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## 60-year-old woman killed in sleep as dilapidated house collapses

Medak: An elderly woman died when a house collapsed in Tekmal on Saturday late at night. The deceased was identified as Shankaramma (60). Shankaramma and her husband Dattaiah had slept in separate rooms on Saturday. The room Shankaramma had slept in collapsed at midnight. She died in her sleep. Dattaiah escaped unhurt. Since the house was in a dilapidated condition, it crumbled down as the region received continuous rains. The body was shifted to the area hospital in Jogipet for postmortem. A case was registered.

## IMD issues heavy rain alert across Telangana, moderate showers likely in Hyd

Hyderabad: The India Meteorological Department (IMD) issued an orange alert for several districts in Telangana from September 8 to 10, warning of heavy to very heavy rainfall at isolated places. Districts such as Mahabubabad and Khammam are likely to experience intense downpours, while Adilabad, Kumuram Bheem Asifabad, Mancheril, Jayashankar Bhupalapally, Mulugu, Bhadradi Kothagudem, Warangal, Hanamkonda, Siddipet, Sangareddy, Medak, and Kamareddy are under yellow alert. Hyderabad is expected to see moderate, scattered rains, particularly in the evenings, with no widespread or heavy rainfall forecast. Thunderstorms with lightning and gusty winds (30-40 km/h) are predicted in all districts.

## HYDRAA resumes demolition exercise, razes unauthorised structures on Hyd outskirts



GNS News Agency, Sept 8

Hyderabad: After a pause due to heavy rain that lashed for the last couple of days, the HYDRAA teams on Sunday resumed action against unauthorised structures in the city and outskirts.

Demolition exercises by the teams were reported from at least three different locations on Sunday morning. The HYDRAA teams, assisted by officials of Revenue, Irrigation and GHMC started razing down structures located in FTL and buffer zone of three water tanks located at different places. At Dundigal, the authorities started demolition of structures constructed in FTL of Mallampet cheruvu. In Madhapur, the authorities started razing down structures at Sunam Cheruvu. Similar exercise is underway at Ameenpur lake in Sangareddy district. The authorities are supported by the local police who arranged the bandobast for the exercise. The authorities had identified hundreds of unauthorised structures that have come up in FTL and buffer zone of lakes in city and suburbs.

## 'NC-Congress alliance will ensure statehood for J&K': Farooq Abdullah, day after Shah's remarks

GNS News Agency, Sept 8

Hitting back at Union Home Minister Amit Shah over his state that "only the Government of India and (Prime Minister Narendra) Modi can restore statehood" to Jammu and Kashmir, National Conference (NC) chief Farooq Abdullah reiterated that the alliance between his party and the Congress will fulfil the statehood promise if voted to power. "National Conference and Congress will ensure that we get our statehood back," the veteran leader told reporters on Sunday. On Saturday, targeting Leader of Opposition Rahul Gandhi over his promise to restore statehood to Jammu and Kashmir, Shah had said: "Rahul Baba takes the pledge that he will give back statehood to Jammu and Kashmir. I want to ask Rahul Gandhi and Farooq Abdullah how will you give it back?"

Responding to the comments by Shah, the former J&K CM said: "Jis Bharat wo bna na chahte hai, hum us Bharat ke khilaf hai... (We oppose the idea of India that the BJP propagates). India belongs to everyone... Hindus, Muslims, Sikhs, Christians, Buddhists and others... The ones who are raising questions on Muslims should know that Muslims have also contributed and sacrificed their lives for Independence."

Speaking about claims made by BJP leaders that there has been a dip in terror activities in the Valley since the abrogation of Article 370, Farooq Abdullah said, "They say that if the National Conference and Congress come to power, terrorism will be on the rise. I want to ask them if they managed to end terrorism with the abrogation of Article 370." The Union Home Minister is in Jammu to kickstart the BJP's campaign ahead of the Assembly polls in the state. Regarding the abrogation of Article 370, Shah had said on Saturday: "Mothers and sisters in Jammu and Kashmir have got their rights and this NC-Congress (combine) wants to withdraw it. Indian Express on WhatsApp and get latest news and updates

## Heavy Rains and inflows spark fresh flood fears in Khammam's Munneru River

GNS News Agency, Sept 8

Hyderabad: Heavy rains on Saturday night and huge inflows from upstream have triggered fears of fresh flooding in the Munneru River in Khammam district, a week after the devastation. With the water level in Munneru rising to 16 feet on Sunday, authorities issued the first warning signal and shifted people from flood-affected areas to relief camps.

The river, which flows through Khammam town, was in a danger zone. The huge inflows from upstream created fears of fresh floods in colonies on the banks of the lakes. If the water level reaches 24 feet, the irrigation authorities will issue a second warning signal. Khammam district Collector has ordered the closure of roads in all flood-affected areas.

Deputy Chief Minister Mallu Bhatti Vikramarka, who rushed to Khammam on Saturday night, visited a few relief camps.

## Tamil actor Vijay's party TVK gets EC recognition, to contest Assembly polls

GNS News Agency, Sept 8

Chennai: Tamil superstar Vijay said that his party Tamizhaga Vettri Kazhagam (TVK) has received recognition from the Election Commission of India (ECI). The actor announced that his party was now battle-ready and would contest the 2026 Assembly elections in Tamil Nadu. It may be recalled that Vijay had announced his party in February 2024 and then said that TVK would not contest the 2024 Lok Sabha polls and that the party's aim was to contest the 2026 Assembly elections from the state of Tamil Nadu.

Vijay had then said that his fan club Vijay Makkal Iyakkam has been working for the welfare of the people for many years but that it cannot bring full-fledged social, economic and political reforms on its



own and for that political power was required. He had extensively quoted from poet Thiruvalluvar's Thirukkural and said, 'Enni Thuniga Karmam' (Acting after due consideration). The actor-turned-politician had then said that the process to formally register the party had been initiated.

The popular actor noted that the party leader, functionaries, and the rules of the party were chosen and approved at a TVK meeting in Chennai in January.

In August, Vijay re-

leased his party flag which has red on top and bottom with yellow in the middle. A flower resembling Vaagai surrounded by 28 stars at the centre with two trumpeting tuskers facing each other on either side is depicted in the flag. It may be noted that the ancient Tamil kings used to wear Vagai flower garlands to symbolise their victory.

According to TVK party functionaries, a group of senior leaders of the party led by its general secretary, N. Anand alias 'Bussy' Anand who is a

former MLA in Puducherry had approached the Election Commission of India.

The party had in May published legal notices and had invited stakeholders to express objections if any to the party's registration.

Tamizhaga Vazhuvirimai Katchi of Velmurugan had raised objection to the abbreviation of the TVK but now Vijay has announced that all hurdles have been cleared and that the party has received formal ECI recognition. In the last local body polls of 2021, members of the actor's fan club All India Thalapaty Vijay Makkal Iyakkam (AITVMI) won 115 seats of the 169 seats they contested. Interestingly Tamil superstar Kamal Haasan's party Makkal Needhi Maiam (MNM) and actor-director Seeman's, Naam Thamizhar Katchi (NTK) drew a blank in the local body polls.

## Khammam flood-affected victims obstruct Kishan Reddy, complain of no help from govt



GNS News Agency, Sept 8

Khammam: Union Tourism Minister G Kishan Reddy and Revenue Minister Ponguleti Srinivas Reddy, who visited flood affected areas in Khammam city on Sunday morning, had a bitter experience as several women at Dhamsalapuram obstructed them complaining about lack of support from the government.

Srinivas Reddy convinced them the government would extend all possible support to the public. Later they distributed essential commodities to the flood-affected families. District administration was on alert in view of moderate to heavy rain alert for the district. District Collector Muzammil Khan said that all arrangements for the residents of Danavaigudem, Ramanapet, Prakash Nagar, Moti Nagar and Venkateswar Nagar were made for their stay at relief centres. He asked the public to call toll free number 1077 for help in case of emergency

Relief centres were set up at Women's Degree College, Swarna Bharathi Function Hall, Ramanapet School and Damsalapuram School. A large number of residents have been shifted to the relief centres. Deputy Chief Bhatti Vikramarka and Collector Muzammil Khan visited the relief centre as well as the flood prone area on Saturday night. Munneru stream which received huge inflows on Saturday reached 15.50 feet at 5 am on Sunday however the water level receded later and it reached 14.25 feet at 11 am.

## Bihar sees massive bureaucratic reshuffle, 41 IAS officers transferred



GNS News Agency, Sept 8

Forty-one IAS officers, mostly district magistrates, were transferred in a major bureaucratic reshuffle in Bihar. While Bhojpur DM Raj Kumar was made the managing director of Bihar State Cooperative Milk Producers Federation (COMFED), Sheohar DM Pankaj Kumar was appointed director (primary education) in the Education Department, according to a notification issued by the General Administration Department late on Saturday.

Director in Mines and Geology Department Mohd Nayyar Iqbal was shifted to the Food, and Consumer Protection Department as special secretary. Jamui DM Rakesh Kumar was appointed director (chakbandi) in the Directorate of Land Records and Survey. Director (Mid-day meal) in the Education Department Mithlesh Mishra was appointed DM of Lakhisarai, while Rohtas DM Navin Kumar was made commissioner in the Transport Department. Araria DM Inayat Khan was appointed registrar in the State Cooperative Societies Department. Vidya Nand Singh, deputy director in the Panchayati Raj Department, was appointed director in the Planning Department. Begusarai DM Roshan Kushwaha was appointed DM of Samastipur. Sheikhpura DM J Priyadarshani was made director in the Department of Revenue and Land Reform.

## Malayalam actor Vinayakan arrested in Rajiv Gandhi International Airport in Hyd

GNS News Agency, Sept 8 Hyderabad: South Indian actor Vinayakan was taken into custody by RGI Airport police for allegedly creating ruckus at the Shamshabad airport on Saturday. The actor arrived at the RGI Airport from Kochi and was scheduled to take a connecting flight to Goa when allegedly under influence of alcohol he had an argument with gate staff and misbehaved with them. The CISF personnel noticed the commotion and tried to pacify him. However the actor allegedly misbehaved with the CISF men who then overpowered him and handed him over to RGI Airport police.

## Rahul Gandhi begins US visit with warm welcome in Dallas

GNS News Agency, Sept 8

Texas: Congress leader Rahul Gandhi began his three-day visit to the US, arriving in Dallas, Texas, on Sunday, where he was warmly welcomed by members of the Indian diaspora and the Indian Overseas Congress (IOC). Taking to his social media, the Congress leader shared the pictures of his welcome and wrote, "I am truly delighted by the warm welcome I've received in Dallas, Texas, USA, from the Indian Diaspora and members of the Indian Overseas Congress." "I eagerly look forward to engaging in meaningful discussions and insightful conversations that will further strengthen the bond between our two nations during this visit," he added. This is Rahul Gandhi's first trip to America since the 2024 Lok



Sabha elections. The Congress leader will be in Dallas, Texas, on September 8 and in Washington, DC, on September 9-10.

Earlier, announcing Rahul Gandhi's visit, IOC chief Sam Pitroda said that the Indian diaspora, including NRI residents, technocrats, business leaders, students, media fraternity and even political leaders, are eager to welcome the Congress MP and are looking forward to having an interaction with him. "There are lots of events planned with a variety of people be-

cause they also have interest in the states where Congress party runs governments, particularly the tech cities like Bangalore, Hyderabad, Mumbai and Pune. We see great interest in conversation with business and technological community," he further informed.

