

PM Modi-led cabinet meeting passes resolution on Red Fort bomb blast

PM Modi meets survivors, says those behind conspiracy to be brought to justice

NEW DELHI, NOV 12

The Union Cabinet, chaired by Prime Minister Shri Narendra Modi, expressed its profound grief over the loss of lives in the terrorist incident involving a car explosion near the Red Fort in Delhi on the evening of 10 November 2025. The Cabinet observed two minutes' silence in honour of innocent lives lost.

The Cabinet also adopted the following Resolution:

The country has witnessed a heinous terror incident, perpetrated by anti-national forces, through a car explosion near the Red Fort on the evening of 10 November 2025. The explosion resulted in multiple fatalities, and caused injuries to several others.

The Cabinet pays its solemn respects to the victims of this senseless act of violence and conveys its heartfelt condolences to the bereaved families.

The Cabinet prays for the speedy recovery of all those injured, and appreciates the prompt efforts of the medical personnel and emergency responders, who have been providing care and support to the victims.

The Cabinet unequivocally condemns this dastardly and cowardly act that has led to



the loss of innocent lives.

The Cabinet reiterates India's unwavering commitment to a policy of zero tolerance towards terrorism in all its forms and manifestations. The Cabinet also recorded its appreciation for the statements of solidarity and support from many Governments around the world.

The Cabinet notes with appreciation the timely and coordinated response of the authorities, security agencies, and citizens who acted with courage and compassion in the face of adversity. Their dedication and sense of duty are deeply commendable.

The Cabinet directs that the investigation into the incident be pursued with the utmost urgency and profes-

sionalism so that the perpetrators, their collaborators, and their sponsors are identified and brought to justice without delay. The situation continues to be closely monitored at the highest levels of the government.

The Cabinet reaffirms the Government's steadfast resolve to safeguard the lives and well-being of all Indians, consistent with its enduring commitment to national security and the safety of every citizen.

Meanwhile, Prime Minister Narendra Modi visited the LNJP Hospital on Wednesday and met the survivors of the Red Fort blast, saying the perpetrators will be brought to justice.

"We went to LNJP Hospital and met those

LG Inaugurates The International Film Festival of Srinagar

Lt Governor Addresses Valedictory Session of IUST's Foundation Day Celebrations

SRINAGAR, NOV 12

"We must eliminate every single terror element within the society to completely restore the peace and this effort requires the cooperation of all sections of the public," the Lieutenant Governor, Shri Manoj Sinha said on Wednesday. The Lieutenant Governor was speaking at the inauguration of the International Film Festival of Srinagar, organised by Vomech Group. The Lieutenant Governor exhorted the film-makers to come up with films, which narrate ordeal of terror victims, expose ringleaders of terror ecosystem and showcase the transformation after August 2019.

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Jammu and Kashmir Police raids around 500 locations linked to banned organisations including JeI

SRINAGAR, NOV 12

Police on Wednesday intensified its crackdown on the terror ecosystem in Kashmir, carrying out raids at around 500 locations linked to terrorist associates, and persons affiliated with banned organisations, including Jamaat-e-Islami (JeI), in the valley, officials said. The raids were based on credible intelligence inputs indicating attempts by JeI-linked elements to revive their activities under different fronts, police officials said. They said the raids



were carried out at several locations across the 10 districts of the Kashmir valley - Srinagar, Ganderbal, Budgam, Baramulla,

Bandipora, Kupwara, Anantnag, Kulgam, Pulwama, and Shopian. The searches were carried out at the

Sgr records season's coldest night at minus 1.6°C

SRINAGAR, NOV 12

As the night chill intensifies across the Valley, Srinagar, the summer capital of Jammu and Kashmir, has recorded the coldest night of season at minus 1.6 degree Celsius. Details shared by the Meteorological (MeT) Department reveals that Pahalgam, was the coldest in Kashmir valley where the mercury settled at minus 3.8 degree Celsius. Qazigund, a gateway of Kashmir, recorded a low of minus 1.5 degree Celsius while the mercury settled at minus 2.0 degree

Steady rise in HIV cases in J&K: 117 patients registered in three months

SRINAGAR, NOV 12

The HIV cases in Jammu and Kashmir are showing a steady increase, with 117 positive patients registered for care from April to June 2025.

As per the details available with the news agency from April to June 2025, 117 HIV-positive individuals, including 80 males, 34 females, and three minors, were registered for HIV care. This information was disclosed through a Right to Information (RTI) file obtained by RTI activist MM Shuja and accessed by news agency.

According to the data, 361 new cases were registered in 2019-20, with 17 deaths in the same year. In 2020-21, 206 cases were registered and 12 people died; in 2021-22, 272 cases

Women Athletes making Ladakh proud: LG Kavinder Gupta

Reinforces UT Admin's commitment to Sports & Holistic Development in Ladakh



LEH, NOV 12

The Hon'ble Lieutenant Governor of Ladakh, Shri Kavinder Gupta, lauded the region's women sportspersons for bringing immense pride to Ladakh through their exceptional achievements. He said these athletes are powerful role models whose success breaks stereotypes and motivates younger generations, showcasing the values of dedication,

resilience, and talent across diverse sporting disciplines.

The Lieutenant Governor made these remarks during interactions with the Women's Horse Polo Team and members of the Ladakh Pencak Silat Association at the LG Secretariat. Emphasising the transformative power of sports, the LG Governor said that women's active participation builds discipline,

Dr Jitendra addresses Mauritius bureaucrats, highlights common stake in 'Blue Economy'



NEW DELHI, NOV 12

While addressing a visiting group of Mauritius bureaucrats here today, Union Minister Dr. Jitendra Singh highlighted common stake of the two countries in 'Blue Economy'. The Minister called for deeper cooperation between India and Mauritius in emerging areas such as fisheries, ocean technologies, and desalination, describing them as "new frontiers of sustainable growth and

mutual prosperity" for both maritime nations. Addressing senior Mauritius civil servants at the National Centre for Good Governance (NCGG) in New Delhi, he said India's vast experience in harnessing ocean resources through initiatives like the Deep Ocean Mission. He said India's expertise in desalination-turning seawater into potable water-had already transformed island territories such as Lakshadweep and could offer practical solutions

Mauritian ministries attending the 2nd Capacity Building Programme for Senior Civil Servants, spoke at length about India's success in harnessing ocean resources through initiatives like the Deep Ocean Mission. He said India's expertise in desalination-turning seawater into potable water-had already transformed island territories such as Lakshadweep and could offer practical solutions

Police attach residential house, adjoining land of former Bar president Mian Ab Qayoom under UAPA

SRINAGAR, NOV 12

Jammu and Kashmir Police have ordered the attachment of a two-storey residential house and adjoining land belonging to Mian Abdul Qayoom, former President of the Jammu and Kashmir Bar Association, under provisions of the Unlawful Activities (Prevention) Act (UAPA). According to an order issued by the J&K Police Headquarters, the action pertains to FIR No. 157/2009 registered at Police Station Shaheed Gunj under sections 120, 120-B, 121, 153-A of the IPC and sections 13, 38, and 39 of the UAPA. The FIR originated from a December 31, 2009, incident in which a seminar was held at Hotel Jahangir Srinagar on the death anniversary of late Ali Mohammad



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Chief Secy reviews performance of Cooperative Department

Calls for diversification of PACS activities and professional reforms in Cooperative Banks

JAMMU, NOV 12

Chief Secretary, Atal Dulloo today chaired a high-level meeting to review the performance of the Cooperative Department and assess the progress achieved in promoting cooperative activities and financial reforms across J&K.

The meeting was attended by Principal Secretary, Finance; Commissioner Secretary, Cooperatives; Regional Director, RBI; Managing Director, J&K Bank; Director General, Budget; Registrar, Cooperative Societies; representatives from NABARD and other banks, besides senior officers of the department.

At the outset, the Chief Secretary emphasized the vital role of cooperative institutions in rural development and directed for transforming Cooperative Societies into Common Service Centres (CSCs) to widen their service base. He called for modeling these societies on sound business lines, enabling them to diversify into various rural business activities such as the sale of seeds, seedlings, cattle and poultry feed, and fisheries supplies. He further directed the department to explore collaboration with the Ayush Department for vending popular wellness products and securing vending machines for installation at high-footfall locations. He stressed on enhancing credit linkage for cooperative entities and strengthening their financial base through sustainable business operations.

While reviewing the financial status of cooperative banks and the performance of Super Bazaars,



the Chief Secretary asked J&K Bank to extend advisory support in matters related to Non-Performing Assets (NPAs) and other financial issues to help Cooperative Banks address them in legally sound and professionally managed ways. He also instructed the department to constitute a panel of retired bankers of high integrity, in consultation with RBI, to assist in the appointment of Managing Directors and professional management bodies, aimed at placing Cooperative Banks on modern, transparent, and performance-driven lines. Commissioner Secretary, Cooperatives, Babila Rakwal, informed that the UT's cooperative sector is witnessing a major transformation with the adoption of the Multi-Purpose Primary Agricultural Credit Societies (M-PACS) model and a range of reforms for growth and financial stability. She apprised that all 537 PACS have adopted common byelaws to function as M-PACS, allowing diversification into allied sectors such as dairy, fish-

eries, and horticulture.

The computerization of PACS is also progressing rapidly, she added, with all 537 PACS having completed their Dynamic Day-End process, thus functioning as e-PACS. Each PACS is availing a 40-year term loan facility of Rs83,000 for hardware and software upgrades under the digital transformation initiative. Highlighting the integration of cooperatives with citizen services, it was revealed that 515 PACS are functioning as Common Service Centres (CSCs), generating a monthly transaction value of Rs3.10 lakh, while 154 PACS have been upgraded as Pradhan Mantri Kisan Samman Nidhi Kendras (PMKSKs) to facilitate agricultural services. It was further given out that under the White Revolution 2.0, the cooperative sector has achieved remarkable expansion, forming 2,232 Dairy Cooperative Societies (DCSs), of which 1,682 have been strengthened, benefiting over 1.06 lakh women members. The initiative has resulted in an impressive milk produc-

tion of 3 Lakh Litres Per Day (LLPD) through new and strengthened DCSs.

Additionally, M-PACS are operating medical stores functioning as Pradhan Mantri Jan Aushadhi Kendras (PMJAKs) contributing to affordable healthcare delivery across the far-off areas in the UT. So far, 52 drug licenses and 50 stores have been operationalized, with a monthly transaction value of Rs8.78 lakh.

The J&K State Cooperative Bank has adopted several modern banking practices, including migration to Finacle 10, automation of loan schemes, and promotion of financial literacy among stakeholders.

Meanwhile, the Super Bazar chain has demonstrated encouraging progress, clearing Rs4 Cr in GST dues (FY 2025) and settling Rs28 lakh in gratuity and CPF dues of former employees. Presently, 16 PACS have been enrolled as new Super Bazar outlets, with renewed focus on capacity building, marketing push, and expansion into high-demand urban markets.

Block Diwas held at Kalakote to redress public grievances and enhance service delivery

DDC Rajouri listens to people's issues; directs for prompt redressal

RAJOURI, NOV 12

As part of the Government's ongoing public outreach and grievance redressal initiative, a Block Diwas programme was today organized at Dak Bungalow, Kalakote to address public grievances and ensure effective service delivery at the grass-roots level.

The event was presided over by District Development Commissioner (DDC) Rajouri, Abhishek Sharma, who interacted with a large number of people from adjoining panchayats and listened to their issues and demands pertaining to various departments.

The public raised several issues including the insurance of sheep and goats of nomads, sale of wool, water security, exemption of electricity charges during migration, blacktopping of roads (especially HSS to Dalai), non-functional PHE tanker, establishment of handicraft centres, shortage of teachers in schools, closure near forest areas, pending material payments under MGNREGA, rationalization of doctors and completion of the Siot-Kalakote road under PMGSY.

After patiently listening to the grievances, the DDC issued on-the-spot directions to the concerned officers for their early redressal. He directed the officers to ensure awareness among nomads regarding livestock insurance and to repair the Batera water supply within five days. The non-functional PHE tanker was also directed to be made operational im-



mediately.

The DDC further instructed for rationalization of teachers, health, and veterinary staff across the block, and expediting the completion of the Siot-Kalakote PMGSY road by or before March 2026. He also directed that hand pumps be made functional before December 2025 and that blacktopping of roads be completed before December 2025, with due communication to the concerned Landbaridars and Chowkidars before execution.

Emphasizing the importance of outcome-based governance, DDC Abhishek Sharma said, "Work is impactful only when it brings visible change in public life. The outcome of government schemes should be tangible and transformative". He also directed AEE and JE-level officers to ensure regular field visits for timely monitoring of works. He urged the public to avail benefits of various Central and UT Government welfare schemes, including health insurance, life insurance and other social security schemes, to improve their quality of

life.

Appreciating the efforts of the District Administration, DDC Member Moughla, Shamim Akhter, requested the DDC to conduct similar Block Diwas programmes in Moughla and Terayath areas to extend the outreach further.

On the occasion, officers from various departments including Social Welfare, Agriculture, Horticulture, Veterinary, Health, Rural Development, Power Development Department (PDD), Public Health Engineering (PHE) and banking institutions also conducted awareness activities to educate the public about government welfare schemes and services. Among others present on the occasion were ADC Kalakote, Tanvir Ahmed; PO ICDS, Harpal Singh; CPO, Maqsood Ahmed; ACD, Auqil Naveed; DSWO, Abdul Raheem; Executive Engineer PWD, Zaeher Ahmed, Executive Engineer PMGSY, Executive Engineer PDD, Abdul Rasheed and executive Engineer PHE Sudesh Kumar; CMO, Dr. Manohar Lal Rana, besides other district and block officers.

Tony welcomes appointment of Pargat Singh as AICC Secretary In-Charge of J&K



JAMMU, NOV 12

Congress workers across Jammu and Kashmir have expressed immense happiness over the appointment of Pargat Singh as the AICC Secretary in-charge of Jammu and Kashmir, following the latest organisational appointments approved by the Congress President.

Welcoming the decision, Senior Congress leader and DDC Suchetgarh Taranjit

Singh Tony hailed the party high command for recognizing a leader who is "deeply connected with the grass-roots workers of the region." Tony said that Pargat Singh's appointment reflects the party's commitment to strengthening the Congress organisation in Jammu and Kashmir. "Pargat Singh ji is known to every Congress worker on the ground. His approachability, dedication, and long-standing service to

the party make him the right choice for this responsibility," Tony stated.

Tony further added that this move would energize the Congress cadre at the block and district levels and reinforce unity within the party ranks ahead of upcoming political challenges.

Local Congress workers also lauded the leadership of Congress President Shri Mallikarjun Kharge and AICC General Secretary (Organisation) K.C. Venugopal for making thoughtful appointments aimed at reviving the party's organisational strength across states. With this appointment, Congress workers in J&K have vowed to work collectively under the guidance of Shri Pargat Singh to take forward the message of peace, development, and inclusive politics envisioned by the party leadership.



52nd Yonex-Sunrise J&K UT Badminton Championships 2025 concludes

JAMMU, NOV 12

The 52nd Yonex-Sunrise J&K UT Badminton Championships 2025 concluded at the Indoor Sports Complex M.A. Stadium Jammu on November 12, 2025. The tournament saw participation from 220 players across Seniors (Men & Women), Sub Junior (U-13 & 15), and Mini (U-11) categories.

Chief Guest Yuvvir Sethi, Hon'ble M.L.A., J&K, distributed prize warrants. Notable attendees included Dr. O.D. Sharma, Vice President BAI, and Chairman Badminton Association of J&K, and Balbir Jamwal, General Secretary BAIJK. Speaking on the occasion, Yuvvir Sethi said, "I am delighted to see such talent and enthusiasm in Jammu & Kashmir's badminton players."

Superstar film actor Dharmendra, the heartbeat of millions of hearts, has defeated death.

NEW DELHI: Dharmendra is the heartbeat of millions of people across the country and has fans, young and old, across the country. Dharmendra himself loves his fans and his countrymen very much. The beloved film actor, superstar Dharmendra, meets everyone with a heartfelt affection. The bonds of hearts are so strong that the closest person to him is social worker and film maker Sudhir Kumar Singh, whom Dharm ji himself considers like his own son and loves him very much. Sudhir Kumar Singh, who has been with him in the hospital and has been keeping a close eye on his health, and film actor Dharmendra have a deep bond. Film producer-director Sudhir Kumar Singh, speaking to reporters, said that our respected father Dharmendra ji is now fine and he was taken to his home at 6 a.m. today to be buried at his home. He was shifted to his Juhu bungalow. A room at his home has been converted into an ICU. Dharm ji's treatment will now continue at home under the supervision of doctors. Dharm ji is still on a ventilator.



Sudhir Kumar Singh said that millions of people across the country are praying for the long life of film actor Dharmendra in temples, mosques, and gurdwaras, and that he will soon be completely healthy and will speak face-to-face with all his fans.

