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PAWAN MAKAN
+91-9638877700
mahanagarmetro7@gmail.com

CM Shivakumar doubles breakfast allowance for pourakarmikaa

BENGALURU(Agency)

A video of a pourakarmika breaking down while recalling how her daughter was allegedly humiliated at school left Chief Minister DK Shivakumar deeply moved and prompted him to don a Pourakarmika uniform and sit down for a meal with sanitary workers at the Pourakarmikas Day celebrations here on Friday.

Recalling the incident, Shivakumar said the woman pourakarmika had narrated how her daughter's classmate had allegedly told her, "Your mother has come wearing a corporation uniform. She smells. Sit far away and don't come near me."

Chief Minister said that watching the woman recount the incident in tears had caused him immense pain, prompting him to wear the uniform and have food with them to convey the message that all are equal. He said the gesture was not merely symbolic and was to shed the stigma associated with pourakarmikas and send a message against what he described as an 'untouchability' mindset. He called pourakarmikas 'true Karmayogis' and 'leaders of the cleanliness revolution'. He announced that the government would double the breakfast allowance for the sanitary workers from Rs 35 to Rs 70. Shivakumar also announced that a Cabinet sub-committee would be constituted to examine and address the workers' demands. He also announced the construction of Poura Bhavan for sanitary workers and that the government was planning to establish residential schools.

Congress accuses CEC Gyanesh Kumar of 'breaking law' over Form 6 change, urges SC to hold him accountable

New Delhi . (Agency)

The Congress on Saturday accused Chief Election Commissioner Gyanesh Kumar of knowingly violating the law and constitutional practices by "unilaterally" changing Form 6, and urged the Supreme Court to take suo motu cognisance of the matter and hold him accountable.

In a post on X, Congress general secretary Jairam Ramesh said Kumar's continued tenure was an "affront to the people of India" and reiterated the party's demand, also made by Leader of the Opposition in the Lok Sabha Rahul Gandhi, that he resign.

Ramesh said that late on Friday night, the Election Commission directed officials to organise special enrolment camps for young voters and give them "wide publicity" on social media.

He alleged that the move came after the CEC had earlier made it difficult for young voters to register by introducing a new mandatory section in Form 6 asking applicants whether their parents or grandparents had been included in the previous Special Intensive Revision (SIR).s.Calling the change "completely illegal", Ramesh alleged that the online form was altered in early July 2026 without any official notification.

He also claimed that the Election Commission did not have the authority to amend Form 6, arguing that the power rested with the Union Government under the Representation of the People Act, 1950.

Ramesh further alleged that the form was changed without an amendment to the Registration of Electors Rules, 1960, which, he said, could only be done by the Union Government with due intimation to Parliament.

"Cynical Individuals": Amit Shah On Critics Of India's Economic Performance

New Delhi(Agency)

Union Home Minister Amit Shah, addressing the UP International Trade Show 2026, hit back at critics questioning India's economic performance, citing recent upgrades by global rating agencies and sustained GDP growth despite global turbulence.

"There are some cynical individuals who attempt to discredit India's GDP figures... Moody's has raised India's growth forecast from 6% to 7%. Japan's leading rating agency, JCR, has upgraded India's sovereign rating from BBB+ to A-, and in the last quarter, India maintained its strong momentum by achieving a growth rate of 7.8%," Shah said. He added that India had not only sustained but accelerated its growth trajectory despite global challenges, reaffirming the government's long-term target of making India the world's leading economy by its 100th year of independence.

"Despite global turmoil, unrest, and numerous hurdles, India has not only sustained its growth rate but accelerated it. I can state with full confidence before the world that we will realise the resolve PM Modi has shared with the people of India, that by August 15, 2047, India will be number one globally across all sectors," he said.

Responding sharply to critics who have described India's

economy as "dead," Shah said, "Yet, some people perceive this as a 'dead economy.' I tell them: those whose own mindset is 'dead' cannot see vibrancy; all they see around them is lifelessness."

He further said, "Those with a jaundiced view cannot bear to see India's progress. Under PM Modi's leadership, we



have signed Free Trade Agreements (FTAs) with many countries... these agreements have exponentially boosted our industries' export potential, and we have sustained our growth despite facing various adversities."

Highlighting investments in India's Defence Corridor, Shah said, "Investments for manufacturing defence

equipment are flowing into all six nodes of the Defence Corridor - Jhansi, Chitrakoot, Lucknow, Agra, Aligarh, and Kanpur. This has fostered the development of defence products not just in Uttar Pradesh, but across the entire country."

Citing specific examples of indigenous defence manufacturing, he highlighted Uttar Pradesh as proof of the region's growing role in India's defence production capabilities. Shah said, "Today, the BrahMos missiles manufactured in UP give Pakistan sleepless nights; this is a prime indicator of the transformation taking place. Similarly, the AK-203 assault rifles made in Amethi are giving sleepless nights to Naxalites and terrorists alike."

Amit Shah said India had not only sustained but accelerated its growth trajectory despite global challenges, reaffirming the government's long-term target of making India the world's leading economy by its 100th year of independence.

₹200 Crore Mega Scam Allegations at Gujarat University? Questions Mount Over Financial Irregularities

Mahanagar Metro Desk

Ahmedabad: Gujarat University, one of the state's most prominent higher education institutions, has come under intense scrutiny following allegations of large-scale financial irregularities and possible misuse of funds. According to information circulating in academic and student circles, questions have been raised over alleged financial irregularities amounting to nearly ₹200 crore. However, the exact amount and nature of the alleged irregularities are yet to be established through an independent investigation or official audit. The allegations have triggered serious concerns among students, academicians and various stakeholders, with growing demands for transparency and a high-level inquiry into the university's financial and administrative functioning. Earlier Allegations Also Raised Questions- This is not the first time Gujarat University has faced allegations relating to financial management. Over the years, different student organizations, including ABVP and NSUI, have raised allegations involving financial discrepancies running into several crores. At different points, allegations involving figures such as ₹34 crore, ₹32 crore and ₹40 crore have reportedly surfaced. The claims have raised questions regarding expenditure, grants, projects and the overall financial administration of the

university. Questions Over Grants and Expenditure Gujarat University receives funds and grants from various sources for academic development, infrastructure, research and other institutional activities. Allegations have now raised questions over whether all such funds were utilized strictly for their intended purposes. Concerns have also been expressed over project-related expenditure, administrative spending and whether proper documentation and financial procedures were followed. These allegations, however, require verification through official records, independent audits and a transparent investigation. Recruitment and Administrative Decisions Under the Scanner Apart from financial issues, questions have previously been raised regarding recruitment procedures and alleged violations of rules in certain administrative appointments. The broader controversy has therefore shifted attention toward the decision-making process within the university and the accountability of officials responsible for financial and administrative matters. Who Is Responsible? With allegations involving such a substantial amount being discussed, questions are inevitably being raised about accountability. Were financial decisions taken in accordance with university rules? Were grants and institutional funds properly utilized? Were adequate

checks and audits conducted? And, most importantly, if any financial irregularity is established, who should be held responsible? Questions have also been raised regarding decisions taken during the tenure of former senior university officials and administrators. Any determination of responsibility, however, must be based on documentary evidence and the findings of a competent investigation. Demand for an Independent Investigation Student groups and other stakeholders have reportedly demanded a thorough and impartial inquiry into the allegations. An independent audit of financial records, grant utilization, project expenditure and administrative decisions could help establish whether the allegations have substance. There are also calls for appropriate action if an investigation finds evidence of financial misconduct, misuse of public funds or violation of established procedures. ₹200 Crore Claim: Allegation or Bigger Financial Mystery? The biggest question now remains: Is the ₹200 crore figure backed by documentary evidence, or is it an estimate emerging from multiple allegations and earlier financial



controversies? Only a comprehensive audit and investigation can establish the actual financial position and determine whether any wrongdoing occurred. Mahanagar Metro will continue to follow the developments surrounding Gujarat University and examine the documents, financial records and official responses related to the allegations. Disclaimer: The financial figures and allegations mentioned in this report are based on claims and information circulating in connection with the controversy. They should not be treated as established facts unless confirmed by official records, audit findings or a competent investigating authority.

'Terrorist country is asking me': EAM Jaishankar hits back at Pakistani journalist's terrorism question at UN

After a press conference, a Pakistani journalist stood up and questioned Jaishankar: "When will your government stop sponsoring terrorism in Pakistan?"

NEW DELHI(Agency).

External Affairs Minister S Jaishankar on Friday sharply responded to a Pakistani journalist who questioned him over alleged Indian sponsorship of terrorism in Pakistan. "A terrorist country is asking me that question. Come on," Jaishankar said in a strong response to the question by the Pakistani journalist. The exchange took place at the UN headquarters after Jaishankar and Liberia's Foreign Minister Sara Beysolow Nyanti addressed the press on the newly launched 'Group of Friends on Safety and Security of Shipping and Seafarers'.

As the ministers concluded their

remarks, the Pakistani journalist stood up and questioned Jaishankar: "When will your government stop sponsoring terrorism in Pakistan?". Jaishankar responded briefly: "A terrorist



country is asking me that question. Come on." India's Permanent Representative to the UN, P Harish, then told the journalist: "You have heard your

response, loud and clear."

The exchange came a day after an Indian journalist posed a similar question to Pakistan Prime Minister Shehbaz Sharif as he entered the UN building. The journalist asked Sharif: "When will you stop harbouring terrorists?" Jaishankar's response came during his visit to the UN for the 81st General Assembly, where India and Liberia announced the maritime-focused Group of Friends amid concerns over attacks on commercial shipping and risks faced by seafarers.

The brief confrontation between the Indian minister and the Pakistani journalist was separate from the substantive maritime discussions at the press briefing.

Delhi L-G Taranjit Singh Sandhu calls for BRICS-level cleanliness round the year

At NDMC's convention centre, Sandhu praised the council's BRICS work and urged staff to maintain the summit's cleanliness standards year-round.

NEW DELHI(Agency).

Delhi Lieutenant-Governor Taranjit Singh Sandhu on Friday exhorted employees of the New Delhi Municipal Council (NDMC) to maintain the cleanliness and civic standards achieved during the BRICS summit throughout the year, stressing that such efforts should not be restricted to major events alone.

Addressing NDMC employees at the civic body's convention centre, the L-G lauded the council's work during the summit and noted that the standards delivered during the international event should become the norm on other days as well. While outlining a four-pillar roadmap for turning the national capital into a world-class city, he stressed the

need for safer streets for women & children through better lighting and the deployment of Pink Force personnel. Sandhu also batted for AI-enabled responsive civic services, zero-waste neighbourhoods and Jan Bhagidari as a shared civic



responsibility. During his interaction with the employees, he stressed, "New Delhi is not merely the administrative centre of the country. It is the face and first impression of India for visitors from across the world. I deeply appreciate the dedication of

NDMC's frontline workers—sanitation workers, gardeners, engineers and electrical and maintenance staff, who work tirelessly every day to keep New Delhi clean, green and well maintained."

Family out for jagran, man found dead at home in Ghaziabad

Ghaziabad.(Agency)

A 25-year-old man allegedly died by suicide after hanging himself from a ceiling fan at his Indirapuram home on Thursday evening. His family had gone to attend a jagran when the incident took place.

The man worked at a factory in Loni and lived with his parents and older brother in a flat in Abhay Khand.

According to police, on Thursday, a relative who lived nearby came to visit while the rest of the family was out. When the man did not respond to knocking or calls, his cousin raised the alarm. Neighbours broke open the door and found the man hanging from the ceiling fan in his room. Police were informed and a team reached the spot. The body was sent for an autopsy and a forensic team has collected evidence from the scene. Results are awaited, police said. ACP (Indirapuram) Suryabali Maurya said that, while no suicide note has been recovered, preliminary investigation suggests the man had been under stress for some time. "The man's family members said that he was under stress for some time but the reason behind the suicide is unknown. We have collected his two mobile phones and laptop to investigate," the ACP said.

Haryana's Suruchi scripts golden glory at Asian Games; father says, 'my daughter made my day



Gurgaon.(Agency)

It was a morning of immense pride and celebration for a family in Sasaroli village of Haryana's Jhajjar district as 20-year-old shooter Suruchi Inder Singh Phogat clinched gold for India at the Asian Games 2026. Partnering with Kamaljeet, Suruchi won the 10m Air Pistol Mixed Team event. The Indian duo scored 484.6 points in the final to secure the gold and set an Asian record. They had also topped the qualification round with 587 points.

The moment Suruchi's victory was confirmed, celebrations erupted in Sasaroli. Neighbours and relatives began arriving at the family home to congratulate her. Sweets were distributed, colours were thrown in celebration and villagers danced with joy. Relatives called from different parts of the country, while the family also received congratulations from the Haryana chief minister. Suruchi's father, Inder Singh Phogat, is an ex-serviceman who served in the 19 Punjab Regiment and retired in 2018. He owns around two acres of agricultural land. The family has two children, both of whom are involved in shooting. Inder Singh said supporting their children's education and sporting careers was not easy. Part of the expenses was met through his pension and farming income, while he also had to borrow money at interest through acquaintances whenever required. The family faced another major challenge: there was no shooting range in their village. Suruchi had to travel to Bhiwani for training. Jhajjar is around 40 km from their village, Charkhi Dadri about 15 km and Delhi nearly 130 km away. During her early years, Suruchi would travel by train with her father and brothers from Sasaroli to Bhiwani for shooting practice. "We watched the match live on television this morning. When my daughter won the gold, I was overwhelmed with happiness.

Make Gurgaon clean before Diwali, mayor directs MCG officials, agencies to accelerate sanitation services

Gurgaon.(Agency)

The city's mayor Raj Rani Malhotra on Friday directed MCG officials, councillors, sanitation agencies and workers to ensure the city is cleaned before Diwali, with special drives to be conducted across all areas.

The directions were issued during a review meeting chaired by the mayor. She asked councillors, officials and agencies to regularly monitor their respective areas and address any shortcomings in sanitation work. She also directed officials to ensure that sanitation workers are paid on a designated date every month.

Sanitation agencies have been asked to ensure that the manpower and resources specified in their contracts are available. Malhotra said agencies that fail to meet contractual requirements or are negligent in carrying out their duties would face action, including blacklisting. "We need better coordination among MCG officials, councillors, sanitation agencies and field teams to improve sanitation services. Problems arising at the field level should be addressed immediately and regular monitoring of sanitation work should be ensured," she said. "Special efforts should be made to clean and organise all major areas, markets, roads and public places across the city before Diwali," she added. Earlier on Friday, Malhotra participated in a plantation and cleanliness drive at the community centre in Sector 56. The directions came two days after Malhotra inspected sanitation and waste-management arrangements on New Railway Road, Old Railway Road and in Bhim Nagar.

Grand Celebration of 19th Ganpati Mahotsav in Maninagar; Bappa Given an Emotional Farewell

Mahanagar Metro Desk

Ahmedabad: The 19th Ganpati Mahotsav organized by Shri Baliyadev Yuvak Mitra Mandal was celebrated with immense devotion and enthusiasm at Maniyas Society, near Shri Baliyadev Temple in Maninagar, Ahmedabad. The 12-day religious celebration concluded with an emotional immersion ceremony, as devotees and members of the youth group bid farewell to Lord Ganesha with tearful eyes. The festival was organized under the guidance of Mandal President Pavan Makan, with active participation from local youths and residents. Continuing its tradition for the past 19 years, the Mandal once again organized various religious activities, including daily prayers, aarti and devotional programmes. Ganesha Idol Named 'Sarkar' One of the special attractions of this year's celebration was the grand idol of Lord Ganesha, lovingly named 'Sarkar' by the organizers and devotees. For 12 days, devotees gathered in large numbers to seek the blessings of Bappa and participate in the various religious programmes. Grand Decoration and Mahaprasad On the final day, Lord Ganesha was adorned in an

elaborate and beautiful decoration that attracted devotees throughout the area. The Mandal also organized a grand Mahaprasad, which was attended by a large number of devotees and local residents. Emotional Farewell After 12 Days of Devotion After 12 days of worship and dedicated service, the atmosphere turned emotional during the immersion procession. President Pavan Makan and members of the Mandal, along with local youths and devotees, became emotional while bidding farewell to Bappa. The sentiment among devotees was summed up in the words, "We wait for Bappa throughout the year, and now that he is leaving, we will miss him dearly." Devotees Dance to Devotional Beats The immersion procession witnessed a vibrant gathering of devotees and youngsters dancing to devotional songs played on DJ music. The chants of "Ganpati Bappa Morya, Mangal Murti Morya, Agle Baras Tu Jaldi Aa" echoed across Maninagar, creating an atmosphere filled with devotion and celebration. Before the immersion, devotees performed the prescribed rituals and offered prayers to Lord Ganesha with complete devotion. Finally,



amid emotional chants of "Ganpati Bappa Morya," the idol was immersed. The 19th Ganpati Mahotsav organized by Shri Baliyadev Yuvak Mitra Mandal once again showcased the spirit of faith, community participation and social unity in the Maninagar area. The organizers thanked all

devotees and local residents for their cooperation and support in making the celebration a grand success. Local residents also expressed their appreciation for President Pavan Makan and all the youth members who worked tirelessly for the successful organization of the festival.

