WORLD 5

US EXPELS TWO

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SPORT 8

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INDIA SCRIPTS GOLDEN HISTORY Triumph of Indian spirit at Asian Games

SWARN KUMAR ANAND

 $F^{\text{or many, the Indian cam-}}_{\text{paign in the Asian Games, featuring the slogan "Ab ki}$ baar 100 paar", was an exaggeration until just a few days ago. However, the tally of 107 medals in the sporting event has firmly established the triumph of the Indian spirit.

India's remarkable achieve ment in the Asian Games has not only shattered previous records in terms of the overall medal tally but has also set a new benchmark in terms of the number of Gold medals

The medals encompass numerous historic achievements, such as the maiden Gold in badminton in the history of the Asian Games.

The accomplishment signifies a remarkable leap forward for Indian athletes and the country's sporting infrastructure. It has also shown exceptional prowess and dominance of Indian sportspersons in specific events, securing the highest honour, the Gold medal

In essence, India's success in a country as competitive as China is a monumental achievement for India



In the realm of international relations, diplomacy often takes centre stage. However, occasionally, events on the sports field can resonate far beyond the realm of athletics. Such is the case with India's sporting triumph, which serves as a poignant rejoinder to China's attempts to undermine India's presidency of the G20 Summit. This victory is a testament to the resilience and unity of the Indian spirit, demonstrating that strength lies not just in political power but also in the prowess of its

Domestically, it also reflects a combination of factors like the dedication and hard work of the athletes themselves, the support and resources provided by sports authorities and organisations, and possibly advancements in training techniques, sports science, and technology.

Furthermore, it might also indicate a shift in the overall sporting culture and mentality within India. Success in a the athletes but also serves as sporting event of such magni- a source of inspiration for in their chosen sports.



Gold medallists Indian men's kabaddi team and women's kabaddi team pose for photos at the 19th Asian Games in Hangzhou in China on Saturday

tude not only brings glory to future generations, encouraging them to pursue excellence in their chosen sports.

has transcended the boundaries sense of pride and accomplishment. Their dedication,

The sportspersons' victory united the nation in a collective

hard work, and unwavering determination have paid off, and now it is time for the entire nation to express their gratitude and admiration.

The anticipation and excitement that surrounds a victorious sportsperson is a testament to the immense pride and joy that the entire nation feels. The athletes' triumph represents not only a personal achievement but also a collective victory for their country. As news of their success spreads, the nation comes together in a unified celebration of talent, dedication, and hard work.

As the sportspersons' plane touches down on home soil likely on Sunday or their victory parade approaches, the atmosphere is electric with a sense of unity and shared accomplishment palpable in the air. However, the victory celebration extends beyond the immediate moment of arrival. There are receptions and ceremonies planned to honour the athletes' achievements.

The grand welcome planned by Prime Minister Narendra Modi on Tuesday is a manifestation of the nation's gratitude and admiration for the sportspersons' dedication. It is a moment to shower them

with accolades, honour them with awards, and express gratitude for the glory they have

brought to the country. However, for the sportsper sons, this grand welcome is not just a grand recognition of their individual achievements, but a reflection of the support and love they have received from their nation and, most importantly, their family. It is a moment of profound gratitude, where they can bask in the warmth of the nation's embrace and revel in the shared triumph.

At its core, the grand welcome is a powerful symbol of the deep connection between the individual, their family, and the entire nation. It is a celebration of human spirit, determination, and the unbreakable bond that ties a victorious sportsperson to their

Overall, the Asian Games feat represents a historic moment in the country's sporting history and showcases a significant milestone in their sporting history, demonstrating their potential to compete at the highest international level.

The achievement is likely to be celebrated and remembered as a historic moment in

INVADED, ISRAEL DECLARES WAR India condemns

AP JERUSALEN

 $H^{
m amas\ militants\ fired\ thousands\ of\ rockets\ and\ sent}$ dozens of fighters into Israeli towns near the Gaza Strip in an unprecedented surprise early Jewish holiday on Šaturday, killing dozens and stunning the

country. Israel said it is now at war with Hamas and launched airstrikes in Gaza, vowing to inflict an "unprecedented price".

Hours after the incursion began, Israeli troops were still fighting Hamas gunmen in 22 locations near the Gaza Strip, including towns and other communities.

Israel's national rescue service said at least 100 people were killed and hundreds wounded, making it the deadliest attack in Israel in years. An unknown number of Israeli soldiers and civilians were also seized and taken into Gaza, an enormously sensitive issue for Israel. Hagari said militants were holding hostages in standoffs in two towns, Beeri and Ofakim, which is 15 miles from the Gaza border.

At least 198 people in the Gaza Strip have been killed and at least 1,610 wounded in Israel's retaliation, the Palestinian Health Ministry



Palestinians celebrate by a destroyed Israeli tank at the Gaza Strip fence east of Khan Younis on Saturday

Airstrikes in the evening flattened a 14-story residential tower that also holds Hamas offices in central Gaza City. Israeli fired a warning just before, and the number of casualties was not immediately known.

The strength, sophistication and timing of the attack shocked Israelis. Hamas fighters used explosives to break through the border fence enclosing the long-blockaded Mediterranean territory, then

crossed with motorcycles, pickup trucks, paragliders and speed boats on the coast.

Bodies of dead Israeli civilians and Hamas militants were seen on streets of Israeli towns. Associated Press photos showed an abducted elderly Israeli woman surrounded by gunmen being brought back into Gaza on a golf cart and another woman squeezed between two fighters on a motorcycle.

Images on social media

ensign, as the force was then

known during British rule,

comprised the Union Jack in

the upper left canton and the

RIAF roundel (Red, White and

Post-Independence, the

Blue) on the fly side.

appeared to show fighters parading what seemed to be captured Israeli military vehicles through Gaza streets and a dead Israeli soldier being dragged and trampled by

crowd of Palestinians. The conflict threatened to spiral dramatically further. Previous conflicts between Israel and Gaza's Hamas ruler brought widespread death and destruction in Gaza and days of

rocket fire on Israeli towns. The mix is potentially more volatile now, with Israel's farright government stung by the security breach and with Palestinians in despair over a

never-ending occupation. "We are at war," Israeli Prime Minister Benjamin address, declaring a mass army mobilization. "Not an operation, not a round, but at war."

"The enemy will pay an unprecedented price," he added, promising that Israel would "return fire of a magnitude that the enemy has not known.'

The shadowy leader of Hamas' military wing, Mohammed Deif, said the assault was in response to the 16-year blockade of Gaza, Israeli raids inside West Bank cities over the past year, violence at Al Aqsa — the disputed Jerusalem holy site sacred to Jews as the Temple Mount increasing attacks by settlers on Palestinians and growth of set-

"Enough is enough," Deif, who does not appear in public, said in the recorded message. He said the morning attack was only the start of what he called "Operation Al-Aqsa Storm" and called on Palestinians from east Jerusalem to northern Israel to join the fight. "Today the people are regaining their revolution.

Continued on Page 2

terrorist attacks

PIONEER NEWS SERVICE

Prime Minister Narendra crimes," Gilon said. expressed solidarity with Israel after Hamas militants launched

an attack on the country. Modi condemned it as "terrorist attacks" in Israel as its leader Benjamin Netanyahu said the country is at war. The Indian Embassy in Israel has asked its nationals living in the country to "remain vigilant" and "observe safety protocols as

advised by local authorities." "Deeply shocked by the news of terrorist attacks in Israel. Our thoughts and prayers are with the innocent victims and their families. We stand in solidarity with Israel at this difficult hour," Modi said.

Israel's Ambassador to India Naor Gilon, meanwhile, said here, "Israel will repel this combined assault of rocket fire and ground infiltration of Hamas terrorists... We appreciate the support of the people of India as we stand firm in the face of terrorism."

"Israel is currently fighting to repel coordinated, large and multi pronged Palestinian terror attacks. These attacks which were launched early this morning by Hamas on our civilians,

sleeping peacefully in their terrorists against Israeli civilbeds, in cities and villages of the south and central Israel are war

Hamas, targeting and killing women, children and elderly, injuring hundreds of civilians and firing indiscriminately over 2000 missiles and rockets at our cities, came during the sacred Jewish holiday of Simchat Torah. Israel will take any and all actions to protect our citizens," he added.

The Indian Embassy in Israel has asked its nationals living in the country to "remain vigilant" and "observe safety protocols as advised by local authorities." The Embassy said for additional information. please see the Israeli Home Front Command website or their preparedness brochure," it

said in a statement. "In case of emergency, please contact us at +97235226748, or leave a message at cons1.telaviv@mea. gov.in. The Embassy personnel remain at your disposal for any further guidance," it added.

World leaders condemned attacks by Hamas on Israel and called for an immediate ceasefire. "The United States unequivocally condemns the unprovoked attacks by Hamas

ians," National Security Council spokesperson Adrienne

cation for terrorism. We stand firmly with the Government and people of Israel and extend our condolences for the Israeli lives lost in these attacks," Watson added.

Watson said in a statement.

President French Emmanuel Macron said on Saturday that he strongly condemned the terrorist attacks

against Israel. "I strongly condemn the terrorist attacks which are currently hitting Israel. I express my full solidarity with the victims, and their families and those close to them," Macron wrote on social media platform X, formerly known as Twitter.

The European Union released a statement saying it "unequivocally" condemned the attacks. "We follow with anguish the news coming from #Israel. We unequivocally con-demn the attacks by Hamas. This horrific violence must stop immediately. Terrorism and violence solve nothing. The EU expresses its solidarity with Israel in these difficult moments," EU foreign policy

chief Josep Borrell said.

Continued on Page 2

IAF espouses Satyamev Jayate

RAHUL DATTA NEW DELHI

Indian Air Force Chief VR Chaudhari on Sunday will unveil the new IAF ensign on the occasion of Air Force Day to better reflect the values of the force. This reaffirmation will now be reflected by the inclusion of the Air Force Crest in the top right corner of the ensign, towards the fly side.

Giving details here on Saturday, officials said the IAF Crest has the national symbol, the Ashoka lion on the top with the words "Satyamev Jayate" in Devanagari below it.

Below the Ashoka lion is a Himalayan eagle with its wings spread, denoting the fighting qualities of the IAF.



"Nabha Sparsham Deeptam" is inscribed below the Himalayan eagle in golden Devanagari. The IAF motto has been

taken from verse 24, chapter 11 of the Bhagavad Gita, and means "Radiant Thou Touchest Heaven" or in other words 'Touching the sky with Glory'. Indian Air Force ensign was

created by replacing the Union Jack with the Indian tri-colour and the RAF roundels with the IAF tri-colour roundel in the lower right canton, they said. A new lAF ensign has now been created to better reflect the values of the Indian Air

Force. This reaffirmation will now be reflected by the inclusion of the Air Force Crest in the top right corner of the Ensign, towards the fly side. The Indian Navy last year

switched to a new ensign at the launch of the country's first indigenous aircraft carrier INS Vikrant. One of the design elements honours Chhatrapati Shivaji Maharaj, the founder of the Maratha kingdom who had

Terror groups shun China RAKESH K SINGH ■ NEW DELHI

The Global Terror Alliance, a "think tank" for the terror

groups in the virtual domain, has barred the cadres of its affiliates like the Al Qaeda and ISIS from using Chinese hardware like computers, mobile phones and pen drives.

Some of the terror groups like the East Turkestan Islamic Movement (ETIM), a Chinese terror group comprising Uyghur nationalists, has killed 20-25 cadres for possessing such Chinese hardware despite For the terror groups, those

possessing Chinese hardware are considered pro-China or even Chinese spies.

While ISIS is estimated to

have nearly 10,000 terrorists in its fold, Al Qaeda's operational strength is pegged at 5,000 to 6,000. The warning by the Global Terror Alliance comes amid apprehension that the Chinese hardware have "backdoors" or are equipped with spywares through which the data is collected by the authorities in Beijing, including the Ministry of State Security, the

Chinese intelligence agency.
Besides the global terrorist groups, the anti-India terror roups operating out of Pakistan are also apprehending existential threats due to Chinese hardware. The anti-India terror groups, though backed by the Pakistani politico-military-ISI complex, appre-hend that Beijing collects data

through the equipment originating from China and shares such compromised data with Rawalpindi, the headquarters of the Pakistani military.
The Pakistani terror groups

like the Jaish-e-Mohammad and Lashkar-e-Tayyaba among others further apprehend that there are moles in the ranks of the Pakistan spy agency Inter-Services Intelligence (ISI) who share information with India and in turn compromise their security. The apprehension by the

Pakistani terror groups comes amid killings of about 15 terror operatives in Pakistan in the last few months. Chinese hardware is sus-

pected to be compromised and

even telecommunication

barred by several countries, including for the 5G networks being rolled out in European countries as also in countries like India and the US. Earlier, during the UPA I and UPA II regimes here,

equipment of Chinese majors

like Huawei and ZTE are being

Chinese mobile phones minus IMEI (International Mobile Equipment Identity) were used in significant numbers by the terror groups for triggering IEDs (Improvised Explosive Devices), without leaving a trail by the terrorist, which made investigation of such cases difficult. Subsequently, the Government formulated policies to check the sale of such phones. Continued on Page 2

Search on for the missing in Sikkim

BRO along with NDRF, State

Disaster Relief Teams, Para

Military Forces, Police, Civil

Administration and locals pop-

ulace of Sikkim & North

soldier was rescued by vil-

lagers from an area 18 km

downstream of Burdang and

the individual is now stable and

in total have been recovered so

far from various areas along the

river in North Bengal and four

bodies have been handed over

by Bangladesh Border Forces.

Out of the 26 recovered bodies,

 $B^{\text{ritish Prime Minister Rishi}}_{\text{Sunak and his Canadian}}$

counterpart Justin Trudeau

have underscored the impor-

tance of de-escalation of the

India-Canada diplomatic row

under medical care.

On 4th Oct evening, one

Approximately 26 bodies

PIONEER NEWS SERVICE

Defence Minister Rajnath Singh on Saturday said he was "deeply pained by tragic loss of precious lives, including eight Army personnel, in flash floods in Sikkim."

He also said out of 23 missing soldiers, one was rescued while mortal remains of eight brave soldiers were recov-

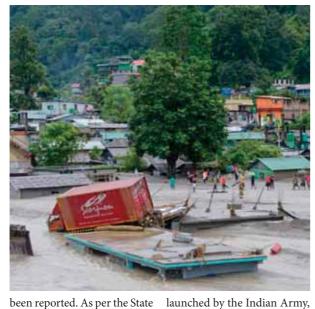
Stating this in social media, Rajnath said, "Their sacrifice, while being deployed in forward areas in the service of the nation, will not be forgotten."

The Defence Minister said search operations to rescue the remaining 14 soldiers and missing civilians are underway The soldiers went missing following the flash floods on

A Glacial Lake Outburst in South Lhonak Lake in North Sikkim on the night of 03-04 Oct caused a devastating flood in the North Eastern State of Sikkim.

The level of water in the Teesta River increased by about 50-60 feet in height which caused calamitous floods downstream. Large scale damage to infrastructure, property and loss of human lives have

PUBLIC NOTICE To be known to all that I, Mrs. Veena Bhagi, W/o Late Shri Ramesh Kumar Bhagi, Cont. 9811765424, Email: rikashkumar@gmail.com, R/o. 2602, New Jal Bharat, CGHS Ltd, Plot No-5, Sector -4, Dwarka, New Delhi 110078, has applied for the conversion of aforesaid property. The Original possession letter of house no-2602, New Bharat Society CGHS Ltd Sector-4, Dwarka New Delhi issued from society has been lost. An F.I.R to this effect has been lodged in police station on dated 07/10/2023. Any person(s) claiming any right, having any objection or found in possession of original at above address within 15 days from the date o publication of this notice & can personally contact Deputy Director (GH) C Block, 2nd Floor, Vikas Sadar



been reported. As per the State Govt estimate, a total of 142 persons are missing, out of which 26 bodies have been recovered so far.

The exact assessment of the damage is yet to be corroborated due to the inclement weather and incessant rains.

Indian Army deployed in the area has also been affected with some of its camps along the Teesta River bank being damaged/ washed away. A vehicle parking area at Burdang near Singtam was affected by the flash flood and 23 soldiers and 39 vehicles that were taking a temporary overnight transit halt have been submerged in silt or swept away.
At the site of the incident,

eight have been positively identified as that of Indian Army silt and mud measuring up to 30-40 feet high has been The last rites of Naik Bimal deposited and most of the Oraon hailing from Alipurduar veĥicles are buried underneath. were conducted on 6th Oct 23 A massive Search and Rescue operation was immediately

with full military honours. The mortal remains of four

PTI ■ LONDON

soldiers are being taken to their native places on 7th Oct by service and civil aircrafts for conduct of last rites in presence of the family members. Post mortem of two mor-

tal remains is in progress. Meanwhile, the search operation for the remaining 14 soldiers continues. Dozers and plant equipment have been digging up the site of incident at Burdang. Since 06 Oct 23, Radars (Leo Life Detector Radar, REECO Radar) and Army Dogs have also been employed. So far, 15 vehicles out of the total 39 missing have been recovered.

Some ammunition, explosives and stores of the Indian Army from various camps swept away have been reported from various places along the downstream river banks.

Indian Army has issued advisories through civil administration and deployed look out teams along with State Police to warn the locals for reporting sighting of such

Ammunition experts have been deployed to destroy the explosives recovered in a controlled manner.

National Highway 10 (NH 10), the lifeline of Sikkim, has been rendered unusable due to damages to the road surface and many bridges across the Teesta River. The opening/ widening of road stretch Rangpo — Singtam is under progress.

Alternate routes to Gangtok are available via East Sikkim and routes to West & South Sikkim are also available. However, in North Sikkim, roads beyond Mangan are currently cut off. Lt Gen RP Kalita, along with Lt Gen VPS Kaushik, GOC Trishakti Corps undertook an aerial survey on 6 Oct 23 to assess the extent of damage and plan for the relief

The Director General BRO along with Indian Army Engineers, NHIDCL and State Government officials are assessing the damage and carrying out survey for restoring the road connectivity. Meanwhile, efforts are on, to connect Chungthang with a foot bridge.

Helicopters of Indian Army and Indian Air Force are undertaking emergency supply and evacuation sorties. However, the inclement weather and incessant rains have hindered the aerial operations.

Approximately 1,500 tourists are assessed to be stranded in the areas of Lachung and Lachen valleys in North Šikkim. Indian Army along with the local administration has been extending assistance to the stranded tourists and locals by providing food, medical aid and telephone connectivity through satellite terminals.

Teams have collected data of all the tourists staying in various hotels and some of them have been accommodated in Army camps. Special helplines has been set up at Indian Army's Trishakti Corps HQ and family members back home of all the stranded tourists have been informed about their wellbeing.

While the hinterland of Sikkim has been affected, the operational situation along the Line of Actual Control in Sikkim continues to be stable. | Vadra, the party's national

Top Congress leaders meet to finalise candidates for next month's crucial polls

PIONEER NEWS SERVICE

Top leaders of the Congress, including party chief Mallikarjun Kharge, his predecessors Sonia Gandhi and Rahul Gandhi, met to finalise the candidates for the crucial polls next month.

The meeting of the grand old party's Central Election Committee was held at Sonia's residence in the national Capital. Earlier in the day the party

received a shot in the arm as Uttar Pradesh leader, Imran Masood, ex-MLA from western UP area who was expelled by the BSP in August, returned to the Congress on with the party describing it as "ghar

Early this week party leaders met with its Madhya Pradesh screening committee to pick on candidates for the impending assembly elections later this year.

The ruling BJP and Congress have stepped up their poll efforts ahead of the state's election. BJP has already released two candidate lists for the Madhya Pradesh elections. Their second list includes numerous state-level BJP stalwarts, including Union Ministers Narendra Singh Tomar, Prahlad Singh Patel, and Faggan Singh Kulaste.

Congress is attempting to dethrone the BJP in Madhya Pradesh, with Rahul Gandhi and his sister, Priyanka Gandhi general secretary, already conducting rallies in the state.