All India Bhau Rajput Sabha Announces Bi-Annual Congregation at Khohara Kaleeth President Narinder Singh Bhau said: "Statehood Is Our Right"

JAMMU, NOV 12

The All India Bhau Rajput Sabha convened a press conference today at the Jammu Press Club to announce the schedule and salient features of its upcoming Bi-Annual Congregation. The event is slated for November 14 to 17, 2025, at the sacred Devsthan Khohara Kaleeth located in Khour, Jammu & Kashmir (UT), a significant location symbolizing cultural and spiritual values for the Dogra community. The conference was initiated by Rakesh Bhau, Youth President of the Sabha, who warmly welcomed members of the media and outlined the congregation's critical role in nurturing Dogra heritage, fostering community solidarity, and empowering youth participation. He introduced the distinguished panel comprising Shyam Singh, Chairman of the Sabha; Narinder Singh Bhau, President; Deepak Singh, General Secretary and Ex-Corporator, along with other senior Sabha members, underscoring their commitment to the cause. Chairman Shyam



Singh expressed the Sabha's unwavering dedication to preserving Dogra traditions, emphasizing that the congregation will serve as a multifaceted platform for cultural, spiritual, and social engagement. President Narinder Singh Bhau presented the congregation's comprehensive agenda, scheduled over four days to celebrate Dogra pride and reinforce communal bonds. Activities include the Turban Tying Competition titled

"Dogra De Shaan" on November 14, a spiritually enriching Satsang Evening on November 16, and a full day of religious and cultural events on November 17, featuring Yoga and Kanjak Poojan, Langar, an Award of Excellence Ceremony honoring community service achievers, a Dogra Culture Sangeet Programme with renowned artist Sonali Dey, and culminating with the Presidential Address and a close-

ing Thank You Note. General Secretary Deepak Singh extended heartfelt thanks to all attendees and media representatives, reaffirming the Sabha's steadfast commitment to cultural preservation and social service. Addressing media queries on Jammu and Kashmir's Statehood, President Narinder Singh Bhau firmly stated, "It is our right to be in Statehood, and we expect that the Government will soon take positive steps towards restoring it," reflecting the Sabha's resolve for political recognition and regional empowerment. The press conference concluded with a formal vote of thanks by General Secretary Deepak Singh, praising the active participation of dignitaries, community members, and media personnel in facilitating a successful announcement. The Sabha invites all community members and well-wishers to participate actively in this landmark congregation to celebrate Dogra culture and advocate for Jammu & Kashmir's rightful statehood.

Mahamandalshwar Krishna Shah Vidyarthi inaugurated the Kathak Heritage Independent Amrit Mahotsav by lighting the lamp.

NEW DELHI: A Kathak

dance festival organized by the Ministry of Culture, Government of India, was held at the Kamani Auditorium in Delhi, where National Valmiki Mahamandalshwar Krishna Shah Vidyarthi lit the lamp. Dignitaries including BJP Lok Sabha MP Jagannath Sarkar, Swami Rudray, and others were present on the occasion. Praising this grand and colorful cultural program, National Valmiki Mahamandalshwar Krishna Shah Vidyarthi said that Kathak dance is our country's ancient cultural heritage. Such organizations are working tirelessly to preserve it and protect the heritage of society and the country. The event was organized by renowned Kathak dancer



Sadananda. He explained that his organization is working to provide a better life for leprosy patients and their children in Bankura district of Bengal. The organization's objective is to Promoting our Indian culture through culture and dance, and helping the poor and destitute. Speaking on this occasion, BJP Lok Sabha MP

Jagannath Sarkar said, "I have been associated with this organization for a long time, and preserving our cultural heritage is a major responsibility for such organizations and organizations. Therefore, this week, such organizations are working to preserve our culture and heritage in the midst of modern lifestyles."

CISF Celebrates 150 Years of "Vande Mataram" with Public Participation and Digital Campaigns Nationwide

NEW DELHI, NOV 12

In compliance with the directions of the Ministry of Home Affairs (MHA) to commemorate 150 years of the National Song "Vande Mataram," all units of the Central Industrial Security Force (CISF) enthusiastically participated in the inaugural ceremony held today.

To mark the occasion, a mass singing of the full version of "Vande Mataram" was organised at 1000 hrs across all CISF units, including the Force Headquarters in New Delhi, where over 200 personnel took part with patriotic fervour.

With its vast geographical presence across the nation, CISF ensured wide dissemination of this noble message. Units located in major cities as well as in remote regions organised events encouraging maximum public participation, thereby connecting citizens with a shared sense of cultural pride and national unity.

CISF personnel across all units & formations took part in the digital campaign titled "Karaoke



with Vande Mataram," wherein they recorded and uploaded renditions of the full version of the National Song. In several locations, singing competitions were also held to add to the festive spirit. All units and formations actively participated in the live telecast of the Hon'ble Prime Minister's address, marking the beginning of this nationwide commemora-

tion. Approved branding collaterals such as hoardings, banners, website creatives, and a short film were also unveiled to promote the campaign's message. Further programmes have been planned throughout the year to sustain the momentum of this nationwide celebration. The commemoration of "Vande Mataram" stands as a tribute to India's spir-

it of unity, pride and patriotism—encouraging every citizen to reflect upon the enduring values that bind the nation together. All CISF units have been encouraged to involve the public alongside Force personnel in these activities, fostering a collective sense of responsibility and reinforcing the timeless relevance of our National Song in contemporary society.

Satish Sharma holds meeting with Western Bus Union

SRINAGAR, NOV 12

In a significant step towards addressing the long-pending concerns of the Transport Fraternity, Minister for Transport, FCS&CA, Youth Services and Sports, IT, Satish Sharma today convened a detailed meeting with the representatives of Western Bus Union.

The delegation, led by the President of the Association, apprised the Minister of various operational and administrative challenges being faced by transporters across different routes and districts of the region.

During the deliberations, the Union representatives raised several important issues, including streamlining of permit renewals, rationalization of passenger fare structures, condition of transport infrastructure, welfare of drivers and conductors, and simplification of departmental procedures.

The Minister gave a patient and sympathetic hearing to the concerns and assured the delegation that the government is fully committed to strengthen the transport ecosystem in Jammu and Kashmir through transparent and responsive governance.

Satish Sharma, while emphasizing the critical role of the transport sector in sustaining public mobility and economic connectivity, said that the government views the transporters as essential partners in the developmental process. He directed the concerned officers of the Transport Department to take immediate action on the issues raised and ensure time-bound redressal of all genuine grievances. He also instructed the officials to maintain regular coordination with the Union representatives to prevent recurrence of avoidable delays or procedural hurdles.

The Minister reiterated that under the vision of Chief Minister Omar Abdullah, the Transport Department is working to create a more efficient, safe, and citizen-friendly public transport system across the Jammu and Kashmir.

Sakeena Itoo reviews performance, functioning of School Education Department in Kashmir Division



SRINAGAR, NOV 12

Minister for Education Social Welfare, Health and Medical Education, Sakeena Itoo today chaired review meeting at Civil Secretariat here to assess the performance and functioning of the School Education Department across Kashmir division.

The meeting was attended by Director School Education Kashmir, Nasser Ahmad Wani; Joint Directors of School Education department (SED), Chief Education Officers of all districts of Kashmir division and other concerned officers of SED.

During the meeting, the Minister held detailed assessment on key operational areas of school education sector like academic performance of schools, infrastructure development, teacher deployment, timely distribution of school textbooks and other materials, besides issues related unregulated selling of school textbooks by private schools through various agencies on exorbitant rates was also discussed in detail.

Addressing the officers in meeting, Sakeena Itoo emphasized on the importance of ensuring that all schools across the region receive textbooks and other learning materials before the commencement of academic ses-

sion. "Timely availability of books and supplies is crucial to maintaining the academic calendar and ensuring that no student is left behind," the Minister said. She directed officials to streamline the distribution process through improved coordination between the divisional and district education offices, adding that transparency and accountability must be maintained at every level.

While reviewing other issues related to School Education sector, the Minister issued strict instructions to CEOs to check unregulated selling of school textbooks by private schools through various agencies on exorbitant rates. "Conduct routine checks on schools as well as book shops and take stringent action against schools and book shops involved in selling textbooks on exorbitant rates," the Education Minister stated.

She also instructed the Director School Education to issue a detailed order regarding curriculum/textbooks to be followed by schools and make each CEO to implement that order in letter and spirit. She asked the CEOs to take appropriate action against schools violating this order. The Minister also called for timely processing of GP funds

and directed the CEOs to submit detailed report outlining the number of cases submitted and pending with each CEO.

Regarding coaching centres, the Minister directed the CEOs to conduct regular checks on coaching centres and ensure that they are following safety protocols. She also asked them to take action against unregistered coaching centres. Highlighting the role of teachers in shaping the future of students, the Minister called for regular capacity-building and training programs to enhance teaching standards. She also stressed the need to strengthen monitoring mechanisms to ensure punctuality, performance, and effective classroom engagement.

The Minister further urged the department to ensure that all pending administrative and academic issues are resolved in a time-bound manner. She assured that the government is committed to improving the quality of education and creating an enabling environment for students and teachers alike.

During the meeting, Director School Education Kashmir as well as CEOs briefed the Minister about the academic progress as well as progress on infrastructure development and other related aspects.

Rana orders strict action against illegal units operating in forest areas

JAMMU, NOV 12

Minister for Forests, Ecology & Environment, Javed Ahmed Rana today directed senior functionaries of the department to initiate stringent action against all illegally operating Stone Crusher Units, Hot Mix Plants and Batching Plants within the Jammu Forest Division. The Minister issued these directions while chairing a high-level review meeting at Civil Secretariat, aimed to assess the functioning and compliance status of such industrial units operating in and around forest areas. During the meeting, Rana emphasized that no illegal or environmentally non-compliant activity would be tolerated. He instructed officers to take action under all relevant legal provisions against any units found violating forest or environmental regulations. He stressed that these direc-



tions must translate into visible on-ground outcomes, directing the field functionaries to adopt a proactive, result-oriented approach. The Minister further directed officials to undertake a comprehensive verification of pollution control measures being implemented by each operational unit.

He underscored the need to minimize ecological impact through strict adherence to environmental protection norms and sus-

tainable operational practices. Rana called for the submission of detailed inspection and monitoring reports from all forest circles, highlighting that regular field inspections and timely reporting are essential for effective enforcement.

Expressing concern over reports of unauthorized excavation, land levelling, residue deposition and waste dumping within forest areas, the Minister instructed the depart-

ment to take immediate corrective measures. He emphasized the need to prevent damage to natural vegetation and ensure complete compliance with forest and environmental protection laws.

The Minister also underscored the importance of institutional coordination and synergy among the Forest Territorial Wing, Pollution Control Board and Forest Protection Wing. He added that a robust inter-departmental coordination framework is crucial for effective monitoring, prompt response, and efficient enforcement against environmental violations.

Reiterating Omar Abdullah Government's commitment to sustainable and responsible development, Rana stated that industrial operations must conform to the principles of ecological preservation and prudent resource utilization.

ADGP Armed visited IRP 22nd Battalion Kishtwar.

JAMMU, NOV 12

Sh. Ajay Jain, IPS, Additional Director General, Armed today visited headquarters of the IRP 22nd battalion located at Kishtwar to review its functioning and interact with the officers and personnel. He was accompanied by Sh. Vinod Kumar, IPS, DIG IRP Jammu, and Sh. Rajinder Singh, SSP APCR Jammu.

On his arrival, ADG was honoured with a Guard of Honour and also received a warm welcome from CO IR 22nd Bn, Sh. Mushim Ahmad, SSP and associated officers/officials.

During his visit, Sh. Jain conducted inspection of MT fleet, main office, ration store, equipment store and various sections of the battalion campus. He took a detailed assessment of the facilities, maintenance standards, and administrative functioning of each section. Later, ADG presided over a durbars with officers and jawans of the unit. During the interaction, all grievances were heard and were assured of prompt redressal of the grievances. He appreciated the



dedication and discipline exhibited by the battalion personnel while performing their professional duties in challenging terrains of Kishtwar district. He lauded efforts of the battalion in the recent flood rescue and relief operations.

4. While addressing in durbars, Sh. Jain emphasized the importance of maintaining high standards of professionalism, physical fitness, and team spirit. He also urged the personnel to uphold the values of integrity, dedication, and service while discharging their duties.

5. As part of the welfare

initiatives, ADG inaugurated a newly established battalion Canteen aimed at catering daily needs and convenience of the personnel. He also participated in a plantation drive within the campus by planting saplings, emphasizing the importance of environmental conservation and a clean-green workplace.

6. The visit concluded with the ADG expressing satisfaction regarding overall performance of the battalion and encouraged the staff to continue working with same zeal and commitment for the welfare of the public and the organization.

CS reviews CITAG's initiatives for fostering innovation and efficiency in governance

Calls for developing a robust innovation ecosystem across J&K



JAMMU, NOV 12

Chief Secretary, Atal Dulloo today chaired a meeting to review the performance and ongoing initiatives of the Centre for Innovation, Technology and Governance (CITAG), J&K, aimed at fostering innovation, enhancing public service delivery, and strengthening government departments.

The meeting was attended by Additional Chief Secretary, Planning; Additional Chief Secretary, Agriculture; Principal Secretaries, Skill Gap Study, PPP Policy Framework, Policy for Attracting Foreign Direct Investments (FDIs), Road Safety and Urban Mobility Plans, Promotion of Start-ups, and Replication of Best Practices across departments. Dulloo stressed on the need to build a vibrant innovation ecosystem across J&K, particularly in schools, colleges, universities, and skill to nurture creativity, entrepreneurship, and problem-solving capabilities among youth.

The Director, IIM, while highlighting the progress of collaborative projects, emphasized the importance of timely delivery and institutional ownership for sustainable outcomes. The CEO CITAG took this

The Chief Secretary directed the expediting of Public-Private Partnership (PPP) initiatives identified by CITAG, including the outsourcing of Hotel Ashok Jammu, Hotel Ashok Gulmarg, and the International Yoga Centre at Mantatal, to unlock their full potential through professional management and sustainable operational models.

He further reviewed various knowledge and policy outputs being developed under CITAG's guidance, such as "Skill Gap Study, PPP Policy Framework, Policy for Attracting Foreign Direct Investments (FDIs), Road Safety and Urban Mobility Plans, Promotion of Start-ups, and Replication of Best Practices across departments.

Dulloo stressed on the need to build a vibrant innovation ecosystem across J&K, particularly in schools, colleges, universities, and skill to nurture creativity, entrepreneurship, and problem-solving capabilities among youth. The Director, IIM, while highlighting the progress of collaborative projects, emphasized the importance of timely delivery and institutional ownership for sustainable outcomes. The CEO CITAG took this

occasion to inform about the certain knowledge outputs taken out for J&K's Development. He elaborated that the first phase focuses on key strategic deliverables across several categories, laying the groundwork for sustained growth and development of J&K.

He divulged that the growth drivers initiatives, scheduled for completion between December 2025 and March 2026, include essential studies on employment skill gaps, agricultural development (doubling farmers' income), attracting FDIs, and creating entrepreneurial ecosystems. Additionally, critical work on urban mobility plans and export promotion is underway, the meeting was apprised.

Moreover the Vision 2047 and Data-driven Decision Making categories will see the implementation of Block chain/AI in governance, digitization of data, strengthening fiscal position, and rationalization of assets by March 2026. Submissions for developing PPP policies and formulating conducive policies for attracting FDIs have already been submitted and are under review, marking immediate progress in enhancing J&K's economic and administrative landscape.

NORTHERN RAILWAY

E-Tender Notice

Tender Notice No.: 776-W/1/NA/JAT/2025-26-DRW-JAT, (to be opened on 04.12.2025) acting for and on behalf of The President of India invites open tenders (E-Tenders) against below filled tenders and available on www.irps.gov.in with closing date 04.12.2025 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through payment modes available on the IREPS portal like net banking, debit card, credit card, etc. Manual payments through Demand draft, Banker cheques, Deposit receipts, FDR etc are not allowed.

Tender Type	Tendering Section	Bidding System	Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
Open	Works	Single Packet System	10.11.2025	20.11.2025	04.12.2025
Details of Tender					
S.N.	Tender No.				
1	53-2025-26-DRW-JAT	Deeweeding of jungle and boxing of Ballast in PTK-JKNX section under ADEN/PLMX			
		Advertised Value (Rs.)	Validity of Offer	Period of Completion	
		4499602.90	60 Days	06 Months	

Note: Contractors are advised to check the IREPS website for any corrigendum issued against this tender before submitting the bids

Serving Customers With A Smile

3506/2025

Div Com Jammu reviews progress of development works being executed by Shri Shiv Khori Shrine Board

REASI, NOV 12

Divisional Commissioner Jammu and Chairman of Shri Shiv Khori Shrine Board (SSKSB), Ramesh Kumar on Wednesday conducted an extensive review of the ongoing development works being executed by the Shri Shiv Khori Shrine Board in Ransoo.

He also visited Katra and conducted site inspection of development projects there. Deputy Commissioner Reasi Nidhi Malik, CEO Shri Mata Vaishno Devi Shrine Board, Sachin Kumar, SSP Reasi Paramvir Singh, besides senior officers from BRO, PWD, Tourism, Health attended the meeting.