Patel in the Global Education Platform

Mahanagar Metro Desk

New Delhi: 27 September 2026: Senior academician and professional from Gujarat, Dr. Amit M. Patel (Ph.D.), has been selected as a member of the Editorial Team of Physiopedia, a globally recognised education and knowledge platform based in London, United Kingdom. The selection represents an important academic responsibility associated with the dissemination of scientific knowledge, research, scholarly content, and professional information at the global level. Physiopedia is a widely used free, open-access knowledge platform that provides quality scientific and evidence-based information for professionals and students associated with physiotherapy, re-

habilitation, and healthcare. The platform features more than 6,000 evidence-based and quality research articles, covering a wide range of subjects, including clinical conditions, assessment methods, treatment techniques, rehabilitation approaches, and other healthcare-related topics. Millions of professionals and students across more than 200 countries access this global educational platform. Physiopedia also collaborates with various international health organisations and professional bodies, including the World Health Organization (WHO), in the areas of knowledge dissemination and educational activities. Its broad educational framework places particular emphasis on continuing

professional development and the advancement of evidence-informed professional practice. Dr. Amit M. Patel has been actively involved in education, research, academic writing, and international professional activities for the past 19 years. As a senior academician and professional, he has also been associated with various internationally recognised health and sports organisations in committee-level roles. Through these professional responsibilities, he has contributed his knowledge, experience, and professional perspective to academic discussions, professional initiatives, and institutional activities. Dr. Patel has five registered copyrights, four Indian invention patents, and two international invention patents to



his credit. In addition, he has 53 research publications and has contributed as a co-author to 35 books.

No-vending zones set up but hawkers still encroach footpaths in Noida Sector 78

Noida.(Agency)

Despite no-vending zones being set up, hawkers have been continuing to encroach on the footpaths in Sector 78, residents said. The situation worsens further every Wednesday during the weekly market in the area. "No-vending zones in front of Ved Van Park were established five years ago but it has been of no use. Vendors still occupy large portions of the footpaths and sometimes their carts even spill onto the main roads," said Ranjan Samantaray, a local. On Wednesday, the weekly market is set up in front of the entrance to the nearby grouping societies, like Windsor Court, Hyde Park and Antriksh Golf View (1&2), forcing residents to navigate a bustling weekly market, said Samantaray, who lives in Antriksh Golf View 2 and has written to Noida Authority seeking redress for the matter. Several residents have urged the Authority that the market be shifted to the nearby service lane to keep the footpaths free and ensure smooth access to the housing societies. However, they say shifting the vendors is only a temporary solution. Lack of enforcement by the



Authority has contributed to the issue continuing. "Despite multiple complaints and the presence of official no-vending zone signages, violations are rampant and continuous. It raises questions about the efficacy of monitoring and enforcement mechanisms in place. A no-vending zone cannot remain a board on a pole. It must be a rule enforced on the ground," said another local resident. A Noida Authority official said periodic demolition drives are carried out to remove encroachments in the 7x sectors. Meanwhile, in Greater Noida, residents said the annual Ramli

fair has occupied much of the Samrat Mihir Bhoj Park parking and many regular visitors are not being able to use the space. They said while the fair is a source of community entertainment, it should not come at the cost of

accessibility for everyday patrons. Many are highlighting the need to find a balance between hosting events and maintaining accessibility for everyday visitors. "The fair has also encroached on the very entrance gate of the park.

Four rounds fired over rebar weighing scale dispute in Faridabad lane, 2 arrested

Gurgaon.(Agency)

Four rounds were fired during a clash between two groups in a lane in Sanjay Colony Thursday over the installation of a weighing scale for rebar. Police said that while no one suffered bullet injuries, some people sustained injuries in the physical altercation. Cops from Sanjay Colony police post arrested two accused, identified as Manoj Bhati and his son Bhavishya Bhati, in connection with the incident. An investigator said that three people have been named in the FIR, besides 8-10 others whose identities and roles are being investigated. According to police, the

incident took place after Manoj Bhati, who had rented a shop on Saran Road, began installing a weighing scale in the lane. Residents objected to the installation, leading to an argument and later a clash. A police officer said an ERV alerted cops at Sanjay Colony police post about the fight on Sept 24, following which a police team reached the spot. Vijaypal, a resident of the area, submitted a complaint against Manoj Bhati and others. The complaint states that after the dispute, Manoj Bhati called his son Bhavishya Bhati, Kamal and 8-10 other youths to the spot. Police said Bhavishya allegedly opened fire with a pistol.

Andhra student falls to death in Rajkot university, 2nd case in a week

Ahmedabad(Agency).

A 20-year-old engineering student allegedly died by suicide by jumping from the sixth floor of a building on the campus of Marwadi University in Rajkot on Friday morning. The incident comes just six days after a female student of the same university committed suicide by jumping from the hostel building, on September 19. In the latest incident, Hemanth Gandham, a native of Andhra Pradesh's Vijayawada, allegedly jumped from the sixth floor of the university's main building and he was declared dead on the spot by paramedics a few minutes after the fall. Deputy Registrar Nibish Verghese told The Indian Express that Gandham was a fifth semester student of Computer Engineering with a specialisation in Artificial Intelligence (AI). The incident took place around 8:10 am on Friday just after a class ended, said Verghese. Several university officials reached the spot and the police and paramedics were informed. The body has been sent for postmortem. Inspector A N Jani of Kuvadwa Road police station said that an Accidental Death (AD) report has been filed. No suicide note has been recovered, he added. Hemnath



was distressed about his health, Deputy Commissioner of Police (Zone-1) Hetal Patel said, adding that no suicide note has been recovered. He had undergone a few surgeries recently and had confided in his hostel roommate that if his health issues persist, he wanted to die, she said. The Kuvadava police have initiated a probe, Patel added. On September 19, Alla Venkatesh Soubharnika (19), a native of Andhra Pradesh's Guntur, allegedly jumped to her death from the 10th floor of the hostel building. She was a third semester student of computer engineering with a specialisation in Artificial Intelligence and Data Science (AIDS). After the second suicide incident at the University in a week, the Akhil Bharatiya Vidyarthi Parishad (ABVP) staged a protest and several agitating students were detained by the police.

Temple trip turns tragic, 4 from Mumbai die in Gujarat as SUV rams truck

Surat (Agency).

Four Mumbai residents died in a tragic crash in Gujarat after an SUV they were travelling in rammed a stationary dumper truck on the outskirts of Surat on Friday. The accident took place at Kamrej on the Vadodara-Mumbai Expressway. The dead have been identified as Rajiv Jain, Jayanti Doshi, Pravin Jain and Sanjay Khemchand. Originally from Gujarat's Patan district, they had settled in Mumbai. They were headed to the Shankeshwar Jain temple, a major pilgrimage centre for the Jain community. Police sources said the incident took place at 8 am on



Friday. The dumper truck driver had parked his vehicle on the left lane, reportedly due to a flat tyre. The Maharashtra-registered car, in which the victims were travelling, hit the parked truck. All four passengers suffered fatal injuries. A local passerby alerted the Kamrej police station about the accident. The victims were identified through the documents on them. Police Inspector R B Gojiya said, "These four men were on their way to visit the Shankeshwar Jain pilgrimage site in Patan district. They left Mumbai early in the morning. We have informed the family members, and they are on their way to Surat. All of them are around 40 years old." "All of them were originally from Patan district but had been settled in Mumbai for business for a long time. We have identified the dumper truck's driver and his statement is being recorded," the police officer said.

Ahmedabad man held for defrauding US nationals of over \$7 million: CBI

Ahmedabad (Agency).

THE CBI on Friday said it had, on Wednesday, arrested a key accused in a transnational cyber-enabled financial fraud case involving illegal call centres and defrauding US nationals of \$7.21 million. The CBI said that it registered a case on September 8, against the accused Ankit Satishchandra Pandey and other unidentified persons. It said, "The accused persons,



in criminal conspiracy with each other and unidentified associates, impersonated as officers of Federal Trade Commission (FTC), US Attorney, Critical Infrastructure Security Agency (CISA) and other federal agencies, falsely informing the victims through VoIP communications that their identities were used to access child pornography through their computers. Thereafter, the accused induced the victims to withdraw funds from banks, purchase gold and handover the same to courier persons engaged by them in the USA."

'We were a junior alliance partner': Dhillon rejects AAP's charge on drug menace during 2007-2017

Rejecting the AAP's charge on drug menace, Punjab BJP president Kewal Dhillon Friday said that the BJP was the junior alliance partner of the SAD from 2007 to 2017. "We neither had the Chief Minister nor the Deputy Chief Minister then. Moreover, the BJP had 19 MLAs in the government in 2007 and 12 MLAs [...]

Ludhiana(Agency).

Rejecting the AAP's charge on drug menace, Punjab BJP president Kewal Dhillon Friday said that the BJP was the junior alliance partner of the SAD from 2007 to 2017. "We neither had the Chief Minister nor the Deputy Chief Minister then. Moreover, the BJP had 19 MLAs in the government in 2007 and 12 MLAs in 2012. Therefore, we were not in a position to take major decisions," he said on the 8th day of the BJP's Nasha Mukti Yatra. The yatra, which began from four corners of Punjab, will culminate in Jalandhar on September 30, when Union Home Minister Amit Shah is scheduled to visit the state. He added, "Today, the BJP is looking at the present situation and the way the drug menace has increased manifold in Punjab. Home delivery of drugs is taking place; even pizza delivery can be delayed, but drug supplies cannot. The question is whether we want to focus on the menace and work for the welfare of the people or waste time in a blame game. Drug abuse is an issue on which all political parties should join hands, rising above party lines, if they genuinely care about their voters." He

said that Prime Minister Narendra Modi and Union Home Minister Amit Shah have stated that they aim to eradicate the drug menace from the entire country by 2029.

Reacting to Chief Minister Bhagwant Mann's allegations that drug supplies are coming through Mundra port in Gujarat, Dhillon said, "If any drug consignments were found at Mundra port, they were seized by the



Directorate of Revenue Intelligence (DRI). Moreover, drugs have not reached every household in Gujarat or Rajasthan in the manner they have in Punjab. The drugs being consumed by addicts in Punjab are, by and large, synthetic drugs, which are manufactured here or in neighbouring states. Punjab needs to set its own house in order first."

Paddy ready, procurement a week away: Farmers fear distress sale below MSP

Jalandhar (Agency).

Punjab's decision to allow paddy transplantation from June 1 for the second consecutive year has created an unusual situation this season: several short duration early-maturing varieties are already ready for harvest, but the official procurement season is scheduled to begin only on October 1. Farmers growing short-duration varieties such as PR-126 and hybrids including 7501, 7301 and 134 say their crops have matured according to their normal biological cycle because this year's weather has not caused the kind of prolonged interruption seen last year due to heavy rains and floods. They are now seeking an earlier procurement window, saying that otherwise they could be forced to sell to private buyers below the Minimum Support Price (MSP). Some farmers said that they have already sold a portion of their crop for Rs 2,000 to 2,100 per quintal to private players in the absence of government procurement. The MSP for paddy for the 2026-27 marketing season is Rs 2,461 per quintal.

The issue has emerged despite the government's decision to advance transplantation to June 1. Last year, too, transplantation was advanced, and the government also advanced official paddy procurement to September 16, around a

fortnight ahead of the traditional October 1 start.

This year, however, while the June 1 transplantation window has continued, procurement has not been brought forward in the same manner.

Why last year's early procurement saw little crop

The difference between the two seasons, farmers and agriculture experts point out, is the weather. Last year, Punjab witnessed exceptionally heavy rainfall and flooding, particularly during August and September. Large areas remained waterlogged, while repeated spells of rain disrupted harvesting and delayed crop maturity in several locations. As a result, even though procurement had begun on September 16, arrivals remained thin. By September 22 last year, only 10,392 metric tonnes of paddy had been procured in Punjab.

As the heavy rain and floods had delayed the arrival of even some short-duration varieties then. This year, the situation is markedly different. Punjab has experienced deficient rainfall by 37% till date, and there has been no comparable prolonged spell of rain disrupting the crop's maturation.

Consequently, farmers who transplanted early are now seeing their short-duration varieties mature broadly within their expected time frame. PR-126 is particularly relevant to the current situation. The variety takes around 93 days after transplanting to mature. In Punjab around 43% are of paddy was



under this variety only. Thus, a farmer who transplanted PR-126 around the middle of June could reasonably expect the crop to mature by mid-September. The same principle applies to several early hybrids that farmers have increasingly adopted because of their shorter duration and high yield potential.

'Active Karnataka' initiative to boost tourism says KJ George

BENGALURU (Agency).

To attract more tourists, the tourism department will launch a sports and adventure tourism initiative in the state. After holding a meeting with officials of the department, Tourism Minister KJ George said the 'Active Karnataka - Run, Ride, Surf, Explore' initiative will be launched as part of World Tourism Day on September 29. He said the initiative is aimed at giving major sporting events in the state a tourism touch to attract more tourists and help improve the local economy. The initiative will be launched in phases. As part of the initiative, the department will enter into an agreement with NEB Sports for marathon, cyclothon and triathlon events. In the first phase, the department will organise marathons, cycling, triathlons and other endurance events. For this, the department will chalk out 2-3 days' events for tourists. This will include accommodation, local cuisine, heritage, culture and other tourism experiences around sporting events held in Bengaluru, Mysuru, the coastal region and other places.

In the second phase, surfing, kayaking, trail running, cycling and other adventure activities will be organised. Tourism secretary Ram Prasath Manohar said the objective is to link every major sporting event with its destination experience. The department's aim is to position Karnataka as a leading destination for sports and adventure tourism, the officials said.

Ministry of Minority Affairs signs multiple MoUs to strengthen minority development initiatives

BENGALURU (Agency).

The Ministry of Minority Affairs on Friday signed Memoranda of Understanding (MoUs) with premier academic, research and innovation institutions to strengthen infrastructure assessment, independent monitoring, entrepreneurship and innovation initiatives for minorities.

The agreements were signed at IISc Bengaluru in the presence of Srivatsa Krishna, secretary at Ministry of Minority Affairs, and senior officials from the Ministry and partner institutions. MoU was signed with the Indian Institute of Management Bangalore for independent third-party monitoring of training programmes under the Pradhan Mantri Virasat Ka Samvardhan Scheme across the South zone. MoU with the Centre for Urbanization, Buildings & Environment, IIT Madras, was signed for independent third-party technical and social assessment of selected completed and ongoing infrastructure projects under the Pradhan Mantri Jan Vikas Karyakram. Two tripartite MoUs involving the National Minorities Development and Finance Corporation were also signed with the Foundation for Science Innovation and Development, promoted by IISc Bengaluru, and IIMB Innovations, the entrepreneurship and incubation centre of IIM Bangalore.

Dalit man stabbed to death by brother-in-law in Rajkot, police point to honour killing

Ahmedabad (Agency).

A DALIT man was murdered in broad daylight in Rajkot city on Thursday, allegedly by his brother-in-law, with police saying that the crime may be a fallout of his marrying the sister of the accused, whose family belongs to a different caste.

Police identified the victim as Vimal Dharmendra Vaniya. When Vaniya was at Rajkot's Bhaktinagar circle around 2 pm on Thursday along with a friend, he was allegedly assaulted by three men including his brother-in-law Kamlesh alias Kano Lakha Dhandal, restrained and stabbed several times with sharp-edged weapons. He was taken to Rajkot Civil Hospital where doctors declared him dead, police said. The police suspect that Vimal, who belonged to a Scheduled Caste, was murdered by Dhandal and his friends for marrying Dhandal's sister. The inter-caste couple have a child together. Inspector J D Parmar of Bhaktinagar police station told The Indian Express that Vimal and the woman had eloped over seven years ago and at that time, her family soon traced them and took her back home. Later on, she again left home and joined Vimal, eventually settling together in several different towns before returning to stay with his mother and stepfather in Rajkot. The FIR in this case was filed on the basis of a complaint by Bharti Dharmendra Vaniya, Vimal's mother. It stated that after Vimal and the woman eloped for the first time over seven years ago and (accused) Kamlesh Lakha Dhandal had then traced them, taken her back home and arranged to have her



married elsewhere. A year later, the woman again left her parents' home and joined Vimal. Bharti also told the police that a child was born to the couple around 11 months ago. Around 2:45 pm on September 24, Bharti said she was at home when Vimal's friend reached there and told her that three men, including Dhandal, assaulted her son at Bhaktinagar circle. When Bharti and her daughter-in-law reached Rajkot Civil Hospital, they found Vimal lying injured on a stretcher and the doctor on duty soon declared him dead. Dhandal and the other two unidentified persons were booked for murder as well as sections of the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act, and the Gujarat Police Act.