Congress gained 114 seats in the 2018 assembly elections, compared to the BJP's 109 and the former established government under Kamal Nath.

However, the Kamal Nath administration fell in March 2020 following a mutiny by MLAs loyal to Jyotiraditya Scindia, opening the way for Shivraj Singh Chouhan to return as CM.

After joining, Masood said Rahul Gandhi's Bharat Jodo Yatra was transformational for politics and following the crosscountry march, the Congress won Himachal Pradesh and Karnataka, and now was going to win in four states.

Welcoming Masood into the party, Congress Rajya Sabha member Rajeev Shukla said this was Masood's "ghar wapsi (homecoming)" and he has now vowed to never leave the party.

An influential Muslim leader from Saharanpur, Masood was arrested in March 2014 on charges of hate speech after he threatened to "chop" Narendra Modi, who was the BJP's prime ministerial candidate, "into pieces".

Many political observers see Masood's return to the Congress fold as giving the party credence in laying claim to the Saharanpur seat in seatsharing talks among Indian National Developmental Inclusive Alliance (INDIA)

STAFF REPORTER ■ GURUGRAM

police custody

Cow vigilante Monu remanded in 4 days

Allowed four-day police remand of cow vigilante and Bajrang Dal activist Monu Manesar, an accused in the Junaid-Nasir murder case.

Manesar was produced in the court of Tarannum Khan, chief judicial magistrate Taluka court (subsidiaries to district courts), Pataudi, on Saturday, police said. The Gurugram Police had demanded seven-day remand, but the court granted four-day remand.

"The police demanded seven-day remand of Monu Manesar, saying the weapon used in the crime will be recovered from his accomplice from Maharashtra. They also said Monu would

be questioned to find out his connection with gangsters. After this, the court allowed four-day police remand of Monu Manesar," said advocate Kulbhushan Bhardwaj, Manesar's counsel.

A senior police officer said they have taken Manesar on remand, and are questioning him. According to police, a brawl broke out between two groups in Pataudi's Baba Shah Mohalla on February 6 when Manesar was there along with his group. A complaint was filed by

Mubin Khan, a resident of the same locality, who alleged his son was shot at during firing between two groups. Following the complaint, an

FIR was registered under section 307 (attempt to murder) against Manesar at Pataudi police station.

PUBLIC NOTICE

The general public is informed that the cars with the following car numbers which have completed their life Petrol Cars 15 Years Diesel Cars 10 Years. The MCD drive was confiscated by Pine View Technology Pvt Ltd and has not been claimed by anyone till now. All these vehicle owners are informed to come to the company's office and claim the scrap value of the vehicle. Otherwise

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DL9CN1355,	DL3CBF2547,	DL8SAR1478,
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MH06AK3599,	DL7CE9825,	DL7CD4066,
DL7SAB4059,	HR26P8688,	DL12CD1573,
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DL9ST3035,	DL8SH3450,	DL9SB7197,
DL4SNB3575.	DL8SQ1097,	DL4SZ8617,
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DL1LF3537,	DL3SAS0184,	UP93Q3542,
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DL9SH0154,	DL4CAB8502,	DL2CAS0995,
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DL9CQ6021,	HR55C8474,	DL6SY9154,
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DL9C9124,	DL3SW8780,	DL3CAW7051,
DL2CN8322,	DL3SBJ3251,	DL7CH3297,
600137AT	DL3SW4807,	DL3CBA2453,
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DL9CR1339,	HR26AR8104,	DL8CW4132,
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Q3338,	MH31AQ6524,	DL3SBM0782,	in a call, which was dominated
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X8278,	RJ06SD5205,	RJ14SR8376,	killing of a Sikh separat
S4420,	KA02EL2649,	KA17E2191,	leader in Canada in June.
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S2933,	DL9SL3759,	DL3SY4939,	Street statement, the Briti
AF9705,	DL4SAK5379,	DL3SAX2621,	Indian leader spoke to Trude
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AS3543,	DL9SQ9988,	DL9SU6575,	
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B1875,	DL9SX1804,	DL9SV4767,	situation relating to Canadi
7392,	DL3SAH5126,	DL9SR5590,	diplomats in India. Both lea
BF5329,	DL1SR7145,	DL9SK1817,	ers agreed to stay in contact
AX9431,	DL8SAM0302,	DL9SV9111,	Sunak reaffirmed the UK po
E6533,	DL8SAJ3787,	DL8SAM2335,	tion of respect for the rule
S3436,	DL8SZ2637,	DL9SL0126,	law after Canada's allegation
2M5697,	DL1SA7848,	DL9SD5939,	Indian involvement in t
D2917,	DL8SAJ9428,	DL9SL8367,	maian myorvement m t
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killing of a pro-Khalistan wanted terrorist. "Prime Minister Trudeau

updated on the situation relating to Canadian diplomats in India," reads the Downing Street statement. "The Prime Minister

[Sunak] reaffirmed the UK's position that all countries should respect sovereignty and the rule of law, including the principles of the Vienna Convention on Diplomatic Relations. He hoped to see a de-escalation in the situation and agreed to remain in contact with Prime Minister Trudeau on the next steps," it The Canadian Prime

Minister's Office from Ottawa echoed the statement, saying update on the current situation to remain in close contact and



Sunak, Trudeau underscore need for de-escalation of India-Canada row

"The leaders emphasised respect for the Vienna Convention on Diplomatic Relations and the need to ensure the safety and security of their citizens. They underscored the importance of deescalation in this context. Prime Minister Trudeau and

to continue working together to tackle global issues," the Canadian government statement reads

The call comes in the wake of Trudeau's statement in the Canadian Parliament last month that its security forces were "actively pursuing credible allegations" linking Indian der of Khalistan Tiger Force

British Columbia in June, an allegation strongly rejected by India as "absurd and motivat-The telephonic talks between Sunk and Trudeau

leader Hardeep Singh Nijjar in

took place in the days after the fallout of that diplomatic row resonated in the UK when Indian High Commissioner to the UK Vikram Doraiswami was blocked from a planned visit to Glasgow Gurdwara in Scotland last week by pro-Khalistan extremists.

"Concerned to see that the Indian High Commissioner, Vikram Doraiswami, was stopped from meeting with the Gurudwara Committee at the Gurudwara in Glasgow. The safety and security of forimportance and our places of said in New Delhi.

worship in the UK must be open to all," Anne-Marie Trevelyan, the UK Foreign Office minister for Indo-Pacific

In recent developments, the Ministry External Affairs (MEA) said it has been coordinating with its mission in Ottawa and consulates in other Canadian cities over safety concerns.

"We have been taking up concerns of security of our diplomats and premises from people there who are wanted by our security and our judicial systems, and we will continue to do that as that is a continued conversation. The issue is about security, and our diplomats are safe and the community is not targeted," said MEA

Water supply to be affected in several parts of Delhi due to channel breach: DJB

STAFF REPORTER ■ NEW DELHI

Water supply will be affected in several parts of Delhi on Sunday and Monday due to a breach in the carrier line channel in Sonipat.

According to Delhi Ial Board, the water supply will be affected from water treatment plants in north Delhi, North West Delhi, West Delhi and part of South Delhi including Delhi Cantt and the command area of Deer Park.

"Due to breach of Carrier Line Channel (CLC) near Barwasni Village Sonipat, Haryana and less receipt of raw water through Delhi Sub Branch (DSB) & Carrier Line Channel (CLC), the clear water production will be affected from the water treatment plants



at Haiderpur Phase-I, Phase-II, Bawana, Nangloi and Dwarka WTPs for next two upcoming

days.
"Situation is being reviewed and monitored constantly, Delhi Jal Board is endeavoring to rationalise the water supply, meanwhile water will be made available at the low pressure till the situation gets improved or CLC is restored

"Therefore, public of the said area is hereby requested to judiciously use the potable water. They may also contact the Central Control Room at Nos. 1916/23527679/23634469 for water related problems i/c demand of Tankers, etc," DJB said in a statement.



Plains, after they were impacted by the recent floods

India condemns...

From Page 1

Egypt also warned of "grave consequences" from an escalation in tensions between Israel and the Palestinians in a statement from the foreign ministry carried by the state news agency on Saturday.

It called for "exercising maximum restraint and avoiding exposing civilians to further danger". Italy said Saturday it backed "Israel's right to defend itself" against the "brutal attack" underway after hundreds of rockets were fired on its territory from Gaza.

Neurocritical Care conference held

Gurugram: Annual Neurocritical Care Update, a flagship event of the Neurocritical Care Society of India, was organised by Artemis Hospital in Gurugram. The theme of the event was "Emerging Dimensions in Neuro Intensive Care: Reframing the Relationship." The event was marked by the presence of renowned doctors from prestigious hospitals across India, including AIIMS, Fortis, PGI Chandigarh, and Global Hospital Chennai.

Interwoven Futures

New Delhi: ClimateRISE Alliance, a collaborative platform dedicated to accelerating India's journey towards climate resilience for its vulnerable communities, launched its compendium, "Interwoven Futures: How Civil Society Organisations Can Accelerate India's Journey towards Climate Resilience", at Dasra Philanthropy Forum in New

Terror groups...

From Page 1 Way back in 2017, the

Central Reserve Police Force (CRPF), the biggest paramilitary in the country, made Chinese mobile apps a taboo for its personnel amid a security threat from spyware and malicious wares, especially from applications developed by Chinese companies. The threat to data security came even from at least 42 popular apps like Truecaller, Shareit, Newsdog, Weibo and Wechat.

"A number of Android/IOS apps by Chinese developers or having Chinese links are either spyware or malicious ware. Use of these apps by our force personnel can be detrimental to data security having implications on the Force and national security," according to communication of the CRPF then circulated to all its formations.

"It is requested that all officers and men under your command may be advised not to use these apps either in office or on personal mobile phones. If some of them are already using any of these apps then they should be asked to immediately uninstall the app and format their cellphones. For strict compliance, please," the paramilitary

had warned. Through the advisory issued by the Information Technology Cell of the CRPF Directorate here also directed all its formations to issue comprehensive guidelines on using mobile applications with Chinese origin.

Similar advisories have been issued here by other agencies against using Chinese software and hardware amid concerns of data compromise.

INVADED, ISRAEL **DECLARES...**

From Page 1

At a meeting of top security officials on Saturday, Netanyahu said the first priority was to "cleanse" southern Israel of infiltrators, followed by a greater retaliation in Gaza.

The Hamas incursion on Simchat Torah, a normally joyous day when Jews complete the annual cycle of reading the Torah scroll, revived painful memories of the 1973 Mideast war practically 50 years to the day, in which Egypt and Syria launched a surprise attack on Yom Kippur, the holiest day of the Jewish calendar, aiming to take back Israeli-occupied territories.

Comparisons to one of the most traumatic moments in Israeli history sharpened criticism of Netanyahu and his far-right allies, who had campaigned on more aggressive action against threats from Gaza. Political commentators lambasted the government over its failure to anticipate what appeared to be a Hamas attack unseen in its level of planning and coordination.

Asked by reporters how Hamas had managed to catch the army off guard, Lt Col Richard Hecht, an Israeli army spokesman, replied, "That's a good question.

The abduction of Israeli civilians and soldiers also raised a particularly thorny issue for Israel. Israel has a history of making heavily lopsided exchanges in order to bring captive Israelis

ınday pioneer NEW DELHI | SUNDAY | OCTOBER 8, 2023

We were secretly filmed in IIT washroom: DU students

bout 10 students from ADelhi University's Bharti College alleged that they were secretly filmed while changing in the IIT-Delhi washroom for a fashion show during the institute's ongoing fest, police said on Saturday.

The girls from Bharti College's Elantre Society, in a video posted on social media, alleged that the administration didn't take action against the accused even after being informed. A complaint was received at Kishangarh police station regarding the incident and the accused, a 20-year-old contractual sweeper, was arrest-

"Today, a complaint was received through X at Kishangarh police station regarding making a video in the ladies washroom of IIT-Delhi by a boy," a senior police officer said. A case under Section 354C (voyeurism) of the Indian Penal Code was registered at Kishangarh police station on Saturday and the accused -- a contractual sweeper -- was arrested and sent to judicial custody, the officer added. Further investigation is underway, he added.

Meanwhile, IIT-Delhi has issued a statement saying the matter was handed over to the police immediately and added



the institute has "zero tolerance" for such cases. "The accused, in an unfortunate and

regrettable incident, on October 6, was immediately handed over to the Delhi Police

that is investigating the matter. He was identified as an employee of an agency to

which housekeeping services have been outsourced," it said.

'The institute treated the matter with the utmost seriousness and urgency it deserved. The institute is fully cooperating with the police and has a zero-tolerance policy for any such instance," it

The Delhi University Students' Union also condemned the incident and demanded strict action against the accused. In a letter DUSU president Tushar Dedha urged the Delhi police to take strict action in this case.

NSUI's national secretary Nitish Gaur who participated in a fashion show competition

day of the competition, their convenor Fatima ma'am forced us to participate in the event, even though we were not well prepared and she was not with

They had no choice but to comply with her orders and perform on the stage. However, what happened next was beyond our worst nightmare".

"A housekeeping staff of IIT Delhi, who was supposed to maintain the cleanliness and hygiene of the premises, secretly recorded our alleged videos while some of our girls were changing in the washroom. The washroom was supposed to be a safe and private space

ed our privacy and dignity by his disgusting act. We caught him red-handed with his mobile phone and confronted him. He confessed to his crime and begged for forgiveness," Gaur said in a press statement issued to media.

"They "They immediately informed the authorities of IIT Delhi and demanded strict action against him. However, to our utter disappointment, they did not take the matter seri-ously and tried to cover up the incident. They did not register an FIR against the culprit, nor did they assure us that the videos would be deleted or not circulated," he said.

Video with message 'say no to Khalistan' at CP goes viral

Sikhs are fed up with Khalistanis and their activities are shameful to the majority of the community, said 30year-old Jyot Jeet Singh whose video holding a placard with the message "Say No To Khalistan" at Delhi's Connaught Place has gone

Singh said his action, which came amid strained ties between India and Canada over the killing of a Sikh separatist leader, drew him both praise and abuse online.

In the 2.40-minute video shot at Connaught Place on October 2, Singh in a yellow turban can be seen holding a placard with "Mera Bharat Meri Jaan" and "Say No To Khalistan" written on it. It also shows people shaking hands with him and making his

Singh, who is now actively involved in politics and antiradicalisation work here after pursuing a disaster management course in London, told PTI, "While I got thousands of messages and calls from Sikhs lauding me for taking the bold step, there were also those who



threatened and abused me as the video was widely shared on social media.'

"The truth is Sikhs are fed with Khalistanis. Their activities are shameful to majority of Sikhs as generations of our community sacrificed their lives for the country and the tricolor," he said.

Singh, now a spokesperson of the Delhi unit of the BJP, said he learnt about counter-terrorism and anti-radicalisation work as part of his disaster management course. "I asked

Additionally, stringent mea-

sures were urged against polluting industries and thermal

power plants. These actions are

part of the government's broad-

er pollution control initiative,

GRAP, specifically designed

for the winter season in Delhi-

of the central government's pollution control plan known

as the 'Graded Response Action

Plan' (GRAP) which is imple-

mented in Delhi-NCR to com-

bat air pollution during the

Campaign" is being launched

in view of the worsening air quality. "This will include mea-

sures such as the installation of

dust control equipment at all

sites exceeding 500 square

metres, with real-time moni-

toring available through a web

have been set up to ensure strict

compliance with dust control

norms, with 530 water sprin-

klers and 258 mobile anti-

smog guns employed to com-

cific action plans have been

designed for each of the 13 air

pollution hotspots in Delhi

based on real-time air quali-

ty data collected from 40 air

quality monitoring stations in

had been formed to imple-

ment these action plans at the

identified air pollution

had last month launched a 15-

point action plan to mitigate

air pollution in the capital

during the winter season,

with a strong emphasis on

addressing dust pollution,

vehicular emissions, and the

open burning of garbage.

He said a total of 13 teams

The Delhi Government

Rai said separate and spe-

He said that 591 teams

Rai said the "Anti-Dust

winter season.

portal," he said.

bat dust pollution.

the Capital

hotspots.

This action comes as part

many Sikhs why do not they challenge Khalistanis and they said that they were deterred by the possibility of threat and abuse but felt a handful of them are bringing a bad name to Sikhism and causing a lot of damage," Singh said.

Incidents involving separatist Khalistanis and their sympathisers have become a recurring feature in many Western countries.

The recent incidents, including protests and attacks at Indian embassies, defiling

ing an Indian diplomat from entering a gurudwara in the UK, are painful for the Sikhs, Singh said. Singh was appreciated for his unique protest with many openly appreciating his act. "I plan to do more such things and prepared to sacrifice my life for the country while challenging those who want to harm it," Singh said.

"See what a lone Sikh with a placard in his hand and Bharat in his heart achieved at Connaught Place in Delhi yesterday. Such tiny bullets are enough to burst the gas balloon called Khalistan. Sikhs are also the cutting edge of Indian Army. Jai Hind," retired army general Satish Dua said, sharing the video.

India has stepped up efforts to ensure activities of Khalistanis and their sympathisers in countries like Canada, UK, US and Australia are brought under control. The killing of Khalistani separatist Hardeep Singh Nijjar in June in British Columbia in Canada triggered a row with Canadian Prime Minister Justin Trudeau recently alleging "potential" involvement of Indian agents in it.

2 members of Canada based terrorist organisation KTF held

The Delhi Police's Special Cell has arrested two members of the Canada-based designated terrorist Arshdeep Singh Gill alias Arsh Dalla-Duneke gang of Khalistan Tiger Force (KTF). Those arrested have been identified as Harjeet Singh alias Harry Maud and Harry Rajoura alias Bada Harry, police said. Recently, the two members

of Arsh Dalla gang nabbed by Mohali CIA were identified as Mandeep Singh, alias Deepa, of Ajitwal, Moga, Punjab; and Saurav Kumar, alias Saabi of

The duo was wanted by the Ludhiana and Moga police in multiple criminal cases and had also been declared proclaimed offenders by the respective local courts.

Gangster Sukhdul Singh alias Sukha Duneke, one of



Punjab's most wanted criminals, was killed by unidentified assailants in the Canadian city of Winnipeg on September 20. It is believed to be a result of inter-gang rivalry, according to officials. He was a member of the Davinder Bambiha gang, known for its involvement in a range of criminal activities, including extortion, drug trafficking, and murder.

He was sought by Indian authorities for his his alleged

participation in several highprofile crimes, including the assassination of a Punjab police officer in 2021. At least 18 cases, including those for murder, attempt to murder and robbery, were registered against

According to intelligence reports, Arsh Dala, a designated "individual terrorist" under India's Unlawful Activities (Prevention) (UAPA) Act, has expanded his criminal network to potentially carry out terror attacks

in Gurdaspur in Punjab, India. He has formed an association with United States (US) based Khalistani terrorist Gurpatwant Singh Pannun, the chief of the banned Khalistani terror outfit Sikhs For Justice (SFJ). Arsh Dala, based in Canada, has been involved in various criminal activities in India, including

extortion and murder, and

has been linked to the Khalistan Tiger Force (KTF).

He is notorious for generating funds and providing logistical support to gangsters and criminals. In August 2017, Arshdeep, with the help of the Moga police, got a police clear-

ance certificate.
At that time, he was wanted in three police cases. Later, a constable was suspended for giving him police clearance.

He went to Canada on October 22, 2018, on a visitor visa. He also obtained a permanent residency in Canada based on this passport.

A look-out notice has also been issued against him and open-dated warrant has been issued in five cases. Duneke was closely associated with Canada-based gangsterturned-terrorist Arsh Dalla. Arsh Dalla has been declared as most wanted terrorist by the

Deteriorating air quality prompts air body to invoke stage 1 of GRAP



STAFF REPORTER NEW DELHI

The national Capital grap-■ pled with 'poor' air quality on Saturday as the Air Quality Index (AQI) reached 231 on Saturday. In fact, certain parts of Delhi also recorded an AQI labelled as 'severe'. Vehicles that visibly cause pollution will receive heavy fine impositions, while trucks not destined for Delhi will be diverted via eastern or western peripherals.