Commencing the tour from Katra, the Divisional Commissioner inspected the under-construction helipad at Hutt village near Katra. He directed the Border Roads Organisation (BRO) to ensure the completion of the helipad by December 2025, emphasizing that the approach road and retaining wall should also be completed at the earliest. The concerned official of BRO was instructed to submit a weekly progress report to the Deputy Commissioner Reasi.



The Divisional Commissioner also reviewed progress of other ongoing works including the frisking point, ticket counter building and car parking facility. Later, the Divisional Commissioner chaired a review meeting at the TRC Building, Ransoo, to assess the progress of development works undertaken by the Shri Shiv Khori Shrine Board. The meeting featured detailed discussions on key projects such as blacktopping of the Kanda-Ransoo road, repair and renovation of Gauri Bhawan, construction of the toilet com-

plex at the bus stand and improvement works along the Yatra track including installation of oversheds and a public address system. The Divisional Commissioner laid special emphasis on the upgradation of road infrastructure, directing the PWD to expedite the blacktopping work for smooth access to the shrine. The Tourism Department was instructed to ensure that pending works are executed in a time-bound and fast-track manner. Regarding healthcare facilities for the devotees, the Divisional Commissioner directed the

Health Department to ensure the availability of one doctor at Ransoo and paramedic staff at the Bhawan, with two ambulances deployed—one each at Ransoo and on the track, fully equipped with drivers and necessary facilities.

The Divisional Commissioner also discussed new proposals aimed at enhancing pilgrim amenities and the overall shrine infrastructure. He directed the Executive Officer, SSKSB, to review the progress of works monthly and submit reports to his office, while the Tehsildar shall inspect the works every 15 days to monitor on-ground progress.

During his visit to the Yatra track, the Divisional Commissioner inspected various points and instructed for additional benches near the viewpoint and bathing ghat, along with the installation of more garbage bins to maintain cleanliness along the route. The Divisional Commissioner reiterated the commitment of the administration to develop Shri Shiv Khori Shrine as a major spiritual and tourist destination, ensuring improved facilities and a better pilgrimage experience for devotees.

Dy. CM calls for prompt service delivery, speedy redressal of public issues

JAMMU, NOV 12

Deputy Chief Minister, Surinder Choudhary, today reiterated the government's commitment to ensuring prompt service delivery and speedy redressal of public grievances to strengthen governance at the grass-roots level. During an extensive public outreach session held at Civil Secretariat here, Deputy Chief Minister met several public delegations from Jammu as well as Srinagar, who apprised him of various issues concerning their respective areas. The deputations raised matters related to overall upgradation of civic and infrastructural facilities in their respective areas. Giving a patient hearing to all delegations, the Deputy Chief Minister assured them that their genuine concerns would be addressed in a time-bound manner.



He directed the concerned Departments to take immediate and impactful measures to ensure effective resolution of issues affecting public welfare. The Deputy Chief Minister emphasized that responsive governance and prompt service delivery remain top priorities of the present government. He said that consistent

engagement with the public and timely follow-up of grievances are essential for maintaining transparency and accountability in the system.

He further stated that the Government is committed to providing equitable development across all regions and ensuring that the benefits of various schemes and projects reach every section of society.

Jammu Police Calls For Public Alert On Suspicious Movements, Installs CCTV Cameras

JAMMU, NOV 12

Police on Wednesday reached out to various localities and sensitive areas in Jammu city, urging people—particularly traders—to remain alert about any suspicious movement and to install CCTV cameras as part of the security setup in the capital city. The move comes in the wake of a high-intensity explosion that ripped through a slow-moving car at a traffic signal near the Red Fort metro station in Delhi on Monday evening, killing at least 12 people and gutting several vehicles. "We have asked the people, particularly shopkeepers and business establishments, to remain alert about any suspicious movement in their areas. The drive aims to sensitise them," Deputy Superintendent of Police Vikram Bhat told reporters after security meetings.

He said meetings were held with shopkeepers, transporters, business owners and street vendors at the bus stand to ensure vigilance in the area and seek their support in informing police about any suspicious movement or unattended objects. Seeking public cooperation in enhancing surveillance, he said, "We urge citizens and traders to install CCTV cameras—preferably high-resolution



ones—as part of the broader security setup. This will greatly help the police. "Police have intensified round-the-clock patrolling and are monitoring footage from dozens of cameras across the city as part of strengthened security measures. "We want people to act as our eyes and ears to help prevent any untoward incident," the officer added. He said that CCTV cameras have been installed in the bus stand area, which had remained in high vigilance. "The quick reaction teams are put in place. Jammu police is always in your service. Please share any suspected movement," he said. The officer, however, said that there is no need to panic but remain vigilant, as police

and security forces are able to deal with any situation. Police officers, led by Deputy Inspector General Shiv Kumar Sharma, also conducted outreach activities across Jammu, Samba, and Kathua districts to enhance alertness among security forces as well as the public following the Delhi blast. Security has been further tightened across the Jammu region, with heightened vigilance along the Jammu-Srinagar national highway, railway tracks and other sensitive installations. Security has also been beefed up at the cave shrine of Mata Vaishno Devi and its base camp at Katra in Reasi district, officials said. A high alert has been sounded across the region.

Sat Sharma, Sunil Sharma chairs BJP MLAs meeting, calls for welfare oriented governance to reach every household



SAMBA, NOV 12

The Bharatiya Janata Party (BJP), Jammu & Kashmir, organized its monthly meeting of MLAs at Akhilash Farm, in district Samba.

The meeting was presided over by Sat Sharma (CA), Member of Parliament (Rajya Sabha) and President, BJP J&K, accompanied by leaders of Opposition Sunil Sharma, Ashok Koul, General Secretary (Organization), J&K BJP, and Dr. Narinder Singh, BJP National Secretary & MLA, also addressed the meeting.

J&K BJP General Secretaries Baldev Singh Billawaria and Gopal Mahajan, MLAs Dr. D.K. Maynal, Sham Lal Sharma, Surjit Singh Slathia, Prof. Gharu Ram Bhagat, Adv. Ranbir Singh Pathania, Ch. Vikram Randhawa, Balwant Singh Manoktia, Arvind Gupta, Dr. Rajiv Bhagat, Shagun Parihar, Surinder Bhagat, Thakur Darshan Singh, Thakur Randhir Singh, Mohan Lal Bhagat, Dr. Bharat Bhushan, and Dr. Sunil Bhardwaj, along with District Presidents

Adv. Rajesh Gupta, Arun Gupta, Naresh Singh Jasrotia, Rinku Choudhary, Rajiv Pandita, and Gopal, were present in the meeting.

The meeting reviewed ongoing organizational activities, discussed public-centric developmental issues, and charted out a roadmap to further strengthen the party's base across the Union Territory.

Addressing the meeting, Sat Sharma emphasized that the BJP stands as the true voice of the people of Jammu and Kashmir. He said that every elected representative of BJP should work with a mission mode to ensure that every section of society benefits from the policies of the Modi Government. He said that the party MLAs must ensure their reach to every household, every voter, and ensure that the party's welfare-oriented governance model touches every life. He lauded the MLAs for their active role in the Assembly and said that they successfully sought the attention of the House regarding issues concerning common people of J&K

and especially thwarting any attempt of regional bias in the J&K Assembly. Sunil Sharma, in his address, said that in the last decade, BJP has emerged as a credible force of development and integrity in Jammu & Kashmir. He said that the BJP is committed to transparency, accountability, and rapid progress. He appreciated the proactive measures taken by BJP MLAs for the welfare of the needy and further urged them to intensify grassroots outreach. He further added that the people of Jammu and Kashmir have seen through the politics of deceit by NC, Congress, and PDP, and are now rallying behind the BJP's vision of peace, prosperity, and empowerment.

Ashok Koul underlined the importance of coordinated effort between the elected representatives and the party cadre to strengthen the organization and amplify the welfare measures for the people at the ground level. Our strength lies in our disciplined structure and commitment to service, he said.

Shiv Sena demands strong military action operation Sindoor 2.0 against Pakistan

JAMMU, NOV 12

Shiv Sena (UBT) Jammu and Kashmir unit chief Manish Sahni has expressed deep grief and anger over the massive blast that took place on Monday near the historic Red Fort in the national capital Delhi (in which 12 people were killed and more than 20 people were injured) and has demanded immediate military action against Pakistan and the terrorist organizations taking shelter in Pakistan under Operation Sindoor 2.0.

Led by party state president Manish Sahni, Shiv Sainiks gathered at Indira Chowk in Jammu today, burning effigies of Pakistan and terrorist leader Hafiz Saeed, expressing deep anger over the horrific car bombing in Delhi. Sahni described Pakistan as "a dog's tail that never stays still." Even after Operation Sindoor, Pakistan is expanding the scope of its nefarious and cowardly activities. Recently, approximately 350 kilograms of RDX, two AK-47s, and a large cache of weapons were recovered from a Faridabad doctor.

Ten hours after their recovery, a blast occurred at a busy area near the Red Fort in the capital, Delhi. Hafiz Saeed, the leader of the



Pakistani terrorist organization Lashkar-e-Taiba, and his deputy chief, Saifullah Kasuri, have been continuously threatening to wipe out India and Hindus. After the Pahalgam attack, PM Modi and Defence Minister Rajnath Singh had stated that any future terrorist attack on Indian soil would be treated as an Act of war and would be responded to appropriately. The time has come for our forces to enter Pakistan and completely wipe out Lashkar-e-Taiba and other terrorist organizations. Delhi attack is a failure of the intelligence agencies, which should be strengthened. Sahni expressed surprise at the statements made by BJP and

central government ministers, calling the horrific bomb blast in Delhi a terrorist attack and avoiding mentioning Pakistan's name.

While the blast near the Red Fort in Delhi appears to be linked to Pakistan, the police and agencies exposed the Faridabad terror module. Sahni said that Prime Minister Narendra Modi and Defense Minister Rajnath Singh themselves had stated that in the future, any terrorist attack on Indian soil would be treated as an act of war and responded in the same.

However, after the Delhi blast, BJP leaders are seen avoiding calling it a terrorist attack and denying Pakistan's involvement.

White-Collar Radicalisation Rising: Gaurav Warns Nation, Cites Ricin Terror Plot

JAMMU, NOV 12

Bharatiya Janata Party (BJP) spokesperson Gaurav Gupta has expressed grave concern over the disturbing trend of white-collar radicalisation emerging across the country, warning that educated professionals including doctors, engineers, and researchers are increasingly being drawn into terror networks.

Condemning the recent spate of terror incidents, including the Delhi Red Fort blast, the Faridabad explosives recovery, and the chilling Ricin bio-terror conspiracy uncovered in Gujarat, Gupta described them as "a new and extremely dangerous phase in India's fight against terrorism."

"It is deeply worrying to see individuals from respected professional backgrounds being radicalised and weaponised. The nation must take serious note of this pattern where intellect, access, and technical knowledge are being misused to fuel extremism," Gupta said.

Referring to the Delhi blast, which claimed several innocent lives, he said, "Such cowardly acts are a brutal assault on India's peace and unity. Our security agencies are



working tirelessly under the decisive leadership of Prime Minister Narendra Modi and Union Home Minister Anrit Shah to ensure that those behind these attacks are brought to justice." Highlighting the Faridabad terror bust, where bomb-making materials were recovered from individuals with professional qualifications, Gupta termed it a "grim warning that terrorism is no longer confined to remote camps or uneducated recruits it has now crept into our classrooms, laboratories, and hospitals."

He also drew attention to the Ricin bio-terror plot recently

foiled by Gujarat ATS, describing it as "a red alert for the entire nation."

"The use of Ricin, one of the deadliest biological toxins in a terror plan is a frightening indicator of how terror outfits are experimenting with chemical and biological warfare. This is not just an act of terror; it's a war on humanity," he cautioned.

Gupta praised India's intelligence and security agencies for their timely and coordinated efforts in neutralising these threats but urged the government and society to remain alert to the shifting patterns of radicalisation.

"Terrorism today is evolving rapidly. It is no longer just a battlefield challenge; it's intellectual, ideological, and digital. India must strengthen counter-radicalisation programs in educational and professional spaces and monitor the misuse of technology and research for anti-national purposes," he emphasised. Calling for nationwide awareness and vigilance, Gupta said,

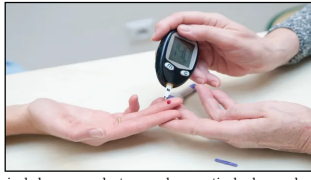
"We must recognise and fight this sophisticated form of terrorism before it corrodes the foundations of our professional and social institutions. The BJP stands firmly with our security forces and the people of India in this united battle against every form of terror be it physical, ideological, or biological."

Expressing solidarity with the victims of recent terror incidents, Gupta concluded, "The people of Jammu & Kashmir, who have faced the scourge of terrorism for decades, stand shoulder to shoulder with the nation. Together, through vigilance, education, and unity, we can dismantle these emerging white-collar radicalisation networks and protect India's peace, progress, and future."

Different types, their causes, signs and symptoms, treatments and tips to manage them

new delhi: Diabetes is a chronic condition affecting how our body processes blood sugar (glucose) and glucose is our body's main source of energy but in diabetes, our body either doesn't produce enough insulin or doesn't use it effectively. This leads to a buildup of glucose in our bloodstream, which can damage organs and tissues over time.

In an interview with HT Lifestyle, Dr. Ashok Kumar Jhingran, Senior Director, Centre for Diabetes, Thyroid, Obesity and Endocrinology at BLK-Max Super Speciality Hospital, shared, "Incidence of diabetes is increasing in India due to changes in lifestyle. India is the capital of diabetes. At present, about 42.5% of the Delhi population suffers from diabetes. Every third household (35.77%) had at least one known case of diabetes. High rates of obesity and central obesity are observed in the population. There are an equal number of people who are prediabetic and the conversion rate of prediabetes to diabetes is 10% per year. It's estimated that between 15% to 30% of people with prediabetes will develop diabetes within the next 3-5 years if no lifestyle changes are made." He explained, "Diabetes is a metabolic disease with a genetic background that gets precipitated by environmental factors. These



include a sedentary lifestyle, changing food habits, and stress. The increased 'westernization' and Seven Sins of modern lifestyle: sedentary life, stress, sleeping for fewer hours, excess salt, sugar, smoking, spirits, and alcohol have led to a drastic change in our lifestyle. The longer the duration of diabetes, the higher the chances of complications like retinopathy, heart diseases, kidney failure and neurological problems."

Types of Diabetes:

Dr. Ashok Kumar Jhingran briefed, there are three main types of diabetes:

1. Type 1 diabetes

2. Type 2 diabetes

3. LADA

About 90 percent of diabetics have Type 2 diabetes, and 10 percent of diabetics have Type 1 diabetes. He elaborated - Type 1 Diabetes: In Type 1 diabetes, the Beta cells that make insulin are destroyed by the immune system, attacking the insulin-making cells of the pancreas. This process takes months to years and can be caused

by genetic background, environmental factors, or viral infections that trigger an auto-immune response. When only a few Beta cells are left, and insulin secretion is minimal, the child develops symptoms of high blood sugar.

Type 2 Diabetes: Type 2 diabetes is very common. In this type, the insulin-producing Beta cells of the pancreas either produce too little insulin, or the insulin they produce cannot be used properly by the cells, resulting in high blood sugar.

Insulin resistance occurs, where the body's cells don't respond normally to insulin. Type 2 diabetes is usually seen in adults with a genetic background, but nowadays, it is also seen in young children who consume high-calorie fast foods, leading to obesity and susceptibility to diabetes and its complications. Type 2 diabetes can be controlled by diet, regular exercise, weight loss, and sometimes medications or insulin injections.

LADA (Latent

Autoimmune Diabetes of Adults): LADA happens because your body makes antibodies that cause the immune system to attack the insulin-producing cells of the pancreas. This occurs in people aged 20-30 years, leading to sudden weight loss due to high blood sugar levels and potential diabetic ketoacidosis. They also need insulin like Type 1 diabetes. As the ability to make insulin is lost, your body can no longer control blood sugar levels. Symptoms worsen slowly, and investigations reveal a lack of regular insulin production, similar to Type 1 diabetes in adults.

Bringing her expertise to the same, Dr. Richa Chaturvedi, Senior Consultant, Endocrinology at Indraprastha Apollo Hospitals in New Delhi, revealed that there are four main types of diabetes:

1. Type 1 Diabetes:

This is an autoimmune disease, meaning your body attacks the insulin-producing cells in your pancreas.

Occurs most often in children and young adults, but can develop at any age.

Requires lifelong treatment with insulin.

2. Type 2 Diabetes:

This is the most common type of diabetes, accounting for about 90% of cases.

Occurs when your body doesn't produce enough insulin or doesn't use it effectively.