Tata tussle raises a stink beyond boardroom doors

Board-level developments unfolding in Tata Sons, the unlisted holding company of the sprawling Tata Group, have cast an unfavourable light on the state of corporate governance in India, apart from raising uncomfortable questions about regulatory autonomy. These developments have long-term repercussions for India's reputation as an investment destination.

The Tata Sons board, on September 17, through a contentious process that is sure to invite legal action, decided to reappoint N Chandrasekaran as chairman for a third five-year term. Even more curious was Chandrasekaran's decision to accept the nomination, reversing his earlier decision to not seek re-appointment. The voting on the resolution was not only odd in its final outcome, but was also conducted by disregarding the rights of the majority shareholder—Tata Trusts, representing Sir Dorabji Tata Trust and Sir Ratan Tata Trust, which collectively own over 65 percent in Tata Sons. In an earlier board meeting, Noel Tata, nominee director of the majority shareholder Tata Trusts on the Tata Sons board, had dissented against the board's decision to re-appoint Chandrasekaran; the extant rules provide paramount weightage to this veto power. Chandrasekaran had also announced he would be stepping down. The subsequent volte-face by Tata Sons directors and Chandrasekaran is like an open rebellion against the majority shareholder.

The board used the casting vote of an officiating chairman, emboldened by a debatable legal opinion, for pushing through Chandrasekaran's re-appointment. Additionally, the directors in favour of the re-appointment included the company's chief finance officer, who effectively reports to the chairman. At the very least, to avoid any future complications, the gentleman should have recused himself. The end result is a cringe-worthy spectacle of board directors wilfully abandoning their fiduciary duties, failing to stand up for the right thing and accepting an outcome that smacks of opportunism and vaulting personal ambitions.

The questionable behaviour by the Tata Sons independent directors did not end with Chandrasekaran's re-appointment. They also resolved to meekly heed a directive issued by the Reserve Bank of India that instructs Tata Sons to list its shares publicly. This was again a mystifying somersault: the same directors had unanimously passed a resolution in March 2024, ratified by Tata Trusts in July 2025, to stay unlisted.

There were no attempts to put the RBI imprimatur under expert scrutiny or test its legal validity; there was only craven acceptance. There was also no explanation forthcoming for this strange about-turn in their collective stance, and this has further strengthened speculation about the real motive behind the directors' action. The speculation gains further credence when examining RBI's directive, which, when combined with the Mumbai charity commissioner's stand, seemed to have created an enabling environment for the Tata Sons directors to rebel against the majority shareholder. It is unlikely that the regulators are acting in concert or have non-regulatory goals in mind, but the tenor of their action breeds reservations and anxieties. The RBI's diktat to Tata Sons to go public has multiple intriguing aspects to it. The central bank came out with a list of upper-layer non-banking financial companies in September 2022, which included holding companies of two industrial groups—Tata Group and Sun Pharma. These companies were instructed to list within three years. Both the holding companies immediately paid down their outstanding debts. Sun Pharma's holding company Shangvi Finance applied to the RBI in February 2023 to surrender its registration which the central bank promptly accepted, making the company an unregistered core investment company and exempt from the listing requirement.

The ECI itself has become suspect

It's time for the Supreme Court to act strictly and put the poll panel in its place

THE essence of democracy is that every citizen has the right to vote and elect their representatives. Universal adult suffrage was contemplated by Motilal Nehru in his 1928 report, which stated, "every person of either sex who has attained the age of 21 and is not disqualified by law shall be entitled to vote."

Under the Government of India Acts of 1919 and 1935, the voting rights were restricted to people on the basis of qualifications relating to property, income or education. Less than 10% qualified. In the Constituent Assembly, there was near unanimity on this aspect. There was only one lone voice of dissent. Article 325 of the Constitution provides that no person shall be ineligible for inclusion in the electoral roll — on grounds only of religion, race, sex or caste. The Election Commission of India (ECI) was constituted under Article 324 for the superintendence, direction and control of the preparation of electoral rolls. The ECI has the power to review the electoral rolls, but this power must be exercised in accordance with the Constitution and the laws. The exercise must be carried out in such a manner that, though the ineligible are weeded out, the citizens who have the right to vote are neither disenfranchised nor put in such a position that their right is set at naught. The West Bengal SIR exercise was a fiasco. The Supreme Court gave a very long rope to the ECI. The Court directed that the claims and objections of voters whose names were not included in the electoral roll be examined by judicial officers. It also provided for an appellate mechanism against the decisions of these officers. This was done at the cost of normal litigation.

The Court's experiment of appointing judicial officers to decide these disputes did not yield positive results. These judicial officers were not trained to decide such disputes, that too in a summary manner. They rejected almost all the claims of the voters and upheld their disenfranchisement. These orders were, by and large, incorrect. This is apparent from the affidavit filed by the Election Commission before the apex court, which states that out of 1,26,194 appeals decided after the Bengal elections, 93% were decided in favour of voters who were disenfranchised. More than 37 lakh appeals are still pending. Going at the present rate, it will take more than 12 years to decide these appeals. These figures clearly show the inefficiency of the dispute redressal system.

The ECI has started issuing discrepancy notices, which will result in a number of disputes. Who will decide these disputes? It is obvious that judicial officers who are already overburdened cannot be tasked with this duty.

The people will have no faith in executive officers. It is difficult to find people to man the appellate tribunal in West Bengal; from where do we find people to man the tribunals all over the country? It is obvious that the ECI has not given any thought to how these disputes should be resolved efficiently and in a time-bound manner.

Many important citizens have been issued notices for so-called "discrepancies", which is a term not contemplated under the Constitution or the laws. These include a former Vice President, a former Deputy Prime Minister, former and current Chief Ministers, a member of the ECI itself and a former Supreme Court Judge. The only merit of the system followed by the ECI is that it does not



discriminate between the rich and the poor. However, in actual fact, the rich, the powerful and the educated will reply to the notices, produce documents and will easily give evidence and have their names restored. That will not be true for the poor. A large number of the names deleted are of those who were staying in colonies which have been demolished. What address will they give? Who will fight for them? How will they be able to produce documents to show where they reside? Even a homeless citizen has the right to vote, and a vote being deleted on the ground that the house has been demolished is a travesty of justice. What worries me is what will happen to the house help from Jharkhand or Assam or any other part of the country working in Delhi; the young man from Himachal Pradesh working in Mumbai; and the boys and girls from the North-East working in Bengaluru. How will they, with their limited resources, satisfy the ECI that they have a right to vote? Will they have to spend time and money to go back to their native places to collect their

documents? It is easy for the ECI to shift the burden onto the citizen, but that is not the right path. The burden should be on the ECI to collect evidence to show that a person is not entitled to vote and then issue a notice to such a person. I do not know on what algorithms the ECI's system is working, but the so-called (un)Artificial Intelligence has resulted in absolutely absurd results. The system developed by the ECI is totally unreliable since more than 15% of the population has been removed from the electoral rolls. This can easily affect the result of elections. That is not a true democracy. We have been consistently having elections since 1951, but the citizens have never faced such hurdles in exercising their right to vote. The

ECI has many better things to do than disenfranchise 15% of the population. In the last two weeks, it has been widely reported in the press how some unheard-of unrecognised parties have collected hundreds of crores of rupees in a short span of two to three years. One such party appears to have got more money than the entire Opposition. It seems the ECI has turned a blind eye to this patently corrupt practice and has taken no action whatsoever. The votes of many citizens belonging to a particular community are being deleted or questioned. Booth-level agents of political parties have filed applications in Form 7 for the wholesale deletion of names. In most cases, these applications have been rejected. No action has been taken by the ECI against such booth-level agents and political parties.

Ordinary citizens of this country who have the right to vote are facing hurdles and have to move from pillar to post to prove their citizenship. It is now an open secret that two members of the ECI have raised serious objections with regard to the procedure being followed for adding new voters and deleting old ones. They have questioned the integrity of the database. In these circumstances, the entire SIR exercise becomes questionable and unreliable. Till now, the Supreme Court has relied on the statements made on behalf of the ECI. Now this should not and cannot be done. The ECI itself has become suspect. It is time for the Supreme Court to act strictly to ensure that ordinary citizens of the country are not left at the mercy of the ECI. In a column in this newspaper a few weeks ago, I had said that the Court must take steps to regain its lost glory. This is a golden opportunity for the Court to redeem itself. It must put the ECI in its place and put the voters on the pedestal which they deserve in a democracy.

The Election Commission of India needs to ensure unhurried SIR process in Delhi, speed in Bengal

The ECI needs to ensure far greater efficiency in the tribunals' work

It's deeply damaging for Indian democracy that the Election Commission of India regularly makes the headlines for unsavoury reasons. The charges range from inept revision of electoral rolls and disregard of complaints to selective application of the model code of conduct. The crescendo of complaints reached fever pitch this week as the Delhi SIR exercise revealed glaring lapses and the West Bengal SIR's redress mechanism reported agonisingly slow progress. At the same time, pleas challenging the method of selecting election commissioners themselves came up in the Supreme Court. On Wednesday, Justices Dipankar Datta and Satish Chandra Sharma delivered a split verdict on referring the pleas to a Constitution Bench. The decision to constitute a larger bench now passes to the Chief Justice, whose replacement with a Union cabinet minister on the appointment panel is in question. Thus, the prospect of judicial delay clouds the horizon at a time crucial state elections loom large.

The Delhi SIR stands out as much for how many were struck off the voters' list as for who were among them. Of the



1.45 crore voters, about 47.6 lakh names were taken off and 31.6 lakh sent notices—together almost half the national capital's electorate. Among the latter were a former Deputy PM, a former Vice President, current and

previous Chief Ministers of the state, and current and former Union cabinet ministers. If senior officials are facing such glitches, it raises more worrying questions of common citizens' status. Inconsistent methods of serving notices are a cause for concern, with a large section of voters reporting ignorance of being taken off the rolls. By Wednesday, less than 3 percent of them had applied for inclusion. In West Bengal, the latest numbers show it would take nearly 12 years for the ECI-appointed tribunals to address all disputed cases at the present rate of disposal. If an SC judge's remark that some voters might have to skip one chance to vote seemed too casual for comfort, lakhs now face the prospect of missing two national elections. While the deadline for filing claims in Delhi needs to be extended beyond September 30, the opposite needs to happen in West Bengal. The ECI needs to ensure far greater efficiency in the tribunals' work. Though the speed imperatives are different, both pose a serious challenge to electoral integrity.

Wielding Opec to douse oil fire

Oil producers' cartel Opec emerged in 1960 and expanded in 2016 to address Western attempts to control the energy market.

On August 9, 1960, Standard Oil of New Jersey (Esso) reduced the posted crude prices in West Asia by 8 percent as Soviet oil exports to Europe and Asia rose. Burmah-Shell and Caltex followed with a 14 percent reduction for Indian imports, triggered by Russia's cheaper oil sale. The interlocking system of oil company ownership and pressure from other consumer countries for lower prices led to the reduction of West Asian crude prices.

Infuriated by these unilateral cuts, Venezuela's mines and hydrocarbons minister Juan Pérez Alfonso and Saudi Arabia's first oil minister Sheikh Abdullah Tariki sought a mechanism to regulate oil output and ensure price stability. To weaken international oil majors' control over production, pricing and global sales, five major producers—Iran, Iraq, Kuwait, Saudi Arabia and Venezuela—convened the historic Baghdad Conference a month later. Thus, on September 14, 1960, the Organization of the Petroleum Exporting Countries or Opec was founded to "coordinate and unify petroleum policies among member countries to stabilise international oil markets and secure fair returns".

The 1973 oil crisis imparted a boom-bust volatility to the energy market for decades. Opec often leveraged its capacity to stabilise markets and maximise profits during the early 1980s, but global exploration provoked Saudi Arabia to flood the market, crashing prices in 1986 for years. Whether managing 1990 Gulf War supply fears or speculative trade amid growing emerging markets' demand in 2008, as oil hit \$147 a barrel, Riyadh's production hikes doused inflationary fires. Just months later, the global financial crisis triggered a major slump in demand and price. Brent peaked at \$115.06 in June 2014. Then, surging US shale flows and lifting of its export ban in December 2015 affected Opec's dominance. The glut

crashed prices to a multi-year low of \$30 by January 2016. Opting to secure its market share, Opec refrained from production cuts. More than 100 US oil and gas companies filed for bankruptcy by mid-year. The 2016 Algiers Accord by Opec members to arrest the plunge in prices, followed by the Vienna Agreement in November, cut 1.2 million barrels of production per day. Ten non-Opec producers joined the coalition that December to form Opec+. Saudi Arabia, considered the de facto Opec leader due to its massive reserves and production capacity, firmly influenced the cartel's policy and pricing framework allocating member's production quotas. A cautiously calibrated politico-economic stance balanced its relations with the West and within bloc members. However, emerging non-Opec and US supplies have shrunk Riyadh's authority in a dynamically altered organisational structure. As new oil is discovered in South America and the Caribbean, Opec members were reluctant to let much of their wealth lie buried for longer and lose their historical share in the soaring global demand. Many petro-States used oil revenues to cover high fiscal deficits missing out on long term oil infrastructure investments. China emerged as an important economic catalyst with its financial participation in oil facilities across continents. Its loan-for-oil partnership was difficult to ignore.

With strong bilateral ties in energy and technology, focusing on long-term LPG supplies and to increase its energy exports to Asian markets, Qatar exited Opec in 2019. Ecuador's parleys with China, centred on debt and stronger bilateral ties, locked \$1 billion in loans for Quito

and its walk-out of Opec in 2020. Angola President João Lourenço's visit to Beijing and Shandong, a hub of 'teapot refineries', in March 2024 after the nation broke away from Opec, secured China's commitment of over \$21 billion in investment across solar power and oil exploration. The Crown Prince of Abu Dhabi met the Chinese President in Beijing last April as they decided on a "more robust, resilient and dynamic" partnership. The



UAE exited Opec within a fortnight to break away from Saudi dominance for a larger share in Asian oil demand. Despite America's vast investments in the Emirati oil industry, the latter is keen to pursue clean energy ambitions with China, a powerful actor in the sphere. In the absence of a quota hike, Iraq could consider quitting

the cartel as it plans to raise production capacity to 6 million bpd by 2029 with Chinese investment.

Russia's overland pipelines elude EU and US sanctions. The Druzhba, built around the time of Opec's formation, is one of the longest to provide oil to Europe. The ESPO pipeline transports Siberian crude to Russia's Pacific coast for Asian markets, with a branch providing direct supplies to Chinese refineries. Moscow could explore a similar pipeline for Indian buyers and draw curtains on its quota-centric relationship with Opec. Nigeria's Dangote refinery has bolstered national energy security while becoming Europe's leading jet fuel supplier. An ongoing \$1.6 billion IPO—Africa's largest—aims to scale its capacity to 1.4 million bpd. To feed this expansion and maximise exports, the nation could resist Opec's strict production quotas. Robert McNally, energy advisor to President George W Bush, once commented, "While the days of monopolists, soldiers, cartels and regulators stabilising the oil market may be over, the only thing worse than someone controlling the global oil market is no one doing so." America's evolving foothold in Venezuela, Opec's founding member holding the largest proven reserves, could dent Opec's collective leverage over oil markets. Though Opec was considered a negative for the markets because it managed pricing and volume, the tacit order within a cartel occasionally lends the market, rife with speculators, an element of stability and sustains broader economic growth. Each time it failed to regulate supply or cushion a price surge, the ensuing volatility led to universal chaos.

5 workouts that don't feel like Workouts

For most of us, the word 'workout' conjures up images of sweat soaked t-shirts, bulging muscles, a gym trainer, or running shoes. This image may not be entirely real because there are a few things you can do in your daily life, or maybe weekly life, which have the ingredients of a good workout without necessarily being one.

Many of these chores are left entirely up to domestic help, but there is no reason for us not to make them part of our weekly routines, if only just to ingrain more activity into our busy schedules.

However, we are not suggesting that you replace regimented strength and cardio workouts with the following five activities. This post is meant to encourage daily chores or activities that offer variations in your body's activity levels, and not offer any alternatives to real workouts.

1. Clean your house: Start with your bedroom. Re-arrange furniture, pick things up, bend, squat, lift heavy things. Cleaning your house and re-arranging furniture has all the elements of a good gym session though you may not even



know it. This may not be a weekly routine, but it can certainly be made part of something you do on a regular basis, when you have time to yourself at home. Not to mention, this one is truly therapeutic with good music to keep you moving.

2. Go on a hike: This one's clearly not for people well encased within miles and miles of metro city traffic. But perhaps even city dwellers can find some park, nearby town, or natural feature to visit over weekends? Try and incorporate hiking into your weekend activity. Sunday's are a great day to take off outside the city and spend time hiking, climbing a hill. Take a picnic basket and soak in all the vitamin D that you have missed out on during the week.