"We look forward to a very successful visit and look forward to welcoming Rahul Gandhi to the US," Pitroda said on a concluding note. He also said that he was 'bombarded' with

questions about Rahul Gandhi's US visit from various quarters, and this video message was apparently to inform them about the Congress leader's short but highly anticipated trip to the US. Notably, Rahul Gandhi, after the 2024 Lok Sabha results, has been creating good momentum and garnering people's support with his views on many issues of public interest. Political watchers anticipate his US visit to be more newsworthy and stir larger controversy back home this time. Rahul won elections from two Lok Sabha constituencies - Rae Bareilly and Wayanad, however, he chose to retain the former and leave the latter for his sister, Priyanka Gandhi. In June this year, he was appointed the Leader of the Opposition (LoP) in the Lok Sabha after getting a nod from the Congress Working Committee (CWC).

## EAM Jaishankar in Saudi Arabia for India-GCC foreign ministers' meeting



GNS News Agency, Sept 8

External Affairs Minister S Jaishankar arrived here in the Saudi capital on Sunday on a two-day visit to attend the first India-Gulf Cooperation Council (GCC) foreign ministers' meeting. Jaishankar is here on the first leg of his three-nation tour that will also take him to Germany and Switzerland. "Arrived in Riyadh, Saudi Arabia to take part in the First India-Gulf Cooperation Council Foreign Ministers' Meeting. Thank Abdulmajeed Al

Smari, Deputy Minister for Protocol Affairs for the warm reception," Jaishankar said in a post on X. The GCC is an influential grouping comprising the United Arab Emirates, Bahrain, Saudi Arabia, Oman, Qatar and Kuwait. The total volume of India's

trade with GCC countries stood at USD 184.46 billion in the financial year 2022-23. In Riyadh, Jaishankar is also expected to hold bilateral meetings with foreign ministers of several GCC member countries. Ahead of the visit, the Ministry of External Affairs (MEA) in New Delhi on Saturday said India and the GCC enjoy a deep and multifaceted relationship, including in areas of trade and investment, energy, cultural and people-to-people ties. "The GCC region has emerged as a major trading partner for India and is home to a large Indian expatriate community, numbering around 8.9 million," it said in a statement. "The Foreign Ministers meeting will be an opportunity to review and deepen institutional cooperation between India and the GCC across various sectors," it said.



## MHA extends ban on Gurpatwant Pannun's Sikhs for Justice by 5 years



GNS News Agency, Sept 8

The Ministry of Home Affairs (MHA) on Tuesday extended ban on pro-Khalistani terrorist Gurpatwant Singh Pannun's outfit Sikhs for Justice (SFJ) by another five years. The terror outfit was first banned in 2019. In a notification, the home ministry said that SFJ has been indulging in activities "prejudicial to the internal security of India and public order". The ministry added that SFJ's activities have the "potential of disrupting peace, unity and integrity of the country." According to the ministry, SFJ has been found to be involved in anti-national and subversive activities in Punjab, with the intention to disrupt the sovereignty and territorial integrity of India. The SFJ

has been accused of "being in close touch with militant outfits and activists, and is supporting violent form of extremism and militancy in Punjab and elsewhere to carve out a sovereign Khalistan out of the territory of Union of India."

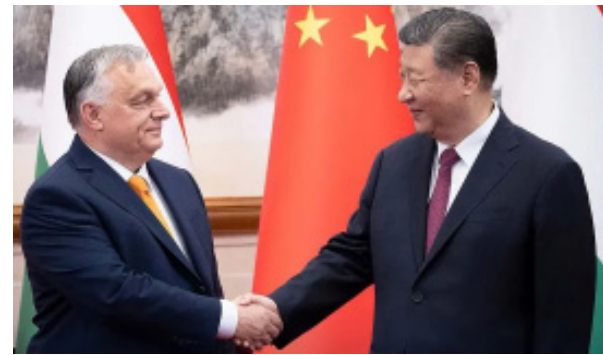
The ministry alleged that the pro-Khalistani outfit has been encouraging and aiding activities for the secession of a part of Indian territory from the Union of India and supporting separatist groups fighting for this purpose in India and elsewhere. The Centre is of opinion that if the "unlawful activities of SFJ" are not controlled immediately, the pro-Khalistani outfit will escalate its "subversive activities including attempts to carve out Khalistan Nation out of the territory of Union of India by destabilising the Government established by law." The Centre said if uncontrolled, the Pannun-led outfit will continue advocating the secession of Punjab from the Union of India and formation of Khalistan. "It will propagate anti-national and separatist sentiments prejudicial to the territorial integrity and security of the country, and escalate secessionist movements, support militancy and incite violence in the country." Gurpatwant Singh Pannun was designated as a terrorist by the Centre in 2020. He is one of the founders of Sikhs for Justice (SFJ) and actively lobbies for a separate state for Sikhs, which they call Khalistan, in the US, Canada and the UK.

## 'Peace mission 3.0': Hungary PM Orbán makes surprise visit to China to discuss Ukraine war

GNS News Agency, Sept 8

Beijing: Hungary's Prime Minister Viktor Orbán made a surprise visit to China on Monday, after similar trips to Russia and Ukraine, to discuss prospects for a peaceful settlement in Ukraine. 'Peace mission 3.0' is how Orbán captioned a picture posted early on Monday on X depicting him after having stepped off his plane in Beijing. He was being greeted by Chinese Vice Minister of Foreign Affairs Hua Chunying and other officials. Orbán later met with Chinese President Xi Jinping, according to state broadcaster CCTV.

Besides Russia and Ukraine, the end of the war "depends on the decision of three world powers, the United States, the European Union and China," Orbán wrote in a Facebook post showing him shaking hands with Xi. Orbán met with Xi just two months ago when he hosted the Chinese leader in Hungary as part of a three-country European tour that also included stops in France and Serbia, which unlike the other two is not a member of the European Union or NATO. Hungary under Orbán has built substantial political and economic ties with China. The European nation hosts a number of Chinese electric vehicle battery facilities, and in December it announced that Chinese EV manufacturing giant BYD will open its first European EV production factory in the south of the country. His previously unannounced visit comes on the heels of similar trips last week to Moscow and Kyiv, where he proposed that Ukraine consider agreeing to an immediate cease-fire with Russia. His visit to Moscow drew condemnation from Kyiv and European leaders. "The number of countries that can talk to both warring sides is diminishing," Orbán said. "Hungary is slowly becoming the



only country in Europe that can speak to everyone." Hungary assumed the rotating presidency of the EU at the start of July and Russian President Vladimir Putin suggested Orbán had come to Moscow as a top representative of the European Council. Several top European officials dismissed that suggestion and said Orbán had no mandate for anything beyond a discussion about bilateral relations. The Hungarian Prime Minister, widely seen as having the warmest relations with Putin among EU leaders, has routinely blocked, delayed or watered down EU efforts to assist Kyiv and impose sanctions on Moscow for its actions in Ukraine. He has long argued for a cessation of hostilities in Ukraine but without outlining what that might mean for the country's territorial integrity or future security. That posture has frustrated Russia's EU and NATO allies, who have denounced Russia's actions as a breach of international law and a threat to the security of countries in Eastern Europe.

## 'We are on right track': Pramod Sawant on Karnataka protests over PRAWAH visit

GNS News Agency, Sept 8

PANAJI: Goa chief minister Pramod Sawant on Tuesday responded to protests in Karnataka over the visit of the PRAWAH river authority for inspection of the Mahadayi basin along the Goa-Karnataka border, saying it shows that the Goa government was on the right track. "I do not know why Karnataka is upset. It (PRAWAH) is an independent authority," Sawant told reporters in Panaji on Tuesday, referring to protests in Belagavi in Karnataka over the visit of the Mahadayi Progressive River Authority for Water and Harmony (PRAWAH).

The PRAWAH river authority was set up by the Jal Shakti ministry in May last year to oversee compliance and implementation of the decisions of the Mahadayi Water Disputes Tribunal. "They are conducting an inspection. Our members are on the team. It is necessary for the authority to conduct a fair inspection and that report will be submitted. If they shred my photo or burn it, it means we are on the right track," Sawant added.

On Sunday, the team visited multiple sites for an on-the-spot assessment of the project work on the Mahadayi river basin. The Belagavi district police said over a hundred police personnel were deployed in Kanakumbi village to ensure the safety of the team. Sawant said Goa welcomed the PRAWAH inspection and was confident that the authority would take the right decision for Goa. Protesters in Karnataka's Belagavi on Monday



stopped a government-run interstate bus from Goa and criticised the Goa government for opposing Karnataka's water diversion plan. Goa has opposed any diversion of waters of the River Mahadayi which originates in the Western Ghats in Karnataka, takes a detour via Maharashtra and enters Goa as the Mandovi.

The Mahadayi river basin drains an area of 2,032 sq.km., out of which an area of 375 sqkm lies in Karnataka, 77 sqkm in Maharashtra and the rest in Goa. Both the Goa and Karnataka governments have, for very different reasons, challenged the final award granted by the Mahadayi Interstate Water Disputes Tribunal which granted Karnataka a total of 13.42 Thousand Million Cubic Feet (TMC) of water in its August 2018 decision.

## Gross enrolment ratio of girls in higher education rises in Tripura: CM Manik Saha

GNS News Agency, Sept 8

Tripura Chief Minister Dr Manik Saha said on Saturday that the gross enrolment ratio of girl students in higher education increased in Tripura after their college fees were first waived in 2022. He attributed the state's growth in education to the ambitious National Education Policy (NEP). "This academic year (2024-25), 37,450 girl students enrolled in general degree colleges, compared to 35,800 boy students. In the previous academic year (2023-24), more girl students (35,650) enrolled in degree colleges than their male counterparts (35,800)," the chief minister said. Saha, who is also in charge of the education portfolio, said this during his speech at the platinum jubilee programme at Ramkrishna Mahavidyalaya in Kailashahar of the Unakoti district.

Dr Saha said the state government had taken several initiatives in line with the 'Beti Bachao, Beti Padhao' campaign, including 33 per cent reservation for women in government jobs, the establishment of pink toilets, and 50 per cent reservation for women in government stalls. Saha assured the 'maharajas' of the Ramkrishna Mission Ashram that no one would encroach on their land in the future. "Education and healthcare are our top priorities. We will not compromise on these. We are committed to the development of our state. We do not just



speak; we act," said Saha. He also said the next generation would greatly benefit from the NEP implemented in all state-run colleges and thanked Prime Minister Narendra Modi for the policy.

The state has also introduced the 'Lakshya' scheme to prepare aspirants for competitive examinations. Additionally, he said it would open Dhamma Dipa University at Sabroom, while Techno India University and Aryavart International University are in progress. "We aimed to transform Tripura into an educational hub in the northeastern region. We have dental and nursing colleges now. We met many challenges, but we have succeeded," he said.

## Man who filmed rape on busy footpath in Ujjain arrested

GNS News Agency, Sept 8

Ujjain rape case arrest: The police said the woman, in her complaint, named the accused as Lokesh, who was arrested within two hours of registering the FIR. Lokesh allegedly promised to marry the woman, made her drink liquor and then raped her, police said. (Representational Photo/Express Archives) Madhya Pradesh police have arrested a man who allegedly filmed the rape of a woman on a busy footpath in Ujjain district, police said Saturday. Superintendent of Police, Ujjain, Pradeep Sharma said that the accused, Mohammad Salim, 42, is an autorickshaw driver.