LADA (Latent

Common diseases and how to prevent them with the help of supplements

NEW DELHI: Insufficiencies in nutrition and nutritional deficiencies are universal issues that have a deleterious impact on health and well-being however, a variety of ailments that are now ubiquitous can be prevented by taking supplements as they are a great way to ensure that your body is getting the nutrients it needs to improve your life and fend off common diseases.

Incorporating a well-balanced diet along with the use of supplements are preventative measures that can lower your risk of developing various health problems.

Therefore, multivitamins and minerals, probiotics and prebiotics, and other botanical compounds and herbs can help in achieving a balanced intake of essential nutrients.

Let's discuss how these supplements can help ward off common diseases and maintain a healthy lifestyle.

Probiotics and prebiotics (microbes) for digestive health

Probiotics (microbes) are widely consumed dietary supplements for the purpose of promoting healthy digestion and improving the balance of good and bad bacteria in the gut. Good bacteria have the ability to reduce symptoms of irritable bowel syndrome and maintain a healthy digestive system.

One can include probiotics in their diet to curb digestive issues, as probiotics and prebiotics provide the good bacteria with food that helps them grow and thrive in the gut. Multivitamins and minerals for malabsorption

In addition to probiotics and prebiotics, multivitamins and mineral supplements are extensively beneficial, as the body needs certain vitamins and minerals to function properly.

For those with malabsorption or difficulty absorbing nutrients, multivitamins provide an excellent way to ensure one is receiving the essential nutrients needed.



In this regard, salient multivitamins and minerals like vitamins A, C, D, E, K, B-complex and folic acid, along with other vitamins and minerals (including beta-carotene, copper, potassium, zinc, calcium, iodine and iron), are beneficial, as they help support healthy organ functioning, provide energy and regulate the immune system. Therefore, for those with malabsorption, taking a multivitamin supplement can help ensure that they are receiving the necessary nutrients and vitamins to maintain good health.

In an interview with HT Lifestyle, Dr. Yogini Patil, BAMS and Nutritionist at LivLong, shared, "People who suffer greatly from malabsorption can benefit from adding supplements to their diets.

If we talk in brief about why malabsorption occurs, it is caused by digestive issues such as colitis, gastritis, IBS, and IBD, among others. Therefore, adding supplements for those who suffer from malabsorption can be beneficial, as they provide essential nutrients to the body without any further burden on the digestive system." She added, "Supplements containing herbs and botanical compounds have anti-inflammatory and antioxidant properties that can boost the immune system and protect it against infectious agents."

Ultimately, people can greatly benefit from dietary supplements, which are an excellent way to avoid nutrient deficiencies and support the immune system while ensuring that the digestive system is not overburdened."

Botanical compounds and herbs for immunity

Combining a multivitamin supplement with botanical compounds and herbs is a great way to support the body's immune system. One can incorporate herbs and botanical compounds like echinacea, ginger, caffeine, and curcumin to reduce inflammation and facilitate the body's immune system.

To elaborate on specific botanical herbs and compounds, echinacea can be used to boost the immune system, ginger can help reduce inflammation, caffeine has antioxidant and energy-boosting properties and curcumin is a powerful anti-inflammatory agent. Kamayani Naresh, Health Expert and Founder of Zyroopathy, revealed, "With a hectic lifestyle and sedentary habits, it becomes burdensome to meet nutrient requirements thus, supplements are an excellent way to avoid deficiencies and support the immune system. Believing that it is crucial to incorporate supplements into our diet regimen as sometimes we are unable to reap proper nutrients from our food, he said,

Lifestyle after cancer therapy: Tips one must follow to avoid cancer recurrence

NEW DELHI: Even if someone has already dealt with cancer, they must remain vigilant in terms of prevention as in fact, cancer patients are much more at risk of contracting an infection or getting a recurrence of the same cancer or other types of cancer. So, they need to be more cautious. Try implementing the healthy suggestions by experts to help yourself cope with the side effects of cancer treatment and lower your risk of cancer recurrence.

In an interview with HT Lifestyle, Dr. Satish Kumar, Consultant Hematologist and Hemato-Oncologist at Manipal Hospital in Feshwanthpur, recommended the following tips one must follow to avoid cancer recurrence -

1. Quit smoking: Smoking after cancer treatment can increase the risk of cancer

2. Stop or limit alcohol intake: Alcohol consumption may increase the

overweight or having a sedentary lifestyle increases the risk of certain malignancies and chances of recurrence after treatment.

3. Maintaining a healthy weight through regular physical activity and a balanced diet can help lower the risk of developing cancer.

4. Exercise: Regular exercise helps with fatigue symptoms, lowers stress, and has long-term benefits for overall health. Individuals who routinely exercised had a greater ten-year survival rate than patients who did not. Regular exercise will prevent risk of developing diabetes or heart issues in cancer survivors since they are at a higher risk of same.

It is recommended to engage in moderate exercise for at least 35 hours per week or 30 minutes of aerobic exercise for 3 days a week and resistance training twice a week.

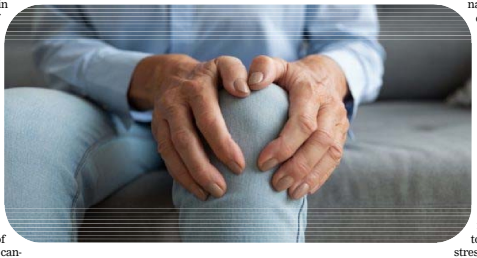
It is recommended to engage in moderate exercise for at least 35 hours per week or 30 minutes of aerobic exercise for 3 days a week and resistance training twice a week.

recurrence and reduce the chances of successful treatment. Tobacco smoke contains more than 70 carcinogenic substances, many of which can cause DNA damage and contribute to the development of cancer. Additionally, smoking can reduce the effectiveness of cancer treatments.

Quitting smoking is one of the best things one can do for their health after cancer treatment, and it can improve the chances of recovery and reduce the risk of cancer recurrence.

chance of cancer recurrence. According to studies, cancer survivors who drink more frequently have a higher risk of death and recurrence. Heavy drinking can weaken the immune system and lead to nutritional deficiencies, which can make cancer treatment more challenging. If there is a history of cancer, it's best to limit alcohol intake or avoid it altogether.

3. Reduce weight and avoid obesity: It has been conclusively proven that being



Cannabis use linked to increase in heart attack and stroke risk

A recent study involving 430,000 adults in the U.S. has revealed a concerning association between cannabis use and a higher risk of heart attack and stroke. The research, published in the Journal of the American Heart Association, found that more frequent cannabis use, whether through smoking, eating, or vaporizing, was significantly linked to adverse cardiovascular outcomes, even after controlling for tobacco use and other cardiovascular risk factors.

"Despite common use, little is known about the risks of cannabis use, and in particular, the cardiovascular disease risks," said lead study author Abra Jeffers, Ph.D., a data analyst at Massachusetts General Hospital in Boston.

The analysis, based on survey data collected from 2016 to 2020, revealed several key findings:

Increased Risk: Any cannabis use was independently associated with a higher number of adverse cardiovascular outcomes, including coronary heart disease, myocardial infarction, and stroke. Moreover, more frequent use correlated with even higher odds of adverse outcomes, even after controlling for other cardiovascular risk factors.

Daily Use: Both daily and non-daily cannabis users had an increased risk of heart attack compared to



non-users, with daily cannabis users showing 25% higher odds of heart attack.

Stroke Risk: The odds of stroke for daily cannabis users were 42% higher compared to non-users, with lower risk among those who used cannabis less than daily.

Younger Adults: Among younger adults at risk for premature cardiovascular disease, cannabis use was significantly associated with a 36% higher combined odds of coronary heart disease, heart attack, and stroke, regardless of tobacco use.

The study included adults aged 18-74, with about half identifying as female. The majority of participants did not use cannabis at all, while 7% used it less than daily, and 4% were daily users. Among current cannabis users, smoking

was reported as the most common form of consumption.

However, the study had limitations, including self-reported cardiovascular conditions and cannabis use, potential recall bias, and the absence of health data measuring baseline lipid profile or blood pressure.

"The findings of this study have very important implications for population health and should be a call to action for all practitioners," said Robert L. Page II, Pharm.D., M.S.P.H., FAHA, chair of the volunteer writing group for the 2020 American Heart Association Scientific Statement.

"As cannabis use continues to grow in legality and access across the U.S., practitioners and clinicians need to remember to assess

Symptoms or signs that men must know when prostate cancer is getting worse

NEW DELHI: Prostate gland is situated in the lower part of the bladder in men in the exit pathway of the urine where there are three zones in prostate - central zone, transitional zone and peripheral zone. Harmless noncancerous bulking of this gland called benign prostatic hypertrophy/hyperplasia occurs in the transitional zone and causes urinary obstructive complaints. This is associated with very mild increase in PSA levels in blood and smooth enlargement of the prostate on examination. Less than 5% of prostate cancers arise from the central zone while peripheral zones constitute more than 70% of the glandular material in prostate and is the most common site of prostate cancer occurrence hence, mostly they are asymptomatic.

In an interview with HT Lifestyle, Dr. Mathangi J, HOD and Senior Consultant Radiation Oncology at BGS Glenagles Global Hospital in

Bengaluru, explained, "Once the lesion advances/increases in size, and grows towards the central areas around urethra (the tube through urine flows out of the bladder) it creates obstructive urinary complaints like, problem in starting urination, slow stream of urine, increased frequency of urination at nights, etc. It is associated with a rise in a chemical called PSA (Prostate Specific Antigen) in the blood. It usually correlates with the burden of the disease in the body but when the tumour becomes high grade or loses its differentiation or identity, PSA levels may not correlate with tumour burden."

She elaborated, "Sometimes, men also experience blood in the urine or semen, erectile dysfunction and are not able to control their urine. When the cancer becomes advanced and starts spreading elsewhere, the most common organ affected is

bones. Most of the men in India are diagnosed in stage 4 with bone metastases because of the bony pain or



fracture of the weight bearing bones. When the prostate cancers become aggressive and differentiated into high grade, it may

also spread to lymph nodes, lungs etc. This will result in breathing dif-

ficulty or chest pain in few patients. Overall, when the tumour burden in the whole body raises, it will also result in complaints like loss of appetite, generalised weak-

ness and loss of weight."

According to her, the ideal way of getting screened for prostate cancers is not to ignore urinary obstructive complaints if any and to get a PSA done in your annual health check-up after discussing it with your doctor. She concluded, "It's a simple blood test. Keeping yourself physically active, maintaining a healthy weight, eating healthy with low fat diet rich in fruits and vegetables are fewer ways to protect yourself from prostate cancer."

As per Dr. M. Srinivas Reddy, Senior Consultant Surgical Oncologist at Kamini Hospitals in Hyderabad, "Prostate cancer symptoms can include difficulty urinating, frequent urination, a burning sensation during urination, and sometimes pain in the lower back and pelvic area. If you have any of these symptoms,

it is important to get screened for prostate cancer as soon as possible. Other signs may include an enlarged prostate or an abnormal increase in the size of the prostate gland. These conditions can cause problems with bladder and urethra function, so it is important to get a PSA screening test done if you want to rule out any prostate problems." Highlighting that one of the most common early signs of prostate cancer is a weak urine flow, he said, "This can be accompanied by frequent urination and pain when urinating."

Other symptoms to look out for include changes in bladder control, blood in the urine or semen, and pain in the lower back or hips. If you experience any of these symptoms, it is important to get them checked out by a doctor as soon as possible. Prostate cancer is a serious condition and early detection is critical for successful treatment."

EDITORIAL

Bihar's The Boss

For a state that has seen 23 politicians become CM over 37 tenures - central rule and Nitish's multiple oath-taking since 2015 aside - who becomes CM this time hasn't appeared to have been a big deal for Bihar as voting came to a close. Which is interesting, because while all reports suggest 'loyalty' to Nitish is near-intact, Bihar voters are equally conscious of some concerns that have swirled throughout the campaign. To the point that NDA did not play on the front foot with a CM-face. MGB went with Tejashwi, but not without adding a deputy CM in Sahani, opposition's EBC face as counterweight to Team Yadav, whom NDA brands as problematic for state's law & order and many pundits have said this is one of RJD's handicaps. Of course, this being politics, JDU and RJD were also in govt together.

High turnout was inevitable given new voter rolls - some 65L names deleted and 22L names added. SIR has had its impact also in jolting voters to view their vote as more than just 'habit', a renewed interest in 'making the vote count' especially since the majority in Bihar relies on govt dole and migrant income for everyday survival. So what mattered to the Bihari voter this time who, it is said with contempt by city-based pundits, votes his caste? Nitish loyalists have long defended his flip-flops between NDA and MGB as the veteran having done what he deems best for his 'people'. So caste remains key yet a non-issue in a way, since both alliances stitched up candidacy in step with 2023's caste survey.

But 2025 has been a new ballgame in the generational shift in both electorate and party brass. With this, the question of jobs became critical. The enduring thing about Bihar is that the state that hugs poverty, like an infant its mother, shows itself, time and again, as so acutely politically aware.

India's entry into international carbon market: A defining moment for the country

SHINGLE SEBASTIAN | GOPAL K SARANGI

While the COP 30 discussions are underway to resolve some of the complex global challenges of climate change, exploiting the international carbon market as a source of climate action is also going to be a key source of climate action. India's signing of the Memorandum of Cooperation (MoC) with Japan under Article 6.2 of the Paris Agreement marks a pivotal step in India's engagement with international carbon markets. Article 6.2 provides a broad, decentralised cooperative approach that allows countries to trade Internationally Transferred Mitigation Outcomes (ITMOs), thereby driving technology transfer, climate finance, and innovation. For India, the signing of Article 6.2 has turned out to be a propitious moment in driving the highly desired technology transfer and much-needed climate financing.

A robust institutional framework is in place. India moved early to establish the institutional framework for such cooperation. On May 30, 2022, the Government of India notified the National Designated Authority for Implementation of Article 6 of the Paris Agreement (NDAIAPA), the body responsible for approving projects eligible for ITMO transactions. This was followed, on 17 February 2023, by a public announcement listing the activities India would initially consider eligible for trading under Article 6.2. Most recently, in August 2025, the NDAIAPA was amended to reflect evolved decisions under Articles 6.2 and 6.4.

The eligibility list spans green hydrogen and ammonia, sustainable aviation fuel (SAF), compressed biogas, high-efficiency industrial technologies, renewables with storage (stated component), offshore wind, solar thermal, HVDC lines linked to renewables, ocean energy, and carbon capture, utilisation and storage (CCUS). These activities were strategically chosen to catalyse technology transfer and mobilise much-needed inter-

national finance, with an initial three-year scope and provision for revision and expansion.

However, since developing countries already have targets under their NDAs, establishing a robust institutional framework becomes crucial to ensure transparency and integrity in international transfers. Though India has created the institutional framework, the next critical phases involve strengthening processes for project authorisation, monitoring and verification (MRV), as well as the allocation and transfer of ITMOs within agreed timelines. Establishing these mechanisms, supported by a Project Implementation Agency (PIA) and a steering committee to oversee synergies across domestic and international carbon markets, will be essential to ensure readiness for full-scale cooperation and transparent ITMO transfers under Article 6.2.

Besides, speed matters because bilateral pipelines are forming now. Global activity is narrow but deep. It is an opportune time for India to become an integral part of such evolving bilateral pipelines. Where do opportunities lie?

India's eligibility list under Article 6.2 opens distinct avenues for sectors positioned to deliver high-integrity, internationally transferable mitigation outcomes (ITMOs). In clean-energy carriers, green hydrogen and green ammonia can serve as financing bridges to scale electrolyser capacity and decarbonise export-oriented value chains. Developers that align early with partner-country measurement, reporting, and verification (MRV) standards can secure premium pricing and long-term off-take agreements. Sustainable aviation fuel and compressed biogas provide complementary routes, enabling incremental abatement beyond domestic demand by supplying ITMO-linked volumes to countries pursuing aviation decarbonisation targets. For the private sector, this framework presents early-mover advantages. Industries such as steel, cement, chemicals, and refineries can integrate best-available technologies

and enter cooperative agreements that de-risk upfront capital expenditure through bilateral ITMO-linked arrangements. Renewable energy players combining storage and HVDC infrastructure can position projects for system-level emission reductions verified by international buyers. Carbon-removal ventures using CCUS technologies offer an additional frontier, where private developers securing storage-site assessments, robust monitoring plans, and long-term buyer commitments can anchor India's first wave of removal-based ITMOs from industrial clusters.

Beyond technology deployment, each cooperative agreement must be evaluated through four lenses — contribution to India's Net Zero commitment, provision of technology transfer along with intellectual property rights, assurance of sustainable climate finance, and acceleration of local sustainable development. These priorities ensure that India's participation in international carbon markets strengthens both climate and socio-economic objectives.

What lies ahead? As India moves from readiness to implementation under Article 6.2, the focus must shift to strengthening institutional processes for authorisation, registry, and ITMO transfers, while fostering technology transfer and innovation in sectors like hydrogen, CCUS, and offshore wind.