3. Bathe your dog: Even better, bathe your cat. If you have a larger dog, or a cat, you will know what a great exercise it is. First the battle to hold on firm, the usage of your body weight to get the upper hand, the scrubbing, the rinsing, and then the drying. All the while holding on to dear life. If this isn't a workout, then we don't know what is!

4. Play with your kids: Anything goes. Your kids will truly love it and there will be no dearth of action. Pillow fights, go to a park and throw a ball around, go to a pool and have races, and of course ask the kids for more ideas. Physical playtime is a great workout and also an unparalleled family bonding time.

5. Walk in a mall: Ladies, the ideal workout! For the men, a nice way to spend time in a mall while your better half disappears. Of course the idea is to walk, climb stairs, and keep a decent pace. Walking is a good exercise to stay active and to stay on your feet more.



Globally, Indian food has a reputation to be oily, spicy and heavy to digest. Is this really true?

We take a look at popular Indian dishes that are delicious and healthy at the same time. Remember that there are certain rules; you must control the levels of oil, butter, spices, cream and cheese. Find out which Indian foods come under the top 5 low-calorie Indian foods list: Buttermilk - This thick delicious dairy product goes well with any dish and is relished by family members.



Belly fat is a return gift that our haphazard lifestyle and wrong eating habits give us. It not only destroys your image but also

increases your risk to many health ailments. Try these Ayurveda tips to lose the fat deposits around your belly.

Start your day with lemon juice:

Running short of breath:

Being out of breath during exercise is fine, but if you find yourself panting more often than not while working out, this indicates that you are overdoing it. When you take a break or pause, your panting should slow down within 60 seconds. Being unable to catch your breath means you pushed yourself too hard. In that case, it takes longer to recover, but your body goes back to functioning normally. However, if you experience additional symptoms such as swelling in your feet and ankles, high fever, cough, chills, blue fingertips, or wheezing you may want to consult your doctor as these could be signs of a heart attack.



Chest discomfort:

Aside of the panting, if your chest feels uncomfortable after a strenuous exercise regime, do not take it lightly. Chest discomfort is a major indicator of a heart attack or angina (a blockage in the blood vessels of the heart that reduces blood and oxygen flow to the heart). Note: Not all chest pain is the same; it can feel like burning, stabbing, or tightness.

Nausea and vomiting:

It should be obvious that throwing up after or during exercise is not a desirable result. If you push yourself so hard that you throw up, you may want to reassess your regimen at the gym. Getting nauseous from your workout can also indicate that you are dehydrated or experiencing heat exhaustion. Heat

exhaustion can be treated with rest in a cool place but, if ignored, it can lead to heat stroke, which can cause organ damage, and, sometimes, death.

Fever:

Exercising while sick is not advisable, especially if you have fever. If the fever is over 100.5 degree, you should not work out. You put yourself at risk of viral myocarditis. Viral myocarditis is inflammation of the heart muscle and can be fatal. Evidence suggests that exercising while feverish increases the risk of developing this dangerous disorder as well as dehydration and overheating.

Sore muscles:

You may also experience some joint soreness during your workout or half an hour later. Beyond that, you may want to be more cautious. If the next morning you're having joint pain that you can attribute or associate to your workout or activity the day before, you've probably pushed yourself too hard. Also, if the soreness is getting in the way of normal daily functioning, you should give it some rest.

Decrease in performance:

If you are working out religiously, you should see your performance improve or at least stay the same. If you feel unusually exhausted by your usual workout, you might be overtraining. So, when you are working out, try to focus on quality, not quantity. Those additional reps of the same form are not nearly as beneficial as you think.

Mood swings: If your physical performance is not entirely on track, there could be a chance that you may feel a slightly mentally drained as well. While physical activity is often linked to decreases in depression and anxiety, overtraining can increase irritability, and moodiness. A common sentiment amongst athletes who are overtrained is that they lose their competitive spirit.

Strange sleep patterns: Being active during the day can help us rest well at

This is one of the best therapies to eliminate belly fat. Pinch some yellow juice into a glass of warm water and add some salt to it. Continue drinking this every morning to boost your metabolism and to get rid of that paunch.

8 signs you're overdoing it at The gym



night. If you are overtraining, the opposite may occur. Pushing your body too hard can cause restlessness, insomnia or oversleeping. If that is the case, slow down at the gym and your sleeping pattern will return to normal.

Top 5 low-calorie Indian foods

Calorie intake - 30 calories per glass

Ragi dosa - A popular South Indian dish that is made from ragi and not from rice. It is still a winner among dosa lovers.

Calorie intake - 87 calories per dosa

Oats idli - Idlis are a great way to begin your day. Again, it is a South Indian delicacy that has Indians lapping it up with hot sambar. If you are

going the healthy way prepare the idlis from oats, it is healthy and a great way to start your day.

Calorie intake - 26 calories per idli

Sprouts salad - Sprouts are healthy; add a dash of sour lime and a pinch of spice and you have a great combination sprout salad.

Calorie intake - 93 calories per 100gms





Fit enough to Cycle?

You must cycle to stay fit and be fit enough to keep cycling. Your route to a healthy ride... Step out of your homes early morning and you'll be pleasantly surprised by the number of cyclists on the roads. Clad in funky cycling gear, this is a mix of fitness enthusiasts, sportspersons preparing for a cycling expedition or just laymen cycling to work daily. They all have different reasons for resorting to the pedal - from challenging the smoking habit and fighting bad cholesterol to tackling diabetes, and of course, getting in shape. It's is an excellent way to strengthen the body and calm the mind. However, since cycling is strenuous, it can make you weak. Eating the right foods before, during and after your ride, helps to replace the fuel your body demands. If you are active for longer periods, it is important to consume carbohydrates, proteins and other nutrients that can be rapidly absorbed by hungry muscles.

Kills Insomnia
Cycling is a complete exercise for the body, especially the legs. Just like any other sport or fitness regimen, it helps to improve muscle strength, decrease stress, build better posture and focus. It is a great fat killer and sleep propeller! Yes, cycling induces sleep like very

few other workouts can, and is therefore highly recommended for insomniacs. It keeps your body responsive irrespective of age or gender too. Cycling isn't just meant for youngsters, it helps you in every age to keep the bones strong and the body in shape.

Doctor's Permission
A cyclist should be flexible, have good stamina, leg strength and should have done good cardio before getting into this sport. Legs and back are the biggest assets on a bike, so people with problems in these areas should secure a doctor's permission and a preparedness to take to the wheels. A strong core, active involvement in other forms of fitness like yoga, running, sprints, lifting heavy weights should help a person in getting actively involved in cycling. Once into the habit, the level of fitness can be easily attained if one gradually starts with 15 to 20 minutes and then moves to a longer duration and distance.

Ideal Diet

Carbohydrate is the high grade fuel for your muscles. Having lots of carbs is what lets you ride fast and far. The body is only able to store a relatively small amount of carbohydrate, which is why keeping it topped up is important. So hoard on whole meal breads, bananas and high-fibre cereals. Good fat is another important part of the diet including Omega3. Protein-rich meats and vegetables combined with whole grains will help to restore your muscles while keeping fat levels down. If you face a lengthy drive home following a long bike ride, be sure to have some protein bars and a recovery drink on hand to start the recovery process within the optimal time period.

Raise The Game
Following a disciplined lifestyle is a must for a daily cyclist. Alternating workouts help in building energy and stamina. Skipping is a great way to warm up. Crunches are a great workout for the core and can be performed indoors. One could alternate between picking

weights and other cardio-based sports, like running and dancing, including two days of stretches - yoga and meditation (instilling mindfulness). A good sleep and a well-rested body will ensure the body is energised and calm enough to raise the **fitness levels**. Water burns fat while cycling, it helps in getting toxins out of the body and absorbs nutrients easily. This helps cyclists to optimise this sport and do long distances.



10-minute exercises for busy corporate employees

We all need to work out every single day. While health experts prescribe 30 minutes of cardio, four times a week, if you have a crazy schedule and are hard-pressed for time, there's no need to lose out. Short burst fitness moves have been hailed every bit as effective. Here are ways to sneak exercise into your day and get recharged....

Skipping: All it takes is 10 minutes to get ship-shape with a jump rope, or skipping. It works on the core, arms and legs and experts say it can burn over 100 calories in a single 10-minute session, daily. Try this before your breakfast or cart a rope along to the office and do a short single-leg or double-leg session there. Use a rope that's your size and remember, this can place some stress on the ankles and knees so do a few ankle rotations before starting out. If you suffer from chronic knee pain, consult a doctor first. Benefit:

Reduces belly fat, builds endurance

Stairwell walk/run: Got no time for the gym? No sweat! Ditch the elevator and take the stairs. This is a great cardio workout and a calorie torcher too! Any aerobic activity lessens bad cholesterol, raises good cholesterol levels and boosts circulation, among things. And as the body uses effort to lift upwards, it helps engage more muscles, even tiny ones, in the leg. Did you know walking up 200 steps twice a day increases aerobic fitness levels by 17%? Try it today. Benefit: Increases circulation, cuts risk of heart attack by 25%

Stability ball: Several studies have been suggesting that you swap the office chair with a stability ball. It can repair bad posture because when you try and balance, the body is forced to automatically get into the correct one. This also engages the core and since you have to change your position often it does away with the damage



caused by a chair when you tend to sit long hours in the same slouched position. Remember to keep the back

straight when you try this one. Benefit: Alleviates back pain, builds the core

TRX: The resistance band regimen is one of the best workouts to reduce aches and muscular tightness in the neck, shoulder and upper back that arises out of long hours of sitting. The band is a portable tool and can be set up anywhere. Place it under your feet and holding each handle, lift the arms up to shoulder level and slowly release them back to the start. Or do a lunge with the band under the feet, while you hold each handle.

What happens is the stretching that ensues increases blood flow and oxygen to your muscles and lessens pain, which in turn also reduces headaches. Benefit: Headache and stress reliever

In-office cycling: More corporates in the West are opening up to the idea of a 'cycle in office' where you pedal push your way around the premises a la the movie, The Intern. As per a report, London is set to open such an office. Though it needs space, we hope it happens back home, too! If not, you can always cycle to work. The low-impact exercise can help ward off obesity, stroke and arthritis and builds muscle tone.

Home remedies to deal with acidity

- Eat an overripe banana to beat an especially bad bout of acidity.
- Have cold milk without any additives like sugar.

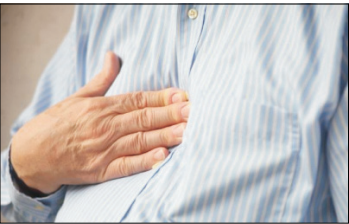
-If you frequently suffer from acidity, drink a glass of lukewarm water every day before going to sleep and immediately after waking up in the morning.

-Eat an overripe banana to beat an especially bad bout of acidity, as they tend to contain more potassium which makes it the perfect antidote.

-Have cold milk without any additives like sugar. You could mix it with a spoon of ghee to make the remedy

even more effective.

-Boil one cup of water and add 1 tsp of aniseed (saunf). Cover and leave overnight. Strain the water in the morning and add 1 tsp of honey. Take this thrice a day to prevent acidity.



5 golden benefits of waking up early



"The early morning has gold in its mouth," said Benjamin Franklin. The analogy by Franklin is by no means long drawn because getting up before the sun has many perks. Following is a list of reasons which will convince you to set your alarm for 6 a.m. tomorrow.

More productivity

Getting up early gives you a kick start for the day ahead. Besides allowing you more hours for your work, it also boosts your speed. Studies have suggested that when a person gets up early, he is more energetic and takes lesser time to do a task that would take more time otherwise. He is also more adept in taking better decisions, planning and

achieving goals.

Mental fitness

One very significant benefit of waking up early is reduced stress level. When you rise early, it eliminates the need to rush in the morning. You can then start your day on an optimistic note and such positivity often stays with you throughout the day.

Better sleep quality

Early risers often go to bed early. Getting up early is not something that should be followed irregularly but it needs to be established as a routine in your life. This translates into better sleep quality as your body's internal clock adapts to your new sleep routine.

Bigger scores

A research conducted by Texas University has identified that students who were early risers scored better grades than those who were late to rise. Their GPAs were higher than the latter. One can link it to an enhanced productivity and quality of sleep.

Brighter world

Getting up early instils you with positivity. A research has suggested that people who got up early were happier, not just for a short duration but overall in life.

A Okhla studio takes carpets off the floor, turns them into walls, ceilings and art

The installations were one of the projects undertaken by Qaleen Bhaiyya, a small studio in the busy Okhla market, which turns carpets into wall and ceiling installations, mirror frames and artworks.

Delhi. (Agency)

In the June heat at Mushk Café, a rooftop cafe in Old Delhi, artists worked on scaffolding, fixing a carpet to the ceiling. Nearby, designs, cut from carpets, were being fitted on the cafe's walls. It was an unusual sight – after all, a carpet belongs to the floor.

The installations were one of the projects undertaken by Qaleen Bhaiyya, a small studio in the busy Okhla market, which turns carpets into wall and ceiling installations, mirror frames and artworks. Its pieces are combined with calligraphy, paintings and gold detailing, often designed for a particular space.

“When we opened the store in February last year, we started out as a small store in the basement. Then we moved to a bigger store on the ground floor before moving into this store. We did not want it to be just another carpet and rug store,” says 30-year-old Taha Khan. Taha, who studied law before joining the business, points to a carpet on one of the walls of his

office. It has been redesigned as a map of Afghanistan, with Urdu verses embossed on it. “Kashmiri carpets came to Kashmir from Iran and still carry Persian influences,” says Taha, pointing to the Persian influence that runs through the work. Outside his office room, professionally cut pieces of a carpet have been used around a mirror on the wall.

The studio uses imported Iranian carpets for many of its artworks, particularly because of their intricate detailing. One carpet depicting the Kaaba, for instance, costs around Rs 3 lakh as a raw carpet and took nearly a year to hand-weave. According to Taha, the studio only curate carpets that are distinct and unique.

For framed calligraphic works, the studio does not rely on printed lettering. “The calligraphy is handwritten by the calligraphers in our team, which is then converted into digital files and printed onto fine MDF (Medium-Density Fiberboard) or HDMR (High-Density

Moisture Resistant) boards. These are cut using CNC machines and used in the final artwork,” Taha says.

The core artists who make these pieces came

back. I was thinking of trying something different,” she says. She is now one of the team's main painters.

Calligrapher Abdu Rahman approached the studio for work after seeing its stall at a Jamia Millia Islamia fest. He later brought in Ruqayya (23), who had been learning Tazhib – a traditional decorative art form that involves hand-painting and gilding of manuscripts, calligraphic texts, and miniatures with intricate gold and colorful patterns – since she was young. Tazhib is central to the visual identity of the team. “Though in the actual Tazhib artworks, real gold is used for gilding, we use gold foils instead. We use acrylic

colours to paint on the wall as it dries quickly and we can mix it well,” Ruqayya says. Both Manaal and Ruqayya studied Applied Arts at Jamia.



together almost by chance. Manaal (24), an illustrator and graphic artist, first came to the studio as a customer after finding it on Instagram. “After my first visit, I kept coming

Regime of the army, by the army, for the army: India rips into Pak at UN

Delhi. (Agency)

India launched a sharp attack on Pakistan at the United Nations General Assembly, calling it a regime “of the army, by the army, and for the army” and accusing Islamabad of using terrorism, deceit and duplicity to advance its interests.

Exercising India's Right of Reply after Pakistan Prime Minister Shehbaz Sharif's address, First Secretary at India's Permanent Mission to the UN Petal Gahlot said the world should have no illusion about who calls the shots in Pakistan. “We heard some hypocritical homilies about democratic rights and human values from a regime whose capital at this very moment is being fortified against its own people. And that, Mr President, is happening because this is a regime of the army, by the army, and for the army,” Gahlot said.

Gahlot also invoked Al-Qaeda chief Osama bin Laden's presence in Abbottabad, near the Pakistani Army's premier academy, while hitting back at what she described as “bizarre remarks” by Pakistan's representative.

“This happens just a fortnight after New York City and the world marked the 25th anniversary of the horrendous 9-11 terrorist attack. This context is important to keep in mind because its mastermind, Osama bin Laden, was living right on the doorstep of the Pakistani Army's premier academy,” she said. She further accused Pakistan of hypocrisy over issues of religious intolerance and human rights, saying the country's record on minorities contradicted the claims made at the UN. “The views we heard emanate from those with a long record of bigotry and hatred. They claim to uphold security during the day; they actually carry out terrorism at night,” Gahlot said. “This Assembly was subjected to remarks about religious intolerance from the very regime whose mainstay is blasphemy laws.

MiG-21s retired from service a year ago. What is IAF doing with the fighter jets?

Delhi. (Agency)

What happens when a trusted workhorse retires? For more than six decades, the MiG-21 wore that tag, serving as one of the Indian Air Force's most trusted answers to threats facing the country. A year later, after the MiG-21 made its final sortie from the Chandigarh Air Base, a question remains. What happens to the aircraft after their flying lives have ended?