Sharma said that after the incident came to light, district police, cyber and social media teams were "deployed to find out who made the video of the incident and made it viral". "Within a few hours, the teams identified the accused who made the video. The accused has also been found to have a previous criminal record," Sharma said. Sharma said questioning of the accused was underway. The mobile phone of the accused is being examined, he said.

Police have booked Salim under Sections 72 (disclosure of identity of victim of certain offences), 77 (whoever watches, or captures the image of a woman engaging in a private act...), 294 (sale of obscene content) of the BNS, Section 67 of the IT Act and Section 4 of Inde-

cent Representation of Women (Prohibition) Act.

According to police, the woman was raped on a footpath in Koyla Phatak, one of the busiest intersections, on Wednesday. The incident was shot by a passerby and several people saw the incident, yet nobody intervened, police said. The police said the woman, in her complaint, named the accused as Lokesh, who was arrested within two hours of registering the FIR. Lokesh allegedly promised to marry the woman, made her drink liquor and then raped her, police said. Madhya Pradesh Chief Minister Mohan Yadav meanwhile promised strict action in the case and accused the opposition of doing politics on the crime but keeping mum on the Kolkata rape-murder. The opposition has slammed the BJP government in MP claiming that it has failed to protect women. Asked about the Ujjain incident, Yadav told PTI in Ujjain that there is a rule of law in Madhya Pradesh and the government will deal strictly with whoever commits a crime.

"No one will be spared. Be it Ujjain or (anywhere in) the state, we are committed to good governance under the leadership of the Prime Minister," he said. Ujjain is the hometown of Yadav, who also holds the portfolio of home ministry. He said, "Those who are doing politics should look into their own affairs. It will be understandable if they take care of the states ruled by them. They do not open their mouths on the incident in Kolkata (rape-murder of a trainee doctor)."

## "The lifeblood": 42% of startups in California founded by immigrants

GNS News Agency, Sept 8

Washington: As many as 42 per cent of all startups in California are founded by immigrants who are the lifeblood of the Golden State, its Governor Gavin Newsom told a group of eminent Indian Americans at a fundraiser. Newsom, a senior Democratic Party leader, made these remarks in Massachusetts on Monday. "Forty-two per cent of all startups in California are founded by immigrants, and they are the lifeblood of our State. Amid the vitriol, xenophobia, and nativism that permeates much of our politics, particularly from figures like Donald Trump, we in California have endured and emerged stronger," Newsom said at a fundraiser in Massachusetts.

"We overcame the divisive rhetoric of Prop 187 in the 1990s, and today, we celebrate our diversity rather than merely tolerate it. As a result, we lead in manufacturing, boast the highest number of scientists, researchers, and Nobel laureates, and continue to drive innovation globally," he said.

Hosted by US India Security Council president, Ramesh Viswanath Kapur and his wife Susan at their home in Winchester on July 8, the fundraiser was attended by eminent Indian Americans from in and around Boston. Kapur in his remarks expressed gratitude to Newsom for his decisive veto of the proposed SB 403 bill, which aimed to ban caste discrimination, and for his interest in visiting a Hindu temple in Florida in the coming months.

The room, filled with many Indian-origin attendees,

## Prince Harry has 'huge regret' over life in US with Meghan Markle, expert says

GNS News Agency, Sept 8

Prince Harry is reportedly holding onto a "huge regret" over his life in the US. The Duke and Duchess of Sussex settled in Montecito, California, after stepping away from royal duties in 2020. While the couple is living happily with their two children, Archie and Lilibet, the Duke is feeling "lonely," according to royal expert Tom Quinn.

Things went downhill for Prince Harry after the release of his memoir, Spare, in which he admitted to past drug use. Although he made it clear that he used "magic mushrooms" for recreational purposes only, The Heritage Foundation was not convinced. The powerful conservative think tank accused Prince Harry of lying about his previous drug use on his US Visa application. "Harry initially thought this couldn't possibly happen to him as the normal rules don't apply to a Royal Prince, but he is increasingly realizing that in the United States being a Prince doesn't actually count for very much. But one thing is for sure Harry deeply regrets ever making his drug-taking public," Quinn said, referring to the Duke's legal woes.

The expert continued, "It never occurred to him that this might end up threatening his whole life plan," adding, "During his first six months in the States Harry found



entrepreneurs, and young people, erupted in applause, recognising Newsom's steadfast support for entrepreneurial initiatives and his principled stance on critical issues. Kapur also stated that he feels the Governor has a good chance of being the 47th President of the USA. Addressing the unique strengths of Massachusetts, Newsom highlighted how renowned institutions of higher learning serve as conveyor belts for talent, fostering competition not just on price but on talent. He noted that what sets California and Massachusetts apart is their human capital—the best and the brightest. This spirit of inclusiveness and growth ensures that everyone benefits. In a state where 27 per cent of the population is foreign-born, this mindset is crucial. California, a majority-minority State with a population equivalent to 21 other States combined, must see itself in the context of the world.



everything new and exciting, but the glamor is definitely wearing off. However big your garden, and Harry and Meghan's garden at Montecito is enormous, there's only so much you can do when you have no practical skills and you have always paid people to cook, clean and garden for you." Quinn went on to say, "Harry has never done any of these practical things, so after he's taken the dog for a walk in the morning, he finds the day long and lonely. Meghan does her best to support Harry, but she is in her natural environment and he is in a strange unfamiliar world which grows increasingly unfriendly," per The Mirror.

## Mourning in Kyiv as rescuers clear rubble from children's hospital

GNS News Agency, Sept 8

President Zelensky said 38 people in Ukraine were killed, including four children, and 190 wounded in a wave of nearly 40 missiles targeting the country. Rescue workers were clearing debris and Ukraine was in mourning Tuesday, the day after deadly Russian strikes tore open a children's hospital and sparked international condemnation. President Volodymyr Zelensky said 38 people across Ukraine were killed -- including four children -- and 190 wounded in the wave of nearly 40 missiles that targeted several towns and cities. Officials announced a day of mourning in the capital with flags to be hung at half mast and entertainment events postponed, as cranes and first responders were working at the scene of the Okhmatdyt paediatric hospital. Zelensky said rescue work was ongoing at several of the attack sites and that patients from Okhmatdyt had been transferred to other facilities. The interior ministry said it had completed its search for survivors at the hospital and that two people were killed there and 32 wounded. Eight children had been hospitalised, it said. "We are continuing our work to

increase the protection of our cities and communities from Russian terror. There will be decisions. The world has the necessary strength for this," Zelensky added. He has been urging allies to bolster Ukrainian air defence systems and was expected to renew those calls as a NATO summit kicked off later Tuesday in Washington. The Ukrainian president also called for a United Nations Security Council meeting on the strikes that claimed some 10 lives in his hometown of Kryvyi Rig. Likely a "direct hit" Zelensky said some 400 rescuers had responded to the strikes but hundreds of volunteers gathered at the Okhmatdyt complex on Monday to help clear rubble and search for survivors. City officials told AFP that the two people killed at the hospital were both adults, a doctor and a visitor. Kyiv's mayor said three more people had been pulled dead from the rubble of a housing bloc in a central district that was also struck in the attack. The total killed in the capital was 31 with 117 wounded, the city's military administration said. Ukraine said a Russian Kh-101 cruise missile had smashed into the renowned children's hospital but Moscow blamed Ukrainian air defence systems.

## Rajasthan Sikh leader Tejinder Pal Timma booked over 'anti-national' Facebook post when Amritpal Singh took oath as MP



GNS News Agency, Sept 8

The Rajasthan Police have booked prominent Sikh leader Tejinder Pal Singh Timma for allegedly uploading a video on social media glorifying Waris Punjab De chief and radical Sikh preacher Amritpal Singh, who took oath as MP on July 5. The FIR against Timma, the president of Gurudwara Baba Deep Singh on Padampur Road in Rajasthan's Sri Ganganagar, was lodged at the Old City police station. It alleged he made "inflammatory anti-national statements and supported those demanding Khalistan, inciting people against the country and the government."

Timma has been booked under sections 152 (acts endangering the sovereignty, unity, and integrity of India) and 197 (1)(C) (imputations, assertions prejudicial to national integration) of the new criminal law Bharatiya Nyaya Sanhita (BNS), which replaced the colonial-era Indian Penal Code (IPC). Similar offences pertaining to sedition were covered under IPC Section 124 A. Timma alleged that the FIR against him was based on the complaint of his rival, Lakhwinder Singh, who has been excommunicated from Akal Takht. He also claimed that the civil and police administration was pained by his activism focused on Sikh rights in Rajasthan. Supporters of Waris Punjab De Chief Amritpal Singh celebrate in Ludhiana, after he took oath as an MP. (PTI) Supporters of Waris Punjab De Chief Amritpal Singh celebrate in Ludhiana, after he took oath as an MP. (PTI) Lakhwinder, a resident of Gulab Bagh, filed a complaint alleging that Timma posted a video on social media while sitting in his office at the Gurudwara Baba Deep Singh on the afternoon of July 5. In the purported video posted on Facebook on the day Amritpal took oath, Timma said, "BJP leaders welcomed the slogan of Hindu Rashtra from an MP while taking oath with thumping tables in Parliament House. However, speaker OM Birla imposed restrictions on raising any slogan while taking oath just one day ahead of Amritpal Singh taking oath as he would have raised pro-Khalistan slogan in the parliament." Detained under the National Security Act (NSA) in an Assam jail, Amritpal was taken to Delhi for oath-taking. He won Lok Sabha elections 2024 from Khadoor Sahib in Punjab as an Independent candidate. The FIR, however, also mentioned the episodes of Timma's arguments with civil and police administration officials in the past. "The accused, Tejinder Pal Singh Timma, also used threatening language to insult the collector at the collector's office in Sriganganagar. Prior to this, he had also issued threats and insults while

standing in front of the superintendent of police's office, claiming that anyone who intervened would face dire consequences. Earlier, he had used threatening language in front of the collector, boasting that they were the ones who assassinated Indira (Gandhi) in Delhi."

"If the accused continues to demand Khalistan, it could incite public outrage, potentially leading to any untoward incident. The accused, Tejinderpal Singh Timma, has connections with individuals who demand Khalistan, and he has been sharing his photos and videos with them. Furthermore, he displays Khalistan flags at various gatherings and events, promoting them within the country..." the FIR added. Takht Damdama Sahib Jathedar Giani Harpreet Singh reacted sharply to the registration of the case and said the new criminal laws were being used to suppress minorities. Takht Damdama Sahib, in Punjab's Bathinda, is one of the five seats of Sikhism's temporal authorities.

He wrote on Facebook, "There was hunch from the beginning that the new laws might be used to suppress minorities. The hunch was proven true when the Ganganagar police registered a case of treason against Tajinderpal Singh Timma under the new laws based on a complaint filed by an anti-Pantheric individual. It appears that the first case under these new laws in the entire country has been registered against a Sikh." Meanwhile, Akali Dal president Sukhbir Singh Badal said he was shocked by the FIR. "Jathedar Timma had categorically stated that he is opposed to any act of communal hatred and violence... There is not a single word in Jathedar Timma's utterance which is against the unity and integrity of the country in anyway," said Badal.