The deteriorating air quality prompted the Commission for Air Quality Management (CAQM) to invoke stage-I of the Graded Response Action Plan (GRAP) throughout the entire National Capital Region

(NCR) Delhi's Environment Minister Gopal Rai on Saturday launched a monthlong drive to prevent dust pollution in the capital and said strict action will be taken against anyone found violating relevant norms. Under the anti-dust campaign, 591 teams from 13 departments have been deployed for inspection all over Delhi. Rai also conducted a surprise inspection at the Wazirpur hotspot area under the anti-dust campaign on Saturday. The environment minister said that the hotspot was inspected in view of the ris-

ing AQI. During the inspection, officials of MCD, DPCC, Jal Board, DSIIDC, Delhi Traffic Police and PWD were present. Officials present in the Wazirpur area said that the main factors of increasing pollution here are illegal parking, traffic congestion, construction work near the road etc; all concerned departments have been instructed to take imme-

diate action. The recent directive from the Centre's air quality panel, mandated a ban on coal usage

Atishi raises issue of tax notices to online gaming firms



STAFF REPORTER ■ NEW DELHI

Tn the 52nd GST council Imeeting, Delhi and Goa raised the issue of tax demands on e-gaming companies and casinos. Delhi Finance Minister Atishi said tax notices for the past 6 years calculated at a much higher rate of 28 per cent are being sent to online gaming firms, even though on October 1, this 28 per cent GST was to be implemented.

"An industry whose revenue is ₹23,000 crore, you are slapping a tax notice of ₹1.5 lakh crore...This is to kill the industry. This shows an unsafe erratic investment environment in Indian startups," Atishi said.

Responding to online gaming companies and casinos, Revenue Secretary Sanjay Malhotra on Saturday reiterated that 28 per cent GST was levied on online gaming and casinos even before.

"Certain members had raised the issue of retrospective taxation. It was informed to them that this is not retrospective, and this was the law earlier. These liabilities already existed because money online games played with bets...They were already attracting (28 per cent GST) by way of betting or gambling," Malhotra told reporters. Malhotra further said some

States like Delhi and Goa raised the issue of online gaming companies facing GST demand notices for alleged evasion.

Taking a dig at Atishi, Delhi BJP spokesperson Praveen Shankar Kapoor has said that it is shocking to see Delhi's Finance Minister supporting Online Gaming as source of entertainment for people in smaller towns of the

"It' seems problem with Atishi is that she has to oppose

every decision of centre government and so she has today criticised centre for levying tax on Online Gaming," he said

According to Atishi, the tax could jeopardise the entire startup ecosystem, and might lead to significant job losses and hamper foreign invest-

...It is very important that these kinds of notices that seek to finish the online gaming industry should be withdrawn. Today the GST Council meeting is taking place. I will bring this to the attention of the GST Council that our tax notices will lead to closure of our online gaming industry and it is important to withdraw these

notices," Atishi added. She pointed out that the online gaming industry employing over 50,000 individuals and enjoyed by 400 Mn Indians, is not a luxury akin to betting or horse racing.

"From 1 October, 28 per cent tax was to come into force. But before that, the GST Council's Directorate General of GST Intelligence (DGGI) has sent tax evasion notices to the extent of ₹1.5 lakh crore to the online gaming industry," the Minister said. Online gaming, casinos and horse racing were classified as actionable claims, like lottery, betting and gambling, under GST with 28 per cent tax.

The amendments to Central GST and Integrated GST were approved by Parliament and were notified by the central government effective October 1. States were also required to pass amendments to state GST (SGST) laws. So far, 18 States have passed the amendments either in their assembles or through ordinance. The remaining 13 states would also be passing the amendments, with effect from October 1 in due course.



DELHI DEVELOPMENT AUTHORITY





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IMPORTANT DATES & EVENTS

09.10.2023 (Monday) from 11:00 AM Opening of Helpdesk, Commencement of **Registration & EMD Submission**

Closing Time of Registration & **EMD Submission**

06.11.2023 (Monday) upto 06:00 PM

07.11.2023 (Tuesday) Bidding for Function Sites, Kiosks, Mobile Tower Sites, CNG/Green Fuel Sites and Institutional Plots



08.11.2023 (Wednesday)

Bidding for Industrial, Residential and Small Size Residential Plots





For details about plots/properties and procedure, kindly visit our e-auction website https://ddaeauction.ewizard.in or click the e-auction link available on our site www.dda.gov.in and download the same through "E-AUCTION OF PROPERTIES" link available at home page of e-auction website. Intending bidders may register themselves/their firms online at the above site through "REGISTER WITH US" link. Kindly note that digital signature of all he intending bidders are mandatory to participate in e-auction of DDA. A help desk has been opened at the Nagrik Suvidha Kendra, Ground Floor, D Block, Vikas Sadan, INA, New Delhi which will start from 09.10.2023 to assist the intending bidders in the ongoing process of e-auction. For obtaining digital signatures, registration/training of prospective bidders and for any other clarification on e-auction process, please contact our help desk no.9355030617/9355030616/9355030630/ 9355030621/ 8448288980/8448288988 from 11.00 am to 5.00 pm (i.e., from Monday to Friday) or



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Leaders hail India for crossing 100 medals at Asian Games

The President, the Prime 1 Minister and the Opposition on Saturday lead the nation in hailing India's 'momentous achievement' as the nation scripted history by winning a record-breaking tally of 100 medals at the Asian Games 2023 held in Hangzhou,

The Indian contingent, with their exceptional determination, made a significant leap from their previous record of 70 medals in the 2018 edition of the games. At the Asian Games 2023, India won 25 gold, 35 silver, and 40 bronze

Droupadi Murmu said India has created history by winning 100 medals at the ongoing Asian Games and the country's players have shown tremendous dedication, skills and character to reach the much-awaited milestone. Indian women's kabaddi team beat Chinese Taipei 26-25 in a thrilling encounter on Saturday.

In a post on X, Murmu said, "India creates history by winning 100 medals for the first time at Asian Games! Our players have shown tremendous dedication, skills and character to reach the much

"Heartiest congratulations to the entire Indian contingent for the superlative achievement. The nation is extremely proud of each one of you. I wish you keep marching ahead and achieve still higher levels of accomplishments in the future," she said

Prime Minister Narendra Modi expressed his joy and pride, lauding the Indian athletes for their awe-inspiring performances.

He took to X (Twitter) and wrote, "A momentous achievement for India at the Asian Games! The people of India are



remarkable milestone of 100 medals. I extend my heartfelt congratulations to our phenomenal athletes whose efforts have led to this historic mile-

stone for India.'

"Every awe-inspiring performance has made history and filled our hearts with pride. I look forward to hosting our

10th and interacting with our

Union Home Minister Amit Shah also hailed the Indian medal tally at the Asian Games reaching the 100-mark, saying it is the new beginning of a sporting journey to achieve newer heights. The Indian contingent

claimed the unprecedented 100th medal at the Asian Games as the women's kabaddi team beat the Chinese Taipei 26-25 in a thrilling encounter. "Our medal tally reaches

the 100th mark for the first time at the #AsianGames. It is the new beginning of a sport-

heights in success. This achievement lights a new beacon of hope among our athletes fuelling their pursuit of excellence with more power," Shah

wrote on 'X'. The Congress joined the nation in celebrating the remarkable milestone of Indian athletes clinching 100 medals at the Asian Games.

In a post on X, Congress president Mallikarjun Kharge said. "We join the nation in celebrating the remarkable milestone of clinching 100 medals in the Asian Games." Indian sportspersons deserve all accolades and felicitations for their

phenomenal performances, the Congress chief said.

It is a tribute to the hard work and talent of our athletes,

Kharge said.
"We take immense pride in their glory and wish them

many more wins in the future. Jai Hind," he said. In a post on X, the

Congress said Indian players have created history by their excellent performance in the Asian Games 2023.

"Indian players have won more than 100 medals. The entire country is proud of all the sportspersons who won medals or participated in the

Modi holds meeting to review implementation of Independence Day announcements

With a focus on the speedy delivery of benefits from the Central schemes, Prime Minister Narendra Modi on Saturday chaired a meeting to review preparations for implementing various announcements he had made during his Independence Day speech this

An official statement noted that Modi had spoken about ensuring affordable credit to the poor and middle-class for home ownership. He had also stressed the need to ensure solar power for households.

In the meeting, the prime minister reviewed preparations for implementing the schemes,

His Principal Secretary P K Mishra and Cabinet Secretary Rajiv Gauba were among the senior officials who attended

tion was made to highlight the steps being taken. In his Independence Day speech, Prime Minister had

the meeting where a presenta-

mentioned about ensuring affordable credit for poor and middle class housing. In line with this announcement, Prime Minister reviewed the preparations to implement this announcement

Prime Minister had mentioned about ensuring solar

power for households. Prime Minister reviewed preparations to execute this scheme.

Modi had also announced on August 15 that the government is coming up with a new scheme that will benefit families living in rented houses in

360 degree appraisal mechanism adopted by Navy to enhance promotion evaluation

PIONEER NEWS SERVICE

Tn an effort to further enhance Lof efficiency of its personnel, the Indian Navy on Saturday said it has institutionalised a "transformative" appraisal mechanism as the present system has an inherent limitation

of a "top-down" approach.

The new '360 degree appraisal mechanism' for promotion boards has been finalised with a focus on having an agile and adaptive human resource management framework, it said, noting the women and men in whites are central to the force's 'Ship First' approach and will continue to remain its greatest asset in the foreseeable future.

"In that regard, the Indian



Navy has institutionalised a novel transformative initiative of '360 degree appraisal mechanism' for various promotion boards," the Navy said in a statement

It said the present appraisal mechanism of periodic confidential reports by senior officers has an inherent limitation of a "top-down" approach as it does not cater for or quantify a leader's impact on subordinates. The new appraisal mecha-

nism is aimed to "address this shortfall by encompassing large-scale surveys from suitably identified peers and subordinates for every officer being considered for promotion".

"The survey comprises a spectrum of questions, encompassing aspects such as professional knowledge, leadership

attributes, suitability in war/crisis and potential for holding higher ranks," the Navy said.

"Inputs, thus obtained, are suitably quantified for independent analyses by a nominated Board of Officers, headed by a Flag Officer. This will also be provided as feedback to the officers to effect behavioural changes and improvements," it said. The Navy said similar appraisal systems are in vogue in various national and international learning organisations.

The Indian Navy takes pride in imbibing such 'best practices' and this initiative is in continuation of other endeavours towards remaining a 'combat ready, credible, cohesive and future proof force, it

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As the borrower failed to repay the amount, notice is hereby given to the borrower and the public in genera that the undersigned has taken Symbolic possession of the property described herein below in exercise of powers conferred on him/ her under Section 13(4) of the said Act read with Rule 8 of the said rules on the below-mentioned dates. The borrower in particular and the public in general is hereby cautioned not to dea with the property and any dealings with the property will be subject to the charge of ICICI Bank Limited

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The above-mentioned borrowers(s)/ guarantors(s) are hereby given a 30 day notice to repay the amount, else the mortgaged properties will be sold on the expiry of 30 days from the date of publication of this Notice, as per the provisions under the Rules 8 and 9 of Security Interest (Enforcement) Rules 2002

Date: October 07, 2023 Authorized Officer

AYUSH system can play big role in supporting TB patients: Panel PIONEER NEWS SERVICE ities to effectively counsel TB Sowa-rigpa

s the country battles the A TB menace, a parliamentary panel has suggested that Ayush system of medicines can play a significant role in supporting, educating, guiding and referring TB patients for diagnosis and treatment, especially in remote areas where allopathy healthcare has remained inaccessible.

The Department-Related Parliamentary Standing Committee on Health and Family Welfare, in its 149th report on implementation of Pradhan Mantri TB Mukt Bharat Abhiyan, also asserted that the ayush professionals facilitate an outreach of National TB Elimination Programme to remote areas.

They can play a critical role in counselling the patients regarding nutrition and preventive care as well as



adherence to complete the course of treatment, regular monitoring and post-treatment recovery," said the panel chaired by the Member of Rajya Sabha, Bhubaneswar

"Therefore, Committee impresses upon the government to promote the integration of the Ayush practitioners in TB management programmes.

Further, the research in

icines should be encouraged promoting the inclusion of evidence- based practices in conventional TB care," added the report.

During the interaction Ministry of Ayush, the panel members were informed that the Ayush system of medicines, which encompasses traditional and non- conventional methods of healthcare such as Ayurveda, Yoga &

Homoeopathy, can play a supportive role in the management of TB. Ayush providers are pri-

marily engaged in the referral of presumptive TB cases and treatment support, such as screening for TB, counselling, treatment adherence, among

All Ayush Medical Officers posted through NHM at health centres as well as in other programmes (such as the RBSK), and those posted through the Ayush Ministry at dispensaries and Ayush hospitals are encouraged to actively screen for presumptive TB cases and nostic health facility (DMČ/ NAAT site) for TB testing as per programme policy, the panel was told.

TB clinics/chest clinics are linked with Ayush providers at co-located facil-

patients (for nutrition, deaddiction and treatment adherence counselling) at Ayush clinics post- examina-

Ayush providers are facilities linked to the National Ayush Mission and under the Ayush department the National TB Elimination

its, Ayush practitioners also look for common side effects associated with anti-TB medication and counsel or refer the patients as needed, the

panel suggested "the success

सावधानी सूचना

सभी आम जनता, किसान भाइयों को सूचित किया जाता है कि नीचे लिखे ट्रेडमार्क "रामबाण" जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड के नाम पर पंजीकृत ट्रेडमार्क हैं, जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड इन ट्रेडमार्क का उपयोग अपने उर्वरक, कीटनाशक, फसल पोषण, फसल विकास संबंधित उत्पादों पर लगभग 30 वर्षों से लगातार और निर्बाध रूप से कर रही है इस संबंध में हम आपको सूचित करते हैं कि:

- 1. सरदार एग्री प्राइवेट लिमिटेड, गुजरात
- 2. सूडान एग्रीटेक प्राइवेट लिमिटेड, राजस्थान
- 3. सूडान एग्री साइंस, गाजियाबाद

इन कंपनियों के खिलाफ जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड ने "रामबाण" ट्रेडमार्क के उल्लंघन के लिए एक मुकदमा, वाद संख्या ३७७/२०२३, माननीय जिला न्यायाधीश, वाणिज्यिक न्यायालय, कासना, गौतम बुद्ध नगर में दायर किया है। इस मुकदमा में माननीय न्यायालय द्वारा इन कंपनियों के खिलाफ अंतरिम आदेश दिनांक 29.08.2023 को जारी किया है।

इस आदेश के द्वारा इन कंपनियों और उसके मालिकों, स्वामियों, साझेदारों, निदेशकों शेयरघारकों, अधिकारियों, नौकरों और उनकी ओर से काम करने वाले सभी अन्य लोगों को जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड के पंजीकृत ट्रेडमार्क "रामबाण" और अन्य चिह्न, डिजाइन, जो जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड के रामबाण चिह्नों से मेल खाता है का उपयोग इन कंपनियों द्वारा निर्मित और उत्पादित किसी भी कृषि उर्वरक, कीटनाशक, फसल पोषण, फसल उत्पादों के उपयोग बंद करने का आदेश दिया गया है।

सभी आम जनता, किसान भाइयों को सावधान किया जाता है कि जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड द्वारा "रामबाण" चिह्न/डिजाइन जो जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड के रामबाण चिह्नों से मेल खाता है, का उपयोग किसी अन्य कंपनी, व्यक्ति एसोसिएशन, पार्टनरशिप फर्म आदि द्वारा उपयोग करने के लिए अधिकृत नहीं किया है।

इन परिस्थितियों में, "रामबाण" नाम से बेचे गए किसी भी कृषि उर्वरक, कीटनाशक, फसल पोषण, फसल उत्पादों, सुपर फॉर्मूला, सॉइल कंडीशनर को खरीदने में आम जनता और किसान भाइयों को सावधानी बरतनी चाहिए। उपरोक्त चिह्नों वाले उल्लंघनकारी उत्पादों की बिक्री/वितरण और उपयोग से उत्पन्न होने वाले किसी भी परिणाम के लिए जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड को जिम्मेदार नहीं ठहराया जाएगा।

> मनु आहूजा सीईओ एवं पूर्णकालिक निदेशक जुबिलेंट एग्री एंड कंज्यूमर प्रोडक्ट्स लिमिटेड

Researchers: Bracelet has helped detect mood changes in bipolar patients

PIONEER NEWS SERVICE ■ NEW DELHI

Digital technology might offer real hope for patients with bipolar disorders with a team of researchers in their preliminary results stating that a wearable bracelet has helped measure electrical impulses in the skin and other physiological biomarkers which might be associated with mood changes

in bipolar disorder. The group of Barcelonabased psychiatrists, in collaboration with data scientists in Edinburgh, had used a research grade wearable device to continuously collect several physiological biomarkers during the diverse phases and episodes of bipolar disorder.

Researcher Diego Hidalgo-Mazzei said "Each participant was fitted with a commercially available Empatica E4 bracelet, which they were asked to wear for around 48 hours.

This can measure a variety of physiological changes, but we were most interested in measuring small electrophysiological changes in the skin of the wearer. The researchers found that

bipolar disorder patients in their depressed phase had on average a significantly lower skin electrical activity than the rest of the bipolar group or the healthy control group. "We also found that as an individual moved from manic to depressive state (or vice versa),



this was detectable by a change in skin surface electrical activity," said the researchers.

The work is at an early stage, but they hope that they will be able to build on these patterns to detect mood swings in bipolar disorder sufferers, helping in diagnosis and potentially offering more rapid and personalized treatments.

If successful, this could lay the foundation for a new approach to diagnose and treat bipolar disorders. Bipolar disorder is defined

by the occurrence of episodes (either manic or depressive) interspersed with periods of wellbeing known as euthymia. To date, the course of the

illness is entirely unpredictable, and the occurrence of new episodes relies solely on their early recognition at a subjective level through early-warning

Among the collected physiological biomarkers is electrodermal activity which uses changes in the skin's electrical conductivity to indicate the level of stress through the reac-

tivity of the nervous system. This is a potential immediate indicator of whether someone is in a manic, depressive or in a normal mood state. They recruited 38 patients with bipolar disorder, and 19 healthy controls, all from the Barcelona

It is important for the patient and doctor to know how and when these mood fluctuations take place. It is important also to highlight that the treatment is different for manic or depressive states.

This can help with a prompt diagnosis and early personalised treatment, but it can also help in preventing adverse outcomes, for example in alerting to an increased risk of suicide, or of mood swings which may lead to dangers with activities such as driving.

'Sarcopenia linked to two-fold risk of CVDdeath in diabetics'

PIONEER NEWS SERVICE **NEW DELHI**

Sarcopenia, which is agerelated loss of muscle mass and strength, is linked to a 2fold risk of death from cardiovascular disease (CVD) in patients with diabetes, according to researchers after they analysed 1514 adults (age 20 and older) with diabetes in the

United States. Of the study population, 196 (55.6% female) had low muscle mass. Study subjects with low muscle mass had an average age of 63.5 years and an average diabetes duration of 14.5 years. After more than 9 years of follow-up, the investigators observed 413 all-cause deaths, of which 147 were

determined to be from CVD. The results showed that low muscle mass was linked to a higher risk of all-cause and CVD mortality. Notably, participants with low muscle mass were 44% more likely to die of any cause and twice as likely to die of CVD as those with a normal muscle mass.

Low muscle mass was associated with a higher risk of allcause mortality and CVD mortality. The participants with low muscle mass were 44% more likely to die of any cause during follow-up than those with normal muscle mass. They were also twice as likely to die from CVD as those with nor-

mal muscle mass. The results were adjusted

tion/ consultation. authorised to ensure that all TB patients seeking care at

in the States are linked with Program to support ensuring treatment adherence actively. During the follow-up vis-

At the same time, the

stories of TB treatment in the Ayush system of medicines should be authenticated and publicised for the information

for age, sex, race/ethnicity, smoking status, alcohol con-

sumption, central obesity, history of cancer, hypertension (HTN), dyslipidemia (unhealthy levels of blood fats), oast CVD events including heart attacks, duration of diabetes, microvascular complications and HbA1c.