The answer is not a common fate for all of them. Hundreds of MiG-21s have left IAF service over the past decade, with the Indian Air Force phasing out a MiG-21 unit almost every year between 2015 and 2022, except in 2021.

“Age may have caught up with it, but it still went out there to prove itself. Trust me, even today, if something were to happen, this aircraft would go out there and prove itself once again.” That's how Squadron Leader Parth Vikram, an officer in the Indian Air Force (IAF), spoke about the MiG-21 in the Netflix documentary The Last Salute.

So, do they sit quietly in hangars, their engines silent? Are they stripped of their combat role and turned into trainer aircraft? Or are they kept in reserve, waiting for the day they might be called back into action?

What Sqn Ldr Vikram said about the MiG-21 reflected the emotions of those who flew the beast and maintained it. But fighter jets do not live by sentiment. Retirement is destined.

But for a fighter that spent decades answering the call of duty, retirement does not always mean a single final destination. An senior IAF official told India Today Digital, “One or two aircraft will be available in the heritage flight.” This means a couple of the MiG-21s will be preserved and maintained not for combat but to showcase the aircraft to future generations. This is not unusual for the IAF. It maintains and operates vintage aircraft such as the Tiger Moth, Harvard and Dakota, flying them during air displays and ceremonial flypasts as a reminder of India's aviation heritage. “Others will be available as museum or display pieces at prominent locations after due process is followed,” the official told Digital.

Mother's photo hanging from neck, Harish Rawat reaches ED office for questioning

The case relates to alleged irregularities in the 2016 Village Panchayat Development Officer recruitment examination conducted by the Uttarakhand Subordinate Services Selection Commission.

Delhi. (Agency)

Former Uttarakhand chief minister and senior Congress leader Harish Rawat arrived at the Enforcement Directorate's Dehradun office on Saturday for questioning in a 2016 case linked to alleged irregularities in a recruitment examination.

Before the questioning, he shared a video saying he had received an ED notice two days earlier summoning him. The case relates to alleged irregularities in the 2016 Village Panchayat Development Officer recruitment examination conducted by the Uttarakhand Subordinate Services Selection Commission.

Rawat said the probe agency had sought a large number of documents from him, including his past Income Tax Returns and details of his assets



and those of his family members.

As he entered the central agency's office, the Congress leader wore a photograph of his mother around his

neck.

In his video, he said the notice had also sought documents related to his family, but he was unsure which members were covered under the definition of ‘family.’ Rawat said he has a large family and that his daughters are married, which made it difficult to gather old documents for every member.

In connection with the matter, the ED carried out searches at several locations in Dehradun on September 10, including the residence of Chandan Singh Jeena, Rawat's current personal assistant.

Jeena had also served as Rawat's Officer on Special Duty (OSD) during his tenure as chief minister.

Gyanesh Kumar deserves Padma Bhushan for cleansing voter list: Bengal BJP chief

Delhi. (Agency)

West Bengal BJP chief Samik Bhattacharya has pitched a Padma Bhushan – India's third-highest civilian award – for Chief Election Commissioner (CEC) Gyanesh Kumar, saying the top polling official had ensured violence-free Assembly election in the state. He also credited him with “cleansing” the voter list by removing the names of illegal

Bangladeshis. The BJP leader's endorsement of the CEC came amid a growing controversy over the Election Commission's functioning after reports surfaced that two election commissioners had objected to decisions allegedly taken in their

names during the Special Intensive Revision (SIR) exercise.

Speaking to reporters on Friday, Bhattacharya also dismissed Congress



MP Rahul Gandhi's statements where he labelled Prime Minister Narendra Modi, Union Home Minister Amit Shah and CEC Kumar as “traitors” and said they would be investigated for

“destroying” the foundation of India's democracy – the vote of the common man – by rigging elections “Gyanesh Kumar deserves to be awarded, at the very least, with the Padma Bhushan. The people of West Bengal are delighted that, after so long, intimidation was kept at bay, that there were no incidents of murder during the elections and people were actually allowed to cast their votes,” the BJP leader said.

He asserted that Kumar was instrumental in “cleansing” the voter roll in Bengal.

“In a border state like West Bengal, Gyanesh Kumar took the initiative to remove the names of Bangladeshi infiltrators from the voter list,” Bhattacharya stated.

2 arrested for ‘harassing’ Hindu College students, SUV seized

Delhi. (Agency)

Two Delhi University (DU) students, Abhinav and Abhimanyu, were arrested on Friday in connection with the alleged harassment faced by two Hindu College students in Northwest Delhi's Mukherjee Nagar on Thursday.

While Abhinav was arrested from Laxmi Nagar in Delhi, Abhimanyu was apprehended from Gurugram in Haryana. They studied at a college on the North Campus, police said. Police identified the accused driver as Naman, also a DU student, and said two to three persons were accompanying him at the time of the incident. The arrests come after a first-year postgraduate student of Hindu College alleged that a group of men in an SUV followed her and her friend and attempted to pull them into the vehicle around 9.30 pm on Wednesday. The SUV allegedly used in the crime has been seized, police said.

According to the complainant, she and her friend were walking when a white SUV approached them and the men inside allegedly passed comments at them. When the women



objected, the men allegedly abused them and started following them.

The student alleged that when she and her friend stopped to record the incident, the men also stopped the vehicle and attempted to pull them inside. The accused fled when the complainant's friend started filming the car.

Based on the complaint, an FIR was registered at the Mukherjee Nagar police station under sections 78 (stalking), 79 (word, gesture or act intended to insult the modesty of a woman) and 3(5) (common intention) of the Bharatiya Nyaya Sanhita.

DCP (Northwest) Akansha Yadav said police launched an investigation based on the complaint and traced the vehicle used in the incident. According to the police, they are looking into the allegation that the two students had approached multiple police stations before the complaint was registered.

Can't trace building plans of 70% of 2,453 PGs, MCD tells HC

As per MCD, of these 2,453 buildings, only four have been deemed "dangerous."

Delhi. (Agency)

After identifying over 2,400 buildings housing paying guest (PG) accommodation across the Capital, the Municipal Corporation of Delhi (MCD) told a division bench of the Delhi High Court on Friday, that it is unable to trace the building plans for over 70% of them. The bench was hearing a batch of public interest litigations raising various concerns about regulating PG accommodations for university students in the city, in the aftermath of the building collapse at Satya Niketan that killed seven people, including five students. A survey of PG buildings by the MCD was undertaken following court orders, and it led to the identification of 2,453 PG buildings across the city with 32,247 rooms and

approximately 50,529 occupants. However, according to the MCD, it has

traced building plans or verified the sanctioned plans from the “records presently available” for only 730 of these buildings. When the bench of Chief Justice DK Upadhyaya and Justice Tejas Karia inquired about what had been done regarding the remaining two-thirds of the identified PG buildings, solicitor general Tushar Mehta, along with advocate Tushar Sannu, representing the MCD, said, “We are tracing them, they are not traceable....Some of the buildings are 50-60 years old, tracing is a difficult task...Ownerships have also changed

several hands.” As per MCD, of these

2,453 buildings, only four have been



deemed “dangerous.” In the past 17 days, the civic body has demolished 543 properties and sealed another 178 for

unauthorised construction. The MCD's survey also found, after covering 3.99 lakh properties in residential areas, that “more than 21,099 cases of commercial activities in residential areas have been noticed,” and that “about 30-40 properties have been sealed where such violations are found.”

The court will hear the matter next on October 14. According to an affidavit filed by the MCD before the Delhi HC, a detailed inspection of around 300 properties in Satya Niketan was carried out, and of these, 101 were found to be running as PG accommodation.

No extra time for realising export proceeds

MUMBAI. (Agency)

With the rupee under pressure, the RBI has rolled back an earlier move to give exporters more time to bring in export proceeds from Oct 2026. In Jan, the RBI had allowed exporters 15 months from the date of shipment or invoice to realise and repatriate the proceeds from Oct. The Sept amendment retains the existing nine month limit for future.

The RBI has made a similar change for goods exported to overseas warehouses, cutting the period from 15 months to nine months from the date of sale. For exports invoiced or settled in Indian rupees, the timeline has been reduced to 12 months from 18 months. The Jan regulations had



provided the longer 18-month window with effect from Oct. The latest amendment does not remove the flexibility available to exporters facing delays. Authorised dealers can still extend the deadline if an exporter provides reasons for the delay and the bank is satisfied with them.

Oil prices slide 2% as US-Iran seek path out of war, Saudi supply fears persist

New Delhi. (Agency)

Oil prices fell over 2% as markets weighed growing hopes of a US-Iran truce against fresh concerns over oil supplies from Saudi Arabia. Talk of a possible US ban on diesel exports also added pressure, widening the gap between US and global crude benchmarks. Brent crude fell \$2.28, or 2.14%, to \$104.30 a barrel, while West Texas Intermediate (WTI) dropped \$2.20, or 2.33%, to \$92.41. The moves left Brent up less than 1% over the week, while WTI was down about 8%. The latest decline came as US and Iranian negotiators in New York explored a phased route out of the war. According to sources close to the talks, the proposed path would involve Tehran reopening the Strait of Hormuz in return for Washington lifting its economic blockade of Iran.

Iran, however, has indicated that the talks would not mean a change in its position on its nuclear programme. "Iran, however, said it will show no flexibility over its nuclear program even if the US accepts its proposal to reopen the Strait of Hormuz, which calls for steps including lifting a US naval blockade on Iranian ports," a senior Iranian official told Reuters on Friday. The Strait of Hormuz remains a key focus for oil markets, with crude flows out of the waterway reaching 33.7 million barrels in the week starting September 20, according to preliminary ship-tracking data from Kpler. The figure kept exports roughly in line with the previous week's levels. Before the Middle East conflict began, about 20% of the world's oil supplies moved through the strait. US discussions around a possible ban on diesel exports have emerged as another factor influencing crude prices. The prospect is widening the spread between US crude futures and the global Brent benchmark, indicating that markets expect US refiners to process less crude if they are unable to export their diesel output.

Self-listing of bourses feasible, says NSE chief

MUMBAI. (Agency)

Self-listing by stock exchanges is feasible, but the decision remains under the purview of market regulator Sebi, NSE chairperson Srinivas Injeti said Friday. A day after the country's largest bourse got listed on rival exchange BSE, Injeti pitched for self-listing, saying that things which are not permitted today may be allowed tomorrow amid evolving regulations. Current regulations do not allow self-listing or trading of the shares of an exchange on its own platform. In compliance with present norms, NSE shares are listed on BSE and vice versa.

"Self-listing may not be permitted today, but may be permitted tomorrow. It is (allowing to do so) something which is the regulator's prerogative," Injeti said at a media briefing here. "There is no problem. But, this (self-listing) is something which is in the realm of feasibility... it is feasible," he said. Injeti also mentioned that allowing or not allowing self-listing depends on the comfort and concerns of Sebi. Once such a move is permitted, and NSE is able to meet requirements adequately to satisfaction of the regulator, then self-listing may become reality. According to him, things which were not permitted in the past are now allowed, and things that are not approved today may be permissible tomorrow, as he cited the example of listing of Market Infrastructure Institutions (MIIs). Listing of MIIs was not allowed prior to 2012 but was approved and sort of operationalised in 2015, he added. "The difference is that if you have self-listing, you will also be regulating yourself in terms of LODR compliance and even the surveillance part. And, if it is a permission to trade, then that exchange, in this case (our own platform), will not have the regulatory obligation of monitoring the companies. The regulated exchange will be doing that," Injeti said. agencies

Why are motor insurance commissions so high? IRDAI wants changes

New Delhi. (Agency)

Buying motor insurance may be a routine part of getting a new vehicle, but the Insurance Regulatory and Development Authority of India (IRDAI) has flagged an issue customers may not always see — high commissions on products that often require little effort to sell. In its public consultation paper, 'Recalibrating Economics of Insurance Distribution', the regulator has proposed several measures to streamline motor insurance, encourage digital purchases and give customers more choice. IRDAI said motor insurance is a "prime example of lack of transparency driving high commissions", even though some products are simple and third-party insurance is mandatory.

MOTOR INSURANCE COMMISSIONS AS HIGH AS 50%

According to the consultation paper, the average commission rate on motor insurance is 24%, with rates ranging from 13% to 50%. Original Equipment Manufacturers (OEM) brokers and Motor Insurance Service Providers (MISPs) account for a 30% market share across new and old vehicles. They receive an average commission of 24%, with the maximum going up to 31%. During FY25, OEM brokers and MISPs generated total premiums of Rs 29,000 crore and were paid nearly Rs 7,050 crore in commissions. IRDAI said customers often remain unaware of these high commission rates.

OLD VEHICLE INSURANCE ALSO UNDER THE SCANNER

The regulator has also raised concerns over commissions on insurance for old vehicles. A large number of motor dealers have attached garages for servicing and repairs. Selling motor insurance to these



customers is therefore unlikely to require a high level of effort, IRDAI said.

Despite this, MISPs receive an average commission of 12% on such insurance.

Banks and non-banking financial companies (NBFCs) that finance vehicle purchases have also been flagged. According to IRDAI, banks and NBFCs

that insist on compulsory bundling of loans and insurance continue to receive 16% commission, while borrowers remain unaware.

IRDAI FLAGS PRICING AND COMPETITION CONCERNS

The regulator has also raised concerns about certain OEM-linked brokers that sponsor MISPs. IRDAI said there are concerns that such brokers influence insurers against offering lower prices through other distribution channels. "Such practices, where they occur, can restrict price competition across channels and result in higher premiums for policyholders, and are therefore contrary to policyholder interests," the regulator said.

It also pointed out that remuneration linked to long-term motor insurance policies is not always in line with the nature and extent of services provided by MISPs.

Prestige Estates shelve 2,700 cr hotel biz IPO amid market uncertainty

New Delhi. (Agency)

Realty firm Prestige Estates has shelved plans to launch an initial public offering of its hotel business because of uncertain market conditions and other factors. In April last year, Prestige Estates Projects Ltd's subsidiary Prestige Hospitality Ventures Ltd (PHVL) filed a Draft Red Herring Prospectus (DRHP) with the Securities and Exchange Board of India (Sebi) to launch an IPO. The

company planned to raise up to ₹2,700 crore through a public issue. In a regulatory filing on Friday, the company informed that the board of directors decided to "withdraw the

DRHP on account of strategic approvals and other considerations and uncertain market conditions". PHVL might consider



filing a fresh draft red herring prospectus with Sebi in the future for an initial public offering of its equity

shares subject to suitable market conditions, receipt of requisite

Prestige Estates said that Canada-based investment firm CPPIB will invest up to ₹3,000 crore in its hospitality arm.

A binding framework agreement was executed between the companies, CPP Investment Board Pvt Holdings Inc (CPPIB) and PHVL. After the agreement, CPPIB proposed to invest up to ₹3,000 crore in PHVL in multiple tranches.

Bengaluru-based Prestige Estates is one of the leading real estate developers.

Homebuyers are moving from location-first to lifestyle-first decisions, says this expert

New Delhi. (Agency)

Is there a shift in choices of homebuyers gradually away from location towards convenience and comfort? Real estate developers can indeed notice such a trend. Indian homebuyers are moving away from focusing only on location and are instead looking at lifestyle, convenience and how well the home will work for them in the long term. While connectivity, closeness to workplaces, and easy access to basic services are still important to buyers, they are also looking at how good their daily life is. More and more, things like large rooms, natural light, green areas, amenities, safety, and the quality of the community's infrastructure are influencing people's decisions to buy homes, says Ankita Luharuka, CEO, Alliance City Developers.

No longer just a financial investment

Indian families' goals are changing and a home is no longer just seen as a financial investment. "It's also seen as an extension of a person's lifestyle and the well-being of their family. People who are buying homes are becoming more aware of how they meet their work, play, health and social needs. So, the focus is shifting from just choosing a spot that is easy to get to finding a development that offers a more complete place to live," she says.

Functional design getting more attention

One big change that Luharuka finds is that functional design and usable room are getting more attention. "People who are buying homes aren't just looking at the size or shape of the property; they're also considering how well the space is planned. Layouts, ventilation, privacy, storage and flexibility are becoming important considerations, particularly for families whose professional and personal activities increasingly overlap at home," she points out. As a result, developers are being encouraged to design residences around real lifestyle requirements rather than relying only on conventional formats.

Amenities getting more weightage

Amenities are also becoming an important part of the decision-making process, although buyers are increasingly evaluating their practical value, says Luharuka. "Landscaped areas, exercise zones, recreation areas, and play areas for kids all need to make a difference in the daily lives of the people who live there. The focus is shifting from how many amenities there are to how good they are, how useful they are and how long they last," she remarks. Developers are finding that a lifestyle-led development must therefore balance aspiration with functionality and affordability.

NSE to conduct a special session today: Know the reason, can you participate?