Who is Tejinder Pal Singh Timma? Timma is a former leader of the All India Sikhs Student Federation. He was arrested from Golden Temple during Operation Blue Star in 1984 and remained in Jodhpur jail under the NSA. Since 2007, he has been the Sri Ganga Nagar Chamber of Industry secretary. Additionally, he serves as the chairman of the Rajasthan Dharam Parchar Committee, a wing of the Shiromani Gurdwara Parbandhak Committee (SGPC). He is also the convener of the Sikh Advisory Committee Rajasthan and organised a congregation of Amritpal at Sri Ganganagar. Timma was honoured for his service during the Covid-19 pandemic. "We fund girls for higher education of all religions into crores every year. We do social work, and respective governments have honoured us many times for our contribution to society's welfare. I have been made a target because I oppose the BJP and RSS infiltration into Sikh affairs. The complainant is a blue-eyed boy of BJP. I have opposed the BJP in Rajasthan assembly elections as well as Parliament elections," said Timma in reaction to the FIR. "Recently, I had arguments with the administration over a series of episodes where Sikh rights were suppressed. I objected as Sikhs were not allowed inside polling stations with religious symbols, such as Kirpan, on voting day for Parliament elections. Similarly, I objected to the incident of stopping a Sikh child from appearing in an examination while wearing Sikh symbols protected by laws. Both the BJP and the administration were pained with me, and it is the reason that the case has been registered," added Timma.

## Aspirants unhappy as Maharashtra govt adds only 50 seats at govt medical colleges



GNS News Agency, Sept 8

Out of 14 applications for new medical colleges in Maharashtra, including ten government-run and four private colleges or deemed universities, only two have received NMC nod. (File Photo) Out of 14 applications for new medical colleges in Maharashtra, including ten government-run and four private colleges or deemed universities, only two have received NMC nod. Although the Maharashtra government had assured to add close to 1,000 seats at government medical colleges across the state, only 50 have been approved by the National Medical Council (NMC) for admissions in the academic year 2024-25. According to candidates, that is hardly any relief.

Till last year, there were 4,780 seats at government

medical colleges. This year, there are 4,830 seats.

Out of 14 applications for new medical colleges in Maharashtra, including ten government-run and four private colleges or deemed universities, only two have received NMC nod. Among the two are the G T hospital in Mumbai and the MGM Nerul with an approved intake of only 50 seats each for this academic year. An aspirant of medical studies said, "The MGM Nerul is a deemed university, which means higher fee structure in line with private medical colleges. That leaves us with only 50 more seats at government medical colleges. In the backdrop of assurances to add nearly 1,000 new seats at government medical colleges, only 50 is hardly any relief." Earlier this year, the Maharashtra government had announced that the state will get ten new government medical colleges in Mumbai, Nashik, Buldhana, Hingoli, Gadchiroli, Washim, Jalna, Amravati, Bhandara, and Thane. The authorities had further said that the government medical colleges will have 100 seats each. The state government had also sanctioned close to 4,000 posts of teaching and non-teaching staff for these colleges. According to officials, the NMC rejected the applications of all the government medical colleges, except GT Hospital, since they failed to meet the prescribed norms. While the Maharashtra government has decided to appeal for a review of the applications, Brijesh Sutar, whose ward is an aspirant of medical studies, said, "The state government should have taken proactive steps and realise the grave need for having more seats at government medical colleges. The 50 additional seats are welcome but it will not have the desired impact."

## How PN Panicker, father of library movement in Kerala, made masses literate

GNS News Agency, Sept 8

International Literacy Day: In the 1990s, when the literacy rate in India was still around 52 per cent, a man in Kerala's Neelamperoor took it upon himself to educate the masses. Known as the father of the library and literacy movement in Kerala, Puthuvayil Narayana Panicker is credited with establishing libraries across the state in the 1990s. The activities he initiated triggered a popular cultural movement in Kerala, leading to universal literacy in the state.

The Renaissance movement, led by reformers like Raja Ram Mohan Roy, Swami Vivekananda, Narayana Guru, and EV Ramasamy Periyar, profoundly impacted the discourse in Kerala. Malayalam literature experienced a new lease on life with works like Vallathol's poems, such as Kochu Seetha and Kumaran Asan's Chithavishayaya Seetha, which deconstructed male hegemony. Amidst this socio-cultural-political transition, Panicker, a primary school teacher by profession, rose to prominence as he took newspapers to public places such as tea stalls and read them out loud, thus prompting dis-

cussions.

Prof. C Raveendranath, former state education minister, says Panicker was the most important person who taught society the relevance of reading. "After the age of the Renaissance, it was Panicker who taught the public how information transforms into knowledge. It's after profound reading and debate that information turns into knowledge and, in the next phase, into wisdom. Reading enables us to transform the knowledge we gain from nature into wisdom. Panicker made reading more public, and libraries became the heart of the village. As education catered to upper-caste people in society before the Renaissance, Panicker helped bridge the gap among the elderly through his activities promoting literacy."

After moving to Ambalapuzha, Panicker, along with Karur Karayil Sivarama Pillai, launched a reading house in 1936 in memory of P K Narayana Pillai, a renowned Malayalam critic and a judge of the High Court of Kerala. Panicker was the first to introduce newspapers like Malayala Manorama and Samadarshi to his panchayat.

## 3 BJP leaders get death threats in letter sent to party HQ in Chandigarh



GNS News Agency, Sept 8

The letter accused Brar and Sran of "interfering in Sikh religion" by toeing the BJP and the RSS line and threatened them to quit the BJP. The letter accused Brar and Sran of "interfering in Sikh religion" by toeing the BJP and the RSS line and threatened them to quit the BJP. (X) Three BJP leaders, Parminder Singh Brar, Delhi-based Manjinder Singh Sirsa, and Tajinder Singh Sran, have allegedly received death threats in a letter sent to the party's Punjab headquarters in Chandigarh earlier this month. The letter attributed to Khalistan Zindabad Force also warned BJP's general secretary (organisation) for Punjab and Chandigarh, Manthri Srinivasulu, to leave the state. The letter in Punjab threatened to avenge the "killing of our brothers in Canada and Pakistan by the BJP government" and contained a packet of powder, which the BJP leaders suspect to be a "sample of an explosive". Sran said he lodged a complaint with Chandigarh Police on Monday. "The issue is being examined and action will be taken as per law," Chandigarh Director General of Police (DGP) Surendra Singh Yadav said.

"The letter was received at the Punjab BJP office in Chandigarh on July 1. It was addressed to me by name. I recently returned from abroad and yesterday Tajinder Sran opened the letter. He told me on phone about the threats in the letter and a powder, which may be RDX. The powder has been handed over to Chandigarh police and they will get it examined," Punjab BJP general secretary Parminder Brar told The Indian Express on Tuesday. As per police sources, the powder-like substance received in the letter was being examined by the Forensic Science Laboratory (FSL). "Police are also not ruling out the possibility that the letter could have been sent by some mischievous element as similar threats have been received earlier," a Chandigarh police official said.

The handwritten letter included slogans like

## 'It is illegal': MP Manish Tewari slams Chandigarh administration's rejection of free water plan

GNS News Agency, Sept 8

On his first visit to the Chandigarh Municipal Corporation's General House as MP, Congress leader Manish Tewari on Tuesday termed as illegal the Union Territory administration's decision to reject a project to provide free water and parking facilities after it was passed by councillors. "When the agenda was passed in March..I wasn't there that time. When I read in the newspaper that the administration has rejected the decision... I would like to mention that as per law, there is section 423 in the (Municipal Corporation) Act, which says that the government may annul an illegal proceeding passed by the house... In the first place I would say that giving free water to people wasn't illegal... and in that case too, the law says that the government shall serve a showcase notice first to the civic body. Basically, give them an opportunity first," said Tewari, who as the MP for Chandigarh is the ex officio member of the General House. "Why didn't they serve a showcase notice first? The Act mentions the use of the word 'shall' and not 'may' as far as serving showcase is concerned, about hearing the corporation first. I don't want to use hard words, but I will say that the decision taken by outrightly rejecting the agenda is illegal," Tewari said. The newly elected MP also said that "the civic body may write back to the administration quoting section 423". The Chandigarh administrator last month rejected the agenda of free water passed by AAP and Congress councillors, stating that the civic body was already making losses and that providing 20,000 litres of water to every family would cause a huge revenue loss. Congress councillor Gurpreet Singh wondered how the administrator outrightly rejected an agenda on water sent by elected representatives. "We may pass any agenda. This is such a matter of shame that we are all the



ones who have been elected by the public and our agendas are rejected...and they (administration) issue public statements. Was there any showcase given either by the administrator or secretary (local government) about why the agenda doesn't fit well?" he said. "Are we meant just to get pavers installed or get the sewer drains cleaned? Are we here just to have lunch or tea or get an office after being elected," he asked. Singh lamented that "Chandigarh has set a new trend". "What kind of trend is this? We need an explanation," he asked. Chandigarh Mayor Kuldeep Kumar clarified that he had "not received any show cause notice or any letter from the administration regarding the rejection of the water agenda". AAP councillor Yogesh Dhingra said it was surprising that no councillor had been taken into confidence when the decision was taken. "We are splurging crores on the rose festival, which is just for a day or two, but we can't spend just a bit of money on giving free water to people," he added. BJP councillor Kanwarjeet Rana said his party had "never opposed the water project".

## With an eye on Haryana Assembly polls, Selja announces state-wide padyatra with a focus on urban areas

GNS News Agency, Sept 8

In what is being seen as an attempt to create a parallel power centre in the Congress's Haryana unit ahead of the Assembly elections, party general secretary and Lok Sabha MP from Sirsa Kumari Selja on Monday announced she will hold a foot march in urban areas across the state to strengthen the organisation. The announcement comes days after the June 26 meeting of AICC chaired by Congress president Mallikarjun Kharge and Rahul Gandhi where Selja accused party affairs in-charge Deepak Babaria of being more inclined towards the Bhupinder Hooda camp and ignoring other leaders. With this padyatra, which will begin in the last week of July, party sources said Selja is also trying to convey her show of strength to the party high command ahead of the Haryana Assembly elections. In announcing a state-level event and bypassing the Haryana Pradesh Congress Committee (HPCC), Selja has also indicated she has the backing of the party high command for her padyatra, they added. While talking to , HPCC chief Udai Bhan said, "She

is a general secretary in the AICC. She has announced her programme. It was not discussed with us, but it is good if she is taking out this padyatra. Wherever she will go, she will promote the Congress party and mobilise the party workers". "As far as the PCC is concerned, we are touring across the State. In the coming days, there shall be programmes of Member of Parliament Deepender Hooda ji, [Bhupinder] Hooda ji, and mine too. By the time we go to the Vidhan Sabha polls, we will have covered each and every Assembly constituency of Haryana. We are getting immense response from the people. Our worker-level meetings are getting converted into public rallies due to the enthusiasm among the people who have made up their minds to bring Congress to power this time," Bhan added. Selja said through the padyatra, which will be conducted with hundreds of her supporters from across Haryana, people will be informed about the "misrule of the BJP". "Through this yatra, the message of Congress's National President Mallikarjun Kharge and Leader of the Opposition Rahul Gandhi will be communicated to every urban voter."

## Indian-origin bar owner in Singapore jailed for 13 years for raping minor



GNS News Agency, Sept 8

A 42-year-old Indian-origin man was sentenced to jail for 13 years and four weeks in Singapore on Monday, on charges of raping a runaway 17-year-old girl. The accused was identified as Raj Kumar Bala, who worked at a bar at Dunlop Street in the Little India district. Bala would also receive nine strokes of the cane for committing the crime. According to his defense lawyer, Bala was asked to be released on bail pending appeal.