Further analysis showed that low muscle mass was linked with all-cause mortality and CVD mortality, irrespective of HbA1c and microvascular complications. The association between low muscle mass and all-cause and CVD mortality was also independent of frailty, as defined by a frailty index made up of 46 variables, including memory problems, hospital stays and blood test results.

The study's authors said that their results suggested that the increased risk of death in individuals with diabetes who have low muscle mass isn't mediated or influenced by frailty, poor blood sugar control or microvascular complications but due to the loss of muscle itself.

दिनांक : 07/10/2023

Sunak, Trudeau underscore need for de-escalation of India-Canada row

 $B^{\text{ritish Prime Minister Rishi}}_{\text{Sunak and his Canadian}}$ counterpart Justin Trudeau have underscored the importance of de-escalation of the India-Canada diplomatic row and respect for the rule of law in a call, which was dominated by the standoff over the killing of a Sikh separatist leader in Canada in June.

According to a Downing Street statement, the British Indian leader spoke to Trudeau on Friday evening during which he was updated on the situation relating to Canadian diplomats in India. Both leaders agreed to stay in contact as Sunak reaffirmed the UK position of respect for the rule of law after Canada's allegation of Indian involvement in the killing of a pro-Khalistan want-

"Prime Minister Trudeau updated on the situation relating to Canadian diplomats in India," reads the Downing Street statement.

"The Prime Minister reaffirmed the UK's position that all countries should respect sovereignty and the rule of law, including the principles of the Vienna Convention on Diplomatic Relations. He hoped to see a de-escalation in the situation and agreed to remain in contact with Prime Minister Trudeau on the next steps," it said.

The Canadian Prime Minister's Office from Ottawa echoed the statement, saying

Nobel peace laureate'



Canada's Prime Minister Justin Trudeau greets a customer as he visits Desi Food Mart in Cambridge in Canada on Friday AP

Trudeau's allegations unfortunate: USISPF chief

Washington (PTI): USISPF president and CEO Mukesh Aghi on Friday said it was "unfortunate" that Canadian Prime Minister Justin Trudeau's allegations against India in his parliament last month were brought "without concrete evidence"

Tensions flared between the two nations after Trudeau's allegation linking Indian agents to the killing of Khalistani separatist leader

that Trudeau provided an update on the current situation between Canada and India.

"The leaders emphasised respect for the Vienna

Hardeep Singh Nijjar in June India strongly rejected the charges and also voiced its concern over the safety of Indian diplomats and India's diplomatic premises in Canada. "It's unfortunate that an important issue was brought without any concrete evidence into the parliament and from there the relationship

Convention on Diplomatic Relations and the need to ensure the safety and security of their citizens. They underscored the importance of de-

between the two nations has gone down," Aghi told PTI in

The relationship goes way back between the two countries. You have a large trade, over 230,000 Indian students studying there. Canada has invested almost \$55 billion in India and it's unfortunate that a country's prime minister goes into a parliament and says "credible allegation" and not being able to come out with evidence to show that those allegations are credible," he

escalation in this context. Prime Minister Trudeau and Prime Minister Sunak agreed to remain in close contact and to continue working together to

Canadian government statement reads

The call comes in the wake of Trudeau's statement in the Canadian Parliament last month that its security forces were "actively pursuing credible allegations" linking Indian government agents to the mur-der of Khalistan Tiger Force leader Hardeep Singh Nijjar in British Columbia in June, an allegation strongly rejected by India as "absurd and motivat-

The telephonic talks between Sunak and Trudeau took place in the days after the fallout of that diplomatic row resonated in the UK when Indian High Commissioner to the UK Vikram Doraiswami was blocked from a planned visit to Glasgow Gurđwara in Scotland last week by pro-Khalistan extremists.

"Concerned to see that the Indian High Commissioner, Vikram Doraiswami, was stopped from meeting with the Gurudwara Committee at the Gurudwara in Glasgow. The safety and security of for-eign diplomats is of utmost importance and our places of worship in the UK must be open to all," Anne-Marie Trevelyan, the UK Foreign Office minister for Indo-Pacific wrote on X. In recent developments, the Ministry External Affairs (MEA) said it has been coordinating with its mission in Ottawa and consulates in other Canadian cities over safety

US expels two Russian diplomats

AP ■ WASHINGTON

The Biden administration ■ on Friday ordered two Russian diplomats expelled from the United States in retaliation for the expulsion of two US diplomats from Moscow last month.

The State Department said it had taken the action in response to Russia declaring the two American diplomats persona non grata because of contacts with a Russian national who had once worked for the now-closed US consulate in Russia's far-eastern city of Vladivostok and was arrested

The department will not tolerate the Russian government's pattern of harassment of our diplomats," spokesman Matthew Miller said in a statement. "Unacceptable actions against our embassy personnel in Moscow will have conse-

The expulsions come at a time of animosity between Washington and Moscow over the war in Ukraine and as diplomatic relations have plummeted to their worst level since the Cold War.

On September 14, Russia's Foreign Ministry accused the first secretary at the US Embassy in Russia, Jeffrey Sillin, and the second secretary, David Bernstein, of "illegal activity" and ordered them to leave the country within seven

Russia's Federal Security Service, or FSB, reported the arrest of Shonov in August.

Islamabad, have received notices

telling them to evict "illegal

Afghans" and their families by the

end of the month or face action.

some of the city's mosques to tell

worshippers of their duty to

inform on Afghans in their neigh-

arrested across the country since

the crackdown began earlier this

borhoods.

Police have asked clerics in

Over 2,000 people were

WORLD BRIEFS



Forensics work over hodies at the scene of a bus accident on the side of the road near Villa de Tepelmeme, Oaxaca state, Mexico on Friday

18 MIGRANTS KILLED, 29 INJURED IN A BUS CRASH

Mexico City: At least 18 migrants from Venezuela and Peru died on early Friday in a bus crash in southern Mexico, authorities said. Mexico's National Immigration Institute said the dead include two women and three children, and that 29 people were injured. There was no immediate information on their condition. Photos distributed by the institute showed the bus rolled over onto its side on a curvy section of highway in the southern state of Oaxaca. The cause of the crash on the town of San Pablo Huitzo, near the border with the neighbouring state of Puebla, is under investigation. The institute said a total of 55 migrants, mostly from Venezuela, were aboard the vehicle. It was the latest in a series of migrant deaths in Mexico amid a surge in migrants travelling toward the US border. Because migration agents often raid regular buses, migrants and smugglers often seek out risky forms of transportation, like unregulated buses, trains or freight trucks. Last week, 10 Cuban migrants died and 17 others were seriously injured after a freight truck they were riding in crashed on a highway in the neighbouring state of Chiapas, near the border with Guatemala. The National Immigration Institute said all of the dead Cuban migrants were women, and one of them was under 18. The Institute said the driver of the vehicle had apparently been speeding and lost control of the truck, which was carrying 27 migrants at the time. The driver fled the scene. Mexican authorities generally prohibit migrants without proper documents from buying tickets for regular buses, so those without the money to hire smugglers often hire poorly-driven, poorly-maintained buses that speed to avoid being stopped. Or they walk along the side of highways, hitching rides aboard passing trucks. Last week, a truck flipped over on a highway in Chiapas, killing two Central American migrants and injuring another 27. And two Central American migrants died last week after trying to board a moving train in the state of Coahuila near the Texas border.

INDIAN-AMERICAN COUPLE DONATES USD 1.75 MILLION FOR HINDU YOUTH CAMPSITE IN TEXAS

Washington: An Indian-American couple from Houston has donated USD 1.75 million to start the construction of the first Hindu campsite in Texas, which will hold heritage youth camps every summer. Similar to schools and colleges providing academic education, the Hindu Heritage Youth camps provide a lifemoulding education, a media release said on Friday. Subhash Gupta and Sarojini Gupta, who made the mega donation, said they are passionate about the camp because it inculcates critical values and skills in the next generation."This is the best thing we can do for the next generation," Subhash said. "We are already losing youth in this country because they are not interested in our Hindu dharma and preserving our value system, so whatever we can do to cultivate that, the better," he said. The campsite, located on a 37-acre property in Columbus, Texas, will be complete next summer, just in time to welcome campers for a six-night and five-day camp. The camp started in 1985 and has historically been held at a variety of campsites, such as Camp Lantern Creek in Montgomery. However, the organisers said it had become increasingly difficult to find a location that could accommodate the 1,200 plus youth who want to participate. The new campsite will include cabins, a swimming pool, a dining hall that will accommodate 200 people, an outdoor amphitheatre, covered basketball courts and classrooms.

CONNECTICUT TO INCLUDE SIKHISM IN NEW **SOCIAL STUDIES STANDARDS**

Washington: The Connecticut State Board of Education in the US has initiated a move to include Sikhism in its new social studnew standards, the fir give approximately 5,14,000 students in Connecticut, the opportunity to learn about the Sikh community. Over the past year, Sikhs have been pushing for this. "These new standards will provide students the opportunity to learn about the Sikh community at all three levels of their education," said Norwich City Councilman Swaranjit Singh. "Classroom instruction about Sikh history and contributions from an early age are critical in creating a safe environment for our students," Singh said in a statement issued by the Sikh Coalition. Local adoption and implementation of the new standards will begin in the coming years. The Sikh Coalition will continue to work closely with the Connecticut Department of Education during this process to ensure that 'Sikhi' successfully makes it into classrooms across the state, a media release said. With this, Connecticut has become the eighteenth state in a growing list of states that have worked with the Sikh Coalition to include accurate information about Sikhs in their public school social studies standards. In June, Washington DC became the most recent region to ensure the inclusion of Sikhism. These efforts mean that more than 25 million students from coast to coast have the possibility of a more inclusive and holistic education. Sikhism is one of the largest religions in the world and the members of the community have contributed to American society for over 125 years in the fields of civil rights, politics, agriculture, engineering, and medicine.

'Iran is unlawfully detaining

United Nations (AP): Iran is cracking down on protesters, unlawfully detaining human rights activists, including new Nobel Peace Prize laureate Narges Mohammadi, and carrying out an "alarming" number of executions, the UN independent investigator on human rights in the Islamic Republic said in a report circulated on Friday.

The wide-ranging report by Javaid Rehman, covering the period from October 2022 through July, was written before the announcement early on Friday that the Nobel Peace Prize had been awarded to Mohammadi, a longtime campaigner for women's rights even from her current cell in Tehran's notorious Evin Prison.

Rehman, a Pakistani-born professor of international human rights law at Brunel University in London, singled out Mohammadi among lawyers and human rights defenders imprisoned for their work in the report to the General Assembly.

He was highly critical of the "excessive and lethal use of force" unleashed by Iranian authorities in reaction to nationwide protests following the 2022 death of Mahsa Amini, a 22-year-old member of the Kurdish minority who was arrested for wearing an "improper hijab" or headscarf.

ple, including 68 children and 48 women, had died for protesting and hundreds more had been injured "while thousands have been reportedly arrested, detained or

Rehman expressed disappointment that Iran has not carried out an independent and transparent investigation into Amini's death or the unlawful use of force against protesters.

He recommended that Iran's supreme leader, Ayatollah Ali Khamenei, and the country's government, judiciary and parliament "accept full responsibility" for Amini's death and take immediate remedial

The investigator, appointed by the Geneva-based UN Human Rights Council, also recommended that Khamenei and Iranian authorities undertake prompt, independent investigations into the killings of protesters and "immediately end all forms of violence, including sexual violence and harassment of girls and women protesters."

In the aftermath of the protests, Rehman said, Iranian security forces arrested at least 576 civil rights activists ,including teachers and advocates from labour unions and minority groups.

Deporting Afghans could lead to human rights violations: UN

 $F_{ ext{from Pakistan could lead to}}^{ ext{orcibly deporting Afghans}}$ severe human rights violations including the separation of families and deportation of minors, the United Nations warned on

Pakistan recently announced a crackdown on migrants living in the country illegally, including 1.7 million Afghans, telling them to return to their home countries by October 31 to avoid mass arrest and expulsion.

The government denies targeting Afghans and says the focus is on people who are in the country illegally, regardless of their nationality

It said it is setting up a hotline and offering rewards to people who tip off authorities about such migrants.

The UN agencies said severe humanitarian crisis with several rights challenges, particularly for women and girls, who are banned by the Taliban from education beyond sixth grade, most public spaces and many jobs.

"Such plans would have serious implications for all who have been forced to leave the country and may face serious protection risks upon return," it said, referring to Pakistan's crackdown.

acknowledged Pakistan's "sovereign prerogative" over domestic policies and said they are ready to help register and manage Afghan nationals, including those who may be in need of international protection. International The

Organisation for Migration and the UN refugee agency called on countries to "suspend forcible returns of Afghan nationals and

Pak: Decision in line with international practice

Islamabad (PTI): The Pakistan government has decided to go ahead with its controversial plan to evict all illegal immigrants -- including around 1.7 million Afghan refugees-- from the country by October 31, saying that the decision was in line with international practices, according to a media report.

The move came as law enforcement agencies continued their crackdown on people they call 'illegal aliens', a sizeable number of families have been crossing the border into Afghanistan over the past

"No country allows illegal people to live in their country is countries in Asia, in our neighbourhood. So, accordingly, this is in line with the international practice that we have taken this decision," care-

For-eign Minister Jalil Abbas Jilani was quoted as saying to Hong Kong's Phoenix TV in an interview on the sidelines of a forum in Tibet.

Pakistan's decision to ask illegal immigrants to leave by October 31 or face forcible expulsion from November 1 has drawn criticism, with organisations such as UNHCR and Amnesty International calling on the government to rethink its plans.

The Taliban government in ensure any possible returns to the

country take place in a safe, dig-

reservations over the move. "Whenever there was any problem, people would immi-

Kabul has also expressed its

grate to Pakistan, take refuge in Pakistan," Jilani said. "But now I think it has been more than 40 years, so the gov-

ernment of Pakistan has taken a decision," he said, noting that the situation in Afghanistan had stabilised.

The caretaker foreign minister said Pakistan had been discussing the migrant issue with Afghanistan "for a very long time" and called on international humanitarian agencies to help with the process.

Separately, speaking to caretaker Punjab Chief Minister Mohsin Naqvi called on all foreign nationals illegally residing in Punjab to depart voluntarily, saying that provincial authorities had collected initial data on foreign residents.

He was stern in his warning, saying that any foreigner found staying unlawfully in the province would not be permitted to remain, and stressed that illegal immigrants should leave Punjab of their own accord. In case they didn't, he cautioned a comprehensive crackdown would ensue.

However, the caretaker Puniab Chief Minister assured that no one would be abused in this process.

nified and voluntary manner."

Landlords and real estate

Former US intel

Police in southern Sindh province have detained some

1,100 Afghan nationals, according to Inspector General Riffat Mukhtar. He said the courts released

about 300 after they provided their documents. The rest remain in prison awaiting deportation to Afghanistan. In Islamabad, police are using

social media and TV tickers to the anti-migrant policy, said force spokesperson Taqi Jawad. He said police have so far not used mosques and clerics for this pur-

Of the 1,126 Afghans detained in Islamabad during the past few days, 503 have been charged with staying in the country illegally.

They will stay behind bars until their deportation said Jawad, who denied that officers are harassing Afghans.

The information minister in the southwestern Pakistani province of Baluchistan, Jan Achakzai, said hundreds of Afghan families have voluntarily left the country and crossed the border since the announcement.

Authorities have detained more than 100 people, including Afghans and Iranians, he said.

Two 6.3 magnitude earthquakes kill at least 15 in Af

Two 6.3 magnitude earth-quakes killed at least 15 and injured nearly 40 others in western Afghanistan on Saturday, said a spokesperson for the country's national disaster authority.

Mohammad Abdullah Jan said four villages in the Zenda Jan district in Herat bore the brunt of the quakes and aftershocks. Dozens of houses have been damaged.

The United States Geological Survey reported the 6.3 magnitude tremblors.

It said the epicentre was 40 kilometres (24.8 miles) northwest of Herat city. There was an aftershock with a 5.5 magnitude. A map on the USGS website indicates seven earthquakes in the area. At least five powerful earthquakes struck the city around noon, Herat city resident Abdul Shakor Samadi

said.
"All people are out of their
"aid "Houses, homes," Samadi said. "Houses, offices and shops are all empty and there are fears of more



earthquakes. My family and I were inside our home, I felt the quake." His family began shouting and ran outside, afraid to return indoors.

Telephone connections went down, making it hard to get details from affected areas. Videos on social media showed hundreds of people in the streets outside their homes

Herat province borders Iran. The quake also was felt in the nearby provinces of Farah and Badghis, according to local

and offices in Herat city.

media reports. Abdul Ghani Baradar, the Afghanistan's deadliest in two Taliban-appointed deputy prime minister for economic decades, killing at least 1,000 affairs, expressed his condolences to the dead and injured

in Herat and Badghis.

In June 2022, a powerful earthquake struck a rugged, mountainous region of eastern Afghanistan, flattening stone and mud-brick homes. The quake

people and injuring about

officer charged for sharing defence secrets with China **AP** ■ SEATTLE

former US Army intelli-A former US Allin, charged with attempting to provide classified defence information to the Chinese security services during the outbreak of the COVID-19 pandemic - including some listed in a Microsoft Word document titled "Important Information to Share with Chinese Government."

Authorities on Friday arrested former Sgt. Joseph Daniel Schmidt, 29, at San Francisco International Airport as he arrived from Hong Kong, where he had been living since March 2020, the Justice Department said.

A federal grand jury in Seattle returned an indictment Wednesday charging him with retention and attempted delivery of national defense infor-

APEC summit likely: Biden have faced no shortage of strain

AP WASHINGTON

 $P^{\text{resident Joe Biden said}}_{\text{Friday that he could poten-}}$ tially meet with Chinese President Xi Jinping on the sidelines of next month's Asia-Pacific Economic Cooperation summit in San Francisco.

'There has been no such meeting set up, but it is a possibility," Biden told reporters when asked about the prospects of a face-to-face meeting with the Chinese leader.

Biden and Xi have not spoken since their meeting last November of the sidelines of the Group of 20 summit in Bali, Indonesia

White House officials have previously made clear that they noped the two leaders would soon hold talks, and administration officials have been working to get the Chinese to agree to a meeting.

Relations between the world's two largest economies

over the last year.

Meeting with Xi on sidelines of

The Biden administration shot down a Chinese spy balloon that traversed the continental US earlier this year. The Chinese government hacked the emails of Commerce Secretary Gina Raimondo. The US government has restricted the exporting of advanced computer

chips to China. The two countries' differences have also been exacerbated by Russia's war in Ukraine and China's increased assertiveness in the Taiwan Strait.

Beijing has stayed on the sidelines since Russia invaded Ukraine in February 2022. But the White House has publicised a US intelligence assessment indicating that Beijing has weighed assisting Moscow with weaponry. Despite the differences, there have been steppedup efforts in recent months by the two sides to manage the relationship.

actions, and enhance dialogue and expand cooperation in good faith," he added. Biden's national security adviser, Jake Sullivan, and Chinese foreign minister Wang Yi held talks last month on the Mediterranean island nation of Malta. That meeting came after Secretary of State Antony Blinken, Treasury Secretary Janet Yellen, Raimondo, and climate envoy John Kerry have all travelled to Beijing in recent

months to meet with top

Chinese officials.

Liu Pengyu, a spokesman

for the Chinese embassy in

Washington, declined to com-

ment on the status of a possi-

ble Biden-Xi meeting in San

Francisco, but noted in a state-

ment that the two countries

"are in communication on

bilateral engagement and

work in the same direction,

clear obstacles and manage

differences with concrete

"China and the US need to

exchange."