With the NDAIAPA, the Carbon Credit Trading Scheme (CCTS), and the Japan MoC in place, success now depends on how effectively India mobilises regulators, industry financiers, and project developers to turn readiness into credible international cooperation and measurable climate outcomes. The following areas require strategic policy thrusts to reap optimum benefits from the international carbon market.

Strengthening governance and institutional architecture: India must operationalise a clear governance structure by constituting Project Implementation Agencies (PIAs) for each bilateral mechanism to oversee project authorisation, MRV, and

ITMO transfers. The Article 6.2 registry should be embedded within the CCTS, enabling unified credit tracking and direct transfers to buyer-country registries. This system can maintain a "knolling-by" link with the international registry for transparency while preserving national control. Countries lacking domestic registries may temporarily rely on the international platform, but India's design should prioritise sovereignty and traceability.

Building a pipeline of bankable projects: The NDAIAPA should curate a strong pipeline in sectors where India holds an edge - green hydrogen, compressed biogas, offshore wind, and CCUS. Fast-tracked feasibility studies, pre-approval templates, and a dedicated facilitation cell can help developers meet buyer-country expectations and streamline MRV compliance.

Catalysing private-sector participation: The private sector shoulders the key responsibility for driving implementation. Early adopters in steel, cement, refineries, fertilisers, and transport should be encouraged to form consortia with financiers and technology providers. A blended-finance or guarantee window under the CCTS can reduce risk, while clear ITMO pricing norms, via benchmark, auctions, or bilateral formulas - will create predictability and investor confidence.

Expanding and deepening bilateral partnerships: Beyond Japan, India should deepen partnerships with Switzerland, Singapore, the UAE, and South Korea to broaden market access and technology collaboration. Regular inter-ministerial coordination and proactive negotiation of new MoCs can strengthen India's position as both a supplier of high-integrity credits and a shaper of global carbon-market norms.

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Physics Nobel Prize 2025: Quantum computing is the future

BK SINGH

Century-old quantum mechanics can explain how a single sub-atomic particle cross the energy barrier through tunnelling, be located at multiple places simultaneously, occupies discrete energy levels and emits energy in quanta as it moves from higher energy level to lower energy level.

Three US Physics Professors; namely John Clarke, University of California Berkeley, Michel H Devoret Yale University, New Haven CT and University of California, Santa Barbara and John M Martinis University of California, Santa Barbara, were awarded this year's Physics Nobel Prize. Quantum mechanics has advanced from single particle to macroscopic level, and during 1984 and 1985 these Professors have conducted experiments wherein quantum behavior has been observed at the macroscopic level, where billions and trillions of Cooper particles (two-electron closed system) are involved.

The Professors had discovered macroscopic mechanical tunneling and quantized energy level in a system large enough to be kept in hand. When they made this discovery in 1984 and 1985, Martinis was a PhD candidate, Devoret was a post-doctoral fellow, and Clarke was their professor and supervisor. Two of the three Laureates have links with Google. Besides his professorship Devoret, is Chief Scientist of Google Quantum AI, while Martinis headed Google's Quantum AI lab till 2020.

How Quantum Mechanics is different from Classical Mechanics? We have seen in our day today life that when a ball is thrown against a wall, it rebounds on the same side and never crosses to the other side of the wall. In sharp contrast to this, atomic particles under quantum mechanical principles cross the barrier through tunneling, located at multiple positions simultaneously and can occupy discrete energy levels.

In 1973 Physics Nobel Prize was won by Brian Josephson for discovering the flow of electric current between two superconductors separated by an insulator. This has been a very useful finding as superconductor-insulator-superconductor junction has been used in various

experiments like measurement of fundamental physical constants and magnetic field etc. and is commonly called as Josephson junction. This set-up was utilized by Nobel Laureates in the series of experiments they conducted in 1984 and 1985 meticulously isolated the set-up to its environment and ensured that the quantum effects are not destroyed by interference. They were successful in demonstrating the flow of electron through the set-up and also found the electrons exhibiting quantum mechanical behavior.

The superconducting chip separating another superconductor by an insulator had electric current flowing without any resistance. The electrons coordinate and move together in a single wave. The volt-meter reading showing zero initially starts showing value corresponding to a discrete energy level confirming that the particle has crossed the wall (the insulator) through tunneling. Though the scientists have not been able to conclude the maximum size of the system exhibiting the quantum behavior, but the experiments conducted in 1984 and 1985 by the Nobel Laureates have confirmed that the system as large as the set-up chosen by them did show quantum behavior. The discovery led to the building of quantum-bits (qubits) — unit of information in quantum computers.

The discovery has been extensively used in mobiles, cameras, transistors in computer microchips and optic cables etc. that are part of our lives these days. The next generation quantum technology such as quantum cryptography, quantum computing and quantum sensors are the way forward from these inventions.

These discoveries have far reaching consequences and have been providing breakthroughs in many fields of medicine, chemistry and computers etc. The quantum behavior in superconducting circuits has led to the creation of superconducting qubits, the building blocks of quantum computers and can perform intricate calculations far beyond the reach of a classical computer, marking the dawn of a new computing era. Google's Sycamore processor, co-developed by Martinis has already demonstrated quantum supremacy by

solving problems faster than any existing supercomputer.

The implications extend far beyond computing. In cybersecurity, quantum technology challenges current encryption models, driving innovation in post-quantum cryptography to safeguard credentials, financial data, and national digital infrastructures. If appropriate innovations are not done, our personal data, bank accounts etc. can be hacked using quantum computers. Quantum key distribution (QKD) further enhances data privacy, allowing secure communications based on unbreakable principles of Quantum Physics.

In industrial applications, quantum enhanced sensors can detect minute changes in temperature, magnetic fields or vibrations, revolutionising areas like predictive maintenance, manufacturing quality control and energy management. These sensors could form the backbone of quantum secure industrial networks, protecting critical systems from cyber threats while improving performance and efficiency. We are aware that information is stored in any normal computer as bits, which are either 0 or 1. Quantum computer uses qubits that can be understood to be behaving like a spinning coin in air with 0 and 1 at the same time. Group of qubits can become linked indicating that when we learn about the one we get to know something about the other too.

The two traits are utilised in a quantum machine and bring out several possibilities in parallel. Google's quantum AI team has recently reported that its 'Willow Superconducting chip' has run a new test and obtained 13,000 times faster result as compared to the result from top supercomputer. This test is called Quantum Echoes and can be repeated and checked using other quantum machines. Google calls it as 'verifiable quantum advantage'. Earlier quantum advantage demos produced one off random results and thus, were not verifiable. Quantum Echoes, however, measure the number called 'out of time order correlator' (OTOC), which would again emerge when another quantum computer follows the same step. Of a new number is specific irrespective of the quantum computer used. The similar output can be obtained after redoing/ recheck-

ing and hence it is 'verifiable'. We encounter quantum natural processes, which is generally characterized by the high sensitivity of a system towards small perturbations.

The notable examples being weather patterns, wherein a small change in initial conditions leads to different outcomes over time and population dynamics where a small shift in local population can affect the entire ecosystem. Chaos is also found in quantum systems, like dynamics of magnetisation in atomic nuclei subjected under magnetic field varying with time and flow of electrons on high temperature superconductors.

Quantum computers are ideal for simulating such chaotic systems. A quantum computer simulating OTOC signals from a physical system in nature such as molecules, whose system parameters are not fully known can be compared with OTOC signals against the real world data about the physical system and observe when they best agree. A more precise estimation of system parameter can be made as compared to any other technique. The echo number thus, can track any small disturbance spreading through the material and has tremendous scope in guiding the design of alloys, cleaner catalysts and zero-in on a chemical battery that can last longer.

The physics of Nuclear Magnetic Resonance is being extensively used in Medical Science especially in MRI. Google has shown that how Echoes paired with NMR data can act like a molecular ruler. Structural features of real molecule can be compared to find how a drug might bind to a protein making a clear scope for quick discovery of drugs.

It opens the way for examining the complex quantum behavior and possibilities of breakthrough in climate technology, environment, electronics and Chemistry. Quantum precision measurement is advancing medical imaging, environmental monitoring, and even space exploration, opening new frontiers in scientific discoveries.

The writer is a retired Head of Forest Force, Karnataka, and a postgraduate in Physics; views are personal

AI has arrived, what's the point of living?

At nearly 75 years, I have for long endorsed Bob Hope's dictum: "I'm not afraid of dying but I don't want to be around when it happens." But, of late, I am more inclined to go with "Death, where is thy sting?" by the Apostle Paul, in 1 Corinthians of the New Testament. The simple reason is that I can no longer cope with the tectonic changes taking place in a world where AI means Artificial Intelligence and not the more familiar Artificial Insemination people of my generation were used to.

I've always been scientifically challenged: in school, I thought a light year was one when you didn't get any homework for the vacations, and even as a grown-up, I am convinced that the reason I can't get out of bed in the morning is because of Newton's First Law: a body at rest will continue to be at rest unless acted upon by an external force. That external force is Neerja, which only proves my point (and Newton's). I guess what I'm trying to convey is that I lack the knowledge to make any sense of technological "progress".

For example, I cannot figure out what has happened to my email - I no longer receive mails from ladies. I discovered this the other day: someone, or something, has installed malware in my laptop which automatically filters out all mails sent by females. It could be Neerja, or it could be Trump with his misogynistic brain, but the point is: what the hell am I supposed to do? And what's next - will they also filter mails from homosexuals, lesbians (sorry, they're already out), my editors, anti-bhaktis, Mani Shankar Aiyar and Kangana Ranaus? If so, then what's the point of going on living? I can't wrap my head around this Artificial Intelligence and robotic thingy either; compared to Trumpian and "andhi-bhakt" intelligence, it's a god-given gift and we should be welcoming it. But I believe it's wiping out millions of jobs, and that the time is not far off when we will be to robots what dogs are to us - loyal, but totally confused.

The optimists tell us that AI will delete jobs but will create new ones, but the problem is no one can tell which jobs it will create. Bill Gates recently said in an interview that only three types of jobs will remain - energy sector related, biological sciences and coding for AI itself. For us non-techie types, most of whom



swarm the IAS, the only remaining jobs will be that of horse whisperers, dog walkers, tarot card readers and vastu planners. There will be no re-employment after retirement either. Of course, Gates missed out on one job that will survive against all odds - politicians. They are a mutant sub-species of homo sapiens known as homo crapiens. Unlike the former, they did not emerge from Africa but from the cesspools that were the inevitable result of apes descending from the trees and living in groups. They evolved slowly over the last 5,000 years or so, gradually losing their vmPFC (ventromedial prefrontal cortex),

which enables us to have a conscience and moral sense of right and wrong. This is precisely what the AI robots also lack; consequently, there is no difference between homo crapiens and AI. Which is why AI will never replace politicians. Mr Gates might like to make a note of this. I've always been scientifically challenged: in school, I thought a light year was one when you didn't get any homework for the vacations, and even as a grown-up, I am convinced that the reason I can't get out of bed in the morning is because of Newton's First Law: a body at rest will continue to be at rest unless acted upon by an external force. That

external force is Neerja, which only proves my point (and Newton's). I guess what I'm trying to convey is that I lack the knowledge to make any sense of technological "progress". And things are soon going to get whackier. In a few years, we shall be able to opt for designer babies with Einstein's beauty and Kangana Ranaus's brains, who will probably be home delivered by Blinkit: women will be eternally safe because their nether garments shall henceforth be password protected or have facial recognition features embedded in them; a new species of homo sapiens will emerge - cybernetic nerds - which will be a blend

of human bodies and AI chips (Donald Trump may be a prototype). Astrologers will go extinct because ChatGPT will now predict your future - not a difficult job, because the said future will be the same for just about everybody except the multi-billionaires. Nobody will have a job, no one will be married because the female bots will be far more attractive than the female of our species. No one will die of old age, everyone shall die of boredom and ennui because there will be nothing for them to do except to listen to Mann Ki Baat. I'm ready to walk into the sunset, folks, even if it is AI-generated.

The Guru gave his all for freedom of faith

THE 350th anniversary of Guru Tegh Bahadur's martyrdom falls on November 24. Union and state governments, besides several organisations, including the RSS, are commemorating the occasion. While doing so, the focus must remain on the historical context and the correct message that the Guru's supreme sacrifice holds for posterity.

A narrow interpretation may merely recount the bigotry of some Mughal emperors, especially Aurangzeb. The Sikh religion evolved over two centuries, from the foundation of Kartarpur town by Guru Nanak Dev in 1504 to the creation of the Khalsa by Guru Gobind Singh in 1699. During this period, the Mughals first captured power, then lost it and later regained it under Humayun; their empire peaked under Akbar and eventually declined after Aurangzeb's death. Guru Arjan Dev (1606) and Guru Tegh Bahadur (1675) chose self-sacrifice over abandoning their religion or performing miracles.

As the two sagas run parallel, their crucial linkages need to be analysed to understand Sikhism's defence of freedom of faith. Guru Nanak Dev is said to have first encountered Emperor Babur in Hyderabad as his forces advanced into India. Babur's successor Humayun lost the throne of Delhi to Sher Shah Suri; heading for exile in Iran, he made a halt to seek the blessings of Guru Angad Dev, the second Sikh Guru, in 1540. Two vital inflection points occurred during the Mughal rule which impacted Sikhism's evolution.

It is important to recall that Emperor Akbar's long reign (1556-1605) coincided with that of three Sikh Gurus - Guru Amar Das (1569-1639), Guru Ram Das (1574-81) and Guru Arjan Dev (1581-1606). Akbar's religious tolerance, the espousal of Din-i Ilahi (Religion of God) in 1582 and repeal of jaziya or tax on non-Muslims created an ethos in which Sikhism could



flourish. Akbar visited Guru Amar Das in 1567 and also partook of langar.

Akbar favoured his grandson, Prince Khusrav, to succeed him as he considered his eldest son unfit to rule. But that son, Jahangir, succeeded him in 1605. When Khusrav rebelled against his father in 1606, he met Guru Arjan Dev on the way to Lahore. The Mughal army defeated and captured him. Although Jahangir was not totally bigoted, he could be unpredictably vindictive. He targeted Guru Arjan Dev mainly because the latter had received his rebellious son. Had Khusrav suc-

ceeded Akbar, perhaps tolerance and religious freedom would have persisted in India.

After Guru Arjan Dev passed away in Mughal captivity, the Sikh religion mutated under his son and successor Guru Hargobind, adopting martial training alongside religious discourse. He began carrying two swords, representing Miri and Piri, symbolising the temporal and the spiritual. Guru Hargobind's period (1606-44) bridged the reign of Jahangir (1605-27) and Shah Jahan (1627-58). His limited Sikh force successfully fought six battles with the Mughal forces, sent by Shah Jahan, until a

grown-up Dara Shikoh, the heir apparent, restrained targeting of Sikhs.

The second inflection point came when Shah Jahan's sons became rivals over succession. The eldest, Dara Shikoh, favoured Sufi thinking and religious tolerance, besides peaceful coexistence between Hindus and Muslims. He translated the Upanishads from Sanskrit to Persian to enable Muslim scholars to study them. Shah Jahan's illness in 1657 started a power tussle. Dara fell seriously ill due to suspected poisoning by his main rival, Aurangzeb. Guru Har Rai, spe-

cialising in ayurveda, sent medicine that cured him. Dara sent gifts to the Guru in gratitude. However, he was defeated on the battlefield by Aurangzeb in 1658. He sought refuge in Punjab. The Guru extended him material help and obstructed Aurangzeb's forces to assist his escape. Betrayed by former associates, Dara was captured and eventually killed. Destiny again betrayed India and the Sikh Gurus. The Sufi lost to a bigoted fundamentalist. When summoned by Aurangzeb in 1660, Guru Har Rai sent his son Ram Rai, who was held hostage. When

questioned about Adi Granth hymns ostensibly berating Muslims, Ram Rai amended them in a bid to please Aurangzeb.

The Guru excommunicated him, passing the succession to his younger son Har Krishan, who succeeded him a year later. Aurangzeb lured Guru Har Krishan to Delhi, where he contracted smallpox and passed away in 1664. Since he had declared that a Baba from Bakala would be his successor, many claimants came forward. Eventually, Guru Tegh Bahadur emerged as the chosen one.

Thus the eventual confrontation between Aurangzeb and the ninth Guru was not just over Pandit Kirpa Ram leading a delegation of Kashmiri Pandits to seek the Guru's protection against forced conversion to Islam. It was an old tussle, reignited afresh, between the forces of bigotry and freedom of faith. It led to the birth of the Khalsa and greater resistance to Muslim invaders like Ahmad Shah Abdali and the remnants of the Mughal empire in Delhi.

Today, there is a regression towards majoritarian, religion-influenced rule globally and in India, with secular constitutions or governance being put to the test. The US, once a model of secular governance with a wall between the Church and the State, is witnessing rising White Christian supremacism. The White House ordered flags at half-mast when a bigoted Charlie Kirk was shot. US Vice-President JD Vance publicly pushed his wife to convert from Hinduism to Christianity, wooing MAGA supporters. President Donald Trump's strong supporter, Vivek Ramaswamy, a candidate for Ohio's governorship, was trodded by MAGA followers on religious and racial grounds after he posted a photo with his sons on Halloween.