During a hearing, the court learnt that the survivor was 17 years old in February 2020, when she ran away from the Singapore Girls' Home. She found out about a job opportunity at Bala's Don Bar and Bistro through another runaway who was working there. The other runaway was also sexually assaulted by Bala in a charge that stood down for the time being. The survivor went down to the bar and met Bala for an interview, who described the

job duties to her, including serving customers and making drinks. He offered her the role, saying she could stay at the bar with other runaways. The survivor worked at the bar for a few days, but police received a tip-off about people who absconded and worked there. The survivor, along with another girl, fled the bar to escape a police raid on February 22, 2020. Later, they were picked up by Bala, who drove them to his condominium, telling them they could stay there, before drinking alcohol with the girls. He raped the survivor while she was heavily intoxicated and also engaged in sex acts with the other girl. The incident came to light after the survivor surrendered herself to the home in July 2020. The survivor's lawyer told the court there was "considerable personal harm" inflicted on her, and that she blamed herself for being in an intoxicated state, thus leading to her rape. Her testimony in court, which was corroborated by her former boyfriend, illustrated how the trauma from her past would be revived in a way that negatively affects her well-being, the judge noted. The court also learnt that Bala knew the survivor was on the run from the police and was dependent on him for income and shelter. Bala faces other pending charges, along with 22 more charges related to five other victims, mainly for sex offences. According to news agency PTI, Bala is accused of raping and molesting a victim identified in court documents as B1, raping and sexually assaulting a victim identified as B5 and raping, molesting and threatening another victim identified as B6. He is also accused of sexually penetrating a minor under the age of 16, identified as B7, and molesting and causing alarm to another victim, identified as B8.

## Tropical storm Beryl kills 3 in Texas, 2.7 million people without electricity

GNS News Agency, Sept 8

Beryl, the season's earliest Category 5 hurricane on record, weakened from a hurricane after pounding the coastal Texas town of Matagorda before moving across Houston, the US National Hurricane Center (NHC) said. Tropical Storm Beryl brought howling winds and torrential rain to southeast Texas on Monday, killing at least three people, flooding highways, closing oil ports, cancelling more than 1,300 flights and knocking out power to more than 2.7 million homes and businesses. Beryl, the season's earliest Category 5 hurricane on record, weakened from a hurricane after pounding the coastal Texas town of Matagorda with dangerous storm surges and heavy rain before moving across Houston, the US National Hurricane Center (NHC) said. The agency said conditions could spawn tornadoes in Texas, Louisiana and Arkansas.

The storm, which was expected to rapidly weaken as it moved inland, swept a destructive path through Jamaica, Grenada, and St. Vincent and the Grenadines last week. It killed at least 11 in Mexico and the Caribbean before reaching Texas, Lieutenant Governor Dan Patrick told reporters. In Texas, a 53-year-old man and a 74-year-old woman were killed in two incidents by trees that fell on their homes in the Houston area on Monday. A third person, a City of Houston employee going to work, drowned in an underpass, Patrick said. Oil refining activity slowed, and some production sites were evacuated in the state that is the nation's biggest producer of U.S. oil and natural gas. "For those of you in northeast Texas, be aware. You will have tropical storm winds, maybe as late as midnight or 1 am. You will have flooding, you will have rain, and you need to stay off the roads," Patrick said. State officials had yet to assess the economic damage as officials remained on a rescue footing while powerful winds continued to blow. Restoring power would take several days, said Thomas Gleason, chair of the Texas Public Utility Commission. More than 2,500 first responders were deployed statewide, said Nim Kidd, chief of the Texas Division of Emergency Management.

Following warnings that it could be a deadly storm for communities in its path, people rushed to board up windows and stock up on fuel and other essential supplies. Before daybreak, strong gusts and torrential rain lashed cities and towns such as Galveston, Sargent, Lake Jackson and Freeport, television video showed. By late morning, many fallen trees blocked roads in Houston as the worst of the storm passed, with persisting winds and some road flooding, rendering lanes on major freeways impassable. The city barricaded flooded areas.

Crews using a life jacket and a ladder fire truck rescued a man from a truck on a flooded stretch of freeway, video posted on social media by Houston's local ABC station showed. Patrick said there were several other rescues. Floodwaters exceeded 10 inches (25 cm) across



most of Houston, Mayor John Whitmire said. "We're literally getting calls across Houston right now asking for first responders to come rescue individuals in desperate life safety conditions," Whitmire said. The storm had strengthened to a Category 1 hurricane as it crossed the warm waters of the Gulf of Mexico before making landfall. But the NHC said it was expected to weaken into a tropical depression overnight and a post-tropical cyclone on Tuesday.

That was still enough to deliver more heavy rain as it moved northeastward from eastern Texas on Monday afternoon, across Arkansas on Tuesday, into the Lower Ohio Valley on Tuesday night, and finally into the Lower Great Lakes on Wednesday, the US National Weather Service said. The Federal Emergency Management Agency (FEMA) and the US Coast Guard had positioned staff to assist with search and rescue efforts. FEMA also readily water, meals and generators to boost local response efforts, according to the Biden administration. Schools said they would close as the storm approached. Airlines cancelled more than 1,300 flights, and officials ordered a smattering of evacuations in beach towns. Small businesses in Houston, including package delivery services and chiropractors, delayed openings or were closed on Monday. More than 2.7 million homes and businesses in Texas lost power, according to Patrick and PowerOutage.us. Several counties in southeastern Texas, including Houston, where many US energy companies are headquartered, are under a flash-flood warning as thunderstorms unleashed up to nearly 12 inches (30 cm) of rain in some areas. Closures of major oil-shipping ports around Corpus Christi, Galveston and Houston ahead of the storm could disrupt crude oil exports, along with shipments of crude to refineries and motor fuel from the plants. The Corpus Christi Ship Channel has re-opened, while the Port of Houston was projected to resume operations on Tuesday afternoon. Some oil producers, including Shell and Chevron, evacuated personnel from their Gulf of Mexico offshore production platforms ahead of the storm. Marathon Petroleum Corp's refinery in Texas City was hit by a power interruption on Monday amid the storm, the company said in a statement.

## 'Defiant' Biden dares detractors to challenge him at Democratic convention

GNS News Agency, Sept 8

Washington: US President Joe Biden dared his detractors on Monday to challenge him at the Democratic National Convention in Chicago next month, amidst increasing voices from within his own party colleagues that he should step down from the November 5 presidential election. Biden, 81, who has been attacked by his own party colleagues after his poor performance at the Atlanta debate on June 27 against his Republican rival Donald Trump, adopted a defiant approach on Monday. He called the popular "Morning Joe" show challenging his opponents to bring this issue in Chicago next month. Later in the evening, he told his national finance committee members that he is done talking about the debate. "We need to move



forward. Look, we have roughly 40 days till the convention, 120 days till the election. We cannot waste any more time being distracted," Biden said in a private call with donors on Monday, according to a recording obtained by Politico. "I have one job and that is to beat Donald Trump. I am absolutely cer-

tain I am the best person to be able to do that. So we are done talking about the debate, it is time to put Trump in a bulls eye," the President said, according to Politico. Earlier in the day, he gave a phone interview to MSNBC. "I am getting so frustrated by the elites — now I am not talking about

you guys — the elites in the party. 'Oh, they know so much more.' Any of these guys that do not think I should run, run against me. Announce for President, challenge me at the convention," Biden said. During the interview, Biden asserted that he will be the Democratic nominee. "

## Joe Biden not being treated for Parkinson's: White House



GNS News Agency, Sept 8

US President Joe Biden is not being treated for Parkinson's disease, the White House said on Monday, after the New York Times reported that visitor logs showed a doctor specialising in the illness visited the White House at least eight times from August through March. Concerns that the president might be suffering from an undisclosed illness have risen since Biden stumbled, appearing frail and losing his train of thought at times, in his June 27 debate against Republican Donald Trump.

"Has the president been treated for Parkinson's? No. Is he being treated for Parkinson's? No, he's not. Is he taking medication for Parkinson's? No," White House press secretary Karine Jean-Pierre told a briefing. Biden is battling criticism from some Democrats that he lacks

the mental acuity to stand as their nominee against Trump in the Nov. 5 presidential election. A Reuters review of White House visitor logs showed that Dr Kevin Cannard, a neurologist and movement disorders specialist from Walter Reed National Military Medical Centre, visited the White House eight times from August through March. Cannard has co-authored research on treatment for early Parkinson's disease at Vanderbilt University Medical Centre.

Cannard met with White House physician Dr Kevin O'Connor at the White House in mid-January, the logs showed. Cannard's visits to the White House were first reported by The New York Post on July 6. One former White House official, who worked for Biden when he was vice president under President Barack Obama and as president, was treated by the same doctor for migraines in 2016, the former official told Reuters. The doctor came to the White House once a month then as part of his rotation, the individual said. Jean-Pierre refused to confirm or elaborate on Cannard's visits. At the media briefing, she was frequently challenged by reporters and said she wanted to respect the privacy of all involved for security reasons. She said Biden had seen a neurologist three times connected to his annual physical exam. She did not explain Cannard's presence at the White House but suggested it might be connected to treating some of the military personnel who work at the White House complex. There are thousands of military personnel that come to the White House and they are under the care of the medical unit," she said.

## Opposition leader Gonzalez left country for asylum in Spain, says Venezuelan official

GNS News Agency, Sept 8

"Former Venezuelan Opposition Presidential candidate Edmundo González has left the South American country after seeking asylum in Spain," according to a senior Venezuelan official. The surprise departure by the candidate who Venezuela's Opposition and several foreign Governments consider the legitimate winner of July's presidential race is a serious blow to efforts to unseat President Nicolás Maduro and comes just days after the Government ordered his arrest. Venezuelan Vice President Delcy Rodríguez said in a message posted on Instagram that Mr. González, who has not been seen since the election, had sought refuge in past days at Spain's embassy in Caracas. She said the Government decided to grant Mr. González safe passage out of the country to help restore "the country's political peace and tranquility."

Edmundo González, a 75-year-old former diplomat, was a last-minute stand-in when Opposition leader Maria Corina Machado was banned from running. Previously unknown to most Venezuelans, his campaign nonetheless rapidly ignited the hopes of millions of Venezuelans desperate for change after a decade-long economic freefall. While Mr. Maduro was declared the winner of the July vote, most western Governments have yet to recognize his victory and are instead demanding that authorities publish a breakdown of votes. Meanwhile, tally sheets collected by opposition volunteers from over two-thirds of the electronic voting machines indicate that Mr. González won by a more than 2-to-1 margin. The tally sheets have long been considered the ultimate proof of election results in Venezuela. In previous Presidential



Elections, the National Electoral Council published online the results of each of the more than 30,000 voting machines, but the Mr. Maduro-controlled panel did not release any data this time, blaming an alleged cyberattack mounted by its opponents from North Macedonia. Attorney General Tarek William Saab, a staunch Mr. Maduro ally, sought Mr. González's arrest after he failed to appear three times in connection to a criminal investigation into what it considers an act of electoral sabotage.

Mr. Saab told reporters that the voting records the opposition shared online were forged and an attempt to undermine the National Electoral Council. Experts from the United Nations and the Carter Center, which, at the invitation of Maduro's government, observed the election, determined the results announced by electoral authorities lacked credibility. In a statement critical of the election, the U.N. experts stopped short of validating the opposition's claim to victory, but they said the voting records it published online appear to exhibit all of the original security features.