'Online gaming, casinos liable to

Finance Minister Nirmala Sitharaman with Union MoS for Finance Pankaj Chaudhary, Revenue Secretary

PTI ■ NEW DELHI

The GST Council on Saturday decided to reduce GST on molasses to 5 per cent, from 28 per cent, and exempt alcohol for human consumption from the levy.

consumption from the levy.

Chhattisgarh Deputy Chief Minister T S Singh

Deo, who is a member of the GST Council, said extra neu-

tral alcohol (ENA) for indus-

trial use will continue to

attract Goods and Services

"ENA (potable alcohol) for human consumption will be exempt from GST and the

same will be communicated

to the Supreme Court," Deo

told reporters after the 52nd

gaming companies facing GST

demand notices for alleged

sions on charges (tax demand

notice) on these companies,

retrospectively. Because DGGI

is an independent body, there

cannot be any interference.

The (GST Council) chairper-

son said she would make clar-

ifications available to DGGI if

required," Chhattisgarh Deputy

Chief Minister TS Singh Deo.

"There were discus-

GST Council meeting.

Tax (GST).

evasion.

others during the 52nd Goods and Services Tax (GST) Council Meeting, in New Delhi on Saturday

28 per cent GST since beginning'

GST Council decides

to cut tax on molasses

The tax rate on molasses,

a by-product of sugarcane

and used as raw material for

alcohol production, has been

reduced to 5 per cent from 28

per cent currently, Deo added.

states like Delhi and Goa

raised the issue of online

gaming companies facing GST demand notice for

on charges (tax demand

notice) on these companies

retrospectively. Because

DGGI is an independent

body, there cannot be any

interference. The (GST

Council) chairperson said

she would make clarifica-tions available to DGGI, if

The GST Council in its

meetings in July and August

had decided to clarify the levy

of 28 per cent GST on full face

value of bets placed on online

gaming platforms and horse

racing and casinos. Online

gaming, casinos and horse rac-

ing were classified as actionable

claims, like lottery, betting and

gambling, under GST with 28

per cent tax. The amendments

to Central GST and Integrated

required," Deo added.

Council, said

alleged evasion.

He further said that some

There were discussion

'Aviation sector gets lot of opportunities'

ndia offers a lot of opportunities to the aviation industry, and the Government has taken many initiatives to promote investment in the sector, Financial Services Secretary Vivek Joshi said on Saturday

Addressing a roundtable conference on the airport sector organised by IIFCL, Joshi said the launch of the 'Ude Desh ka Aam Nagarik' (UDAN) scheme has led to significant development of the sector in the past 7-8 years. As a result, the number of airports has almost doubled from 74 in 2014 to 148 in 2023 giving a boost to regional connectivity. The government has additionally given in-principle approval for setting up 21 green-field airports across the country,

Further, he said, two big airports coming up in Noida and

PUBLIC NOTICE

PARADIP PORT AUTHORITY ADMINISTRATIVE DEPARTMENT e-TENDER CALL NOTICE

AD/0E/GL-85/2016(Pt.-III)/2133/ Date: 29.09.2023 Name of the Work: "Service cotract for office management and allied works in various departement/divisions and operational areas of Paradip Port Authority". Estimated cost put to tender ₹3,71,73,170/- (excluding GST@18% & Contractor's commission). The Last date & time of submission of bid is **16.10.2023** vebsite https://eprocure.gov.in/eprocure/app & nttp://paradipport.gov.in/.

Sd/-Statistical & Research Officer Paradip Port Authority



Navi Mumbai will add to the capacity of the airports in the

India's aviation industry has seen a remarkable boost in recent years facilitated by the government's investor-friendly legislation, supportive ecosystem and growing demand.

The aviation industry in India is the third-largest and fastest-growing in the world, expanding at a rate of about 10 per cent during the last decade, roughly 2.5 times the global the aviation sector, Joshi said, the Ministry of Corporate Affairs earlier this week issued a notification excluding transactions involving aircraft, plane engines, airframes and helicopters from the Insolvency and Bankruptcy Code

To give a further boost to

"The ministry has exempted the aircraft leasing from Section 14 of IBC, which I think will be a great help for this sector," Joshi said.

Section 14 of the IBC

deals with the power of adjudicating authority (NCLT) to issue a moratorium when admitting a company to the insolvency resolution process.

Once the moratorium on asset transactions is imposed, activities like the institution of suits, continuation of pending suits, execution of judgments transferring/ disposing of assets and recovery or enforcement of security interest are prohibited.

Delivering a welcome address India Infrastructure Finance Company Ltd Managing Director PR Jaishankar said IIFCL is one of the major financiers of airports in India and has supported airports with a total project outlay of about Rs 74,000 crore in the country.

PTI ■ NEW DELHI

s states like Delhi and Goa

Araised the issue of tax

demand on online gaming

companies and casinos retro-

spectively, Revenue Secretary

Sanjay Malhotra on Saturday

reiterated that 28 per cent GST

was levied on online gaming

raised the issue of retrospective

taxation. It was informed to

them that this is not retrospec-

tive, and this was the law ear-

lier. These liabilities already

existed because money online

games played with bets...They

were already attracting (28 per

cent GST) by way of betting or gambling," Malhotra told

In the 52nd GST council

Delhi Finance Minister

meeting, Delhi and Goa raised

the issue of tax demands on e-

gaming companies and casinos.

Atishi said tax notices for the

past 6 years calculated at a

much higher rate of 28 per cent

are being sent to online gaming cos, even though on Octo-

ber 1, this 28 per cent GST was

enue is Rs 23,000 crore, you are slapping a tax notice of Rs 1.5

lakh crore...This is to kill the

industry. This shows an unsafe

erratic investment environ-

ment in Indian startups," Atishi

said. Malhotra further said

that some states like Delhi and

"An industry whose rev-

to be implemented.

reporters.

"Certain members had

and casinos even before.

India has witnessed a multi-fold jump in domestic and international passenger traffic with the improvement in civil aviation infrastructure, Jaishankar said

Magicpin to invest up to ₹100 crore on promotional offers during cricket WC 2023

PUBLIC NOTICE

inform to the general public dated 03/10/1961, duly executed by Shri Chandan Singh in favour of Shri Ramesh Chander in respect of Property No. 1883, Gali No. 16, Sovind Puri Extn. Kalkaji New Delhiby our client Shri Paramjeet Singh. Whoever find the abovesaid document may kindly return to our client Shri Paramjeet Singh S/o Late Shri Rachan Whoever finds it please return it in

days or deliver it at Property No. 1883, Gali No. 16, Govind Puri Extn. Kalkaji New Delhi-110019.

SATISH KHATANA (ADVOCATE) **NEW DELHI** # 9810016397, 9654383263

PUBLIC NOTICE

NOTICE INVITING TENDER

SSA-20017/2/2022-Equity-SSA/I/299803/2023 Date: 06.10.2023 Mission Director, Samagra Shiksha Axom, Kahilipara, Guwahati 19. Assam invites bids vide GEM/2023/B/4030894 Dated: 03-10-2023 for Aptitude Test through GeM portal.

Interested bidder may visit GeM portal and submit the bid on GeM portal accordingly. The bid is also available in SSA website: https: /ssa.assam.gov.in



Sd/-Mission Director, Samagra Shiksha Axor Kahilipara, Guwahati-19

NOTICE INVITING TENDER

SSA-12/3/2023-MIS-SSA/I/301641/2023 Dated 07.10.2023 Mission Director, Samagra Shiksha Axom, Kahilipara, Guwahati-19, Assam invites bids vide GEM/2023/B/4024342 Dated: 06-10-2023 for Tablet Computer through GeM portal.

Interested bidder may visit GeM portal and submit the bid on GeM portal accordingly. The bid is also available in SSA website: https:/

ssa.assam.gov.in



Sd/-Mission Director, Samagra Shiksha Axon Kahilipara, Guwahati-19

E-TENDER NOTICE GUJARAT MARITIME BOARD agar Bhavan", Sector 10/A, Chh' Road, Opp. Air Force, Gandhinagar 382 010 Phone 079-2323 8346/47/48/51

Gujarat Maritime Board (GMB) invites E-tenders from the reputed contractors / facility providers for the following work Name of Work

'Upgradation of Existing CHWIF-TSDF Site of Gujarat Maritime Board at Alang Sosiya Ship Recycling yard on Turnkey Basis"

Bids downloading commencement Date 10-10-2023 from 1500 hr Last Date for On-line submission of Bids 09-11-2023 up to 1800 hrs through www.nprocure.com

Datailed trems and condition and other related information is given in bid documents. For bid documents and more details, please visit website www.nprocure.com or www.gmbports.org or contact Deputy General Manager (Env), Environment Cell, Gujarat Maritime Board, Gandhinagar.

No/INF/VPN/2023/G/1520

PTI ■ NEW DELHI

Hyperlocal e-commerce firm magicpin on Saturday said it will invest up to Rs 100 crore in various promotional offers, including discounts on food orders, for the customers on the ONDC platform during the ongoing World Cup cricket tournament.

The company will start its campaign 'Super Saver Match Days' from October 8 with the India versus Australia World Cup match on governmentbacked Open Network for Digital Commerce (ONDC).

"We are pulling out all the stops for World Cup 2023 and are truly excited about the 'Super Saver Match Days' campaign. We plan to invest worth make this event a feast for the fans," magicpin CEO and Cofounder Anshoo Sharma said.

The e-commerce firm will offer up to Rs 175 discount for orders Rs 200 and above with free delivery.

The company partners with retail shops and restaurants to make their products and services online and also offers discounts on transactions made by its users on the outlets.

During the campaign, magicpin will offer discounts Nation, Barista on delivery orders throughout the day.

et fans on food delivery. We growth month-on-month. We will scale it up to Rs 100 crore are committed to providing an depending on the demand to unparalleled food delivery way," Sharma said.

Telegram bans 2,114 groups, channels related to child abuse on October 6 PTI ■ NEW DELHI the channel said.

obile messaging platform Mobile messaging real Telegram has banned 2,114 groups and channels relatives content ed to child abuse content, according to a Telegram channel 'Stop Child Abuse'.

The instant messaging platform is one of three entities to which the government on Friday issued notices to remove child sexual abuse material in India. "2,114 groups and channels related to child abuse banned on October 6. Total this month: 10,312," the update on

The company did not share the break up of banned groups linked or having an impact on Indian jurisdiction.

Minister of State for Electronics and IT, Rajiv Chandrasekhar had warned that if social media intermediaries do not act swiftly, their 'safe harbour' under section 79 of the IT Act would be withdrawn, implying that the platforms can be directly prosecuted under the applicable laws and rules even though the content may have not been uploaded by them.

at some of the popular food chains like Rebel Food brands (Faasos, Oven Story, Behrouz Biryani), McDonald's, Wow-Momo, Pizza Hut, Barbeque

The company has around 65,000 restaurants and food outlets on its app.

experience and exceeding expectations every step of the

Goa raised the issue of online also a member of the GST GST amnesty scheme: Taxpayers can file appeals by January 2024 against demand orders till March

The GST Council on Saturday came out with an amnesty scheme, giving taxpayers time till January 31, 2024, to file appeals against demand orders passed by tax officers till March 2023.

As per the GST law, an assessee can file an appeal against an assessment order seeking taxes within three months of the tax officer passing such an order. This can be extended by one more month.

The 52nd GST Council in its meeting on Saturday gave extra time to GST-registered businesses to file appeals with an enhanced pre-deposit of 12.5 per cent of the tax demand, against 10 per cent currently.

Briefing reporters after the Council meeting, Revenue Secretary Sanjay Malhotra said the council has recommended that a period till January 31, 2024, may be given for filing of appeals by taxpayers for all



orders passed till March 31, 2023, with an enhanced predeposit.

Of the pre-deposit of 12.5 per cent of the tax under dispute, at least 20 per cent (i.E. 2.5 per cent of the tax under dispute) should be debited from the Electronic Cash

Ledger.

"This will facilitate a large who number of taxpayers, who could not file an appeal in the past within the specified time period," an official statement

In another trade facilitation measure, the GST Council has amended GST rules to provide that provisionally attached property will be released after completion of one year.

FM: 5 per cent tax on millet-based flour, if sold in pre-packaged and labelled form

PTI ■ NEW DELHI

The GST Council on Saturday decided to levy a lower 5 per cent tax on millet-based flour when sold in pre-packaged and labelled form, Finance Minister Nirmala Sitharaman said.

Flour, containing at least 70 per cent millets, will attract zero per cent GST if sold loose, and 5 per cent if sold pre-packaged and labelled.

The 52nd GST Council meeting, chaired by Union finance minister and comprising state counterparts, also decided to cap the maximum age of President and members of the GST Appellate (GSTAT). Tribunal

The GSTAT President will have a maximum age cap of 70 years, while the limit for members will be 67 years.

This is a change from the earlier age limit of 67

and 65 years, respectively, for the President and members of GSTAT. The Council also

decided to reduce GST on molasses to 5 per cent, from 28 per cent, and exempt alcohol for human

GST were approved by Parliament and were notified by the central government effective October 1.

States were also required to oass amendments to state GST (SGST) laws. So far, 18 states have passed the amendments either in their assembles or through ordinance. The remaining 13 states

would also be passing the amendments, with effect from October 1 in due course.

FSSAI analysing tea samples to determine safety standards: CEO

PTI KOLKATA

The Food Safety and Standards Authority of India (FSSAI) is analysing tea samples from various parts of the country to determine whether these were adhering to the safety standards, an official said on Saturday. The official said that

FSSAI, a statutory body for regulating food safety, had con-ducted surveys and collected samples across the tea industry in the country which are pre-

sently being analysed regarding the levels of pesticide residues present in them. "Regarding the tea industry, we have conducted surveys and currently analysing the samples which were collected. We will then present our findings to the industry", CEO of FSSAI, G Kamala Vardhana Rao,

Rao said FSSAI will train the growers, manufacturers, traders and all those involved in the supply chain from tea production to sales.

INNOVATION YATRA LAUNCHED

New Delhi: Schneider Electric, a major player in the digital transformation of energy management and next-generation automation solutions, has launched an Innovation Yatra to mark the 60th anniversary of the company's operations in India. The carbon neutral yatra will travel to 60 plus cities and aims to highlight 60-year journey of the company in the country and the continued commitment to support nation building by imparting knowledge around advancements in IoT, Electricity 4.0, Digitisation and Sustainability within the Energy management and NextGen automation space.

'Institutional investments in real estate down 21 per cent in Jul-Sep'

PTI ■ NEW DELHI

 \mathbf{I} nstitutional investments in real estate declined 21 per cent in July-September period to USD 793.4 million due to lesser inflows in office assets, according to Colliers India. Institutional inflows stood at USD 1,002.1 million in the year-ago period. Real estate consultant

Colliers India on Saturday released the data that showed a sharp fall of 89 per cent in investment in office assets to USD 79.1 million during July-September from USD 694.3 million in the corresponding period of last year. Funds inflows in mixed-

use assets too dipped 73 per cent to USD 27.2 million during July-September period from USD 100.8 million in the year-ago period. However, the institution-

al investments in residential properties rose 47 per cent to USD 274.6 million in the third quarter of this calendar ing assets attracted USD 340.3 ago period.

year from USD 187 million in the year-ago period. Industrial & warehous-

million during July-September as against mere USD 20 million in the year-

Investments in alternate assets, which include data centres, student housing, senior housing, holiday homes and life sciences, stood at USD 72.2 million during July-September period as against zero inflows in the year-ago period.

Despite fall in institutional investments in real estate during July-September period, Colliers India data showed that the inflows during January-September were up 27 per cent to USD 4,558.1 million as against USD 3,578.5 million in the year-ago period.

Foreign investments contributed 77 per cent in the total institutional inflows.

Across asset classes, institutional investments in office assets have risen 60 per cent to USD 2,886.9 million during January-September period from USD 1,802.8 million in the year-ago period. Inflows in housing assets

jumped more than two-fold to USD 707.9 million from USD 276.5 million. Similarly, investments in industrial and warehousing assets jumped more than three-fold to USD 690.6 mil-

lion in January-September from USD 199.8 million in the year-ago period. However, inflows in alternate investments fell 42 per cent to USD 230.4 million from USD 398.8 million.

Investments in mixed-use properties plunged 90 per cent to USD 42.3 million from USD 408.8 million.

Retail real estate has not been able to attract any invest-

ment during January-September period this year as against USD 491.8 million in the year-ago period.

selves enough today, but it was a dominant performance that I know we can

do. I'm really happy that they rewarded themselves today with a medal. I

hope everyone can see what kind of players we are and how well we can

Schopman said gutted after the semifinal loss the players took it on

themselves to review what went

wrong against China and she only

"Of course, it's hard, but I think the girls are actually really profession-

al. When we came back after dinner the night before, we actually had a

very long meeting. It was a tough

meeting, where words were said that

"And then even the next morn-

INDIA WIN BRONZE IN WOMEN'S HOCKEY

wounded Indian women's A hockey team rose from the shock semifinal loss to edge past defending champions Japan 2-1 and claim the bronze medal at the Asian Games here on Saturday.

The Indians, ranked seventh in the world, were the favourites to win the gold here but one bad match cost them dearly as hosts China thrashed them 4-0 in the semifinal on

The Índian women thus avenged their 0-1 defeat against Japan in the last edition of the Games in Jakarta

But the Savita Punia-led side left behind the disappointment and displayed commanding hockey to clinch its seventh Asian Games medal and fourth bronze.

Deepika gave India the lead in the fifth minute from a penalty stroke before Japan equalised through Yuri Nagai from a penalty corner in the 30th minute.

Sushila Chanu, a rare goal scorer, handed India the winning goal in the 50th minute from a set piece gone

India started brightly and went on the offensive from the onset.

The Indians pressed hard and that resulted in their first goal in the fifth minute through a penalty stroke, which was perfectly converted by Deepika

India kept on pressing hard and secured a penalty corner but failed to convert the opportunity. The Japanese too threatened the Indians but the Savita-led side was upto to the task.

It was midfield tussle between the two in the second quarter with both sides managing a few circle entries but

failed to yield any result.

Japan drew level at the stroke of half time through Nagai who converted a penalty corner.

After the change of ends, there

was hardly anything to differentiate between the two sides. Both India and Japan were engaged in midfield battle with occasional entries into each other's circle.

After the change of ends, India continued to press hard and created a few chances but failed to pounce on

With deadlock still intact, the Indians went on full press in the fourth and final quarter and their efforts bore fruit as they managed to earn a few penalty corners.

India secured a penalty corner in the fourth quarter but vice-captain Deep Grace Ekka's flick was saved by Japanese goalkeeper Eika Nakamura.

Vaisnavi Vitthal Phalke then missed a sitter from the the rebound from the following penalty corner.

India continued to mount constant pressure on the Japanese defence and secured three penalty corners in succession, the last of which result-



ed in the winner.

A rare goal scorer, Sushila was at the right place at the right time to scoop the ball in above the goalkeeper's head after receiving a feed from

India then earned a few more penalty corners but failed to utilise

Just three minute from the hooter, India secured another penalty corner but but Deepika's flick was saved by the Japanese goalkeeper.

India's chief coach Janneke Schopman said Saturday's performance was a revenge of their defeat against China in the semifinal.

can. We have to do it as a team and I think today you saw how well we can play," the Dutch said.

ing, I think there were still some things that weren't clear. They decided themselves to watch the first quarter of the China game, just to get awareness on what actually hap-pened. I didn't get involved. I think they took an hour and 15 minutes to watch the first 15 minutes. I think

helped them.

needed to be said.

then it was pretty clear for them as well," she said. "That was our main message throughout the last two days. We have

to be this team. I know we're there somewhere. I think that's what they picked up on. They had another team meeting themselves, without me. Of course, we prepared for Japan as well.," Schopman added.



Jyothi, Deotale claim hat-trick of gold

PTI ■ HANGZHOU

Ojas Deotale and Jyothi Surekha Vennam claimed a hat-trick of gold medals, while Aditi Swami bagged a bronze as Indian archers signed off with a historic haul of nine medals at the Asian Games, here on Saturday.

India's previous best was at Incheon 2014 when the country had won three medals.