Master the art of perfect idlis in minutes: Say goodbye to ordinary breakfasts



Idli is a soft, fluffy, and light steamed rice cake. For centuries, this traditional south Indian dish gained a lot of popularity in India and around the world. It's not just a breakfast item; it's comfort and nourishment for many people. Whether taken with sambhar and coconut chutney or just a dollop of ghee, idlis are a wholesome and perfect meal loved by people of all ages. Let's dive into the history, its benefits, and a modern twist on this timeless dish.

The origins and appeal of idli
The origins of idli dates back to ancient times. Although its history was in dispute, it is said that the first written record of the dish was mentioned in Tamil literature, dating back to the 10th century.

It could eventually become an essential breakfast in South India and, over time, spread to the rest of the country. Its appeal is lightness, digestibility, and the use of flavors.

Idli is made from a batter of fermented rice and urad dal (black lentils), which makes it gluten-free and rich in carbohydrates and proteins. The fermentation process not only enhances the flavor but also increases the bioavailability of nutrients, making it easier to digest and absorb essential vitamins and minerals.

Nutritional value
The perfect idlis are low on calories and rich in the necessary nutrients.

A serving of an idli is a good source of carbohydrates, providing energy; while fermentation process adds beneficial probiotics to the dish that aid in gut health.

The fiber content from rice and dal is high in support of digestion, and protein helps in the development and repair of muscles.

Also, idlis are highly versatile and can be readily prepared with any combination of ingredients

according to an individual's choice and dietary need. You can add carrots, spinach, or similar other vegetables for added nutrition. Chutneys and sambhars make it easy to elaborate on this simple dish.

Modern twist: Patanjali Rava Idli instant mix

For those who are always on the go and looking for convenience without compromising on taste or nutrition, Patanjali Rava Idli Instant Mix comes to the rescue. This ready-to-use mix simplifies the process of making perfect idlis, allowing you to enjoy the classic dish with minimal effort. Simply add water to the mix, steam, and your idlis are ready in minutes!

Patanjali Rava Idli Instant Mix is popular for its quality ingredient and health-conscious formulation. Full of the goodness of semolina (rava) and other natural ingredients, it is a much lighter version, but is not less tasty.

God and soul: Understanding the divine connection

There is one Supreme Being - eternal, all-powerful, and all-pervading. God is omnipotent, capable of accomplishing anything; omnipresent, existing everywhere in His subtle form; and omniscient, fully aware of the past, present, and future. As the Bhagavad Gita declares, "By Me, all this universe is pervaded in My unmanifest form" (9.4). He is the Creator, Controller, and Sustainer of all existence (15.1). Everything we see belongs to Him. What we call "our possessions" today did not belong to us five hundred years ago. In truth, everything is a part of God's own subtle body; we live within His vast creation.

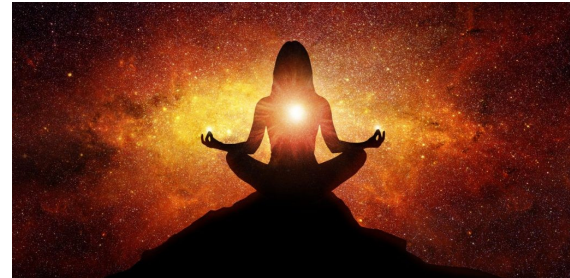
In contrast, we souls are merely His infinitesimal parts (15.7). Our power, knowledge, and presence are severely limited. We depend entirely on the Supreme for strength and guidance. Our physical, mental, or intellectual abilities do not make us powerful; true power lies only in divine empowerment. While God is ever awake and active, we are bound by sleep and fatigue. Our understanding is confined to a narrow present; we know nothing of our past lives and can only guess at the future. We act, but the results rest in God's hands.

This may seem unfair, yet it is a perfect design — creation could not function otherwise. Our dependency is not a weakness but a reminder of divine justice and grace. God, in His fairness, has made provisions for every shortcoming. Lord Krishna assures: "To those who worship Me with unwavering devotion, I provide what they lack and preserve what they have" (9.22). Taking shelter in God brings immense blessings. He guides the sincere seeker through intuition, dreams, or circumstances.

Prayer is not mere ritual but a channel of divine communication. Though we have free will, the fruits of our actions are dispensed by Divine Authority under the law of karma. Dharma — the eternal principle of righteousness — upholds the universe. So sacred is dharma that whenever it declines, God incarnates to restore it (4.7). Those who live by dharma and devote themselves to God become examples for others, inspiring goodness and harmony.

Every soul is unique - with distinct parents, birthplaces, timings, names, and destinies - shaped by individual karmas. Just as God is unique, so is every living being. The notion of complete duplication, even through cloning, is impossible. He has empowered me to write spiritual works and has cared for me more tenderly than a mother could. Through His mercy, I overcome challenges born of past karmas. I act, yet it is He who accomplishes. Success is His blessing, though the world attributes it to me. Truly, God micromanages every aspect of my life.

Naturally, I worry for my loved ones. When illness or hardship strikes, I pray earnestly. Yet I have learnt that change cannot be forced; with kindness and connection to God, transforma-



tion follows.

The divine influence works quietly but surely. In conclusion, one must see the larger picture. Engage in bhakti (devotion), yajna (sacrifice), and dana (charity) to draw closer to God. Devotion can take many forms — prayer, chanting, or visiting holy places.

Sacrifice includes offering time, service, or wealth for noble causes. Charity, too, extends beyond money — sharing knowledge (vidya dana) is among the greatest gifts. When we align our lives with these divine principles, we invite God's grace, live in peace, and experience true bliss.

The labyrinth of social media nutrition trends

A quick scroll through social media reveals a chaotic world of conflicting nutritional advice. One reel vilifies carbs, another champion gluten-free living, and yet another insists on the life-altering power of soaked almonds blessed by Himalayan monks. It's a universe where everyone - fitness trainers, and fashion influencers - seems to be a certified nutritionist, armed with exclusive knowledge about what's harmful and what is crucial to live to 150. This constant influx of contradictory information creates a sense of overwhelm, leaving viewers unsure of where to turn to for reliable guidance.

Coffee, once lauded as a metabolism booster, is now condemned as a gut-destroying cortisol spike. Eggs are alternately hailed as a perfect protein source and demonized for their cholesterol content. Dairy is both essential for bone health and the root of all inflammation. Ghee is evil and the enricher! This dietary confusion is further amplified by the ongoing debate between naturopathy and allopathy.

One side advocates for self-healing though



turmeric, various morning concoctions to be taken empty-stomach, sunlight and avoidance of processed foods and the other champions the pills and supplements. Reels trap viewers between these camps, leaving them questioning every health

decision. One moment, popping a pill seems like a capitalist scam; the next, viewers are googling "is vitamin deficiency reversible?" because, well, another reel.

The ultimate transformation reel that often promotes a plant-based diet as

the sole escape from the "horrors" of the modern food industry, citing concern about chemicals and hormones in meat and dairy. However, another reel quickly counters this narrative, claiming even vegetables are laden with harmful substances.

The result? A state of constant food paranoia, even with food choices scrutinized and mealtimes transformed into occasions of anxiety. The joy of eating is replaced by the fear of consuming the "wrong" thing. This fear-mongering around food choices can

lead to disordered eating patterns and an unhealthy obsession with "clean-eating". The reality is that the human body is complex, and nutrition is not one-size-fits-all. A diet that works for a social media influencer (backed by a

team of professionals and image-enhancing tools) may not be suitable for everyone. Individual needs, genetic predispositions, and lifestyle factors all play a role in determining optimal nutrition. Instead of blindly following a diet fad, it's vital to listen to your own body and consult qualified healthcare professionals or your family doctor before making drastic dietary changes. If a reel references a study without providing details, it needs to be taken with a grain of salt. Food should be nourishing and enjoyable, not a source of stress. While mindful eating is important, social media shouldn't dictate every dietary decision.

One needs to trust one's gut (literally and figuratively), enjoy food in moderation, and perhaps consider muting influencers whose dramatic pronouncements create unnecessary anxiety. After all, balanced nutrition is about making informed choices based on credible information, not succumbing to the latest viral trend. (The writer is a Dubai-based author, and organises literature festivals and workshops; views are personal)

India world's largest source of energy demand growth: International Energy Agency

NEW DELHI: Increasing economic activity has propelled India to be the world's largest source of energy demand growth, and this is projected to be as much as that of China and South East Asian countries combined by 2035, according to the International Energy Agency (IEA)'s World Energy Outlook report released on Wednesday.

The report said the share of non-fossil sources in installed generation capacity, already 50%, is expected to rise to 60% in 2030 and 70% in 2035. This would account for over 95% of the capacity increase until then, based on current policies. Non-fossil sources are likely to contribute to over half of India's electricity generation by 2035, even as it is the largest contributor to growth in oil demand. India is the second-largest in electricity generation and coal

demand growth, and the third-largest in natural gas demand growth.

The IEA noted that India's GDP growth rate was second only to China among major countries and regions between 2010 and 2024. It added that India's GDP was growing on average by 6.1% annually, more than any other major country or region. The IEA projected the GDP per capita to be 75% higher in 2035 than today.

The report, which coincided with the UN Climate Talks (COP30), said India adds the equivalent of one Bengaluru annually to its urban population, and its built floor space expands by 40%. It said India adds nearly 10,000 cars to its roads daily, and is projected to add over 250 million air conditioners to its homes over the next decade.

In 2022, India announced an

objective to increase the share of non-fossil sources in the power generation mix to 50% by 2030 for net zero emissions by 2070. It met this target for grid-connected capacity in 2025, five years ahead of schedule.

The IEA said this success was underpinned by surging investment in renewables. "In 2015, every dollar invested in fossil power generation sources in India was broadly matched by a dollar invested in non-fossil sources, a 1:1 ratio. By 2025, this ratio had increased to 1:4 in favour of non-fossil sources."

The IEA said solar PV alone has attracted \$113 billion in cumulative investment in the past decade, compared with \$12 billion for all fossil fuel power generation sources combined.

It projected the share of non-fossil sources in installed gen-



eration capacity to rise to 60% in 2030 and 70% in 2035. In the 2015-2024 period, coal and natural gas accounted for over 70% of the increased generation.

The IEA projected the industry-led demand for coal to rise moderately to 2035, and to be a mainstay in the electricity generation mix, providing valuable dispatchable generation and flexibility. The share of solar PV and wind power

generation was expected to rise from 11% in 2025 to over 25% by 2030 and to nearly 40% by 2035.

Non-fossil sources were likely to contribute to over half of electricity generation by 2035, reducing its carbon intensity by nearly 45% to around 400 grammes of carbon dioxide per kilowatt-hour. It was expected to narrow India's gap with the global average level of carbon intensity of electric-

ity generation. Other benefits include significant declines in emissions of key air pollutants such as fine particulates and sulphur dioxide, the IEA said.

The IEA said the rising share of variable renewables in power generation brings both challenges and opportunities, including the need for investment in storage and transmission to facilitate the deployment of renewables.

Over 230 gigawatt-hours of battery storage are likely to be added to the system by 2030 as the government is in the process of tendering for new storage capacity.

The IEA said countries were overall contending with pressing energy security threats and growing longer-term risks across an unprecedented range of fuels and technologies, thrusting energy into the heart of geopolitical tensions

and elevating it as a core issue of economic and national security.

"In particular, a group of emerging economies — led by India and Southeast Asia and joined by countries in the Middle East, Africa, and Latin America — comes to increasingly shape energy market dynamics in the years ahead. Collectively, they take up the baton from China, which accounted for half of global oil and gas demand growth and 60% of electricity demand growth since 2010, although no country or group of countries comes close to replicating China's energy-intensive rise," the report said.

It said traditional energy risks affecting the security of oil and gas supply are now accompanied by other major concerns, especially critical minerals, due to high levels of market concentration.

Rs.58 cr 'digital arrest' case: International network linked to China, other countries found

MUMBAI: The Maharashtra Cyber Department probing a ₹58 crore "digital arrest" fraud case in Mumbai has found an international network with links extending to Hong Kong, China and Indonesia, an official said.

In one of India's biggest reported "digital arrest" cases, cyber fraudsters siphoned off ₹58 crore from a Mumbai-based businessman by posing as Central Bureau of Investigation and Enforcement Directorate officials between August 19 to October 8 this year.

The entire racket operated through cryptocurrency transactions with the stolen funds routed abroad via multiple crypto wallets, the official said on Tuesday.



"The cyber department has found an international network with links extending to Hong Kong, China and Indonesia" in the ₹58 crore "digital arrest" case, he said.

Investigators found that the gang worked through a series of commission-based bank accounts.

The fraud came to light after the businessman filed a complaint, stating

he had received a phone call from someone claiming to be a CBI officer. The caller intimidated him into joining a video call under the guise of an official inquiry and, over several hours, managed to siphon off ₹58 crore from his accounts.

During the investigation, the cyber police found it was not an isolated case, but part of a large inter-

national syndicate that has been targeting Indian citizens for more than a year, the official said.

Officials estimate that scams of this nature may have collectively generated more than ₹2,000 crore, exploiting victims across India through "digital arrest" tactics and cryptocurrency manipulation, he added.

"Digital arrest" is a growing form of cybercrime in which fraudsters pose as law enforcement officials or personnel of government agencies and intimidate victims through audio/video calls. They hold the victims hostage and put pressure on them to pay money.

Maharashtra Cyber is a nodal agency for cyber-crime and cyber investigation for the state.

Pune techie held for 'terror' links: ATS questions Thane teacher

MUMBAI: The Maharashtra Anti-Terrorism Squad has questioned a teacher in Thane in connection with the arrest of a Pune-based software engineer for his alleged links with Al Qaeda and other banned outfits, officials said on Wednesday.

The teacher's house at Mumbra in Thane district was used for one of the meetings by the arrested engineer, Zubair Hangargekar, they said.

The ATS nabbed Hangargekar on October 27 for his alleged links with banned outfits, such as Al Qaeda and Al Qaeda in the Indian Subcontinent, and for his suspected involvement in radicalisation activities. During the investigation, the ATS had



found a Pakistani contact number saved on his old phone.

While probing further, the ATS learned that Hangargekar had visited Mumbai for one of his meetings. Accordingly, the ATS officials visited the teacher's house on Tuesday and enquired about Hangargekar and his meeting, an official said.

The teacher is neither an accused nor a witness in

the case, he said.

The ATS told a Pune court earlier this month that Hangargekar allegedly used to deliver religious discourses "aggressively" in the city's Kondhwa area. During a house search there, the ATS seized mobile phones containing deleted PDF files titled 'Al Qaeda in the Indian Subcontinent and All Its Manifestations', it had said. They also recovered an Urdu translation of a

speech delivered by the late Al Qaeda chief Osama bin Laden on Eid-ul-Fitr. In addition, a magazine titled 'Inspire' was found, containing photographs of AK-47 training at the OSG Gun School and documents detailing the procedure to make an IED using acetone peroxide from an OSG bomb school, it told the court.

The ATS had also said that during the searches, an old phone belonging to Hangargekar was recovered from one person.

"During the analysis of the contact list of the phone, five international phone numbers were found saved, including one from Pakistan, two from Saudi Arabia, and one each from Kuwait and Oman," it said.

Chief Minister demands probe into Delhi blast; ministers allege security lapse, call for Shah's resignation

NEW DELHI: Chief minister Siddaramaiah on Tuesday demanded a thorough investigation into the Monday bomb blast near Delhi's Red Fort, citing the timing of the explosion — coinciding with the ongoing Bihar elections — as deeply concerning.

"Why do bomb blasts occur during elections? The Centre must investigate and answer that question," Siddaramaiah said in Mysuru after a review meeting with district officials. He added that such incidents raised serious questions about security preparedness.

The chief minister expressed his condolences to the victims and their families. "My sympathies are with the victims of the bomb blast. There has to be an investigation to bring



out the truth and to check if there was a security lapse," he said.

Meanwhile, state ministers Priyank Kharge and MB Patil strongly criticised Union home minister Amit Shah, holding him responsible for the security lapse that led to the blast.

Calling Shah "the most incompetent home minister in independent India," Kharge demanded his resignation. "In any other state or country, he would

have been thrown out of the Cabinet. But he is indispensable because he shares all the secrets of Mr. Modi," Kharge said, alleging repeated security failures under Shah's tenure, including the Pulwama attack and the ongoing crisis in Manipur. "Whose responsibility is it to protect the borders? Mr. Gandhi's or Mr. Kharge's? It's his duty as home minister," he added.

Meanwhile, Patil called the

Delhi explosion "a heinous act" and said it was the minister's job to stop down. "When the Rameshwaram Café blast happened here, resignations were sought and accountability was fixed. Now, they too must take responsibility. The home minister should resign," he said.

Patil added that whether the incident was a terror attack or a chemical explosion, it exposed a "clear failure of security," especially given its proximity to a high-security zone. He emphasised that the immediate focus should be on supporting victims and their families.

Following the blast, which occurred near Gate No. 1 of the Red Fort Metro Station, authorities declared a high alert across several cities,

including Bengaluru.