## Yemen's Houthi rebels claim they shot down another U.S. MQ-9 drone

GNS News Agency, Sept 8

Yemen's Houthi rebels claimed early Sunday (September 8, 2024) they shot down another American-made MQ-9 drone flying over the country, marking potentially the latest downing of the multimillion-dollar surveillance aircraft. "The U.S. responded with airstrikes over Houthi-controlled territory," the rebels said. The U.S. military did not immediately respond to a request for comment over the Houthi claim. The rebels offered pictures or video to support the claim as they have in the past, though such material can appear in propaganda footage days later. However, the Houthis have repeatedly downed General Atomics MQ-9 Reaper drones in the years since they seized Yemen's capital, Sanaa, in 2014. Those attacks have exponentially increased since the start of the Israel-Hamas war and the Houthis launched their campaign targeting shipping in the Red Sea corridor. Houthi military spokesperson Brigadier General Yahya Saree made the claim in a prerecorded video message. He said the Houthis shot down the drone over Yemen's Marib province, a long-contested area home to key oil and gas fields that's been held by allies of a Saudi-led coalition battling the rebels since 2015.

General Saree offered no details on how the rebels downed the aircraft. However, Iran has armed the rebels with a surface-to-air missile known as the 358 for years. Iran denies arming the rebels, though Tehran-manufactured weaponry has been found on the battlefield and in seaborne shipments heading to Yemen despite a United Nations arms embargo. The Houthis "continue to perform their jihadist duties in victory for the oppressed Palestinian people and in defense of dear Yemen," Mr. Saree said.

Reapers, which cost around \$30 million apiece, can fly at altitudes up to 50,000 feet (15,240 meters) and have an endurance of up to 24 hours before needing to land. The aircraft have been flown by both the U.S. military and the Central Intelligence Agency (CIA) over Yemen for years. After the claim, the Houthis' Al-Masirah satellite



Yemen's Houthi rebels have claimed they shot down another American-made MQ-9 drone flying over the country, marking potentially the latest downing of the multimillion-dollar surveillance aircraft

news channel reported multiple U.S.-led airstrikes near the city of Ibb. The U.S. military did not immediately acknowledge the strikes, but the Americans have been striking Houthi targets intensely since January. The Houthis have targeted more than 80 merchant vessels with missiles and drones since the war in Gaza started in October. They seized one vessel and sank two in the campaign that has also killed four sailors. Other missiles and drones have either been intercepted by a U.S.-led coalition in the Red Sea or failed to reach their targets, which have included Western military vessels as well. The rebels maintain that they target ships linked to Israel, the U.S., or the U.K. to force an end to Israel's campaign against Hamas in Gaza. However, many of the ships attacked have little or no connection to the conflict, including some bound for Iran. Those attacks include the barrage that struck the Greek-flagged oil tanker Sounion in the Red Sea. Salvagers last week abandoned an initial effort to tow away the burning oil tanker, leaving the Sounion stranded and its 1 million barrels of oil at risk of spilling.

## Musk again rakes up EVM issue before US elections, X users not convinced

Yemen's Houthi rebels have claimed they shot down another American-made MQ-9 drone flying over the country, marking potentially the latest downing of the multimillion-dollar surveillance aircraft. San Francisco: Tesla and SpaceX CEO Elon Musk on Tuesday again raked up the electronic voting machine (EVM) issue before the US presidential elections in November, vouching for paper ballots and in-person voting mechanisms. In a post on X social media platform, the tech billionaire said, "EVMs and anything mailed in is too risky". Electronic voting ma-

chines and anything mailed in is too risky. "We should mandate paper ballots and in-person voting only,"\* said the X owner, displaying some US-based news stories about EVMs. However, not many X users supported his theory. "On the contrary, paper ballots are easily manipulated through booth capturing. EVMs with factory-embedded programmes cannot be hacked easily and must be used," said an X user. In an earlier post, Musk claimed that when combined with main-in ballots, the system is "designed" to make it impossible to prove fraud.

# Regulator has reacted, govt has nothing further to add: Finance Ministry on Hindenburg report on Sebi



Economic Affairs Secretary Ajay Seth said there is "nothing further to add" by the government on the issue as both the regulator and the concerned person have given the statements. Economic Affairs Secretary Ajay Seth said there is "nothing further to add" by the government on the issue as both the regulator and the concerned person have given the statements. In the first official reaction from the Ministry of Finance on the Hindenburg revelations against Securities and Exchange Board of India (SEBI) Chairperson Madhabi Puri Buch, Economic Affairs Secretary Ajay Seth said there is "nothing further to add" by the government on the issue as both the regulator and the concerned person have given the statements.

"SEBI has given a statement. The concerned person has given a statement. I have nothing further to add," Seth told reporters outside North Block. Seth, as the Department of Economic Affairs Secretary, holds the position of

part-time member in the SEBI board. A detailed query sent by The Indian Express to the DEA Secretary did not elicit a response. When asked about whether SEBI Chairperson will step aside from the case, Seth reiterated, "Both of them, the concerned person as well as the regulator, have made the statements and there is nothing further to be added by the government."

After the US-based short-seller Hindenburg Research on Saturday made a series of allegations against SEBI Chairperson Madhabi Puri Buch, Sebi on Sunday came out in Buch's defence and said the regulator has adequate internal mechanisms to address issues related to conflict of interest, which include disclosure framework and provision for recusal. Relevant disclosures required in terms of holdings of securities and their transfers have been made by the Chairperson from time to time, SEBI said on Sunday. "Chairperson has also recused herself in matters involving potential conflicts of interest," the regulator said. On Saturday, the US-based Hindenburg Research, in a post on X (formerly Twitter) alleged that Buch and her husband had stakes in obscure offshore funds used in the Adani money siphoning scandal. The short-seller alleged that the couple invested in Global Dynamic Opportunities Fund (GDOF), in which Vinod Adani, brother of Gautam Adani, had invested. This report by Hindenburg Research comes almost 18 months after it had first kicked up a political storm in January 2023, alleging the Adani Group of "brazen stock market manipulation" and "accounting fraud". The port-to-energy conglomerate had denied all these allegations; the Supreme Court had rejected the demand for a CBI or court-monitored probe.

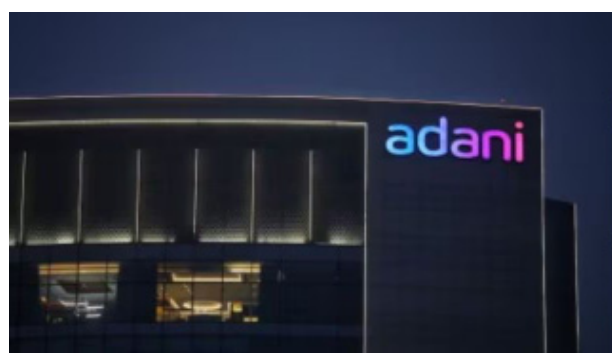
## Adani Group shares tank after latest Hindenburg allegations against Sebi chief

Shares of Adani Group companies remained under pressure on Monday after Hindenburg Research in its recent report alleged that the Securities and Exchange Board of India (Sebi) Chairperson Madhabi Puri Buch had a stake in 'offshore entities used in Adani money siphoning scandal'. While shares of Adani Enterprises fell 3.09 per cent, shares of Adani Energy Solutions opened 17 per cent lower on the BSE. Adani Power, Adani Green Energy and Adani Total Gas declined by 4.98 per cent, 6.96 per cent and 5.57 per cent. Adani Wilmar opened 3.88 per cent down and NDTV tanked 11 per cent.

The Sensex, however, dropped 375.79 points, or 0.47 per cent and Nifty declined 47.45 points, or 0.19 per cent at the opening. On Saturday, quoting "whistleblower documents", Hindenburg had alleged, "SEBI's Chairperson and her husband, Dhaval Buch, had stake in obscure offshore entities used in Adani money siphoning scandal." Gautam Adani-led Adani group on Sunday denied the allegations made by Hindenburg and termed those malicious, mischievous and manipulative.

It also reiterated that its overseas holding structure is fully transparent, with all relevant details disclosed regularly in numerous public documents. "The Adani Group has absolutely no commercial relationship with the individuals or matters mentioned in this calculated deliberate effort to malign our standing. We remain steadfastly committed to transparency and compliance with all legal and regulatory requirements," the Adani group said in the statement. For a discredited short-seller under the scanner for several violations of Indian securities laws, Hindenburg's allegations are no more than red herrings thrown by a desperate entity with total contempt for Indian laws, it said. The latest allegations by Hindenburg, however, did not have much impact on domestic equity market indices, Sensex and Nifty. "Domestically, there is the Hindenburg report and its likely fall out. It appears that this 'revelation' is unlikely to impact the market meaningfully. The buy on dips strategy which has been working well in this bull run is likely to work again," said V K Vijayakumar, Chief Investment Strategist, Geojit Financial Services.

In response to the allegations made by Hindenburg, Sebi came out in defence of Madhabi Puri Buch stating that the regulator has adequate internal mechanisms for addressing issues relating to conflict of interest, which



include disclosure framework and provision for recusal. Sebi on Sunday had advised investors to remain "calm and exercise due diligence" before reacting to such reports. "Investors should remain calm and exercise due diligence before reacting to such reports. Investors may also like to take note of the disclaimer in the report that states that readers should assume that Hindenburg Research may have short positions in the securities covered in the report," Sebi said. A joint statement issued by Madhabi Puri Buch and her husband said that "the investment in the fund referred to in the Hindenburg report was made in 2015 when they were both private citizens living in Singapore and almost 2 years before Madhabi joined Sebi, even as a Whole Time Member".

Madhabi Puri Buch, an alumna of IIM Ahmedabad, became a Whole Time Member in the Sebi in 2017 and its Chairperson in March 2022. "Sebi has strong institutional mechanisms of disclosure and recusal norms as per the code of conduct applicable to its officers. Accordingly, all disclosures and recusals have been diligently followed, including disclosures of all securities held or subsequently transferred," the joint statement stated. On Monday, Hindenburg Research again hit back at Madhabi Puri Buch alleging that she ensured the accounts with ties to Adani 'be registered solely in the name of Dhaval Buch', her husband, two weeks after her appointment as SEBI Chairperson and "redeemed the funds through her husband's name". "Despite disclaiming control, a private email she sent a year into her SEBI term shows she redeemed stakes in the funds through her husband's name, as per the whistleblower documents," Hindenburg alleged on Monday.