Kolkata. (Agency)

The Indian stock market is closed every Saturday, but today it will open for a special session. However, it will be a special test session. The exchange will test its business systems and disaster response systems. The

aim is to assess its preparedness to operate the market remotely in the event of an emergency, with extended trading hours. However, this will not be a normal trading day. Activities during this time will be for testing purposes only. NSE periodically conducts test sessions to assess the robustness of its business systems. A similar test will be conducted today. The purpose is to assess whether the

exchange's services can continue uninterrupted in the event of a technical problem or emergency. Such testing helps the exchange identify any deficiencies in its business systems, communication systems, and disaster preparedness, enabling rapid recovery during the business day if necessary.

Implication for ordinary investors

This activity on Saturday will not be typical of normal stock market trading. Therefore, investors should not

consider it a regular trading day. It is primarily being conducted to test the business systems of the exchange and its members.

NSE will examine its systems

During this test, NSE will examine its trading systems, communication systems, and other technical facilities.

The exchange will also assess its ability to transfer business between its main site and a second disaster-resilient site. The purpose of disaster recovery is to ensure that business operations can be resumed from a secondary site in the event of a technical issue at the main site. This helps reduce the risk of prolonged market disruption. Test also to

be conducted at NSE International Exchange. Test sessions will also be held at the NSE International Exchange (NSE IX) on September 26 and 27. The purpose of these sessions is to test the 21.5-hour long operation and emergency preparedness. During this phase, the business system's capabilities and operational readiness will be tested in various stages. The re-entry process will also be tested on September 27th between 4:00 PM and 4:30 PM.



Zee seeks action against Reliance-Disney's JioStar over copyright breach

Zee has alleged JioStar continued using its music and songs despite a Delhi High Court injunction, escalating the copyright dispute between the companies

New Delhi. (Agency)

India's Zee Entertainment has asked the Delhi High Court to initiate contempt proceedings against Reliance-Disney joint venture JioStar, alleging it continued to use copyrighted content despite a court injunction, a legal filing shows. The filing, dated September 21, escalates an ongoing copyright dispute between the companies. Zee alleges JioStar is guilty of "wilful disobedience" because it continued using Zee's music and songs in programmes broadcast on its platforms despite a court order barring such use. JioStar, formed from the \$8.5 billion merger of Reliance and Disney's



Indian media assets in 2024, declined to comment. Zee did not immediately respond to requests for comment. The copyright case was heard on Friday. A source aware of the details of Friday's court hearing told Reuters the Delhi High Court asked JioStar for a response to Zee's latest allegations and the case will

be heard next in December.

The lawsuit began in April when Zee sought \$3 million in damages, citing 50 alleged copyright violations involving content from its music division. In May, the Delhi High Court ordered JioStar not to "use, publish, broadcast, stream, upload" any of Zee's licensed works.

JioStar's lawyers have previously told the court the alleged infringements were "unintentional" and "purely residual in nature". The company said in May that it had removed a substantial volume of Zee content following the expiry of licensing agreements. In its latest filing, Zee cited six instances between May and July that it said showed the continued use of its copyrighted works by JioStar. JioStar is "illegally and actively exploiting" the works, Zee said in the filing. The case is one of several copyright disputes highlighting increasing competition over content rights as India's streaming and broadcasting market consolidates. JioStar, backed by billionaire Mukesh Ambani, is India's largest media and entertainment company. Zee, one of India's oldest broadcasters, is a smaller rival. The Disney-Reliance joint venture has also previously launched a legal battle against Zee, alleging the unauthorised broadcast of popular Bollywood movies at a time when JioStar held the rights to the content.

NEWS BOX

19 people die over 2 days after drinking spurious liquor in Nagaland, SIT formed

BENGALURU(Agency).

At least 19 people have died in Nagaland over the past two days after allegedly consuming spurious liquor, news agency reported. Police have formed a Special Investigation Team (SIT) to investigate the deaths and trace the supply chain of suspected adulterated liquor in the state, where a prohibition law has been in place since 1990.

Mokokchung district reported eight deaths, while Tuensang district reported 11 deaths following the consumption of suspected illicit liquor, police said. Senior Superintendent of Police Vesupra Kezo said on Saturday that the SIT, headed by Additional Superintendent of Police I Bunglang Chang, has been constituted to investigate the deaths and trace the source and supply chain of the suspected adulterated liquor.

Police have sent samples to Guwahati for forensic examination to ascertain the cause of the deaths. "We have obtained some leads, but it is too premature to disclose details," Kezo said. Following the deaths, police conducted multiple raids, arrested 19 people and seized close to 3,000 bottles of liquor. Police have advised people to refrain from consuming unidentified, unlabelled or suspected illicit liquor. They also urged anyone who develops symptoms such as dizziness, blurred vision, breathing difficulties or loss of consciousness after consuming alcohol to seek medical care immediately.

Contractors quote up to 38% below estimates for GCC works; councillors flag quality concerns

BENGALURU(Agency).

Contractors quoting up to 38% below the estimated cost of civic works drew criticism at the Greater Chennai Corporation (GCC) council meeting on Friday, with councillors questioning whether the savings are coming at the cost of quality.

Tondiarpet zonal chairman Nethaji U Ganesan said contracts for drain desilting and road patchwork had been awarded at nearly 35% and 37% below the estimates, respectively. He told that drains expected to yield 10 bags of silt were yielding only eight, and alleged that poor-quality cement was being used. Mayor R Priya said the problem extended across zones with bids coming in at 25% to 38% below estimates. She urged commissioner GS Sameeran to introduce a lower limit for bids based on the nature of the work, to which Sameeran responded that these were open tenders.

In response to councillors' questions on why works had not begun despite work orders being issued, or were being cancelled, Sameeran said the corporation owed contractors nearly Rs 2,300 crore. Capital works worth nearly Rs 1,970 crore beyond the budget had been taken up the previous year, under the DMK government, he said.

The state government had approved Rs 300 crore in loans and Rs 900 crore as ways and means advance is under consideration. However, this would still be insufficient to clear contractors' dues, with GCC facing daily difficulties to ensure wage settlements, he said, adding that the cancelled works would be reintroduced in phases once the financial situation improves.

50th edition of Chennai book fair to start on January 7

CHENNAI(Agency).

The 50th edition of the Chennai Book Fair will be held from January 7 to 19 at the YMCA Grounds in Nandanam. The Booksellers and Publishers Association of South India (BAPASI) will organise the event. The logo and website for the golden jubilee edition were unveiled by Speaker JCD Prabhakar in Chennai on Friday.

Speaking at the event, BAPASI president RS Shanmugam said the state government has sanctioned Rs 1 crore as financial assistance to BAPASI for the golden jubilee edition, up from the Rs 75 lakh last year. The association has also planned several special initiatives, including inviting Nobel Prize-winning authors in literature to the fair.

Prabhakar said he has asked BAPASI to honour the three people who visit Chennai's libraries the most. He also urged the association to conduct speech and writing competitions in schools to familiarise students with the book fair and said he would bear the cost of prizes for the competitions.

Tamil Nadu Textbook and Educational Services Corporation chairman Mani said the corporation would donate 1,300 books for the proposed library. "I will also take the proposal to the CM to form a committee to select unpublished books and publish 1,000 of them," he said. The Chennai Book Fair was started in 1977 through the efforts of KV Mathew. The 49th edition, held in January this year, drew around 20 lakh visitors, with about 50 lakh books sold across nearly 1,000 stalls.

Duronto Express windows shattered in stone-pelting incident in Maharashtra

Stone pelting was reported on the Nagpur-Mumbai CSMT Duronto Express after Borkhedi Station, cracking windows of three coaches. No passenger was injured, while a case has been registered and the probe is underway.

Mumbai(Agency).

Nagpur-Mumbai CSMT Duronto Express stone-pelting incident: A stone-pelting incident was reported on the Nagpur-Mumbai CSMT Duronto Express (train number 12290) on September 25, 2026. The incident took place after the train passed Borkhedi Station in Maharashtra (about 35 km from Nagpur) at around 8:27 pm. The stone or another object thrown from outside hit the windows of coaches A-1, B-2 and B-5, causing the window glasses to crack. No passenger was injured in the incident.

RPF and GRP conduct search

According to Dr Swapnil Nila, Chief Public Relations Officer (CPRO), Central Railway, after receiving information about the incident at around 8:46 pm, RPF and GRP personnel carried out a search in the Borkhedi-Sindhia section, covering the stretch between Km 803 and Km 796.

"The nearby areas of Borkhedi and Brahmani villages were also checked, and the Police Patil and local residents were questioned. No suspicious person or

concrete evidence was found," the CPRO said.

Enquiry underway to identify exact location

The railway official said that escort staff and passengers confirmed that a stone or object had struck the train's windows from outside



at around 8:27 pm. He said that further enquiry is continuing to ascertain the exact location from where the stone was thrown.

Case registered against unknown person, probe underway

A case has also been registered in connection with the incident. The railway official also stated that at around 2:55 am on September

6 months, 4 slain Punjab police officers, and a supply chain police can't crack

Amritsar(Agency).

A covert threat looms on law enforcers in Punjab as four Punjab Police officials have been shot dead in cold blood and one left injured in the past six months. With a few of the perpetrators 'neutralised' and others arrested, some police officials claim that "handlers based in Pakistan" are behind these attacks, allegedly using an already laid out supply chain and smuggling network.

Police sources say that these handlers target local drug addicts and unemployed individuals to carry out the attacks — supplying them with weapons and asking them to record the act — in return for financial gain.

The first incident

The series of killings began on February 22, when Assistant Sub-Inspector (ASI) Gurnam Singh and Home Guard Ashok Kumar were shot at close range in Gurdaspur — barely a kilometre from the zero line between India and

Pakistan. Police were quick to claim the involvement of Pakistan's ISI, alleging that local men had been recruited and paid to carry out the killing. Three suspects were identified. Two — Dilawar Singh and Inderjit Singh —



were arrested. The third, Ranjit Singh, was killed in a police encounter.

Only Inderjit Singh had a previous police record. Dilawar and Ranjit — were working in Delhi — were lured by the promise of quick

money. Later, police named Sukhjinder Singh, alias Heera — a local businessman — as the financial conduit for the operation, accusing him of routing Rs 8 lakh on the instructions of a handler abroad and charged him under UAPA's

terror-financing provisions.

By the time the final chargesheet was filed on June 8, police had reversed course — stating no evidence had been found against him and seeking his discharge — even as internal records reportedly indicated investigators had built a detailed evidentiary trail. The supply of the weapon used in the killing was never explained.

Claims by Tehreek-e-Taliban

Three months later, on May 24, ASI Joga Singh, a 54-year-old traffic officer with 35 years of service, was intercepted and killed by two motorcycle-borne shooters on the Fatehgarh Churian-Majitha road. No arrest has been made in the case.

Rs 5-crore bribery demand case | Court lifts interim restraint on retired HC judge from publishing or sharing material

While transferring the investigation to a senior police officer, The High Court specifically said it was not determining the truth of the allegations at that stage.

Chandigarh(Agency).

A district court in Chandigarh on Friday lifted "interim restraint" on retired judge of the Punjab and Haryana High Court Justice Ranjit Singh, which had prohibited him from publishing or sharing material related to an alleged Rs 5-crore bribery demand, observing that a person approaching the court must come with "clean hands".

On September 8, the court had restrained Justice Ranjit Singh, who heads the Punjab Human Rights Organisation (PHRO), SAD leader Bikram Singh Majithia, and Congress MLA Sukhpal Singh Khaira from publishing, circulating, or making any "unverified defamatory content" over an alleged bribe demand by Punjab Chief Minister Bhagwant Singh Mann's wife Gurpreet Kaur to secure the release of an

accused in a rape case. Civil Judge (Junior Division) Dr Prikshit of Chandigarh District Court had passed the order on a suit filed by Gurpreet Kaur on September 8 after the retired High Court judge — in a TV programme — and others made comments about the alleged Rs 5 crore bribe demand by Kaur. Gurpreet Kaur had alleged that Justice Singh, Majithia and Khaira made baseless and defamatory allegations against her and circulated them on social media, damaging her reputation. Justice Singh subsequently challenged the order, arguing that the complete context of his remarks had not been placed before the court. Challenging the order, Justice Singh's counsel Charanjit Singh Bakshi told the court that Justice Singh had not independently made any allegation against



Gurpreet Kaur at the press conference, and that he had only referred to allegations contained in proceedings before the High Court. The counsel placed before the court the complete video of a press conference

held on August 20, along with a relevant Punjab and Haryana High Court order. After watching the complete press conference, the court found that Justice Singh was not claiming personal knowledge of any alleged demand of Rs 5 crore, and was rather referring to allegations made in a petition pending before the High Court.

The court, thus, observed that Justice Singh, as the chairman of a human rights organisation, was dealing with an issue concerning alleged human rights violations and referring to the matter in that context.

The court also noted that the petitioner had not disclosed certain material facts, while seeking the ex-parte relief. "A petitioner, who conceals important facts from the court, cannot question the conduct of another person, the court observed.

Durga Puja, Diwali, Chhath 2026: 418 special trains from Mumbai announced, check routes and dates

Central Railway will run 418 special trains from Mumbai for Puja, Diwali and Chhath 2026. Check train routes, dates, timings and booking details.

Mumbai(Agency).

Central Railway special trains 2026: As the festive season approaches, Central Railway (CR) has announced 418 special train services to manage the expected rush during Durga Puja, Diwali and Chhath 2026. These trains will connect Mumbai and other cities with several destinations across Maharashtra, Uttar Pradesh, Bihar, Karnataka, Tamil Nadu, Kerala and other states.

According to Dr Swapnil Nila, Chief Public Relations Officer (CPRO) of Central Railway, these special trains will include services from CSMT (Chhatrapati Shivaji Maharaj Terminus), Lokmanya Tilak Terminus (LTT), Pune, Hadapsar and Nagpur, among other stations.

Mumbai-Gorakhpur special trains

Central Railway will run daily special trains between CSMT Mumbai and Gorakhpur, with a total of 64 services.

Train 01079 will leave CSMT at 10:30 pm daily from October 16 to November 16, 2026, reaching Gorakhpur at 10 am on the third day. The return train 01080 will leave Gorakhpur at 2:30 pm daily from October 18 to November 18, 2026, reaching CSMT at 12:40 am on the third day.

The trains will halt at major stations including Dadar, Thane, Kalyan, Nashik Road, Manmad, Jalgaon, Bhusaval, Khandwa, Itarsi, Bhopal, Bina, Jhansi, Orai, Kanpur Central, Lucknow, Gonda, Mankapur, Basti and Khalilabad.

Mumbai-Chennai AC special trains

A total of 12 weekly AC special services will operate between CSMT Mumbai and



Chennai Beach. Train number 01015 will leave CSMT at 12:35 am every Wednesday from October 14 to November 18, 2026. The return train 01016 will leave Chennai Beach at 4 am every Thursday

from October 15 to November 19, 2026.

The service will halt at stations including Pune, Solapur, Kalaburagi, Raichur, Mantralayam Road, Guntakal, Kadapa, Renigunta, Arakkonam and Perambur.

Mumbai-Bengaluru AC special trains

Central Railway will also operate 14 weekly AC special services between CSMT Mumbai and SMVT Bengaluru. Train number 01013 will run every Saturday from October 10 to November 21, 2026, while train number 01014 will run from Bengaluru to Mumbai every Sunday from October 11 to November 22, 2026.

The trains will cover important stations such as Pune, Satara, Karad, Sangli, Miraj, Belagavi, Dharwad, Hubballi, Davangere and Tumakuru.

NEWS BOX

DDCA joint secretary raises concerns over Delhi selector, support staff appointments



New Delhi. (Agency)

Delhi & District Cricket Association (DDCA) joint secretary Amit Grover has formally raised reservations over the proposed appointments of Varun Sood and Manu Nayyar as part of the Delhi cricket setup, questioning whether they meet the prescribed eligibility criteria.

In an email sent to members of the Cricket Advisory Committee (CAC) on Friday, a copy of which TimesofIndia.com has, Grover said he wanted to place his concerns on record before the selection process concluded. He urged the committee to examine the relevant records and applicable rules before making any final decision on the proposed appointments. The email is addressed to members of the CAC and copied to the DDCA top brass.

"With regard to the proposed appointments of coaches and selectors, I wish to formally place on record my reservations concerning the proposed appointment of Mr. Varun Sood and Mr. Manu Nayyar, particularly with regard to their eligibility and compliance with the prescribed criteria," Grover wrote in the email. Manu Nayyar has been appointed as selector for the senior men's team and Varun Sood as assistant coach for the men's U-19 team. It is worth noting that there was an issue with Nayyar's availability last season as he was reportedly missing due to commitments in an overseas league, when the teams were being picked at DDCA.

"All the rules have been followed diligently. Everyone who has been appointed has played cricket at the highest level. They have been in the system for a long time. Manu Nayyar is yet to complete his five-year term, whereas Varun has recently retired from playing cricket and knows a thing or two about how modern-day cricket functions. We are all thinking about the betterment of Delhi cricket, and these accusations are needless," said a recipient of the email.