Reigning world champion Aditi began the penultimate day at the continental showpiece by assuring the country medal in archery at these Games when she prevailed over Indonesia's Ratih Zilizati Fadhly in a one-sided bronze

The 17-year-old Indian, who bagged the World Championship title in Berlin

two months ago, was not at her best and dropped four points but that did not matter much as she won 146-140

ed pair and women's team events, made it three in a row when she rallied to defeat her formidable South Korean opponent So Chaewon 149-145.

through. I need some time to

In a battle between the

Later Jyothi, who had already secured a gold in mix-

"I feel short of words and lots of emotions are going give this a thinking," Jyothi

the 21-year-old reigning world champion Deotale who emerged winner by two points. Deotale, who secured the Worlds title at Berlin, was near flawless and dropped just one-point to overwhelm the

34-year-old 149-147.

AFP ■ HANGZHOU (CHINA)

The men's kabaddi final between India and Iran at the Asian Games descended into chaos and was suspended for an hour on Saturday over a disputed decision, before India finally sealed the title. India were seeking to reclaim the

crown from Iran in a sport they regard as their own, and they did so in the most contentious circumstances in Hangzhou. Kabaddi is a tag-meets-rugby

contact team sport rooted in Indian mythology and said to date back 5,000 years. The final was locked at 28-28 with just over a minute left when

should get the decision. That sparked a prolonged video review, then a standoff and the suspension of the final, as numerous officials checked the footage and attempt-

India went on a crucial "raid" for points, with both teams claiming they

ed to make a ruling.

The action in what was an eagerly anticipated showdown was put on hold as both teams at different points appeared to refuse to play and argued

Order was eventually restored with the score at 31-29 in India's

Iran reluctantly carried on but they were deflated and quickly slumped to a 33-29 defeat, sparking wild Indian celebrations.

The two teams shook hands at the

But the post-final press conference was cancelled and Iran's coach Gholamreza Mazandarani said of the controversy: "This is very bad, very bad for kabaddi."

He accused the officials of making "some mistakes, some bad decisions", but also pointed the finger at

"All (their) team, all coaches and all managers, all (put) pressure on the



referees and they changed (their decision)," he fumed.

India had won every men's gold since kabaddi became an Asian Games sport in 1990 until Iran took

the title at the 2018 Asiad in Jakarta.

They got their revenge on Saturday but India's coach Edachery Bhaskaran agreed the scenes had been bad for the image of kabaddi.

Like his counterpart, he accused the other side of trying to influence

the decision at the heart of the dis-

"As per (the) rule, the decision is correct," he said. "But they want to manipulate that."

Kabaddi requires yoga-like breath control as two seven-player teams send a raider into enemy territory to tag an opponent and return to safe-ty — all while chanting "kabaddi, kabaddi" to prove they're not using more than one puff. Earlier on Saturday, India defeat-

ed Taiwan 26-25 for women's gold.

I'm yet to achieve my potential: Neeraj

e is vet to reach his full potential and has set sights on not only crossing the 90m mark but making it a new normal as he gears up for next year's Paris Games.

The 25-year-old from Haryana, who played most part of the season with a groin strain,

won the World Championships title in August in Budapest, fin-His cabinet might be brimbling with titles but Olympic gold medallist Neeral Choppe follows: fore coming up with a throw of 88 88m to mes gold in Hangzhou this week. "I am happy that I pushed myself and ended with a seasonbest effort. But it also made me wonder if I were fit and 100 per cent in my technique then how long could I have thrown," he said during a virtual interaction.



ibaba Clo

"So I have to find in myself what I can do, what mindset I can make that I can achieve my potential, because I feel I am still a lot away from that."

pionships crown and defending his Asian Games gold with a sea-son-best effort despite injuries has been the most satisfying part, says Chopra. "I am happy I won the world champion title and defended my Asian Games gold, so season was really good.

But somewhere about distance, I felt I could have gone further.

our performance in the semifinal. That's the only thing I asked the play-

ers, to play hockey because I know we

"But I had injuries in between and I had to give up a few competitions but slowly I came back. But I am happy that I could win two titles despite injuries, which is a good thing.
"I had said earlier in the sea-

son that I want to finish off the 90m question, so sorry I couldn't do it. Now, I guess I have given you the chance to ask me again about it," he laughs.



Medvedev make strong Shanghai Masters start

AFP SHANGHAI

Top seeds Carlos Alcaraz and Daniil Medvedev made strong starts to the Shanghai Masters on Saturday, both winning in straight sets to sail through to the third round.

Italy's Jannik Sinner is also through after battling out an intense first set — saving four set points — against the United States' Marcos Giron.

Alcaraz dominated his first set against 73rd-ranked Gregoire

Barrere, winning it 6-2. But the Frenchman regained ground in the second, send-

ing 20-year-old Alcaraz scurry-ing from side to side of the court. The world number two kept

his cool and drew ahead towards the set's end, finishing it off at 7-"There were no ups and

downs on my game," said Alcaraz when asked what had pleased him the most about his performance. "I just stayed at the same

level all the time. (Barrere) increased his level, but... my level of focus was all the time the

Steady play may have been preoccupying the Spaniard after he said he went "out of his mind" during his defeat at the hands of Sinner at the China Open in Beijing this week.

The loss dealt a blow to his plan to close the gap on the absent Novak Djokovic at the top of the rankings with strong performances in China.

Asked whether he was more worried about meeting Sinner again or Medvedev later in the tournament, Alcaraz laughed. "That's a tough one. Both of

"It's scary to face them... but I like that kind of challenge," he

India win Asian Games cricket gold without having to bat

AFP HANGZHOU (CHINA)

proud and emotional India Awere crowned Asian Games men's cricket champions on their first attempt and without needing to bat in an anti-climatic finish Saturday, consigning Afghanistan to a third consecutive silver.

They were declared winners of the final under an Asian Games-specific rule where the higher-ranked team takes the honours if the match cannot be finished, in this case due to rain. Afghanistan made 112-5 under the floodlights in

Hangzhou before the wet weather arrived after 18.2 overs. With conditions not improving, the final was abandoned. It completed a golden dou-

ble for India after they beat Sri Lanka by 19 runs to be crowned women's champions last week. "It feels good, we're very proud, wearing a medal is not

something we're used to and it's emotional for everyone," said India skipper Ruturaj Gaikwad. "It is pretty disappointing because obviously we would

love to have had a full game and get the result through that. "I think even 140 or 150 was a pretty gettable target batting

second because of the small ground and with the kind of batting we had," he said. "We were pretty confident."

Twenty20 cricket has been played at the Asian Games twice before, at Guangzhou



Bangladesh and then Sri Lanka crowned men's winners.

Afghanistan were runnersup both times, while India did not take part.

Despite another silver, Afghan captain Gulbadin Naib said his team could be proud.

"I was confident in our bowling, but unfortunately the rain came and they gave the gold to India," he said.

'It's bad luck, but overall in the Asian Games we did well and I'm very proud of the boys. This will give a lot of people (in

Afghanistan) hope.' India won the toss and chose to field. Pacemen Shivam

removed openers Zubaid Akbari and Mohammad Shahzad inside the first three

The needless run-out of Noor Ali Zadran, going for a tight second run in the next over, compounded their problems after Ravi Bishnoi's accu-

A gritty unbeaten from Shahidullah 49 and his 60-run partnership and Naib (27 not out) ensured Afghanistan

passed 100. In the bronze medal match, Bangladesh stunned Pakistan when Rakibul Hasan smashed

a boundary off the final ball to

end of a rain-affected 48-1 off five overs, with Bangladesh set a revised target of 65 under the DLS (Duckworth-Lewis-Stern) method The tournament witnessed

some one-sided affairs, none more so than Nepal men's thrashing of minnows Their 314-3 beat the previ-

ous highest international score in the format of 278-3. Nepal broke several other Twenty20 international records including fastest century, by Kushal Malla off 34 balls, and

fastest 50, by Dipendra Singh Airee off nine balls).

But livewire Lee, 22, who joined PSG from Mallorca in the summer, rallied his team and they got back on level terms midway through the first half. In a competition featuring

the second minute.

Paris Saint-Germain star Lee Kang-in helped South Korea

win Asian Games men's football

gold for the third time in a row

on Saturday - and earn a mil-

itary exemption. South Korea

retained their crown with a 2-1

victory over Japan in Hangzhou, having conceded a goal in only

under-24 squads plus three overage players, Cho Youngal start when Kotaro Uchino gave them the lead with less than wook scored the winning goal soon after the break to extend two minutes on the clock. South Korea's dominance with their sixth overall title.

Nearly every able-bodied South Korean male is required to perform at least 18 months of military service, but the government rewards Asian Games gold medals and Olympic medals of any colour with an exemption.

PSG's Lee helps South Korea to

third straight Asian Games gold

South Korea lined up for the final with several players from European clubs while Japan fielded a team mostly drawn from the domestic J-League. Attacking midfielder Lee had been used sparingly by the

Koreans since arriving late in China but he took his place in the starting XI. Japan got off to a sensation-

South Korea had several Kein Sato darted down the chances to extend their lead but left and played in a cross that Japan rarely threatened.

Uchino to fire home.

South Korea took control of

the game, with Lee pulling the strings, but they struggled to convert their dominance into scoring chances. That was until Jeong Woo-yeong notched the equaliser in

the 27th minute, jumping above defender Manato Yoshida to head home Hwang Jae-won's cross. It was the Stuttgart forward's competition-leading eighth goal of the tournament. South Korea continued to press and got their reward in the

56th minute. Hwang surged forward and prodded the ball through to Jeong, who gave it to Cho to fire home.

them," he said.

MARKRAM RECORDS FASTEST WORLD CUP 100

iden Markram smashed Athe fastest World Cup century off just 49 balls, while Quinton De Kock and Rassie van der Dussen also made punishing hundreds as South Africa sounded early warning with a mammoth 428/5 against Sri Lanka in their World Cup match here on Saturday.

De Kock (100 off 84 balls)

Dussen (108 off 110 balls) and Markram (106 off 54 balls) went on a rampage to power South Africa past the highest World Cup total ever -Australia's 417/7 against Afghanistan in the 2015 edition.

After De Kock and Van der Dussen set the platform for a massive score with their second-wicket stand with 204 runs, Markram applied a brutal coup de grace to pulverise Sri Lanka.

All three South African centurions - De Kock, Van der Dussen and Markram — also recorded their maiden World Cup hundreds.

A total of 39 fours and eight sixes came collectively from the Proteas trio.

Heinrich Klaasen hit another three fours and a six for his 20-ball 32 and David Miller clobbered three fours and two sixes for his unbeaten 21-ball

Making the most of a favourable pitch against a depleted and erring Sri Lankan bowling line-up, South African batters motored on at a high scoring rate in the middleovers to wrest control

An early blow was dealt



when Dilshan Madushanka pinned Temba Bavuma (8) in front of the wicket, but that was the only moment of joy for the Sri Lankans.

De Kock and Van der Dussen, came together a mere 10 balls into the contest, were separated only after putting their team in a commanding position with the fourth highest ever partnership for any wicket for South Africa in the World Cup

De Kock, set to retire from ODIs after the tournament, was in his elements in getting a hundred

On the other hand, Van der Dussen celebrated his 50th ODI with a fifth ton of the career, cracking 13 fours and

two sixes in the process.

Markram began with two cracking straight drives for four off Madushanka and brought out every conventional stroke in his book to break the record set by Ireland's Kevin O'Brien (50 balls for 100) in 2011.

Van der Dussen survived a close chance on 65 when a mistimed hit fell very close to Sadeera Samarawickrama, who, placed at short midwicket, responded tad late and missed the catch.

With no turn or grip for SL spinners, the South African batters capitalised with the ball sliding on to the bat in the middle overs. In fact, 85 runs came in overs between 19 and 29 featuring 11 fours and two sixes.

Dunith Wellalage bowled five straight dots to the right-handed Van der Dussen in the 26th over which forced the batter to try breaking the trend.

An attempted reverse-sweep sent the ball flying close to Pathum Nissanka, who put in a dive to his right but his onehanded effort had the ball popping out of his hand



World Cup is an unfinished business: Rohit

PTI CHENNAI

bsence of a global silver-Aware in the cabinet always gives one a sense of emptiness, no matter how deified you are

Sachin Tendulkar felt that hollowness till the 2011 triumph happened, Lionel Messi had to wait for his piece of glory till 2022.

Rohit Sharma too is a champion player, but his craving for a 50-over ICC title is quite evident when he termed this World Cup as an "unfinished business" for him.

Rohit has won two ICC events - 2007 T20 World Cup and 2013 ICC Champions Trophy but everyone knows that in cricket, the real deal is the 50-over World Cup. "Yeah, I mean look, you

heard the great man say that so many times that you know, until he wins the World Cup, he's got a bit of unfinished business. I am sure you know who I'm talking about," Rohit said on Saturday with an obvious reference to the legendary Tendulkar.

"So, it's the same for us as well. You know, you want to win the World Cup, It's the biggest prize that you can have in your career. But again, there's a way to do it. There's a procedure that you need to follow. There's a process to it," he said. The method in the madness, if you may!

Often desperation for the ultimate goal forces people to err on the side of risk and the Indian skipper does know the pitfalls.

"In desperation, you can do so many things that can lead to so many other things as well. So, it's good to be desperate. It's good to be hungry. But you've got to find that balance, right?

"Balance to stay desperate and stay hungry for, scoring runs, lifting the trophy, win-ning games, whatever that is. But there is a balance that you need to find. You cannot get way too ahead of yourself be-cause that can lead into something that you don't really

The seniors in this team have played a lot of cricket to know how to soak in the pressure. But to win that ultimate prize, even with 99 percent perspiration, the miniscule one percent of divine intervention can't be ignored.

"And then obviously we have to leave a lot of things to the Almighty as well because we need that luck, a little bit of luck in the tournament. I hope we get that luck. But yeah, it will be nice to win a World



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New Delhi, October 8, 2023

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I've never been particularly aware of my age. It's like being on a bicycle - I just put my foot down and keep going



In Jajpur, women redefine steel industry norms. From engineers to leaders, they break barriers, driving growth. Their roles empower, transforming the landscape and promoting inclusivity in the workforce, writes **SIDHARTH MISHRA**

WORLEN FORGE STEEL SUCCESS

bout 100 kilometres from Bhubaneswar in the midst of Odia hinterland, a quiet social revolution is taking place. The place is Jajpur, an industrial hub, developed by the Odisha Government in an attempt to cultivate a prototype of the legendary steel city of Jamshedpur in Jharkhand. It is a dusty and bumpy road which takes one to Jajpur

Despite the roads, Jajpur has been a success story with big brands like Tata Steel and Jindal Stainless finding firm footing in the forested area, not just making steel but initiating a social revolution. The social revolution one is talking about is not the one which is ordinarily associated with corporate social responsibility but in the core areas of production and marketing.

Not undermining the role played by the self-help groups promoted by these consortia under the CSR activities, but what should actually be bringing laurels to these companies is the role women are playing on the shop floors of the hot and cold steel rolling mills. A quick employee survey of the Jindal Stainless at Jajpur reveals that of the 136 women employees, 74 are engineers and of them 50 work on the shop floor.

the shop floor.

Unlike the rush we see these days in the engineering colleges for courses in emerging areas like AI, Data Science, IIoT and Machine Learning, here are women helming operations in white helmets not in air-conditioned labs but on the hot shop floor rubbing shoulders with their male counterparts. For years, the manufacturing and metallurgy sectors have been perceived as challenging and labour-intensive, often discouraging women.

However, the stainless steel industry is gradually shattering these pigeonholes as more and more women take on diverse roles within the sector. They are today working as engineers, metallurgists, or quality control experts, proving their mettle in each of these fields. Their keen attention to every facet, problemsolving abilities, and devotion to quality has helped enhance the overall production and innovation in the industry. Women have made significant advances not just on the shop floors but in various domains within the stainless steel industry, such as research and development, marketing, finance, human resources, and operations.

Their contributions have proven precious, enhancing the industry's overall efficiency and growth. The astonishing figures from the employee survey from Jindal's Jajpur



UNLIKE THE RUSH WE SEE THESE DAYS IN THE **ENGINEERING COLLEGES** FOR COURSES IN **EMERGING AREAS LIKE** AI, DATA SCIENCE, IIOT AND MACHINE LEARNING, HERE ARE WOMEN HELMING **OPERATIONS IN WHITE** HELMETS NOT IN AIR-CONDITIONED LABS BUT ON THE HOT SHOP FLOOR RUBBING SHOULDERS WITH THEIR MALE COUNTERPARTS. FOR YEARS, THE MANUFACTURING AND **METALLURGY SECTORS** HAVE BEEN PERCEIVED AS CHALLENGING AND LABOUR-INTENSIVE, OFTEN DISCOURAGING WOMEN





plant showed that there are 24 other women engineers who are deployed in departments other than shop floor operations. In addition there are nine women managers in the non-

engineering departments.

That women are increasingly taking up leadership and managerial roles in the stainless-steel industry today is a matter of record. Of the 136 women employees at Jindal's Jajpur plant, 22 are in leadership roles. Their ability to manage teams, harmonise operations, and make tactical decisions has been instrumental in the growth of various companies in this sector.

However, the contribution of women in manufacturing is not limited to only women engineers. Beyond the technical and managerial roles, women have also been actively participating in the workforce, contributing both to the manufacturing and the production processes. Whether it is operating heavy machinery, performing quality checks, or overseeing logistics, women are playing a vital role in ensuring the smooth functioning of the stainless steel industry. At Jindal stainless Jajpur plant, of the 136

women employees 54 are part of the skilled workforce.

According to Deepak Agrawal, Jindal Stainless' unit head at Jajpur, from day one it was ensured that there was no discrimination against women when it came to recruitment or allocation of responsibilities including the leadership role. "Hats off to their courage and perseverance as they overcame challenges of a very inhospitable terrain to help set-up a most modern stainless steel plant but also a lively township around it. Moreover, women in the industry have shown exceptional multitasking abilities and attention to detail, contributing to heightened operational efficiency. Their analytical and strategic thinking skills have been instrumental in streamlining processes and improving productivity," adds Agrawal.

"The notable influx of women joining various roles in recent years in the stainless steel industry can be attributed to several factors, including increased education opportunities for women, changing societal attitudes towards gender roles, and government initiatives

promoting women's involvement in the workforce. This shift is promoting diversity and inclusivity in leadership positions, which is crucial for fostering innovation and adaptability," says Dr DD Gautam, who teaches in the Sociology department at the prestigious Delhi School of Economics.

School of Economics. According to Prof JP Sharma, former Dean Business Studies at Delhi School of Economics, "While the government initiatives and policies have their role, the contribution of the business houses in the private sector cannot be ignored." Elucidating further, Prof Sharma said, "Jindal's Jajpur plant is an example of a private initiative giving shape to government vision. The corporate house took the initiative overcoming the fear of falling production and adding losses. Such fears are not there in government, thus the contribution of the private sector in establishing gender equipoise in this sector is greater than that of the government

According to Agrawal, "The participation and influence of women in the Indian stainless steel

industry can only grow in the coming years. The industry is continuously espousing diversity, where the prized standpoints and aptitudes of women will undoubtedly play a vital role."

Business economist and Principal of Shyamlal College of Delhi University Dr Rabi Narayan Kar says, "Companies are increasingly recognising the importance of gender diversity and are implementing policies and initiatives to encourage more women to join and thrive in the industry. Measures like training programs, mentorship opportunities and flexible work arrangements support women in

their careers."

As one drives back from Jajpur to Bhubaneswar, one carries the images of women working and contributing with such alacrity in a domain which till a few years back was exclusive for men. They handle the heavy-duty machinery with a tenderness which is exclusive to the female gender, a tenderness which mellows hard steel to a shiny stainless metal.