BJP state president B.Y. Vijayendra also expressed sorrow over the deaths, writing, "Deeply anguished by the tragic blast near Red Fort in Delhi that has claimed several precious lives, my heartfelt condolences to the bereaved families during this difficult time. Praying for the swift and complete recovery of those injured."

Leader of Opposition and senior BJP leader R. Ashoka alleged possible links between Pakistan-based terror groups and the Delhi explosion, demanding that the National Investigation Agency (NIA) examine whether inmates in Bengaluru's Parappana Agrahara Jail had any connection to the perpetrators.

Patanjali told to take down its Chyawanprash ad in 72 hours



NEW DELHI: The fundamental right to commercial speech does not cover the dissemination of falsehoods or grant any licence to defame, disparage, or denigrate a competitor, the Delhi high court held, directing Patanjali Ayurved to take down in 72 hours its Chyawanprash commercial branding rival products as "dhokha (deception)".

A bench of Justice Tejas Karia said an advertisement loses constitutional protection the moment it becomes false, misleading, unfair, or deceptive. It added that Patanjali's Chyawanprash commercial crossed this line by conveying that all other manufacturers were deceiving consumers. The 37-page order said that branding all competing Chyawanprash products as "dhokha" amounted to commercial disparagement. "A perusal of the

impugned advertisement shows that the defendants [Patanjali] have tried to convey the message that all the manufacturers of Chyawanprash are deceiving their customers," the court said in its order released on Tuesday. "If an advertisement crosses the permissible limits and becomes false, misleading, unfair, or deceptive, it ceases to enjoy the protection afforded by Article 19(1)(a) of the Constitution."

The court said freedom of speech under Article 19(1)(a) of the Constitution does not extend to the dissemination of falsehoods or confer any right to defame, disparage, or denigrate a competitor. "As with all freedoms protected under Article 19 of the Constitution, the right to commercial speech is also subject to reasonable restrictions under Article 19(2) of the Constitution."

The court delivered the verdict on consumer goods company Dabur's plea to immediately restrain the broadcast of the Patanjali advertisement, arguing it was "per se defamatory and disparaging" as it painted all other makers in a negative light and labeled Chyawanprash, as a class of goods, as defective.

CONTINUATION

PM Modi-led cabinet meeting passes resolution on Red Fort bomb blast

injured during the blast in Delhi. Praying for everyone's quick recovery. Those behind the conspiracy will be brought to justice" Modi said in a post on X.

Upon landing from Bhutan, the prime minister went straight to the hospital to meet those injured after the blast, officials said.

There was heavy security deployment in and around the hospital where the injured are undergoing treatment.

He met and interacted with the injured and wished them a speedy recovery, officials said, adding that he was also briefed by officials and doctors at the hospital.

A powerful explosion ripped through a slow-moving vehicle on Monday near the Red Fort traffic signal, claiming the lives of 12 people.

Union Home Minister Amit Shah visited the hospital to meet the survivors on Monday.

Lt Governor Addresses Valedictory**Session of IUST's Foundation Day Celebrations**

the enemies of peace by providing information about them to the Police and Security Agencies, so that entire terror ecosystem hiding behind the cover in the society is neutralised and a befitting reply is given to the evil intentions of the neighbouring country," the Lieutenant Governor said.

The Lieutenant Governor said that after the last 5-6 years of tireless, dedicated work and many sacrifices of the J&K Police, Army, Intelligence and Security Forces, we have been able to create a fear-free environment in J&K and established a safe, supportive and inclusive system for youth to realise their dreams.

"Society must come together to guard this peace, progress, joy and renewed hope," the Lieutenant Governor said.

The Lieutenant Governor shared the efforts taken by the UT Administration to facilitate ease of film shooting and revive J&K's bond with the film industry.

He also called upon the film-makers to strike a balance between entertainment and social responsibility.

"Cinema is one of the most powerful tools for shaping social narratives, fostering cultural unity, and promoting the spirit of Ek Bharat Shreshtha Bharat," the Lieutenant Governor said.

The 4th edition of The International Film Festival of Srinagar (TIFFS) received over 100 film entries from 20 countries. An eminent jury panel has shortlisted 20 short films, 6 feature films, and 4 documentaries for screening. The selected feature films represent countries like India, Poland, Russia, and Sri Lanka. Other nations represented in the selections include the USA, France, Germany, Turkey, and Switzerland, among others.

The 3-days of cinematic celebration will showcase cinema that bridges cultures and celebrates storytelling. The vibrant cultural and cinematic festival serves as a powerful symbol of Jammu Kashmir's artistic resurgence, drawing filmmakers and audiences from across the globe and solidifying its standing as a global platform for creative exchange.

Shri Rohit Bhat and Shri Rakesh Roshan Bhat, Festival Directors, TIFFS, Prof. Nazir Ahmad Ganai, Vice Chancellor, SKUAST-Kashmir; Shri Anshul Garg, Divisional Commissioner Kashmir; Shri Rajiv Pandey, DIG CKR; Shri Akshay Labroo, Deputy Commissioner, Srinagar; members of Vomedh group, Avanti Foundation, and Landmark Crafts Limited, prominent artists, film personalities and Cinema lovers attended the inaugural ceremony

LG Inaugurates The International Film**Festival of Srinagar**

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Steady rise in HIV cases in J&K: 117 patients registered in three months

were registered with 19 deaths; in 2022-23, 374 cases with 21 deaths; in 2023-24, 338 cases with 14 deaths; and in 2024-25, 403 cases with 16 deaths.

Meanwhile, health experts in Jammu and Kashmir have urged people to adopt preventive measures and spread awareness to protect themselves and others from Human Immunodeficiency Virus (HIV), which continues to be a serious public health concern.

Doctors said that despite advancements in treatment and increased awareness, new cases are still being reported due to a lack of education about safe practices and preventive steps. They said prevention remains the most effective way to combat HIV.

Dr Showkat Ahmad, a senior physician at GMC Srinagar, said, "HIV is preventable if people remain aware and follow basic precautions. Unprotected sexual contact, use of unsterilized syringes, and transfusion of unscreened blood are major routes of transmission. People must be cautious and responsible."

He added that the availability of Antiretroviral Therapy (ART) has improved the quality of life for those living with HIV, but preventing the infection remains crucial. "Early diagnosis through regular testing can help control the spread and enable timely treatment," he said. Doctors highlighted the importance of using disposable syringes, ensuring blood safety before transfusion, and promoting safe sexual practices. They said there should be no stigma attached to people living with HIV, as social discrimination often prevents individuals from seeking timely medical help.

Dr Mariya Jan, a health educator, said, "Awareness at the grassroots level, particularly among youth, is vital. Schools, colleges, and community organisations should participate in educational campaigns so that people understand how the virus spreads and how to stay safe." Health authorities have urged people to avail of free HIV testing and counselling facilities available at government hospitals and Integrated Counselling and Testing Centres (ICTCs) across the Union Territory.

Regular testing, safe behaviour, and compassion towards affected individuals are key to ending the HIV epidemic, the doctors said.

Women Athletes making Ladakh proud:**LG Kavinder Gupta**

confidence, and independence while challenging traditional gender roles and fostering social progress. "Sports not only promote physical and mental well-being but also open new career avenues for women, contributing to national development," he noted.

Highlighting the stellar performances of Ladakh's women athletes, Shri Kavinder Gupta mentioned their success in traditionally male-dominated sports such as ice hockey, where they have won laurels at events like the Khelo India Winter Games and the IIHF Asia Cup. He said the UT Administration continues to strengthen support through modern sports infrastructure, equipment, and expert coaching facilities.

The Lt Governor also observed that more girls are now joining sports clubs and participating in national-level competitions, making Ladakh a model of gender empowerment through athletics. Reaffirming the Administration's commitment, he assured continued efforts to promote varied sports disciplines and facilitate national and international exposure for local athletes.

In addition, the Lieutenant Governor met delegations from Yes Bank, IndusInd Bank, Temisgam village, and Ladakh Rikjung Public School. He held constructive discussions on collaborative initiatives for Ladakh's progress and reiterated the Administration's focus on holistic development in sectors like health, education, tourism, and renewable energy. He also assured that the Administration is actively addressing local concerns such as waste management and stray dog issues through sustainable and practical solutions.

Jammu and Kashmir Police raids**around 500 locations linked to****banned organisations including JeI**

residences and premises of JeI members and their associates. They added the crackdown is a part of sustained efforts to dismantle the terror ecosystem and its support structure at the grassroots level. Giving details of the massive operation, the officials said in Srinagar, police conducted extensive raids at 150 locations across the city. The searches were carried out at the residences of terrorist associates and overground workers (OGWs) affiliated with proscribed terrorist organizations, in connection with ongoing investigations under the UAPA, the police officials said. The coordinated search operations were conducted across various areas of Srinagar, targeting individuals involved in facilitating, aiding or abetting terror-related activities, they said. The objective of these operations was to seize incriminating material such as documents, digital devices, and other evidence relevant to ongoing investigations. The raids also form part of a broader intelligence-gathering exercise aimed at pre-empting and disrupting any conspiratorial or terrorist activities threatening public peace and national security, they added. In Kulgam, raids were conducted at over 200 locations across the south Kashmir district. The officials said that during the past four days, more than 400 cordon and search operations (CASOs) have been conducted across different areas of the district at the premises of OGWs, J-K-based Jammu and Kashmir Nationals Operating from Pakistan (JKNOP), places where recruits took place in past, hideouts of active or killed terrorists. These operations have led to the interrogation of around 500 individuals affiliated with JKNOPs and other banned groups, many of whom have been bound down and shifted to District Jail Mattan, Anantnag under preventive laws, the officials added. During the raids, incriminating material and digital devices were seized, and several JeI members were interrogated and bound down to further trace and disrupt networks aiding terrorism. In north Kashmir's Baramulla district, police in Sopore launched a major coordinated operation and carried out a district-wide counter terror and separatist ecosystem action, by conducting simultaneous raids at over 30 plus locations across Sopore, Zaingeer, and Rafabad areas with the assistance of other security forces, they said. During the operations, a significant quantity of incriminating material, including documents, digital gadgets, and printed content with links to the banned organisation was recovered and seized for detailed scrutiny. Several

individuals are being questioned to ascertain their involvement in unlawful activities, the police officials said. Extensive search operations were also carried out at multiple locations across Ganderbal, in central Kashmir, targeting individuals and premises associated with the proscribed organisation, the officials said. During the raids, a large quantity of incriminating materials, including documents, digital devices, and printed content having direct links with the banned group were recovered and seized for detailed analysis. Several suspects have been detained for questioning to ascertain their role in unlawful and subversive activities, they said. These operations form a crucial part of J-K Police's sustained preventive strategy aimed at dismantling the terror-separatist ecosystem, cutting off its ideological, financial, and logistical networks, and ensuring that peace and normalcy remain undisturbed, the officials said. Similar raids were also carried out at multiple locations in other districts as well, during which several JeI members were questioned and bound down under law, the police officials added.

Sgr records season's coldest night at**minus 1.6°C**

Celestus in Kupwara. As per the details, Gulmarg, famous ski-resort, has recorded a minimum temperature of minus 1.0 degree Celsius.

Kokernag, however, recorded a night temperature of 0.8 degree Celsius.

Police attach residential house, adjoining**land of former Bar president Mian Ab****Qayoom under UAPA**

Jimah. The event, reportedly organized by separatist leaders including Feroz Ahmad Khan of the Muslim League, featured speeches by several participants including Asaad Andrabi, Shabir Ahmad Najar, and Mian Abdul Qayoom.

Police said that the speeches delivered during the seminar were anti-India in nature, advocating secession of Jammu and Kashmir and calling for the establishment of Islamic law. Witness statements recorded during investigation confirmed that the participants raised inflammatory slogans, instigating the audience against the integrity of India.

Subsequent searches at Qayoom's residence in Barzulla, Srinagar, carried out under court orders, led to the recovery of incriminating material. Among the items seized were banned literature, a blank letterhead of the outlawed Hizbul Mujahideen, seal impressions of the organization in both English and Urdu, and a letter purportedly from Hizbul chief Syed Salahuddin addressed to then U.S. President Bill Clinton. Based on the evidence collected, investigators concluded that the accused used his residential premises, comprising a two-storey house and 2 kanals, 1 marla, and 90 square feet of land, for concealing incriminating material and furthering terrorist activities. Police said the property, registered under mutation No. 338 in Qayoom's name, falls within the ambit of "proceeds of terrorism" as defined under Section 2(g) of the UAPA. Exercising powers under Section 23 of the Act, the Director General of Police accorded approval for the attachment of the said property located at Bulbul Bagh, Barzulla, Srinagar.

Dr Jitendra addresses Mauritius bureaucrats,**highlights common stake in 'Blue Economy'**

for Mauritius, which faces challenges of freshwater scarcity despite being surrounded by the ocean. "Water, water everywhere, not enough to drink this contradiction can be addressed through technology, said the Minister. Our desalination plants have successfully converted saline water into drinking water while generating green energy from the same process," Dr. Jitendra Singh observed during the interaction.

The Minister also encouraged Mauritian officials to explore collaborative projects in the blue economy and marine research, suggesting that India's Earth Sciences institutions and related agencies could work closely with Mauritian counterparts to develop a ten-year blueprint for ocean economy development. He emphasised that partnerships in ocean science, renewable energy, and digital governance could not only drive economic growth but also strengthen the resilience of island nations facing climate and resource pressures.

The programme, being held from November 10 to 15 at NCGG, is part of a long-term cooperation framework signed between India and Mauritius in March 2025, under which 500 Mauritian civil servants will be trained over five years. The current delegation, led by Dr. Dhananjay Kawol, Senior Chief Executive of the Mauritian Ministry of Public Service and Administrative Reforms, represents one of the most senior batches to visit India under this initiative.

In their interventions, Mauritian participants acknowledged India's support in critical infrastructure and governance reforms, including the establishment of the new Forensic Science Laboratory, renewable energy projects such as floating solar panels, and digitalisation efforts in education and social security. They also expressed interest in leveraging India's technological expertise for performance-based budgeting, fiscal accountability, and public service efficiency.

Dr. Jitendra Singh noted that technology is a powerful enabler of transparency and accountability, helping governments build trust and deliver better outcomes. "Technology contributes to transparency, and transparency leads to transformation," he said, underlining India's journey toward digital governance over the past decade.

India and Mauritius share a unique bond rooted in history, culture, and people-to-people ties. Nearly 70 per cent of Mauritians trace their ancestry to India, and cooperation between the two countries spans infrastructure, education, maritime security, and skill development. Dr. Jitendra Singh said that the ongoing collaboration in civil service capacity building represents a "fruitful investment in future governance," one that will help both nations cultivate transparent, efficient, and citizen-centric administrative systems.

As the week-long programme continues, both sides are expected to explore potential projects in the blue economy, renewable energy, and desalination technology sectors that, as Dr. Jitendra Singh noted, could "define the next decade of India-Mauritius partnership."

HELPLINE

POLICE STATIONS

Bagh-e-Bahu	2459777
Bakshi Nagar	2580102
Bus Stand	2575151
City	2453688
Gandhi Nagar	2430528
Gangyal	2480219
Nowbad	2571332
Pacca Danga	2548610
Railway Station	2472870
Sainik Colony	2462212
Satwari	2430364
Channi Himmat	2465164
Transport Nagar	2475444
Trikuta Nagar	2475133
Gandhi Nagar	2459660
SSP City	2561578
SP City North	2547038
SP South	2433778

Public Utility Services**INDIAN AIR LINES**

City Office	2542735
Air Port	2430449
Jet Air Ways	2453999
City Office	2573399

RAILWAYS

Railway Enquiry	131, 132, 2476407
Booking	2470318
Reservation	2470315

Public Health Engineering Stations

Bakshi Nagar	2543557
Gandhi Nagar	2430786
Company Bagh	2542582
New Plot	2573429
Panjirthi	2547537

Telecommunication Department

Directory Enquiry	197
Fault Repair	198
Trunk Booking	180
Billing Complaint	2543896

JAMMU MUNICIPALITY

Jn. Lines	2578503
Administration Officer	2542192
Health Officer	2547440

POSTAL SERVICES

Head Post Office City	2543606
Gandhi Nagar	2543863

FIRE SERVICES

Control Room	101, 132, 2476407
City	2544263
Gandhi Nagar	2547705
Canal	2554064
Gangyal	2480026

COOKING GAS DEALERS

Chenab Gas	2547633
Gulmarg Gas	2430835
JAKFED	2548297
HP Gas	2578456
Shivangi Gas	2577020
Tawi Gas	2548455

POWER HOUSES

Gandhi Nagar	2430180
Canal Road	2545147
Janipur	2533828
Nanak Nagar	2430776
Parade	2542289
Satwari Cantt.	2542813

HOSPITALS

GMC Hospital	2584290
S.M.G.S. Hospital	2547635
C.D. Hospital	2577064
Dental Hospital	2544670
Gandhi Nagar Hospital	2430041
Sarwal Hospital	2579402
G.B. Pant Cantt. Hospital	2433500
Ayurvedic College	2543661
C.R.P. Hospital	2591105
Acharya Shri Chander	2662536
Mental Hospital	2577444
Swami Vivekanand	2547418
Blood Bank	2547637
Ambulances	2584225, 2575364
Ambulances (Red Cross)	2543739

NURSING HOMES

Maddan Hospital	2456727
Medicare	2435070
Triveni Nursing Home	2452664
Suvidha Nursing Home	2555965
Al. Firdous Nursing Home	2545050
Astha Nursing Home	2576707
Bee Enn Charitable Trust	2505310
Chopra Nursing Home	2573580
Harbans Singh Mem Hsp.	2541952
Jeevan Jyoti	2576985
Yudhvir Nursing Home	2547821
Medialid Nursing Home	2466744
Sita Nursing Home	2435007
Vibhuti Nursing Home	2547969

The NFL remains a hot ticket internationally as the league expands its global footprint

MADRID: The initial batch of tickets for the first regular-season NFL game in Madrid were gone in a matter of hours, with nearly 700,000 people trying to get a seat to watch the Miami Dolphins play the Washington Commanders on Sunday at Real Madrid's iconic Santiago Bernabéu Stadium.