## Sebi backs chief Buch after Hindenburg report: Disclosed, recused on conflict of interest

A day after the US-based short-seller Hindenburg Research made a series of allegations against Securities and Exchange Board of India (SEBI) Chairperson Madhabi Puri Buch, Sebi came out in Buch's defence and said the regulator has adequate internal mechanisms to address issues related to conflict of interest, which include disclosure framework and provision for recusal. Relevant disclosures required in terms of holdings of securities and their transfers have been made by the Chairperson from time to time, SEBI said on Sunday. "Chairperson has also recused herself in matters involving potential conflicts of interest," the regulator said, backing its Chairperson and advising investors to remain calm and exercise due diligence. The SEBI press statement came soon after Buch and her husband Dhaval Buch issued their second statement within a gap of 24 hours. In their second statement issued on Sunday, they said their investment in the offshore funds, mentioned by Hindenburg Research in its latest allegations, were made in 2015 when they both were 'private citizens' living in Singapore. The investment was made almost 2 years before she joined Sebi as a Whole-Time Member, it said. The SEBI statement backing her is significant since the market regulator's board has Economic Affairs Secretary Ajay Seth, Secretary of the Ministry Corporate Affairs Manoj Govil and RBI Deputy Governor M Rajeshwar Rao as members, besides four Whole-Time Directors. Major decisions of the Sebi are decided in the board meetings. The market regulator also advised investors to remain "calm and exercise due diligence" before reacting to such reports. "Investors should remain calm and exercise due diligence before reacting to such reports. Investors may also like to take note of the disclaimer in the report that states that readers should assume that Hindenburg Research may have short positions in the securities covered in the report," Sebi said. On Saturday, the US-based Hindenburg Research, in a post on X (formerly Twitter) alleged that Madhabi Puri Buch and her

husband had stakes in obscure offshore funds used in the Adani money siphoning scandal. The short-seller alleged that the couple invested in Global Dynamic Opportunities Fund (GDOF), in which Vinod Adani, brother of Gautam Adani, had invested. SEBI, over the years, has built a robust regulatory framework that not only aligns with best global practices but also ensures protection of investors, the regulator said. "The allegations made by Hindenburg Research, against the Adani Group, have been duly investigated by SEBI," it said. "Supreme Court in its order of January 3, 2024 noted that SEBI had completed 22 out of 24 investigations into the Adani group. Subsequently, one more investigation was completed in March 2024, and one remaining investigation is close to completion," the regulator said. During the ongoing investigation in this matter, more than 100 summons, around 1,100 letters and emails have been issued to seek information. "Further, more than 100 communications have been made seeking assistance from domestic/foreign regulators and external agencies. Also more than 300 documents containing around 12,000 pages have been examined," it said. On the show-cause notice issued to Hindenburg, Sebi said it has been issued by following the due process of the law. "It is noted that Hindenburg Research has itself made the show cause notice issued to it available on its website. The show cause notice contains the reasons for its issuance. The proceedings in this matter are ongoing and the same is being dealt with in accordance with the established procedure and in compliance with the principles of natural justice," it said. On the allegations that REIT regulations benefited a large "conglomerate", Sebi said regulations are notified after approval of the SEBI Board. "As a measure of transparency, the agenda papers for Board meetings and outcomes of Board discussions are also published on SEBI website. Hence, claims that such regulations, changes to regulations or circulars issued related to REITs were to favour one large multinational financial conglomerate, are inappropriate," it said.

## Do peanuts help lose weight?



No one food can help you lose those extra kilos and achieve your weight loss target. But there are some that — when consumed as part of a healthy diet — can help you realise your goals sooner. One such food is peanuts, according to certified yoga trainer Saurabh Bothra who said that these nuts are nutritious, filling, economical, and energy-dense. "These are not just peanuts but a treasure for you. When consumed in the right quantity, they are beneficial in managing our weight," Bothra said in an Instagram reel.

But what about peanuts makes them ideal for weight loss?

Highlighting peanuts' ability to help curb cravings, experts said they can indeed support weight loss when

had as part of a balanced diet. Rich in healthy fats, protein, and fibre, they promote satiety and help manage overall calorie intake. "When eaten in moderation, peanuts can be a beneficial supplement to a weight loss program. Their high content of protein and fibre encourages fullness and lowers total caloric consumption," said Sushma PS, chief dietician, Jindal Naturecure Institute. Additionally, peanuts provide good fats that increase feelings of fullness and reduce cravings. "They are a wise snack option; despite their high-calorie and nutrient-rich composition, they offer important vitamins and minerals," said Sushma.

What types of peanuts are ideal for consumption?

To maximise their advantages, choose unflavoured and unsalted peanuts instead of ones with additional sugars and salt, which might negate their beneficial effects, suggested Sushma. You can even boil peanuts and have them, shared Bothra, adding that traditionally, peanuts are added in dishes like poha, upma, chutneys, and homemade peanut butter. "Integrating peanuts into meals or as a snack, alongside a variety of fruits, vegetables, and whole grains, can enhance nutritional quality and support weight management goals effectively," stressed Neelima Bisht, chief clinical nutrition, dietetics department, Paras Health, Gurugram. As always, personalised dietary guidance from a healthcare professional is recommended to ensure individual nutritional needs are met.

## If you use eardrops in monsoon, stop right now!

Are you obsessed with using eardrops? If you nodded yes, today is the day you must stop, especially with the monsoon raging fast as it can also pose challenges for your ear health. Dr Rajesh Dhir, Senior ENT Consultant at HearClear, explains how increased humidity during monsoons can impact your ears and why using eardrops can make it worse. Monsoon's high humidity creates a breeding ground for bacteria and fungus, significantly increasing the risk of ear infections. These infections can cause itchiness, redness, swelling, and discharge in the ear canal.

Swimmer's ear, another common monsoon-related problem, is a bacterial or fungal infection of the outer ear canal, Dr Dhir said. It can lead to severe pain, redness, swelling, and even greenish-yellow pus discharge, potentially blocking the ear canal and affecting hearing. Humidity can also affect earwax production, he added. "Moist air softens earwax, which can harden and cause blockages during drier periods. Additionally, fluctuating humidity levels can worsen tinnitus, a condition characterised by ringing or buzzing sounds in the ears," Dr Dhir said.

While eardrops might seem like a quick fix for ear discomfort during monsoons, Dr Dhir warns against self-medication. Using over-the-counter or unprescribed eardrops can do more harm than good. They might worsen Earwax Blockage: Certain drops can stimulate excess earwax production, further aggravating the problem. Cause Irritation and Inflammation: Ingredients in some eardrops can irritate the ear canal, leading to inflammation and discomfort. Factors influencing hearing damage from earphone use Remember, early diagnosis and proper medical care are crucial for addressing any ear problems you might encounter. (file) Trigger Antibiotic Resistance: Using antibiotic eardrops without a doctor's guidance can contribute to antibiotic resistance. Potentially Lead to Hearing Loss: In severe cases, misuse of eardrops can damage the ear canal and affect hearing. Essential ear care tips for the monsoon season Here are some simple steps Dr Dhir suggested you can take to protect your ears during the monsoon:

Regular Ear Cleaning: Regularly clean your ears with a soft, damp cloth to remove excess earwax. Avoid using cotton swabs, which can push wax further into the



ear canal and cause infections. Protect Hearing Aids: If you wear hearing aids, use dehumidifiers, or protective covers to shield them from moisture damage. Clean and maintain your hearing aids regularly to ensure their optimal functioning. Limit Water Activities: Avoid swimming or other water activities during heavy monsoon rains to minimise the risk of contaminated water entering your ears and causing infections. Consult a Doctor: If you experience any ear pain, discomfort, discharge, or worsening tinnitus, consult an ENT specialist for proper diagnosis and treatment. By following these tips and avoiding self-medication with eardrops, you can ensure your ears stay healthy and comfortable throughout the monsoon season. Remember, early diagnosis and proper medical care are crucial for addressing any ear problems you might encounter.

## This is what happens to the brain when you experience a burnout



Today, the phenomenon of burnout has become an all-too-familiar reality for many individuals, especially in work environments. While the physical and emotional manifestations of burnout are widely recognised, the impact it has on the brain, one of the most important organs in our body, is often overlooked. Neha Cadabam, senior psychologist and executive director at Cadabam Hospitals and Mindtalk, "In the brain, high stress hormones like cortisol can shrink the hippocampus, a key area for memory and learning. This can make it harder to concentrate, remember things, and make decisions."

Another area affected by burnout, she adds, is the prefrontal cortex (PFC), the CEO of your brain. It handles planning, focus, and managing emotions. Burnout weakens the "connection between the PFC and the amygdala, your fear center". This can make you feel constantly overwhelmed, with negative emotions like frustration and irritability taking over. Effect of chronic stress and burnout on a person's cognitive abilities and emotional health

Chronic stress and burnout are like a one-two punch to your cognitive abilities and emotional well-being. Here's how they are affected, according to Cadabam: Cognitive Abilities: As mentioned earlier, burnout shrinks the hippocampus, leading to memory problems, difficulty concentrating, and trouble making decisions. It's like trying to run a marathon with a sprained ankle — things just get slower and more challenging. Emotional Health: Burnout weakens the connection between the PFC, which helps regulate emotions, and the amygdala, the fear center. This can lead to feeling constantly overwhelmed, irritable,

and frustrated. It's like your brain's "chill" button is broken, and negativity keeps getting turned up to eleven. Burnout can also dampen your motivation and enjoyment of life, she says. "This is because chronic stress reduces dopamine production, a feel-good chemical released when you achieve something or experience something pleasurable. Cadabam explains, "Stress hormones like cortisol are like firefighters — they're there to help in a crisis. But in burnout, cortisol becomes a chronic overreactor, constantly flooding the brain."

This has a negative impact on several areas: Hippocampus: Chronic cortisol shrinks the hippocampus, leading to memory and learning difficulties. Prefrontal Cortex (PFC): High cortisol disrupts communication between the PFC and the amygdala, making it harder to focus, manage emotions, and feel calm. Reward System: Cortisol can also dampen dopamine production, making it difficult to feel motivated and find enjoyment in activities. Effective ways to help the brain recover from burnout: Techniques like mindfulness meditation, exercise, and spending time in nature have all been shown to reduce stress hormones," Cadabam recommends. Activities that challenge your brain in a positive way, she continues, including learning a new skill or playing a game, can help strengthen neural connections. Finally, don't underestimate the power of sleep. When you sleep, your brain consolidates memories, processes emotions, and recharges for the next day.

## Ex-Twitter board member sues Elon Musk's X for \$20 million

New York: Billionaire Elon Musk-run X social media platform has been sued by a former Twitter board member for \$20 million. Omid Kordestani, former Twitter (now called X) executive chairman, has sued the social media platform, claiming that Musk refused to cash out more than \$20 million worth of shares that belong to him, according to reports.

Reports further said that Kordestani had received most of his compensation in stock but after Musk bought the company, he allegedly refused to pay him for those shares, according to the lawsuit.

## When Asha Bhosle confessed her competition with sister Lata Mangeshkar, was afraid she'll be overshadowed: 'Didi ke hote mujhe kaam nahi milega'



Lata Mangeshkar and Asha Bhosle remain the two singers who ruled over the Indian cinema with their mellifluous voices and their popularity transcends generations and regions. However, there was a time when Asha, who turns 91 today, was fearful that she will be overshadowed by her extremely talented sister, forcing her to rethink her future. It was this fear that made a young Asha change her voice and learn and experiment with various song forms — including film music, pop, ghazal, bhajans, traditional Indian classical music, folk songs, qawwalis and Rabindra Sangeet, among others. And today, she holds Guinness World Record for having recorded 12,000 songs in 20 languages, Dadasaheb Phalke Award, and Padma Vibhushan.

In an interview with India Today, Asha Bhosle recalled a silly mistake by a production man, which turned her life upside down. She said, "I come from a family of musicians. Right from my father to my sister, they were all singers. My voice was very much similar to didi (Lata Mangeshkar). Initially when I sang, my voice would come out same as didi. Once a man called me. During those days, music records would not have the name of the singers but actors. So the actor in that particular film was Asha (Parekh), and so the record was tentatively titled Asha Pictures. He mistook Didi's voice to mine. He said, 'Yeh Asha ka gaana hai', I clarified right then, 'No, its not me. Its my sister's song. Then he apologised and was like, 'My bad'."

