maiden international century.