(The writer is an author and President, Centre for Reforms, Development & Justice, New Delhi)



NOT ALL BREAST DISEASES ARE CANGER

Though any disease related to breast sounds scary due to fear of cancer, in reality only a few of those are cancerous while others are found to be benign breast diseases (BBDs). BBDs are estimated to be present in almost 70-80 per cent of Indian women in variable severity — from mild to severe. But women rarely seek medical advice due to lack of awareness and social stigma. To know more about BBDs and its treatments, ARCHANA JYOTI reached out to AIIMS-Delhi Surgical Disciplines Department Head Prof (Dr) Sunil Chumber and his team of medicos

r Ankita Singh and Dr Piyush Ranjan shared that BBDs are usually due to minor aberrations of a) the normal process of development of breast occurring between 15-25 years of age, b) cyclical hormone-related changes occurring between 15-50 years of age, and c) involution of the breast occurring between 35-55 years of age; the processes that occurs in a life span starting from birth, first menstruation to menopause and post-menopause (i.e. cessation of menstruation). These diseases are also seen during pregnancy as well as lactation (breast feeding).

Though most of the clinical breast changes in women are benign, it is only 3-6% of cases that are due to breast cancer. Thus any breast related changes and problems should be reported to a doctor to ensure adequate treatment, says Dr

Singh.

The presence of usually painless, single to multiple lumps in one or both breasts in young females, which are diagnosed as Fibroadenomas on biopsy or fine needle aspiration of lump, are the commonest benign tumors of the breast. They usually do not require any treatment in most cases and occur in 25% of

Pain in one or both breasts without lump or nodularity called Mastalgia and with lump or nodularity is called fibrocystic change of breast. They are common and reported in around 50% of all women over the age of 30 years and up to 70% of women overall, explains Dr





Breast inflammation called Mastitis is a condition when a women complaint of painful swelling in breast with redness, painful and hot to touch, with or without pus discharge, nipple retraction or inversion and may be accompanied by fever. This condition is usually found in females during breastfeeding but can occur otherwise. If there is a delay in treatment it can progress to breast abscess which is collection of pus inside breast and has to be drained

Breast cysts are fluid filled lumps that are common in 35-55 years of age and confirmed on ultrasound of breast. Nipple discharge is usually found in reproductive age groups. It can be watery, greenish, milky, pus like and even bloody. If nipple discharge is bloody accompanied with breast lumps, it needs further evaluation to rule out cancer, informs Dr Singh. Other disorders like duct papilloma, atypical duct hyperplasia (ADH), atypical lobular hyperplasia (ALH), and ductal carcinoma in situ (DCIS) are relatively less common and picked up on ultrasound, mammography and confirmed on biopsy. They are associated with a higher risk of breast cancers and thus needs adequate management.

Classification, Consequences and

Treatment of BBDs Sensation of a lump can be scary, and always builds a thought of malignancy. Mastalgia makes the patient worrisome and hampers with routine daily activities and the sexual well-being of the individual. Nipple discharge causes frequent soakage of inner dressing and social discomfort, adds Dr Ravi Chandra.

Fibroadenomas: They are solid, firm masses that are usually benign and most common in young women. They usually cause concern in many young women, as breast cancer also presents with painless breast lump. The size of lump may remain static or increase and might be associated with pain.

Every fibroadenoma need not be surgically removed, because they tend to remain unchanged or decrease in size approaching menopause and usually become nonpalpable after the menopause. The doctor might recommend regular monitoring by monthly breast self-examination and follow-up visits for clinical examinations. However, If the fibroadenoma is large, causing disfigurement or discomfort, surgical removal might be considered. This can be performed electively as a day-care or outpatient procedure in the form of lumpectomy or percutaneous vacuum-assisted core excision under local/regional anaesthesia and, if large under general anaesthesia. The role of medical treatment in the form of hormonal therapy has also been proven

in limited settings.

Fibrocystic breast changes: This is a rubbery firm feel of the breast. Sometimes the breast may feel dense and painful to touch. If mastalgia develops, it is an aberration in the normal development of the breast(ANDI) and is most times managed with supportive treatment.



DR RIJUTA APHALE



Inflammatory conditions:

Conditions like mastitis or granulomatous mastitis fall under this category. They are painful breast masses. They also include lactational mastitis and breast abscess which are mostly found in breast-feeding mothers. These may vary from mild requiring supportive treatment to severe needing urgent surgical removal of pus and infected material. Breast abscess can cause skin maceration or breast architecture distortion, pus discharge from the nipple, or may even form a sinus tract.

Mastitis may occur more frequently during breastfeeding as compared to non-lactating females, and rarely after menopause. Treatment involves supportthe infection, analgesics for pain, adequate breast support, and, continuation of breast feeds or expression of breast milk (if infant is not able to latch) from the affected side to prevent further congestion of the breast and early recovery if the patient is breastfeeding. Frequent breastfeeding or pumping, along with proper positioning and latching, can help drain the infected milk ducts. Mastitis if not diagnosed or treated earlier can become an abscess which is a localized collection of pus that, if large, requires drainage by needle aspiration, tube drainage, or even surgical drainage in selected patients.

Periductal mastitis: This is another subset of mastitis that causes nipple discharge. The condition is self-limited and usually subsides over time, responds to medical treatment and, particularly resolves after menopause. If the patient's symptoms are non-responsive to medical treatment, surgical excision of all the milk ducts known as "Radical Duct excision" or tying off all the ducts is the only effective treatment.

Dr Rituja Aphle informs that most women presenting with cyclic mastalgia have an intense variant of physiologic breast changes that are associated with pain in the breasts usually before the start of the menstrual cycle. However, in non-cyclical mastalgia, the breast pain is unrelated to menstruation. Simple measures such as the use of a well-fitted brassier, avoidance of caffeine, and regular exercise can improve mastalgia in milder symptoms. Topical non-steroidal anti-inflammatory (NSAIDS) preparations over the breasts along with oral NSAIDS are very effective. The use of flax seeds ameliorates pain. A breast pain chart for daily monitoring of the occurrence and intensity of the mastalgia before, during, and after treatment is useful in documenting the results of therapy. Appropriate hormonal pharmaceutical drugs prescribed by the doctor after ruling out underlying breast cancers are effective therapies for mastalgia.

Cysts: Fluid-filled sacs that can be simple or complex. They are very common in middle-aged women. Most of the cysts do not require any treatment. It can increase in size and often need needle aspiration to drain fluid-filled cysts. Small cysts are usually diagnosed incidentally, are asymptomatic and usually require no treatment, but larger, painful, or suspicious complex cysts require management in the form of supportive care with diagnostic as well therapeutic needle drainage. They may require evaluation if a solid component is present to rule out cancers for adequate treatment.

Fat necrosis: This occurs due to trauma or injury to the breast and results in the death of fat cells. They may be confused with cancer-like tumors but usually do not require any treatment. Fat necrosis doesn't raise your cancer risk and Treatment might be required to prevent breast abscess.

Papilloma: Growth within the ducts that can sometimes cause bloody nipple discharge. This growth is usually not felt by the patient. Intraductal papillomas may cause nipple discharge. The risk of cancer goes up if you have five or more papillomas at one time. Surgery can remove these growths and reduce cancer risk.

Hyperplasia: It is overgrowth of the breast ductal or lobular cells. Usual hyperplasia doesn't increase cancer risk and doesn't require treatment. If there is atypical hyperplasia, it is more prone to breast cancer.

ANDI and Symptoms of BBDs

The non-cancerous lesions of breast or what is known as benign lesions consists of many conditions which are understood to be deviation from normal process happening in our body and are together known as Aberrations of Normal Development and Involution (ANDI). The degree of aberration determines whether they are normal processes, aberrations or diseases. Dr Sunil Chumber explains that changes in breast is a continuous process happening with increasing age under different hormonal effects, each of these categories are further understood in three phases:



DR SUNIL CHUMBER DR SUNFHA

- "Early reproductive or development phase" (15-25 years) - includes nipple retraction (inwardly turned nipples) - normal process, fibroadenoma (noncancerous tumours in breast) - an aberration, Gigantomastia (overly large breasts) which is a disease state
- 'Mature reproductive or cyclical change phase" (25-40 years) - includes normal changes with menstrual cycle, mastalgia (breast pain) and nodularity (lumpiness) which are aberrations whereas if the pain becomes incapacitating it is becomes disease
- "Involution or shrinking" (35 -55 vears) - includes normal processes of milk duct dilation, duct ectasia (dilated ducts filled with thick fluid) and cvsts (fluid filled small sacs) as aberrations and periductal mastitis which is a disease where there is possible infection and body reaction in ducts around the nipple.

The concept of ANDI implies that most BBDs can be regarded as aberrations of normal processes and do not require active specific treatment. Management is based on accurate diagnosis, patient concern, and quality of life.

Dr Suneha chips in saying that oung girls and adult women with benign changes in the breast can present with a lump in the breast, breast pain which may or may not be associated with menstrual cycles, nipple discharge, changes in breast size and shape, changes over nipple like nipple getting inverted, creased or scaling, and dimpled or puckered breasts. It is important to note that not all breast lumps or nipple discharges are indicative of cancer, however, it is recommended to visit a doctor for further check-up in case any of these features develop. Some causes like simple cysts can remain without any symptoms and get picked up during a breast screening programme.

How BBD is diagnosed?

BBD encompasses various diseases with chief complaints of the patients being pain, lumps, and nipple discharge. To establish the diagnosis, there are various



DR KAMAL KATARIA



modalities of investigation. History and examination is usually followed by an ultrasound of both the breasts and the axilla. In patients above 40 years of age, a mammogram is preferred over an ultrasound as an initial modality. MRI of the breasts is required when the ultrasound or mammogram is not satisfactory in establishing the diagnosis and the treating clinician determines the need and usefulness on individual cases basis. Other modalities to aid in diagnosis are the pain chart has been modified as per Indian setting by department of Surgery at AIIMS New Delhi. It helps the doctor to understand the severity of the pain and its variation over the menstrual cycle. It also helps them to assess the response to the treatment prescribed for the pain. We also send the nipple discharge or the pus for bacterial culture to rule out any infection, says Dr Kamal Kataria and Dr Gopal Puri.

BBDs and cancer

BBDs have a wide range of entities. When a patient goes to the doctor with breast-related complaints, based on her presentation she might be advised to get a breast imaging and biopsy to confirm the diagnosis but also to rule out breast cancers based on clinical sus-

Once the biopsy report is available, we can mostly understand the nature of the or benign and the possible future risk of As per the literature, the following are

some BBDs and their risk for breast can-

BBDs Relative risk of breast cancer.

No increased risk
No increased risk
No increased risk
1.5-2 fold
4 fold
4 fold
7 fold

The Non-proliferative disorders of the breast which cause no increased risk are as follows: Simple cysts and apocrine metaplasia

- Mild ductal epithelial hyperplasia
- Calcifications
- Fibroadenoma and related lesions

Ignore BBDs at your peril

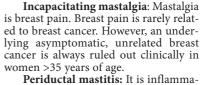
Giant Fibroadenoma: Giant Fibroadenoma are fibroadenomas greater than 5cm in size. They are less common and faster growing compared to simple Fibroadenomas. Complex fibroadenomas can become cancerous. It can have cell overgrowth (hyperplasia) and calci-



Gigantomastia: They may occur in males or females, where their breast tissue enlarges. It is almost always benign (non-cancerous) Subareolar abscess: This abscess is

located underneath the nipple-areola complex and may be associated with breastfeeding or TB. Abscess usually doesn't cause cancer but it may be associated with breast cancer. Rarely breast cancer presents as an abscess.

Mammary duct fistula: It is an abnormal connection between a breast duct and skin. There are rare chances of



tion in and around the nipple. It doesn't increase the risk of developing breast cancer, says Dr Catherine Halam.

At the same time, Dr Richa Garg and Dr Ankita Singh warn that epithelial hyperplasia with atypia: There is a high risk of developing breast cancer in the

What surgeries can we do?

Most breast-related conditions are benign, but it is imperative to rule out malignancy.. While they are not lifethreatening, these conditions can cause discomfort, pain, infection, or aesthetic concerns. While some benign breast conditions may only require monitoring and non-surgical interventions, others might necessitate surgical treatment.

There are various surgical options depending on the type of condition.

Lumpectomy: A lumpectomy involves the removal of a lump. This procedure is commonly used for fibroadenomas, which are benign tumors that can cause discomfort or concerns related to cosmesis. Lumpectomy is directed towards the preservation of breast tissue as much as possible while ensuring complete removal of the lump. Sometimes the lump may be so large, as in the case of phyllodes disease, that it may require a mastectomy (removal of the entire breast). These tumors are notorious for recurrence if not removed completely with a clear margin.

Needle Aspiration/ Incision and Drainage: Cysts, which are fluid-filled sacs, are a common benign breast condition. In cases of symptomatic or large cysts, needle aspiration may be percyst to drain its contents, relieving pain and reducing the size of the cyst. In the case of breast abscess (quite common in lactating women), ultrasound-guided drainage should be attempted. Incision &



ARUMUGASWAMY



DR YASHWANT

drainage is performed in selected cases. Removal of milk ducts: Ductal ectasia is a condition where the milk ducts beneath the nipple become dilated and inflamed, causing nipple discharge and pain. Microdochectomy involves the removal of the affected duct whereas radical duct excision involves the removal of all milk ducts. Both the procedures can be done with a periareolar incision hence the scar gets hidden. It is done when there is persistent nipple discharge from multiple ducts, or for intraductal papillomas.

to underlying malignancy. Dr Prasanna R. Arumugaswamy and Dr Yashwant Rathore tell that these procedures not only address discomfort and aesthetic concerns but also aid in diagnosis, thus enabling appropriate treatment decisions. It is important to consult a surgeon to determine the most suitable treatment approach. Early diagnosis, proper evaluation, and informed decision-making contribute to effective management and improved well-being for individuals with benign breast diseases.

Sometimes nipple discharge can be due

For cosmetic indications, the breast may be augmented using silicone implants and in large ptotic breasts, symmetrical reduction can be done.

When do we operate?

According to **Dr Devender Singh**, surgery for BBDs is recommended if

Suspicion of cancer: In females with rogressing age, benign breast lumps which may appear suspicious for cancer, can be removed, and sent for examina-

Breast infections: Patients developing pus in the breast that are not amenable to drainage by a wide-bore needle may



DR DEVENDER SINGH

be considered for surgery.

- Persistent nipple discharge: Persistent discharge from the nipple, where cancer has been ruled out, can still be very discomforting for the patient. In this condition, the duct causing the nipple discharge can be removed sur-
- Large or growing breast lumps: If the breast lump continues to grow and causes discomfort or pain, it can be removed surgically.
- Cosmetic reasons: If a breast lump is causing deformity or asymmetry of the breast, it may be removed surgically.

Non-operative management Option Dr Jyoti Sharma says that non-

operative management, also known as conservative or non-surgical management, involves treating a condition without resorting to surgery. For BBDs, this approach focuses on relieving symptoms, reducing discomfort, and improving overall breast health through various methods. Let's explore some of the key

non-operative approaches:

Lifestyle Modifications: Making changes in your daily routine can have a positive impact on benign breast diseases. Maintaining a healthy weight, wearing well supported brassier, and managing stress can help manage symptoms of breast pain.

Pain Management: If pain is a promirelievers like ibuprofen or acetaminophen can provide relief. Your doctor might recommend specific medications based on your condition and medical history.

Hormonal Therapy: Some benign breast conditions are influenced by hormonal fluctuations. Hormonal therapies, such as birth control pills or hormonal replacement therapy, can help regulate hormone levels and manage symp-

Hot and Cold Compresses: Applying hot or cold compresses to the affected area can help reduce pain and inflammation. These simple remedies can be easily done at home.

Counselling and Education: Sometimes, anxiety and worry about breast conditions can worsen symptoms. counselling about the nature of benign breast diseases can help alleviate stress and improve overall well-being. Regular Monitoring: For certain

conditions, like fibroadenomas, your doctor might recommend regular monitoring with imaging tests (like mammograms or ultrasounds) to track any changes over time.

Dietary Adjustments: Although research is ongoing, some studies suggest that dietary changes, such as reducing caffeine (in the form of tea, coffee & aerated drinks) and consuming a balanced diet rich in fruits and vegetables, could be beneficial. Intake of flax seeds (rich in alpha linolenic acid) helps in breast pain.

When to Seek Medical Attention?



DR AJAY MOHAN



Non-operative approaches can be effective for many BBDs, it's essential to seek medical attention if you experience any concerning symptoms, suggest Dr Ajay Mohan and Dr Sakshi Dholpuria. These include sudden changes in breast appearance, unusual lumps, persistent pain, or any discharge from the nipples. Your doctor will be able to diagnose the condition accurately and recommend the most appropriate treatment plan for your specific case, they add.

Maldives poll alters Indian Ocean geopolitics

he recent election results in the Maldives might change India's bonhomie with the archipelago. The President-elect Mohamed Muizzu, the winning candidate for the PNC-PPM coalition, was earlier a Mayor of the capital city of Male. In last Saturday's run-off election, Muizzu defeated incumbent President Ibrahim Solih, commonly known as Ibu of the Maldivian Democratic Party (MDP), by 19,000 votes or an 8 per cent margin.

The Opposition parties in the Maldives branded Solih's India leaning or the "Indiafirst" policy as a direct threat to the island nation's sovereign status. China's long arm of influence through money, muscle power and wolf-warrior diplomacy are a real threat for India. With Chinese President Xi Jinping at the helm of affairs since 2012, China is all out to encircle India in its neighbourhood through its infamous "String of Pearls" policy. For years, the Maldives has remained under the strong influence of India. But Xi's aggressive plan for the expansion of China's influence through the historic Belt and Road Initiative (BRI) has finally reached the Maldives, a country of just around 400,000 people. It is spread over 1,200 islands in 90,000 square miles which crisscrosses key trade routes wherein both India and China vie for control and influence. Abdullah Yameen, the former President of the Maldives first took initiatives to move closer to China.

The new President-elect Muizzu has come out tough on India. He has clearly revealed his soft corner for China. From the "India First" policy of the Solih regime, Muizzu may shift towards better friendly ties with China. He has already stated in public that "the people have decided and don't want Indian troops to stay in the Maldives. Therefore, foreign soldiers can't be here against our sentiments, against

our will". Thus, it is clear that naval and air force personnel stationed on the Addu and Lammu Islands since 2013 to maintain and operate two helicopters and Dornier aircraft that India had given to the Maldives for reconnaissance operations have to be called back now. Currently a total of 75 Indian military personnel are there in these islands as per the record of the Maldivian National Defence Force. Again, the fate of the construction of a coast guard harbour base at the Uthuru Thila Falhu atoll, inaugurated by Defence Minister Rajnath Singh in May 2023, is uncertain. It is pertinent to mentioned here that an MoU signed by External Affairs



Maldivian Defence Minister on maritime security in February 2021 was at the centre of the Opposition protest in Opposition, this is a secret agreement signed with India by compromising the country's sovereignty. These issues are very sensitive and Muizzu must look into them before taking

But why does the Maldives matter to India? Yes, it does seriously matter to India. First of all, the island nation is situated at a crucial location in the Arabian Sea region of the Indian Ocean and India shares a sea border with that country. neighbours so as to build con-The island country is very near to India. It is just 70 nautical miles from the Minicov Islands or locally known as Maliku in Lakshadweep and 300 nautical miles from the West coast of India.

the centre of the commercial sea lines of communication in the Indian Ocean. Third, so far India has a preeminent position in that country, almost virtually spreading its influence over the entire nation.

Fourth, it is truly critical for

Minister S Jaishankar with the stability and security. Fifth, the Maldives, irrespective of its size and global influence, holds the key to important shipping lanes that continuously provide that country. For the energy supply to three big economies of the region: India, Japan and China. Sixth, it is also an important member of the South Asian Association for Regional Cooperation (SAARC) where India is the most dominant among all. Finally, it lies in the Indian Ocean through which major trade lanes of the globe pass. And India being a world power and now being the fifth largest economy of the world, will definitely have an eye over all its stant communication and grow trade ties with them.

For long, the Maldives have become another battleground for two neighbouring regional giants: India and China. Clearly, it is one of South Asia's Secondly, it is situated at many nations that have been maintaining closer ties with both Beijing and Delhi. However, India has a deeper historical, cultural and economic tie with the Maldives than China does. The MEA rightly states that "India and the Maldives share ethnic, linguismaintaining regional political tic, cultural, religious and com-

mercial links steeped in antiquity. The relations have been close, cordial and multi-dimensional. India was among the first to recognise Maldives after its independence in 1965 and to establish diplomatic relations with that country."