For the first game in Ireland, organizers said some 600,000 digital devices were logged on to try to buy tickets for the Pittsburgh Steelers' game against the Minnesota Vikings at Dublin's famed Croke Park.

The demand has been similarly high in other cities hosting games in recent years, and more countries have been reaching out to the NFL. "Our ambition for international is to be a truly global sport," Gerrit Meier, managing director and head of NFL International, said Tuesday in Madrid. And "probably a day doesn't

go by" without a city saying they are interested in potentially hosting a game, said Peter O'Reilly, the NFL vice president in charge of international affairs. The host cities themselves have treated the games as their Super Bowls, with a series of promotional events and fan activities planned in weeks ahead and high-profile artists performing at half-time. They have generated massive fan interest locally and attracted fans from near-by European countries, allowing host cities to gain financially and in visibility.

Meier had said organizers went into the game in Dublin in September with a "real sense of a mini Super Bowl coming to town."

There were NFL experiences and shops brought to iconic venues, and murals and light games played internationally throughout the Irish city. Similar activities were being promoted for Spain's inaugu-

ral game in Madrid. Puerto Rican superstar Daddy Yankee and Argentine producer Bizarrap are set to perform at half-time in Madrid. British singer Myles Smith was the star at half-time in Dublin, while Grammy award-winning artist Karol G performed in Sao Paulo.

In September, Grammy-nominated Kid Laroi was the headliner for Berlin's first regular-season game last week, while the games in London included producer B2K, British singer Raye and British rapper Giggs. The three games played in London this season took the total there to 42 games since 2007. The league has been aggressively expanding in recent years, and the seven games played internationally this season are the most ever for the NFL. Next year, it will go to Australia and add a



game in Rio de Janeiro, Brazil. NFL Commissioner Roger Goodell has reiterated that the league plans to increase the number of international games to a point where each team will get to play a game abroad every year. He said in September that the NFL also wants to play in Asia. "Probably a day doesn't go by where someone on our international team doesn't receive outreach from a city or an entity interested in working with the NFL and potentially hosting a game,"

O'Reilly said. "There's very strong interest. I think cities have seen what it's like to host a game, and the visibility that it brings, as well as the magnet it is for people from that region, and more broadly, around the world to come in." The estimated economic impact for London since the first game was played there in 2007 has reportedly reached \$2.6 billion. The first time the NFL played in Germany in 2022, the economic impact was more than \$80 million for the Munich area, and Spain expects similar numbers, according to some local estimates.

Real Madrid President Florentino Pérez said it was "a great honor that a competition with the prestige of the NFL" chose Madrid as host.

"This is a matter of great pride for us, for Real Madrid fans, for Madrid citizens and for Spaniards," Pérez said when the game was announced. "We are convinced that the city and our stadium are ready to be part of one of the greatest spectacles in the world."

More than 60 regular-season games will have been played abroad through this season, with London, Munich, Frankfurt, Sao Paulo, Mexico City, Madrid, Berlin, Dublin and Toronto hosting them. "Our historic first game in Madrid is a very exciting next step in the league's history,"

the NFL country manager for Spain, Rafa de los Santos, told The Associated Press. "Beyond playing international games, and expanding our global footprint, we want to grow our presence in key markets around the world year-round, bringing more fans globally closer to our game, our clubs and our players." O'Reilly said the league is

excited about growing global momentum and the owners "continue to prioritize global growth" and work to establish a strategic footprint "across the league to become a true global sport property."

"We're now in a state where teams are very interested in raising their hand to play in certain markets, especially where they have global market rights, and we're hearing from more and more countries and cities who are interested in being part of these international games' road map," O'Reilly said.

The league recently expanded its Global Branding program, which awards teams international marketing rights to build brand awareness and fandom beyond the United States. Now all 32 teams participate in the program across 21 international markets — up from 25 cities across 19 markets in 2024.

The NFL teams have jumped on the opportunity to expand

Shooting Worlds: Aishwary Pratap Singh Tomar takes 50m 3P silver

NEW DELHI: Reigning Asian champion and two-time Olympian Aishwary Pratap Singh Tomar reaffirmed his class with a sublime display at the ISSF rifle/pistol World Championships, claiming silver in the 50m 3P Position event in Cairo on Tuesday.

Tomar shot 466.9 in the eight-man final, just 0.2 points behind China's Olympic champion Liu Yukun, who secured a wire-to-wire victory in the final. Tomar though had his chance till the last competition shot.

Aishwary Pratap Singh Tomar wins silver in the 50m 3P Position event at the ISSF World Championships, while Esha Singh and Samrat Rana secure silver in mixed air pistol.

Reigning Asian champion and two-time Olympian Aishwary Pratap Singh Tomar reaffirmed his class with a sublime display at the ISSF rifle/pistol World Championships, claiming silver in the 50m 3P Position event in Cairo on Tuesday. The 24-year-old gave signs of things to come in the 60-shot qualification round itself, nailing two perfect series each in the kneeling and prone segments. With 200/200 in kneeling and prone behind him, Tomar missed the mark only three across two standing series of 10 shots each, ending the qualification phase at 597 with 40 10s. With that Tomar equalled the qualification world record, held jointly by Liu and compatriot Du



Linshu.

The 50m 3P final comprises three series of 15 shots in each segment with elimination beginning after the tenth shot in the final series (Standing). The medal round had Liu hit the straps in the first kneeling series itself, aggregating 52.8 in five hits, 0.1 ahead of Tomar. A poor 8.6 in his sixth kneeling shot by Tomar allowed the Chinese to start breaking away. With a 2.7-point lead after the kneeling round, Liu looked set to cruise but the Indian came back strongly in his favourite prone sequence. A series of 53.3, 52.7 and 52.7 meant the deficit was reduced to just 0.2 points.

A nerveless 10.8 for his first standing hit — against 10.6 by Liu — saw Tomar draw level. However, Liu nosed ahead in the very next shot, a 10.0 against Tomar's 9.9 handing him a 0.1-point lead.

The 13th shot had Liu hitting 10.4 while Tomar came up with another 9.9, the gap extending to 0.6 points. Liu shot a poor 9.7 on the 14th and penultimate shot to aggregate 457.0 and Tomar capitalised with a 10.4 to take the slightest possible lead

(0.1). Liu shot 10.1 on his last competition shot, leaving Tomar to hit 10.1 or more to take gold. Tomar managed only 9.8, taking silver with a total of 466.9 in the high-quality final while Liu completed the golden double of adding the world title (467.1) to his Olympic gold. France's 20-year-old Romain Aufferre won bronze, totalling 454.8.

Niraj Kumar, the other Indian in the competition, also had a decent outing as he finished a creditable fifth in the final. Niraj shot 592 in qualification to enter the final in fifth place and was placed fourth after the kneeling series in the medal round.

A poor prone round (dropped him to sixth before a late recovery in the standing section ensured fifth (432.6) in his first World Championships final. Esha-Samrat pair wins silver.

In the day's second final in the 10m air pistol mixed event, India's Esha Singh and Samrat Rana topped qualification with a combined effort of 586, with both shooting identical 288s. India's other pair Suresh and Sharvani Kumar shot 579 to end eighth. Only four pairs

compete in the medal rounds of mixed team finals with the top two vying for gold and the next two shooting for bronze. Esha and Samrat were up against the Chinese world No.1 Hu Kai and world No.2 Yao Qianxun in the gold medal match. Hu and Yao were in form as well, having won silver and gold respectively in their individual events on Monday.

The race to 16 points lasted for 13 rounds and both pairs were tied at nine points apiece after nine rounds. The Chinese then took the next three rounds, and despite India tying the 13th, the Chinese proved too good. The 24-year-old gave signs of things to come in the 60-shot qualification round itself, nailing two perfect series each in the kneeling and prone segments. With 200/200 in kneeling and prone behind him, Tomar missed the mark only three across two standing series of 10 shots each, ending the qualification phase at 597 with 40 10s. With that Tomar equalled the qualification world record, held jointly by Liu and compatriot Du

Linshu. Esha had won the event with Shiva Narwal in the last Worlds while Rana marked his Worlds debut with two golds (individual and men's team) and this silver medal. The results mean India continue to stay second, behind China, with three gold, five silver and three bronze medals.

Carlos Alcaraz one win away from ending the year as World No.1

NEW DELHI: Carlos Alcaraz took a major step toward ending the 2025 season as the world's top-ranked player after grinding out a 6-7 (2), 7-5, 6-3 victory over Taylor Fritz at the ATP Finals on Tuesday.

The 22-year-old Spaniard, who had already opened his campaign with a win, is now just one victory away from clinching the year-end No.1 ranking for the second time in his career. Alcaraz can seal the top spot by defeating Lorenzo Musetti in his final group-stage match or by winning his semifinal encounter should he advance. "It's really difficult not to think about the No.1 spot," Alcaraz admitted after the win. "But I'm trying to focus



on my game and on enjoying this moment. Matches like this one are really demanding, both mentally and physically." Alcaraz was pushed to the limit by Fritz in a high-quality contest that lasted more than two and a half hours. The American strung 14 aces and had early chances to break in the second set, but Alcaraz's resilience proved decisive. The Spaniard fired 47 winners to Fritz's 38 and raised his level in the closing stages to complete the comeback. "It was a

really difficult match, really tight," Alcaraz said. "I saved some very tough and important points, which I'm proud of. I showed a really good level when it mattered most." Fritz, meanwhile, rued missed opportunities that might have changed the outcome. "The first two sets I think I did an incredible job serving and returning," the American said. "My opportunity to win that match was in the second set, and I didn't take it. I had the chances." The

defeat was compounded by a flare-up of Fritz's persistent knee tendinitis. "It gets a little bit tough to bend my knee on my serve once we get that late into the match," he said. "My knee is completely cooked. I've struggled with it all year, and it really started to affect me in the third set." With the victory, Alcaraz improved to 2-0 in the Jimmy Connors group and secured his spot in the semifinals later in the evening, when Musetti signed Alex de Minaur 7-5, 3-6, 7-5. Musetti, who stepped in as a late replacement for Novak Djokovic after the defending champion withdrew with a shoulder injury, will face a contention at 1-1 alongside Fritz.

Ravindra Jadeja not leaving CSK for now; blockbuster trade deal stalled due to RR's overseas slot complications: Report

NEW DELHI: The Ravindra Jadeja-Sanju Samson blockbuster trade is still stuck in the pipeline, and the roadblock has nothing to do with either of the two stars. It is the third name in the deal, English all-rounder Sam Curran, and the Rajasthan Royals' overseas quota and purse that are holding everything up.

As reported by Cricbuzz, Chennai Super Kings and Rajasthan Royals initiated the Expression of Interest (EOI) for the swap almost 48 hours ago, but the Board of Control for Cricket in India (BCCI) is yet to receive a formal request for approval. The trade remains "in process", not completed, with a procedural complication now at the heart of the delay.



Why is the deal not going through? The Jadeja for Samson component is the simplest part of the arrangement, a straight exchange of two Indian players between CSK and RR. That swap, by itself, does not challenge any IPL regulation. The complication arises because the deal also includes Sam Curran moving from CSK to the Rajasthan Royals. Curran is an overseas player, and RR's foreign quota is already full. As things

stand, the Royals have eight overseas players on their roster — Jofra Archer, Shimon Hetmyer, Wanindu Hasaranga, Mahesh Theekshana, Fazlhaq Ferozi, Kwen Maphaka, Nandre Burger, and Luan-dre Pretorius — along with 14 Indian cricketers. IPL rules prevent them from adding Curran unless at least one of those eight is released. Money is an equally big issue. Royals are left with

only INR 30 lakh in their player purse, while Curran's auction value is INR 2.4 crore. Even though their overall squad strength is 22, three short of the maximum 25, they cannot get Curran without freeing both an overseas slot and the player's current contract value.

According to the report from Cricbuzz, one obvious way out is for RR to release an overseas player who costs more than INR 2.4 crore.

The franchise is believed to be considering moving on from their two Lankan spinners — Wanindu Hasaranga (INR 5.25 cr) and Mahesh Theekshana (INR 4.40 cr), which would create the overseas space and funds needed to complete the three-way swap.

Pakistan's resistance shelves two-tier WTC; ICC plan for a 12-team cycle starting from 2027

NEW DELHI: The idea of a two-tier Test championship looks to be shelved, with the ICC instead moving towards a 12-team World Test Championship (WTC) cycle from 2027, according to a report by PTI.

In simple terms, that would finally bring all 12 full members, including Afghanistan, Ireland, and Zimbabwe, into the WTC fold, rather than keeping three Test-playing nations outside the main competition as is the case now. Why the two-tier WTC plan has stalled. A special assessment group, chaired by former New Zealand batter Roger Twose, had explored a promotion-relegation structure of Test cricket. But when the proposal came up at the ICC's recent quarterly meeting in Dubai, it did not find enough backing among the member boards.

The strongest resistance is understood to have come from Pakistan, Sri Lanka, the West Indies, and Bangladesh, all of whom were likely to start in the proposed second tier. Officials from some of the other boards were also wary, fearing the financial and cricketing consequences if a traditionally strong side suffered a bad run



and slipped out of the top division.

There was a discussion on the two-tier system, but certain members were not convinced about the model, and it felt that a 12-team system should be tried out because it gives more chances for teams to play against each other," a source familiar with the deliberations was quoted by PTI.

The England and Wales Cricket Board (ECB) chair Richard Thompson had earlier voiced similar concerns in an interview, wondering what it would mean for England if a poor stretch saw them drop into Division Two and lose marquee series against India and Australia.

An associated suggestion that India, England, and Australia could financially support lower-tier teams in a two-division system also found little traction.

Rohit Sharma makes big decision after BCCI's 'play domestic to play for India' order, no reply from Virat Kohli

MUMBAI: Former India captain Rohit Sharma has informed the Mumbai Cricket Association (MCA) that he will be available to play in the upcoming Vijay Hazare Trophy, following the Board of Control for Cricket in India (BCCI)'s strong directive that senior players must participate in domestic cricket if they wish to remain in contention for the future India ODIs and the 2027 World Cup.

According to a report in The Indian Express, Rohit has confirmed his participation in Mumbai's campaign, which begins on December 24, marking the only domestic one-day window between India's home ODI series against South Africa (December 3-9) and New Zealand (January 11-15) on overseas soil. However, there is still no clarity on Virat Kohli's availability, with sources indicating that the 37-year-old, who now resides in London, has yet to communicate his plans to the Delhi & District



Cricket Association (DDCA). Kohli and Rohit have retired from Tests and T20 Internationals, focusing solely on the 50-over format. The BCCI and team management, however, have made it clear that even established stars must "go through the domestic grind" to maintain match readiness and remain eligible for the national team. "The board and team management have conveyed to both of them that they will have to play domestic cricket if they want to

play for India. As they both have retired from two formats, they have to play domestic cricket to be match-fit," a BCCI official told The Indian Express. Both Rohit and Kohli played for India in the Australia ODIs, where Rohit returned as the Player of the Series with a half-century and a century in the second and third ODIs, respectively. Kohli, after registering two ducks, scored an unbeaten fifty in the last match. Rohit, who last played for Mumbai in a Ranji Trophy match

earlier this year after a decade-long absence, is also believed to be considering participation in the Syed Mushtaq Ali Trophy, which begins on November 26. The 38-year-old has been training at Mumbai's Sharad Pawar Indoor Academy in preparation for the domestic season.

Meanwhile, national selection committee chairman Ajit Agarkar reiterated that participation in domestic competitions was non-negotiable for players when not on international duty. "We made it clear a year or a couple of years back, that whenever players are available, they should be playing domestic cricket," Agarkar said recently.

"That's the only way you'll keep yourself sharp and playing cricket, if you've got a long enough break."

Agarkar added that while neither Rohit nor Kohli is "on trial," the selectors will continue to assess players' fitness and form through domestic performances.

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