TimesofIndia.com reached out to DDCA secretary Ashok Sharma for a comment but received no response.

If I didn't get medal in Asian Games, it would have been waste of time to shift to marathon: Barwal



NAGOYA. (Agency)

The shift to the marathon early this year proved decisive for Sawan Barwal as he won an Asian Games silver on Saturday, and he said it would have been a "waste of time" had he not won a medal here.

Barwal ran a stunning marathon race to hand India an unexpected silver, shattering his own national record in the process.

He clocked 2 hour, 11 minute and 37 seconds to complete the distance of 42.195 km. In fact, it was his second national record in as many races.

In April this year, he broke Shivnath Singh's 48-year-old national record in Rotterdam, with a time of 2:11:58, in only his first marathon race of his career.

This medal is very precious for me. I have been training and competing for 15-16 years. If I didn't get this medal, it would have been meaningless and a waste of time.

This is a very big achievement for me," the 28-year-old Army man told PTI after the race. Hailing from Joginder Nagar in Mandi district of Himachal Pradesh, Barwal's father Kuldeep worked as a driver in New Delhi while mother Subhadra Devi is a homemaker. Barwal has been a runner for over a decade, but his initiation to running happened by chance after a visit to a track near home. His elder brother was on the school's track team. Watching from the sidelines, he was roped in to train for 1500m at the age of 14. His first national level event was in U18 category in 2015, a 3000m race. His first senior level race was in 2021 in the Federation Cup in 5000m.

He won both the 5,000m and 10,000m gold in the 2025 National Games in Dehradun. In 2019, he joined his elder brother in the Army, under the sports quota. He made the shift to marathon on the advice of his coaches -- Younis Khan at the Army Sports Institute in Pune and Ajith Markose at the Reliance Foundation -- after his VO2 max (maximum oxygen uptake) was found to be high, which would make him a very good in the 42.195 km.

Asian Games 2026: India women clinch Kabaddi Gold after thrilling win over Iran

New Delhi. (Agency)

India women's team defended its Kabaddi gold medal with a strong performance against an impressive Iranian side in the Asian Games 2026 final at the Tokai Citizen Gymnasium here on Saturday. The Indian team clinched their fourth Kabaddi gold in the history of the Asian Games with a 37-34 win over 2018 champions Iran. This is India's fourth women's Kabaddi gold and third for the Indian contingent at the ongoing Asian Games. The Women in Blue held their nerve in a thrilling gold medal match. They kept a lead for the majority of the final and went to the first half break with a scoreline of 22-16. The Iranian women gave the Indian women a good run and pushed them to the limits in the second half, collecting 18 points in reply to India's 15. However, the Women in Blue had done enough to seal the contest 37-34. The contest began on a close note with the two teams level on 5-5 after four minutes into the first half. Iran took the lead at 6-5 with a super ankle hold on India's Sanju. The two teams remained close in the next few minutes too, with Pooja bringing a point and Iran left with one player. India inflicted the



first all-out when Bhavna Devi tackled the raider for a 13-10 lead for India. India's Nikita then produced a multi-point raid to give the defending champions a 15-10 lead before Sanju Devi earned three points for a bonus plus two. At the end of the first half, India had an arm's distance against the

Iranians with a 22-16 lead. The second half also saw some close battles on raids and defence. Iran ramped up a few points to reduce India's lead to three points. Indian were left with two players on the mat and unleashed a solid tackle to take a 25-20 lead with 10 minutes to go. Iran did not give up

anytime soon, with Zahra Karimi putting some crucial tackles as India were not allowed to run away with the game. Iran also inflicted an all-out on India with Madadi bringing two points to close the 27-26 in favour of India with eight minutes remaining on the timer.

Hardik Pandya out of New Zealand series due to fresh injury, absence extends to 5th month

New Delhi. (Agency)

All-rounder Hardik Pandya's absence from the Indian national team is set to enter its fifth month. The all-rounder has sustained a fresh injury to his right shin and is set to be ruled out of the white-ball tour of New Zealand. Pandya's 'Return To Play' date was set for September 20 and, accordingly, the selectors picked him for India A for the upcoming One-Day series against Australia A, starting October 6. The all-rounder, however, will now be ruled out of the tour of New Zealand, which starts on October 22. India are playing five T20Is, five ODIs and two Tests in the bilateral series. "This is very unfortunate but Hardik's latest scan reports have revealed an injury to his right shin. He has been advised complete rest for a period of two weeks. BCCI's medical panel head Dr Dinshaw Pardiwala has seen his reports and on his return from Japan, will assess him and decide on when



he can start his rehabilitation," a BCCI source tracking COE developments told PTI on condition of anonymity. Hardik Pandya last played a competitive match in the Indian Premier League on May 24. Since then, he has missed the home series against Afghanistan (ODI + T20I), the tour of Ireland and England, and is in line to miss the home ODI series against West Indies as well. The fresh development only adds to that list.

HARDIK PANDYA MISSES ASIAN GAMES

It is understood that the BCCI wanted Pandya to travel with the squad to Japan for the Asian Games and the BCCI's operations team had taken his passport for visa-related work. However, just before the start of the Afghanistan T20 series, he suddenly developed a shooting pain around his knee while doing his fielding drills. He took a break and decided to take a few days' rest. However, just as he was ready to get a fitness certificate, the pain resurfaced and scans revealed that there was an injury. The 32-year-old Pandya has been based in Bengaluru since the end of the IPL and now trains at the Centre of Excellence after relocating to the Garden City. But over the course of the last four months, at least thrice, during the Afghanistan ODIs, England T20Is and now Australia A, the all-rounder has suffered a fresh niggle that has proved to be an impediment to his comeback.

Who is Sawan Barwal? Himachal man busts marathon misconception to win Asian Games silver



New Delhi. (Agency)

There was a misconception Sawan Barwal had heard before he started running marathons.

"Running 2:12 or 2:13 was very difficult for Indians." For someone who had spent most of his career on the track, it might have been an observation worth ignoring. Instead, Barwal took it as a challenge. On Saturday morning in Nagoya, in only his second competitive marathon, the 28-year-old went out and showed just how quickly that perception could change. Barwal won the Asian Games silver medal in 2:11:37, breaking the national record he had set in Rotterdam earlier this year. Japan's Ichitaka Yamashita won gold in 2:10:49, while China's Peiyu Feng took bronze in 2:12:13. This is for India. The medal was important. In the end, the Japanese seized the opportunity and raced away. I did try," he said after the race. It was more than a silver medal. India had waited 44 years for a men's marathon medal at the Asian Games, since Hosur Kukkappa Seetharan won bronze at the 1982 Delhi Games. And Barwal had now broken the national record twice in the same year. The first time, in Rotterdam, he brought down Shivnath Singh's 48-year-old mark of 2:12:00, running 2:11:58. In Nagoya, he took another 21 seconds off his own record. The remarkable part is that Barwal does not see 2:11:37 as the limit. His coach Surender Singh believes he can break 2:09. Barwal himself has already set his next target at 2:07 or 2:08.

"I think after the Asian Games, I can target 2:07 or 2:08," he had told India Today. In before the Asian Games. For now, though, the medal mattered more than the clock. The race, as it turned out, demanded exactly the kind of patience and mental strength Barwal had been warned about.

Manchester City found guilty of Premier League charges, set to appeal: Reports

MANCHESTER. (Agency)

Man City found guilty of Premier League charges, set to appeal: Manchester City have been found guilty of all but one of 115 Premier League charges for breaching financial regulations, according to reports on Friday, in a ruling that will send shockwaves through English football.

No sanctions have yet been decided and it is understood the club are set to appeal.

The Premier League declined to comment when contacted by AFP over the latest developments in the case, reported first by the Athletic. City have dominated English football for more than a decade but their reputation is on the line and they face potentially swingeing sanctions after a process that has taken two years.

The Abu Dhabi-backed club were charged by the Premier League in 2023 following an investigation into alleged breaches of rules between 2009 and 2018. A hearing by an independent commission started in

September 2024. City were accused of failing to provide accurate financial information and details of payments to players and coaches, as well as breaches



of financial sustainability rules. They were also charged with failing to cooperate with an investigation.

The club strongly denied all charges at the time and said their case was supported by a "comprehensive body of irrefutable evidence". A club spokesperson said

Friday that their position had not changed.

"The Premier League process remains ongoing, with significant elements to be completed, and subject to strict confidentiality. As such, Manchester City FC's position remains consistent with the club's statement of February 2023." The club has diligently respected due process for eight years on the basis that the Premier League board and executive would behave as an independent, impartial and fair-minded regulator, free from partisan influence.

Severe sanctions expected

German outlet Der Spiegel published leaked documents including emails purportedly sent between top City executives in 2018. It alleged the documents showed the club had inflated sponsorship revenue from Abu Dhabi state-controlled airline Etihad and telecoms firm Etisalat by disguising direct investment from Sheikh Mansour's Abu Dhabi United Group as income.

Shubman Gill injury scare ahead Of 1st ODI vs WI, Hit by Siraj in nets

CHENNAI. (Agency)

India have been handed an injury concern just two days before the start of their three match ODI series against West Indies, with captain Shubman Gill struck on his right elbow during a net session at the Greenfield International Stadium in Thiruvananthapuram. Gill was batting against Mohammed Siraj when a delivery from the fast bowler hit him on the elbow. The India captain immediately appeared uncomfortable and left the practice area for medical attention. Siraj also went across to check on his teammate following the blow. The latest report from Cricbuzz states that Gill received treatment from the physio and did not return to batting practice. The timing of the setback makes it particularly significant for India. The opening ODI against West Indies is scheduled for September 27 in Thiruvananthapuram, leaving Gill with limited time to recover before the series begins. The three ODIs will be followed by a five match T20I series.

Gill's Elbow Injury Raises Concern

According to the report cited in the original story, Gill required bandaging on his right elbow after being struck by Siraj.

Veteran batter Rohit Sharma subsequently checked on the India captain, who was unable to continue his batting practice because of the pain. Cricbuzz reported that Gill spent around 45 minutes receiving attention after the incident. The India skipper had been preparing for a significant ODI assignment, making the injury an unwelcome development on the eve of the series. Gill's presence is particularly important because he has been entrusted with leading India in the ODI format. The BCCI confirmed his appointment as captain when it announced the squad for the West Indies series on September 16. KL Rahul has been named vice captain.

Gill's ODI Numbers Under The Spotlight

The West Indies series also comes at an important stage in India's preparation for the

2027 ODI World Cup in South Africa.

Since taking charge as India's ODI captain,



Gill has accumulated 604 runs from 11 innings at an average of 67.11 and a strike rate of 107.85. His tally includes one century and five fifties. The upcoming series will therefore provide Gill with an opportunity to strengthen his credentials as both batter and captain, particularly after India's series loss on the England tour.

Who Could Open If Gill Misses Out?

India have several alternatives if Gill is

unable to recover in time for the series opener. Yashasvi Jaiswal is the most obvious replacement at the top of the order. He scored a century in India's ODI series against Afghanistan, while Gill moved down to No. 4 during that series because Virat Kohli was unavailable through injury.

Ruturaj Gaikwad is another option in the squad. However, his previous ODI century came while batting at No. 4. With Shreyas Iyer away on Asian Games duty, Gaikwad is also expected to be considered for that middle order position. If Gill is ruled out of the opening game, KL Rahul could take over the captaincy responsibilities. Rahul is India's designated vice captain for the series.

India vs West Indies ODI Squads

The BCCI has named Shubman Gill, Rohit Sharma, Virat Kohli, Ruturaj Gaikwad, KL Rahul, Dhruv Jurel, Nitish Kumar Reddy, Ravindra Jadeja, Kuldeep Yadav, Prasidh Krishna, Gurnoor Brar, Mohammed Siraj, Aaqib Nabi, Yashasvi Jaiswal and Naman Dhir in India's ODI squad.

Sonal Chauhan

Says Jannat Tag Does Not Bother Her: 'It's Beautiful That People Still Remember Zoya'

Nearly two decades after Jannat made Sonal Chauhan a familiar face to Hindi film audiences, the actress still finds herself being addressed as the "Jannat Girl" or by her character's name, Zoya. Far from feeling boxed in by the association, Sonal says she considers it a rare privilege for an actor to be remembered so strongly for a debut performance.

What has delighted her lately, however, is a new name entering the conversation. Following her appearance as Mumtaz in Mirzapur The Movie, Sonal says audiences have begun identifying her with that character too, something she sees as an important achievement in her career.

Sonal Chauhan On Being The 'Jannat Girl'

Speaking to , Sonal reflected on the enduring affection for Jannat and said she has never looked at the tag as something she needs to distance herself from. "I love being called the Jannat Girl. I think very few actors get what I got in my first film," she said. Sonal added that audiences continuing to remember her as Zoya all these years later only makes the experience more special for her.

"Till today, I am called by my character's name, or I'm known as the Jannat Girl, and why would I mind it? I think it's just beautiful that in my first film, I got so much love that the audience is still not over it," she said.

But there has now been a noticeable change. After Mirzapur The Movie, Sonal says people have started calling her Mumtaz instead.

"After all these years, I would not have it any other way. I love being called the Jannat Girl, but what I'm really enjoying right now is that earlier, I used to be called Zoya and now everyone's calling me Mumtaz," she shared.

'It's The Biggest Achievement For An Actor'

For Sonal, audiences remembering the character rather than simply the performer is a particularly meaningful compliment. "I think for an actor, it's the biggest achievement when they are being called by their character name, which means that I've done something right, that they're seeing me as a character and they are associating me with that name," she said.

The actress sees the transition from being remembered as Zoya to now also being recognised as Mumtaz as evidence that viewers have responded to a newer part of her filmography.

Sonal Chauhan Praises Emraan Hashmi

Sonal also spoke warmly about her Jannat co-star Emraan Hashmi, who has returned to the Awarapan universe with Awarapan 2.

'Woh Rutba, Woh Junoon': Ranbir Kapoor Looks 'Smoking Hot' In First Look Of Love & War | See Poster



The excitement around Sanjay Leela Bhansali's Love & War, starring Ranbir Kapoor, Alia Bhatt and Vicky Kaushal, is growing. Today, the makers dropped a fresh poster featuring Ranbir Kapoor in a never-before-seen avatar, offering a peek into the world SLB has been building for a long time.

The poster shows Ranbir Kapoor looking completely macho, driving an open car with one hand while the other rests on the door. The poster shows his hand drenched in blood, with what looks like a bullet wound on his bicep. The actor has kept a simple yet smart moustache look for the film and is seen wearing a light-coloured T-shirt in the poster and smart sunglasses. The caption of the post reads, "Woh rutba, woh raub, woh junoon! Sanjay Leela Bhansali's Love & War on 21st January 2027 See you at the movies!"

Netizens react to Ranbir's look

The new asset has left the audience wanting more as they rush to the comment section to react to the new poster. One wrote, "The kind of first look that makes you stop scrolling." "Ranbir Kapoor with all his charm, is back!!!! And we are seated for i," another user commented. A third fan shared, "Give this man anything & he is still gonna look SMOKING HOT." "ERA OF RANBIR KAPOOR," one wrote. "Ohhhmyyyfuckinggoddd!!!! It is heareee," a comment reads.

Starring Ranbir Kapoor, Alia Bhatt and Vicky Kaushal, Love & War will be released in Hindi, Tamil and Telugu. Bhansali had initially planned a Summer 2026 release, but production timelines were pushed back. Ranbir Kapoor later confirmed during an Instagram Live session that the film would arrive after Ramayana Part One releases in October.

Alia-Ranbir-Vicky's Work Front

Away from Love & War, all three stars have packed schedules ahead. Ranbir Kapoor is gearing up for Ramayana, in which he stars as Lord Ram. The movie is slated to hit theatres on Diwali 2026. Alia Bhatt, on the other hand, recently graced theatres with her YRF spy thriller Alpha, alongside Sharvari. Vicky Kaushal is currently in the headlines as he will be seen in Mahavatar, where he will play Chiranjeevi Parashurama.

Samay Raina's India's Got Latent In Trouble Again; Complaint Filed Against Mukesh Chhabra, Netflix India: Report



Samay Raina's show 'India's Got Latent' has once again landed in trouble after a complaint was filed against casting director Mukesh Chhabra and Netflix India for alleged inappropriate language being used on the show.

Complainant Anurag Shrivastav has alleged that he arrived in Mumbai on the evening of September 22, 2026, and while watching Netflix on his laptop in the hotel room, he saw the 'India's Got Latent' episode that had actor Nawazuddin Siddiqui, actor and YouTuber Bhuvan Bam, casting director Mukesh Chhabra, and stand-up comedian Kautubh Agarwal, alongside host Samay Raina as part of the panel.

As he was watching the episode, the complainant came across some allegedly objectionable statements and realised their serious social impact. During the episode, Mukesh Chhabra allegedly said, "Mere Aaram Nagar mein aao, g*****."