This shows how India shares an enduring relationship with the archipelago nation. Again, in 1988, the bilateral engagement flourished between the two countries, when India launched the "Operation Cactus" to abort a coup attempt by a group of Maldivians to depose the government of then President Maumoon Abdul Gayoom. The coup was led by a businessman called Abdullah Luthufi who took help of the armed mercenaries of the Sri Lankan Tamil secessionist organisation People's Liberation Organization of Tamil Eelam

(PLOTE). The irony is that Gayoom approached several other countries like Sri Lanka, Singapore, Pakistan, the US and the UK for immediate help to thwart the coup. When all of them refused, then UK Prime Minister Margaret Thatcher advised Gayoom to ask India for help. India quickly restored

the status quo and brought back stability in the neighbourhood. But today, political scenario in the island nation has completely changed as China has started engaging the political leadership of the Maldives. This has become a cause of concern for India because China has simply found a secured place for both its investment and military expansion (probably in near future) right at the former's backyard.

The cordiality in bilateral relations continued between India and the Maldives during the country's first democratically elected government in 2008. But with the coming of Abduallah Yameen coming to power in 2013, India's relationship with the island country sharply spiralled downwards. He was famous for attacking democracy, raising the anti-India banner and advocating proximity to Beijing. His only intention was to arouse nationalist sentiment to lessen Delhi's influence over the country. However, when Solih came to power in 2018, once again India-Maldives relations cemented towards better partnership and development.

It is Delhi's turn now to

engage the island nation. Meanwhile, the Indian High Commissioner to Male, Munnu Mahawar, has already met Muizzu and handed over a letter from Prime Minister Narendra Modi congratulating him on his election victory. The Ministry of External Affairs (MEA) has stated that Delhi will look forward to engaging the new establishment in Male on all fronts. It is certain that the power balance between the two Asian giants Indian and China may change with the election of Muizzu. The fact is that India and China are already facing serious troubles in their bilateral relationship because of border disputes. And this came out in the open when Xi refused to attend the latest G-20 summit hosted by

India last month. Male should not be apprehensive about making Delhi closer than Beijing. Muizzu must understand that China's engagement is a long trap. Many of African and Latin American nations are fast falling into this trap by accepting financial assistance from China. All of them should be aware that China's new partnership model is purely opaque and not time tested. Unlike the

American or the global liberal ties, Chinese one is more of an intervention and a sharp attack on the former. China has been facing serious problems with its own regions like Xinjiang, Tibet, Hong Kong, and most prominently, Taiwan (an island that does not accept China's suzerainty, though it is mentioned as Chinese Taipei in international lexicon for various purposes). Especially, the smaller, poorer and island nations like the Maldives should be extremely cautious while engaging with authoritarian regimes like China.

It is better for Presidentelect Muizzu to take a quick decision on how to reorient India-Maldives bilateral relations before it is too late. His tenure should not be started with a negative note. Both Male and Delhi need each other. They should forge ahead with mutual understanding and trust. Both the countries need to collaborate to fight larger challenges in regard to transnational crimes, humanitarian disasters and natural calamities in the coming days.

(The writer is currently president of the Global Research Foundation)

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Male should not



MAKHAN SAIKIA

PERSPECTIVE

Empowering animals: Recognising sentience in law

The gap between legal rhetoric and actual animal rights in India persists despite landmark judgments. Recent PILs highlight animal suffering, emphasising the need for enforceable protections. Mexico's proposed constitutional reform recognising animals as 'sentient beings' sets a positive precedent, writes Sonal Gupta

The disconcerting disparity ■ between legal rhetoric and the actual state of affairs concerning animal rights and protections has long been a matter of grave concern. In India, the groundbreaking judgment in Animal Welfare Board of India vs A Nagaraja & Ors (2014) ostensibly championed animal rights by affirming that animals possess a fundamental right to life under Article 21 of the Indian Constitution. However, this elevation of their status from statutory to fundamental rights, while a partial triumph, has not translated into effective protection for animals in India.

Recent developments, such as the Public Interest Litigation (PIL) initiated by the Humane Society of India in Human Society of India vs State of Telangana & Ors before the Telangana High Court, serve as a stark reminder of the harrowing ordeals faced by countless animals, including species safeguarded by the Wildlife (Protection) Act, 1972. This PIL highlights the dire conditions in unlicensed and unregulated pet shops, where animals languish and perish due to the "lackadaisical discharge of statutory responsibilities."

The Telangana High Court has acknowledged this pressing issue and directed relevant authorities to submit a status

Confronted with this glaring incongruity, it is imperative that we reevaluate our priorities and acknowledge that the true measure of societal progress is how we treat the defenseless, voiceless beings among us. Mere recognition of

enforcement and tangible change, remains an exercise in futility. It is abundantly clear that the time for passive acknowledgment has passed; what is needed now is actionmeaningful and resolute action. In this context, the timely

roposal by Mexican Senator Angel García Yáñez in September 2023 to introduce a constitutional reform in Mexico, recognizing animals as "sentient beings" in the Political Constitution of Mexico, represents a significant step in the right direction. In Mexico, as in many parts of the world, animals often suffer due to inadequate legal protection and enforcement. While existing laws may acknowledge the importance of animal welfare, they frequently lack the teeth necessary to deter cruelty effecrights, devoid of effective tively. Recognition of animal



sentience in the Mexican Constitution would signify a paradigm shift. It would acknowledge that animals, like humans, experience pain, suf-

fering, and a range of emotions. The importance of such a move in India can be understood by examining the current

In India, Sections 11 of the Prevention of Cruelty to Animals Act, 1960, and Sections 428 and 429 of the Indian Penal Code address various forms of cruelty and atrocities to animals but prescribe meagre penalties, as low as Rs 10 and Rs 50, with short terms of imprisonment, if at all. This pales in comparison to the severity of cruelty that animals often endure, including cases such as the 2018 incident in Haryana, where a pregnant goat was raped and subsequently died. Such penalties are clearly unjust when cruelty to animals can be as heinous as rape or other unnatural offences.

Furthermore, while the Constitution of India, through its non-enforceable and nonjustifiable Directive Principles state of laws protecting animals. of State Policy, Article 51A(g),

imposes a duty on citizens "to have compassion for living creatures," it falls short of recognizing the emotional, mental, and psychological suffering endured by animals. While India has instituted basic animal protections to prohibit physical mistreatment or violence, a more comprehensive approach is necessary to consider the mental and emotional well-being of animals.

The enactment of the Animal Welfare (Sentience) Act in the UK in 2022 serves as a commendable example. This legislation firmly incorporates animal sentience into the legal framework, marking a crucial advancement in animal welfare. Animals, though unable to communicate in human language, possess intricate biological and emotional faculties akin to humans. Their lives transcend mere existence and embody sentience, a necessitated concept for comprehensive animal protection laws.

The time for change is now. It is incumbent upon us that we act decisively to ensure a more compassionate and just world for all creatures, great and small. Recognizing animals as sentient beings in the legal framework is not just a legal necessity; it is a moral imper-

The chasm between legal rhetoric and on-the-ground reality can only be bridged when we acknowledge and protect the sentience of animals and take concrete actions to ensure their welfare and wellbeing because animal life is 'beyond" mere existence.

(The writer practises law at the Supreme Court of India)





























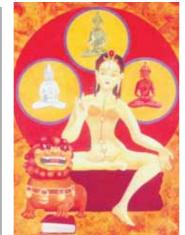




ARIES March 21-April 19

The week unfolds with intriguing foreign interactions; perhaps a joyous message from afar or movements concerning a dear relative traveling overseas. it's advisable to have your essentials packed as unexpected travel, particularly workrelated, might be on the horizon. In the legal realm, the winds seem to be blowing in your favor, potentially bringing a favorable courtroom outcome. There's a sense of healing and recovery permeating, ensuring any previous ailments start to fade, restoring your regular work rhythm. As the week wraps up, joy emanates from the realm of your offspring. Whether it's academic achievements or an unexpected marriage proposal that initially surprises but soon warms your heart, happiness is certain. For those already in matrimonial binds, this period augments the depth and stability, infusing your bond with renewed strength and understanding

Lucky number 7 | Lucky colour Purple Lucky day Thursday



LEO July 23-Aug 22

Seeking refuge from life's daily discord may evoke desires for new beginnings in fresh places. It's vital, though, to reflect on past journeys to navigate your future with heightened clarity. This self-awareness not only eases the transition from turmoil to tranquility but is a linchpin for manifesting positivity. Life's bounties are a reflection of the choices made; each decision, irreversible once enacted, carries the essence of 'as you sow, so shall you reap.' Progression towards favorable outcomes requires a continuous stream of wise decisions. This week unveils a serendipitous encounter: the union with a kindred spirit. Much like a cosmic dance of two luminous stars, their individual brilliance is magnified manifold upon confluence, symbolizing an auspicious and radiant journey ahead.

Lucky number 10 | Lucky colour Grey Lucky day Saturday



SAGITTARIUS Nov 22-Dec 21

This week ushers in a whirlwind of changes, especially at your workspace, unfolding surprise after surprise. Significant favorable shifts are on the horizon within a few days. However, if success has been your companion lately, remain vigilant for potential storms. There might be underhanded schemes or deceit awaiting, with a chance of someone duping you of a well-deserved victory or financial gain, leaving a scar. As the week closes, your daring and zest come to the fore. With boundless energy and courage, you fear nothing. Your decision-making accelerates, embodying a spontaneous and dynamic approach to life. This kaleidoscope of events, reflective of cosmic rhythms and subtle energies, beckons you to navigate with both caution and embrace the transformative zeal it ignites

Lucky number 18 | Lucky colour Coral Lucky day Thursday



TAURUS April 20-May 20

Embrace patience, opting for solitude over social engagements. Delve into yoga or meditation for serenity. Last week's discontent, both professionally and domestically, shouldn't overshadow the current week's potential. Financial prospects are brightening; ventures embarked upon now are likely to yield health, wealth, and gratifying profit. Your intuitive faculties are primed to navigate you effortlessly through scenarios, leveraging your balanced, analytical disposition to transition smoothly from the recent negativity to a more positive outlook. This week, expect a deepening understanding in financial and emotional realms, paving your way toward spiritual enlightenment. By focusing inward and cultivating a peaceful demeanor, you're setting the stage for significant, prosperous transformations.

Lucky number 14 | Lucky colour Orange Lucky day Monday



VIRGO Aug 23-Sep 22

The endeavors you've embarked upon have now become a bundle of obligations, leaving you feeling bound. This sense of restraint roots from a presence, possibly a rival or a competitor, who harbors ill will towards your success. Two major hurdles on your path are lust and ignorance. However, amidst these trials, a reservoir of positive energy within awaits your recognition, capable of liberating you from these chains. As the week concludes, a tranquil aura envelops you, alleviating worldly burdens that have been wearing you down. The silver lining is the unwavering support from your family which stands as a pillar of strength. As you recline into this comfort, the material world's concerns dissolve, ushering in a realm of enduring joy and calmness, hinting at a peaceful and hopeful hiatus

Lucky number 5 | Lucky colour Teal Lucky day Tuesday



CAPRICORN Dec 22-Jan 19

Your achievements are a testament to your determination and deserve recognition. A stable financial foundation has been laid, promising security and ease. This fortune may arrive through unexpected gains or inheritance, yet often, it's the fruit of personal endeavor. The universe has responded to your desires for success, encouraging a deeper self-reflection to recognize your richness, both materially and spiritually. The cosmos signals upcoming advancements, fostering a newfound assurance. As the backbone of your family, you emanate a compelling presence that captivates those around you. Your balanced outlook grants you a unique perspective. As the week concludes, your journey turns inward through meditation and yoga, seeking to uncover the depths of your wisdom, blending the material and spiritual realms seamlessly in your continual quest for self-enlightenment.

Lucky number 8 | Lucky colour Indigo Lucky day Wednesday



GEMINI May 21-June 20

This week unfolds a serene tapestry, weaving kindness, honesty, and tranquility into your essence. A nascent bond beckons for some, brimming with the promise of heart's longing, possibly blossoming into the gardens of love and iov. Amidst this, your inner whispers find a voice. orchestrating a reality where secret dreams flutter towards fruition. The professional sphere sees you navigating hurdles with aplomb, driven by unyielding resolve and swift, decisive strides towards your aspirations. Recognition, like sunbeams, breaks through, applauding your unwavering dedication. marking an era where bygone rivalry and contention are overshadowed by your achievements. As the week curtains, jubilant festivity awaits, echoing your triumphs. The tableau of celebration unfolds, perhaps a grand soiree, painting the skies with exuberant rejoicing of your journey's milestones.

Lucky number 3 | Lucky colour Pink Lucky day Sunday



LIBRA Sep 23-Oct 22

This week, envy may loom as others eye your advancements. Be wary of ill intentions, particularly from rivals or competitors keen on tarnishing your reputation. Unseen negative forces may attempt to derail your momentum, or potentially, your own creativity could be twisted against you. However, you're solely the master of your fate. Tensions might escalate at work, and your innovative ideas could face staunch skepticism or opposition. Amidst adversities, it's crucial to maintain composure, possibly compromising, yet standing firm on your core beliefs, ensuring nothing sways you from your goals. As the week concludes, a longing for familiar comforts may beckon, leading you back to your hometown. Reconnecting with loved ones will rejuvenate your spirit, setting a positive tone as you navigate forward, empowered against whatever challenges lie ahead

Lucky number 12 | Lucky colour Lavender Lucky day Friday



AQUARIUS Jan 20-Feb 18

Everything starts with love, that is certainly true for you in this week as their initial flow of emotion could become a mighty river in this period. You shall feel the first strings of passion, joy, and insight. This is the time when your inner voice will actively manifest in your life and your hidden dreams and desires have a chance to be realized. Midweek, you might be tensed up on some domestic issue. There is an aura of depression and sadness as you associate yourself with the past. In the end of the week, a transition can be seen from a negative venue to a more positive one to find peace and joy. In order to solve life's problems, you might go someplace new and start over.

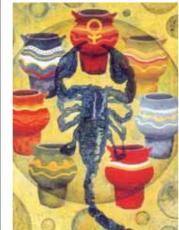
Lucky number 16 | Lucky colour Beige Lucky day Friday



CANCER June 21-July 22

This week unfolds a tapestry of fulfillment and contentment. mirroring the cosmic alignment with earthly aspirations. It's a period of celebratory culmination where love blooms into a cherished union or career pathways align with one's proud vision. Embraced by divine blessings, one floats on clouds of elation, basking in recognition and inspiring others with steadfast resolve. Sage advice from a seasoned soul may unravel as a benediction, nudging one towards a spiritual voyage that heralds balance and harmonious resonance in one's life. As the week draws to a close, a mantle of responsibility and fairness is donned in interactions, laying a fertile ground for growth. The discovered vocational avenue not only resonates with one's emotional core but also promises a financially buoyant future, casting a radiant glow on the horizon.

Lucky number 19 Lucky colour Brown Lucky day Wednesday



SCORPIO Oct 23-Nov 21

In a whirl of minor stresses, from inconsistent menstrual cycles to family indifference, your focus often shifts inward, finding solace in literary expressions. Your words bleed onto paper, offering temporary reprieve. As the week unfolds, your vigor reignites, propelling you to seize control and embody commitment in every endeavor. Upholding promises and cherishing responsibilities become your mantra. When delegated a new project, you morph into a diligent warrior, executing your duty with unwavering dedication. As the weekend nears, the cosmos hints at impending transformation. A fresh career opportunity or a novel business venture looms, ready to usher in a favorable tide. The universe seems poised to repaint your life's canvas, promising a vibrant, auspicious

Lucky number 2 | Lucky colour Maroon Lucky day Monday



PISCES Feb 19-March 20

Embodied with the nurturing spirit of a benevolent healer, you extend your hands in aid, offering a haven to all in need of guidance and support. Your generosity and altruistic tendencies shine this week, as they mastering the art of shouldering communal burdens Your resilience, both in mind and body, is rooted not only in compassion and love but in an unyielding power that propels you forward. This undeterred strength, coupled with courage and patience, manifests in unique actions and reactions that are untouched by mere sentiment. Such inherent virtues leave others in awe Through these qualities, they not only capture but hold the heart of their beloved, fostering a connection that's extraordinary and cherished.

ucky number 1 | Lucky colour Turquoise

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picking up threads from the previous issue, it comes out that once the state of Samadhi is attained, mind becomes thought free. The obvious question that follows: If mind is devoid of any thought, what purpose would it serve? For, usually thoughts drive all actions on our part. Let me make it clear that attaining samadhi is not the end game. It is just a self-empowerment process, which purifies the mind of all the clutters and preconditioning. Evidently then full landscape of mind becomes accessible. With that, wholesome powers of mind come into play, which would know no limits. Also, mind regains its sense of orderliness, when all its functional constituents begin to spontaneously operate in coordination with each other as a unified organism. The scope of vision thus expands to its optimum best. Intelligence gets sharpened. Armed as such, mind explores the targeted subject with an

open mind. It then perceives things in the right perspective, and accordingly makes most appropriate moves. It needs to be appreciated here that if you look at things from the highest centre of consciousness, nothing remains hidden from you. Intuitively, you may get to root of whatever is looked at.

Let me add here that the process does not end with samadhi. Patanjali must have realised the danger inherent in the process. For, it also carries the probability to develop the tendency to get mentally disinterested from the usual course of life and keep moving in an abstract imaginary world. That, however, is not the purpose of samadhi. Apart from trying to unfold the best in oneself and be equipped to negotiate the callings of living world with ease and comfort, we are also supposed to lead others. Accordingly, Patanjali suggested a backward integration of samadhi, dhyana, and

favourable inner climate

dharana, what he calls Samanvaya. Having established in the process, when due attention is given to an issue in hand, and reflected upon, one may intuitively get to the root of the subject. Following which, one may be able to spontaneously pick up the right lead. This is what in Kashmir Saivism terms as being in Sahaja Samadhi.

Having thus discussed the concept of

Yoga, it is time now to get down to its application. There are hundred and odd methods of dhyana/meditation in circulation, followed by various cultures. A fresh seeker will obviously wish to know which one to pick up. Experientially speaking, a three-course process is suggested - Calming down the Mind, Detoxification of mind, and Contextual Meditation - that runs in conformity with the above laid principles.

Calm the mind to create

A fresher, before taking up the Dhyana process, needs to first create a favourable inner mental climate. The method calls for trying to relatively calm down the restive mind, flirting with unwieldly thought crowd playing within in immediate terms, mostly inconsequential and negative. Otherwise, the state of mind would not be conducive to pursue meditation process in right earnest.

The method is simple, true to the callings of Pratyahara. You need to lie down on your back in a relaxed posture with no pillow support, preferably on a hard bed so that spinal cord remains straight. Close your eyes. All your sensory instruments will naturally get disengaged from the outer world and thereby waking state consciousness. The subconscious mind immediately comes into full play, bringing into focus random thoughts picked up in immediate past that would be playing on the surface. Persistent desires and feelings too may keep knocking your inner space. Evidently then, you will be flooded with thoughts, unnerving you from within. Allow the thoughts to naturally flow in and out. Continue the process for at least 20 minutes. Don't pay any attention to the thoughts visiting you again and again. Just try to remain disengaged from them as a silent witness. It needs to be appreciated here that unless you pay attention to something, you may not get affected. It

is, however, difficult to remain oblivious

to the thoughts knocking you. Train to keep your attention away from the thoughts chasing you, by giving auto suggestion if necessary. With time, all inconsequential thoughts and feelings will get away from cognitive reach. This doesn't mean that all thoughts and feelings would go out of reckoning during this process. Still there may be many more left, parked at deeper layers of mind, yet to surface up. They will be attended to during the Mind-Detoxification process proper. Yet, you may be relatively calmer as thoughts and feelings bothering you in immediate terms may no longer chase you from

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