This one incident was enough to give her sleepless nights. She recalled, "I thought to myself, if I will continue to sing in a similar voice to didi, then I will never get work as long as didi is in the business. I won't have a name and fame of my own." After this incident, I began to change

my style of singing. I started to watch English movies to learn western songs, observe how they would sing in English. I also learnt how to sing Qawwali, Ghazal, the voice modulations needed in different form of singing. I started to learn it all", she added. Asha Bhosle eventually became the voice behind songs like "Aaja Aaja" (Teesri Manzil), "O Mere Sona Re" (Teesri Manzil), "Piya Tu Ab To Aaja" (Caravan), "Do Lafzon Ki Kahani" (Don) "Yeh Mera Dil" (Don), "Disco Station" (Hathkadi), "Mera Kuch Samaan" (Ijaazat), "Raat Akeli Hai" (Jewel Thief), "Chura Liya Hai Tumne Jo Dil Ko" (Yaadon Ki Baaraat), "Roz Roz Aankhon Tale" (Jeeva), "Tumse Milke" (Parinda), and the list goes on. She teased her listeners with her unique voice, very much different from that of her sister's.

Having established a niche for herself in the industry, there were many times that the singer collaborated with her sister Lata Mangeshkar. However, the collaborations used to make Asha Bhosle extremely conscious. "Be it Main Chali Main Chali" (Padosan in 1968), "Chhap Tilak Sab" (Main Tulsi Tere Aangan Ki in 1978), or the other 90 songs she recorded with her, the experience remained the same.

In the same interview, Asha said, "Whenever I used to record with didi, I had to be extremely conscious. I had to be prepared as to what different thing will she add this time to this song. We had a thing of adding our own touch to songs we sang, so I used to be worried, what new thing would she add. There was a pressure to give an equal attempt at adding something new to the song, to leave my mark." She confessed, "There was definitely a competition between us". However, she clarified, "It was a healthy one. This (competition) enhanced our songs."

Click for more updates and latest Bollywood news along with Entertainment updates. Also get latest news and top headlines from India and around the world Jyothi Jha works as a Copy Editor at the Indian Express. She brings in more than 5 years of experience where she has covered Entertainment majorly for TV9, NDTV and Republic Media. Apart from Entertainment, she has been an anchor, copy editor and managed production team under the Politics and Daily News segment. She's passionate about Journalism and it has always been her first choice, she believes in what George Orwell had once said, "Journalism is printing what someone else does not want you to do, rest everything is public relations".

## Ananya Panday on facing judgements: 'No matter what you do, people will find something negative to say'

Actress Ananya Panday has been garnering praise for her performance in the Amazon Prime Video show Call Me Bae. Recently, Ananya spoke to Indianexpress.com about her character in the show and also about facing judgments as a celebrity. The actress also shared her take on whether women are empowered today.

In Call Me Bae, Ananya's character Bella/Bae faces certain kinds of judgments at every step. When Ananya was asked if she has been in a similar situation in real life where there has been underestimation at every turn, the actress said, "There is judgment and people say all kinds of things to all sorts of people. But I have realized over time to not pay heed to that because people will say whatever, no matter what you do, how you do it, they will find something negative to say at the end of the day. So I think it is about doing good work and focusing on that."

At the show's trailer launch, Ananya Panday was asked how important was it for her to make sure that her character did not come across as a bimber. She said, "The first step for me was not to think of Bae as that. She has her vulnerabilities and flaws, so both Colin and I not judging her was important. As an actor, it was important for me to be fully convinced by what Bae was saying even though it might seem ridiculous to everyone around. I couldn't make fun of her. I had to deeply believe what she was saying and I feel like on the surface Bae might look like something else, but when you get to know her, automatically that perception will be shaken off."



Watch Ananya Panday's full interview right here: Talking about feeling empowered as a woman in this day and age, especially with all the atrocities happening around, Ananya Panday shared, "There is no black or white when it comes to feeling empowered. Things have gotten better in our industry. The guidelines, the safety protocols are put in place. The power of choice that female actors have now, the sheer number of women on a set, in that way, there is a lot of progress. But then there is also the flipside where it seems almost regressive. So I don't think we can put it into the black and white box." Lastly, Ananya Panday spoke about beauty standards in the film industry. She said, "Beauty is very subjective. For me, it is so much beyond how someone looks. It is about how they can affect me as a person. So, I feel beauty standards will always exist, but I don't think it is just physical beauty."

## Directors' body suspends Arindam Sil over sexual misconduct allegation



Bengali filmmaker Arindam Sil was suspended by the Directors' Association of Eastern India (DAEI) following a complaint of sexual misconduct by an actress. Sil is the first big name in the Bengali film industry, also called Tollywood, against whom action was taken after allegations of sexual harassment shook the Malayalam film industry. The suspension came into force with immediate effect, said a letter sent by DAEI late on Saturday. "Due to certain allegations made against you, and prima facie evidence we have with us, which are of deep concern and is maligning to the entire organisation, DAEI has decided to suspend you from membership for indefinite period or till the allegations against you are cleared," said the letter sent by DAEI president Subrata Sen and secretary Sudeshna Roy. Arindam Sil, who is also a well-known actor, told reporters that what was being construed as misbehaviour was unintentional. The filmmaker said the incident being referred to happened recently when he was explaining a scene to the actress during the shooting of a film.

"No one objected to my actions or conduct at that

time," Sil claimed. The DAEI took up the matter after the actress filed a complaint with the West Bengal Commission for Women. The DAEI then sought an explanation from Arindam Sil, and he wrote a letter to the body, "expressing apology". Sil claimed that everyone who worked in the film and was present at the time of the incident would testify that his action was "unintentional". "They just took the decision," he said, referring to the suspension. Sudeshna Roy said the DAEI took a considered view of the matter after talking to all concerned parties. Arindam Sil is known for his detective films such as Har Har Byomkesh and Mitin Mashi, besides the Shabor series.

## Directors' body suspends Bengali filmmaker Arindam Sil over sexual misconduct

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## Alia Bhatt dons action avatar to save her brother in this Vasan Bala film



While there is no doubt that Alia Bhatt is one of Indian cinema's top-tier talents, her avatar as a producer is proving to be an interesting aspect of her career. After the success of the Netflix dark comedy Darlings, Alia is back in the producer's chair for the upcoming film, Jigra. Directed by Vasan Bala, the movie, also starring Vedang Raina, is an action-packed prison break film featuring a dotting sister who would go to any lengths to save her brother. The teaser opens with a grim-looking Alia talking about having no one in her life except her brother, who is fighting a race against time.

With the "Phoolon ka Taaron" song playing in the

background, we are shown how a bloodied Alia Bhatt fights against all odds, and becomes a hero to help her brother, played by Vedang Raina, imprisoned in a foreign prison. She is helped in this endeavour by Manoj Pahwa and Rahul Ravindran. The teaser oscillates between the sibling love, and how Alia's character explodes prison walls, bursts through flames in a car, and escapes bullets and bombs to ensure she is able to hug her brother one more time. Along with Alia Bhatt, the film is backed by Karan Johar, Apoorva Mehta, Shaheen Bhatt and Somen Mishra, and co-produced by Marijke DeSouza. Written by Debashish Irengham and Vasan Bala, Jigra will hit the screens on October 11.

## Salman Khan, Kareena Kapoor, Sara Ali Khan and others celebrate Ganesh Chaturthi with the Ambanis.

Ganesh Chaturthi 2024 was celebrated in the country on Saturday and while the enthusiasm was at its peak, it was the Ambani's Ganesh Chaturthi celebration that became the highlight of the evening. The who's who of the Hindi film industry attended the festivities at the Ambani household in Mumbai. Celebrities like Salman Khan, Ananya Panday, Kareena Kapoor Khan, Saif Ali Khan, Sidharth Malhotra, Kiara Advani, Aamir Khan, and many more were seen at the Ambani family's Ganesh Chaturthi celebration.

On the occasion, Ananya Panday looked stunning in a golden saree, while Shraddha Kapoor was seen donning a red attire. Her Stree 2 co-star Rajkumar Rao was also seen at the celebration with his wife Patrikhaa. Riteish and Genelia Deshmukh also made a stunning appearance at the event. Aamir Khan was seen with his sons Junaid and Azaad as he visited the Ambanis for the Ganpati darshan. Salman Khan also made heads turn in his traditional avatar. Sidharth Malhotra and Kiara Advani complimented each other as they posed for the paparazzi, while Kareena Kapoor and Saif Ali Khan also spilled



around some sass as they walked the red carpet. The Ki and Ka reunion between Kareena and Arjun Kapoor created quite a frenzy on social media. Sonam Kapoor, Tamannaah Bhatia, Sachin Tendulkar, Jackie Shroff and family were also seen at the celebration. In July, Nita and Mukesh Ambani's youngest son Anant Ambani got married to Radhika Merchant. The event on Saturday marked Radhika and Anant's first Ganesh Chaturthi celebration.

## Meiyazhagan teaser: A heartwarming peek into Karthi and Arvind Swamy's quirky bromance

Karthi's luck with sophomore directors in Tamil should be a case study of sorts. After working in the recent Tamil films of directors Pa Ranjith (Madras), H Vinoth (Theeran: Adhigaaram Ondru), M Muthaiiah (Komban), Bakkiyaraj Kannan (Sulthan) and Lokesh Kanagaraj (Kaithi), Karthi's next Meiyazhagan marks 96 director Prem Kumar's second Tamil film. The makers recently released a heartwarming teaser of the movie that stars Arvind Swamy alongside Karthi. Netizens have been raving about the quality of the teaser, and how it is a welcome move away from the kind of promotional materials bombarding their lives and timelines.

Unlike the flashy teaser cuts that feature hero elevation, song promos, action sequences, and romantic sojourns all crammed into a 90-second bouquet of sorts, Meiyazhagan takes a different route. We are introduced to the town of Needamangalam where a rather urbane character, played by Arvind Swamy, feels out of place. There is a wedding happening in the backdrop, and soon, we see him find a seemingly unlikely companion in his vibrant and naive townsman cousin played by Karthi.

From here, we have a collection of scenes that is reminiscent of the initial meet-cutes between Kamal Haasan and Madhavan in Anbe Sivam. We see Arvind



gradually get equal parts amused and agitated by Karthi's shenanigans that are unadulterated and pure from the heart. Govind Vasantha's beautiful background score elevates the feel-goodness of the teaser, and sets the expectations at the perfect level ahead of the film's release on September 27. Backed by Jyotika and Suriya's 2D Productions, Meiyazhagan has been shot by Mahendran Jayaraj, edited by R Govindraj, and also stars Sri Divya in a prominent role. Apart from Meiyazhagan, Karthi is also working on Nalan Kumarasamy's Vaa Vaathiyaare, and PS Mithran's Sardar 2.

## Shraddha Kapoor and Rajkumar Rao's horror-comedy earns close to Rs 520 crore

Stree 2 box office collection day 24: Shraddha Kapoor and Rajkumar Rao's latest film Stree 2, which hit screens on August 15, has been dominating the box office for almost a month. On its day 24, Stree 2 saw a 100 per cent jump in its collection. As per industry tracker Sacnilk, early estimates for Stree 2's 4th Saturday suggest that the film earned Rs 8.75 crore. On Friday, the movie had managed to collect Rs 4.5 crore. With this, the film's total collection has also crossed Rs 500 crore. As per Sacnilk's report, Stree 2's lifetime domestic collection stands at Rs 516.50 crore. However, according to the official figures re-



leased by Maddock Films (the banner that produced Stree 2), the Amar Kaushik directorial earned Rs 526.43 crore in 22 days in India.