"In the said episode, Mr Mukesh Chhabra appears as a panel member. While watching the program, he was allegedly heard using highly inappropriate, objectionable, and sexually suggestive language, stating: 'Mere Aaram Nagar mein aao, g*****'," read the complaint.

"The authenticity of this statement, the identification of the voice/person, the complete context, and the exact timestamp need to be verified from the original and unedited recording," it went on.

The complainant further stated that if the authenticity of this statement is proven, it poses a huge question on the dignity of the viewers and cyber security of children.

The complainant further demanded the investigation of Netflix's role in this. It was further asked on what basis such content was allowed on the streaming platform. An investigation into the role of Monika Shergill, Netflix India's content chief, was also demanded.

Alia Bhatt

Gushes Over Ranbir Kapoor's First Look From Love And War: 'Hey Handsome'

Adding to the excitement for Sanjay Leela Bhansali's 'Love & War', the makers unveiled actor Ranbir Kapoor's first look poster from the much-anticipated drama on Thursday.

Ranbir's better half and co-star, Alia Bhatt, lauded his initial glimpse of 'Love & War'. Alia dropped the first look poster on her official Instagram handle, along with a sweet caption that read, "Hey Handsome.. Love & War in cinemas, January 21, 2027 (sic)."

Ranbir's other co-star, Vicky Kaushal, also matched the enthusiasm. Giving a shoutout to Ranbir, he mentioned on his account, "Love. War. And everything in between. Sanjay Leela Bhansali's Love & War See you on 21.01.2027 (sic)."

The poster shows Ranbir flaunting a rugged look as he poses with a blood-stained sleeve and a bullet mark on his shirt.

In both these posters, Ranbir was seen with a serious expression on his face as he posed sitting inside a car. Dropping Ranbir's initial from 'Love And War', the makers wrote on social media, "Woh rutba, woh raub, woh junoon! Sanjay Leela Bhansali's Love & War on 21st January 2027 See you at the movies! #LoveAndWar @saregama_official #RanbirKapoor @vickykaushal09 @aliaabhatt."

It must be noted that 'Love & War' was originally announced for a Christmas 2025 release. However, its release was subsequently pushed to March 20, 2026. Now, the makers have confirmed January 21, 2027, as the new release date for the forthcoming love drama.

The project marks Ranbir and Sanjay Leela Bhansali's reunion after the former's Bollywood debut 'Saawariya', which came out in 2007.

Before this, Alia had collaborated with the acclaimed



filmmaker for the 2022 biopic 'Gangubai Kathiawadi'. On the other hand, this is Vicky Kaushal's primary professional association with the director. 'Love & War' is expected to be out in cinema halls across the world on 21st January 2027, in Hindi, Tamil, and Telugu.



NEWS BOX

Congo plane crash kills 14, including 2 senior military officials

KINSHASA, Congo.(Agency)

At least 14 people, including two senior military officials, have died in a plane crash in Congo, the military said Friday. The two senior military officials are Lieutenant General Mutombo Katalayi Tiende, head of the military court, and Lieutenant General Bakumi Likulia, auditor general of the armed forces. "In addition to the two general officers, twelve members of the delegation and the crew members also lost their lives in this accident," Major General Efomi Ekenge, spokesperson of the Congolese military, said in a statement. The plane was returning to the capital city, Kinshasa, from southwestern Kikwit when it developed a technical fault and crashed in Kenge where everyone on board died, according to local officials. An investigation has been opened to determine the cause of the accident, Ekenge said. Tryphon Kin-Kiey Mulumba, Chairman of the Board of the Civil Aviation Authority, said the cause of the crash is unknown. The Congolese military has been battling scores of rebel groups, including the Rwanda-backed M23 rebel group in the eastern region since last year, after a blitz of attacks that led to the rebel groups seizing key cities.

New Jersey's lieutenant governor resigns after sexual harassment and ethics complaints

TRENTON.(Agency)

New Jersey's Democratic lieutenant governor resigned Friday, pushed out by the state's governor after less than a year in office over accusations of ethics lapses and inappropriate behavior with women. Gov. Mikie Sherrill, also a Democrat, had given Lt. Gov. Dale Caldwell until Friday to resign, seeking to end a scandal that threatened to be a drag on her fledgling administration. Republicans have hammered Sherrill for weeks about the investigation into Caldwell, who served as acting governor in her absence. He also oversaw elections as New Jersey's secretary of state, and his resignation comes weeks ahead of midterm elections that will decide who controls Congress. At a news conference announcing the resignation, Sherrill said she was committed to changing what she called a longstanding problem in state government of people turning a blind eye to sexual harassment. "There has been a culture in Trenton, probably since the birth of our nation, to sweep this under the rug," she said. "That is not the kind of government I'm running," she added. "When I say there is a culture change taking place, I mean it." The governor had called for Caldwell to resign on Thursday after a law firm she hired released a report saying he behaved inappropriately around women. In a statement Friday, Caldwell said he stepped down to keep the controversy from interfering with Sherrill's important work, while maintaining that the matter had damaged his reputation. "My decision to resign should not be interpreted as an acceptance of the report's findings," he said. His attorney, Thomas Calcagni, said they were looking into legal options to challenge the report.

Caldwell's resignation was far from certain

Sherrill picked Caldwell, a Methodist pastor and former president of Centenary University, as her running mate last year. They took office in January, but within four months, Caldwell had become the subject of an anonymous complaint about his behavior with women. Caldwell at first showed no signs he would leave office willingly. In New Jersey, a governor can't fire the lieutenant governor, but Caldwell could have been impeached and removed by the legislature. Sherrill told reporters she'd spoken and texted with Caldwell in recent days, but wouldn't say whether he expressed any remorse.

Trump rejects Iran's 7-day ceasefire plan to reopen Strait of Hormuz

Iranian FM Abbas Araghchi met Trump envoy Steve Witkoff on Tuesday and outlined conditions to end the war and reopen the Strait of Hormuz.

UNITED STATES.(Agency)

Iran offered a plan to reopen the strategic Strait of Hormuz, Tehran said Friday, but within hours reports indicated that US President Donald Trump rejected the proposal. The waterway key to the world's oil supply is central to the conflict between the United States and Iran, which is at a stalemate after nearly seven months.

But new mediation efforts at the UN's gathering of world leaders in New York this week offered some optimism of progress toward a deal. Iran's Foreign Minister Abbas Araghchi met for talks on Tuesday with Trump's envoy Steve Witkoff, and previously set out conditions for ending the war and reopening the vital shipping channel. "Iran has conveyed to the United States, through Qatar, a concrete seven-day plan. If the necessary conditions are met, the strait can be reopened, and normal maritime passage restored within seven days," Araghchi said at the UN. "The choice now rests with the United States. Iran does not accept coercion, threats, or intimidation, and Iran will not surrender its sovereign rights under pressure. However, with hours of his comments The Wall Street Journal reported Trump had rejected the proposal,

citing US officials familiar with the matter. The report noted that the 80-year-old president was skeptical Tehran would meet his demands and added he sees a



renewed bombing campaign as likely.

Trump also posted an image to his Truth Social platform of a map showing the Strait of Hormuz circled and labelled "Trump Strait." Earlier media reports suggested the new plan calls for a

cessation of all hostilities in the Middle East for seven days, including in Lebanon - Frozen assets - It also reportedly calls for the release of frozen Iranian assets estimated to be worth at least \$12 billion, as well as the lifting of sanctions on Iranian oil and an end to the US naval blockade of Iran. On the seventh day of the truce, Iran would reopen Hormuz. Iranian President Masoud Pezeshkian said in an interview with broadcaster CBS that the ceasefire "process will begin from the very day they accept it."

"We had previously reached an agreement based on the MOU that was signed in Pakistan...if the United States agrees to proceed in that way, everything will return to the way it was before," he added. Hossein Mohebi, a spokesman for the Revolutionary Guards, told AFP in an exclusive interview on Tuesday that ending hostilities in Yemen was also among Tehran's demands.

France working on UN resolution for Strait of Hormuz navigation

wold.(Agency)

France is working on a draft United Nations Security Council resolution backing freedom of navigation in the Strait of Hormuz, a U.N. diplomat said Friday. The resolution would reaffirm the need to respect freedom of navigation in the strait, citing its importance for global shipments critical for food and energy security, the diplomat said, speaking on condition of anonymity because discussions on the measure have been private. The proposed U.N. resolution would recall the need to respect the Law of the Sea and support peaceful initiatives aimed at ensuring safe passage in the strait, the U.N. diplomat said. Iran's disruption

of the strait, through which a fifth of the world's traded oil and gas transited before the war, has emerged as its main point of leverage. The



effects have been felt far beyond the Middle East and pose political problems for U.S. President Donald Trump and his Republican Party ahead of November's midterm congressional elections. Trump and French President Emmanuel Macron

discussed the topic on the sidelines of this week's annual U.N. gathering of global leaders, the diplomat said. It also was discussed with Arab nations and Iran. Iranian Foreign Minister Abbas Araghchi confirmed Friday that Tehran put forth a seven-day plan to reopen the Strait of Hormuz and resume talks on its nuclear program if the U.S. meets the conditions it has laid out. Talking to reporters at the U.N., Araghchi said the plan was delivered to Washington through Qatari mediators on the sidelines of the General Assembly. "If the necessary conditions are met, the strait can be reopened and normal maritime passage restored within seven days," he said, adding that seven-day clock would begin when the U.S. accepts the plan.

CNN left off Air Force One for Trump's upcoming trip, White House signals in new media restriction

The news organization was replaced by Real America's Voice News, a conservative outlet, for the president's trip to Knoxville, Tennessee, according to White House guidance.

world.(Agency)

The White House signaled Friday night that CNN would be left off Air Force One for President Donald Trump's Saturday trip, the latest media restriction from the administration in an ongoing dispute with First Amendment implications.

The news organization was replaced by Real America's Voice News, a conservative outlet, for the president's trip to Knoxville, Tennessee, according to White House guidance. Trump is scheduled to attend a college football game between the University of Tennessee and the University of Texas at midday. The news came just after

journalists from three news outlets that Trump banned last week from the White House grounds — CNN, MS NOW and Politico — returned to the executive complex with TV cameras, laptops and microphones in hand. A judge temporarily struck down the ban in an overnight ruling early



Thursday, but his decision didn't directly address the pool. The networks continued to refrain from covering Trump as part of the pool, even as reporters from all three outlets were allowed back in the White House. The temporary order from the judge mentioned only the White House grounds and said nothing directly about Air Force One. Theodore Boutrous Jr., the news

outlets' attorneys, did not immediately respond to an email and phone call from The Associated Press requesting comment Friday night.

Earlier Friday, on "The Lead with Jake Tapper," Boutrous had said the plaintiffs believe the recent court ruling by U.S. District Judge Timothy

Kelly also covers the issue of pool access. For a while during the day, the U.S. network video pool for the White House was back in operation for the first time since Trump banned three news outlets in an extraordinary showdown over media access.

At noon on CNN, viewers could see Trump and Chinese President Xi Jinping touring the National Archives, along with Melania Trump and Peng Liyuan, Xi's wife.

The banner along the bottom of the screen read: "Trump and China's Xi Visit National Archives." It was a routine report from a state visit — but for the fact that CNN had not aired live video of Trump in several days. "As of now, all systems are go," said a person familiar with the pool, speaking on condition of anonymity because of the fluidity of the situation.

From Gaza to Sudan to Nepal, more than 500 million children are in desperate need of education

UNITED NATIONS.(Agency)

In a stifling sixth grade classroom in war-torn Sudan, a very motivated teacher was giving a lesson to 120 very committed children. Among them: an 18-year-old girl uprooted three years ago by fighting, forced into marriage and motherhood too soon, but determined to finish her education.

That wasn't all, Maysa Jalbout, the director of Education Can't Wait, recounted of her visit to the school a few weeks ago. Even with a classroom temperature of 44 degrees Celsius (111 degrees Fahrenheit) and no water or electricity, "She pleaded with me to make sure that her siblings and her cousins and her orphan friends are also able to attend school."

But the school was so small that hundreds more kids waiting outside couldn't get in, Jalbout said. They asked her and the other visitors to deliver a message to build more schools — and she said that's what she has been urging at the U.N.'s annual meeting of world leaders at the United Nations this week. The plight of the more than 500 million children in desperate need of an education has been one of the key issues on the sidelines of the meeting — and the appeal for money to make it possible is having some success. Climate change and conflict are major impediments

Gordon Brown, the former British prime minister is now the U.N. special envoy for global education. He said Thursday that 273 million children are not in school and 270 million others are at school but aren't learning enough to read and write or be proficient in arithmetic by age 11. Many of them are in areas affected by conflict or climate change, he said.

"The message, I think, is clear," he said. "Instead of the world developing only some of the potential of some children in some countries, we must be determined to develop the potential of all children at all times in every country." Governments whose children are not in school must be reminded, he said, that they promised 20% of their spending would go to education, and to remind countries giving aid that in 2015 they signed up for U.N. development goals including achieving quality education for all children by 2030. "We're so far away from the goal."

Brown said it's disappointing that the numbers of children not going to school isn't falling and the message is clear: "If you deny a child the basic right to education, you are doing something that will affect their whole life and, indeed, the life of the family around them." But the gathering of global leaders did produce some results. At an event Wednesday, the Global Partnership for Education said \$3.5 billion was mobilized from partners and funds to support over 90 lower income countries in transforming their education system to provide quality learning.

Bangkok declares flood disaster across city

BANGKOK.(Agency)

Bangkok authorities declared on Saturday a disaster across all 50 districts of the Thai capital after heavy rain for a third consecutive day caused heavy flooding.

The disaster designation, which gives local organisations authority to take action, came after the governor said almost 300



millimetres (11.8 inches) of rain had fallen since Thursday afternoon. "The water keeps coming in. It's hard to go out now. It's like at my waist level now," said Somkid Pheuk-ngam, 67, a vendor who lives near a canal just north of central Bangkok. "I cannot go

anywhere. I have been closing my shop for two days now," she told AFP, adding that while she often gets flooded: "I think this time is worse than the 2011 flood."

Widespread flooding across Thailand in 2011 killed more than 500 people and damaged millions of homes. The rain has fallen almost continually since Thursday afternoon, flooding roads and swelling Bangkok's canals, sending water into many homes and restaurants alongside them, AFP reporters saw. "I woke up to go to work and the street in front of my house was flooded," said motorbike rider Samruay Nakkamnueng in the Ari neighbourhood. "I worried if my motorbike would be able to wade through floodwater this much."

Further southeast, in the On Nut neighbourhood, AFP reporters saw locals wading through knee-high flood waters along a road, as well as filling up sandbags to take home. Bangkok Governor Chadchart Sittipunt said the east of the city was most impacted and warned more rain was forecast. "The rain keeps falling and we are doing our best. We are trying to pump the water out, but the water in canals are full," he said on social media.

US Supreme Court rejects a Trump-backed Missouri congressional map for the third time

JEFFERSON CITY.(Agency)

The Supreme Court on Friday turned away an attempt to use a new Missouri congressional map backed by President Donald Trump, putting an end to a long-running legal dispute as absentee voting is underway in the midterm elections. The justices halted a federal appeals court ruling that would have revived the Republican-friendly map for the November elections, which will determine control of Congress. There were no noted dissents. The Supreme Court instead let stand a decision by the Missouri Supreme Court, which ruled earlier this month that a citizen petition prevents the new map from being used unless first approved by voters in a November referendum. The decision means Missouri residents will vote under the same congressional districts used in the 2024 and 2022 elections. "At this late date, ordering reversion to the 2025 map in the midst of an ongoing election would usher in electoral chaos," the high court wrote in an unsigned opinion. "The District Court and Court of Appeals should not enjoin or otherwise

prohibit the use of the 2022 map in the 2026 congressional election in Missouri." Republicans had hoped the new House map — which already was used in the



August primaries — could help them win an additional seat as part of a nationwide redistricting battle pushed by Trump to gain an edge in the midterms.

The new map had targeted a district held by longtime Democratic Rep. Emanuel Cleaver. "I think my reelection prospects shot up significantly," a jubilant Cleaver said after the Supreme Court ruling.

A panel of the 8th U.S. Circuit Court of

Appeals had ruled Monday that switching districts between the primary and general elections would violate the U.S. Constitution. The panel directed a district judge to bar Missouri from using anything other than the new map but delayed the order's effect until next Monday to allow time for an appeal to the Supreme Court. Republican Missouri Secretary of State Denny Hoskins described the high court's decision as "a disappointing blow to representative democracy," but added, "I appreciate the final clarity."

The legal wrangling has caused confusion for more than a million potential Missouri voters — nearly 1 in 4 statewide — who were shifted from one district to another, resulting in different candidates on their ballots. Absentee voting began Tuesday under the 2022 congressional districts. Thousands of ballots already had been mailed, and some already have been cast. A decision from the Supreme Court is "a big sigh of relief," said Kansas City election director Shawn Kieffer. He added, "We just want it over, so we can do our job properly."