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WAYANAD BYPOLLS: EC FLYING SQUAD SEIZES FOOD KITS WITH RAHUL, PRIYANKA'S PHOTOS



8-9
GUARDIAN OF JUSTICE



16
MUMBAI CLOSE IN ON BIG WIN AGAINST ODISHA AFTER IMPOSING FOLLOW-ON

PM MODI'S MAHA BATTLE CRY: 'EK HAI, TOH SAFE HAI'

Charges against Congress and I.N.D.I.A bloc

- Opposed to reservation
- Wants to take Constitution out of J&K
- Encourage Pak agenda

AGENCIES
DHULE/NASHIK

Prime Minister Narendra Modi kicked off his campaign on Friday for the crucial Maharashtra assembly polls with unity message of "Ek hai, toh safe hai", building on his party colleague and Uttar Pradesh CM Yogi Adityanath's 'batenge to katenge' slogan.

Modi dared Congress allies in Maharashtra to get party MP Rahul Gandhi to speak for 15 minutes in praise of Hindutva ideologue V D Sankar and Shiv Sena founder Bal Thackeray, whose contributions to the country, he said, were unparalleled.

Addressing two poll rallies during the day, the BJP's star campaigner called out the Congress for its "divisive" brand of politics characterised by pitting one caste against another, and maintained since the days of first Prime Minister Jawaharlal Nehru, the party has been opposed to reservation.

Seeking votes for the ruling Mahayuti coalition, he harped on its development agenda and sought to portray the Maha Vikas Aghadi (MVA) as directionless, saying the opposition bloc resembles a vehicle with-

out wheels or brakes with scramble among its partners to occupy the driver's seat.

In his first rally at Dhule in North Maharashtra for the November 20 polls, Modi accused the Congress of pitting one caste against another and urged people to stay united.

"The sole agenda of the Congress party is to make one caste fight against another. They do not want SCs, STs and OBCs to progress and get their due recognition... Remember, 'Ek hai toh safe hai' (We are safe if we are united)," the BJP stalwart told the crowd.

Notably, at his rallies, Adityanath, a senior BJP leader, has been raising the slogan of 'batenge to katenge' (if divided, we perish).

Further attacking the Congress, Modi accused the Grand Old Party of being "anti-reservation" since assuming power post-independence.

"Since Nehru's time, the Congress and his family opposed reservation and now their fourth generation 'yuvraj' (prince) is working for caste divisions," he said, referring to Lok Sabha MP-Gandhi.

The PM also accused the INDIA bloc, of which the Congress is a key mem-



Prime Minister Narendra Modi pays tribute to Chhatrapati Shivaji Maharaj during a public meeting for the Maharashtra Assembly elections, in Nashik on Friday. ANI

ber, of wanting to take the Constitution out of Jammu and Kashmir and asserted no power in the world can restore Article 370 in the Union Territory.

The PM said the Congress and its allies should not encourage the "Pakistan agenda" and speak the language of separatists.

"Only Ambedkar's Constitution will be followed in J&K. You must have seen on TV how a resolution was moved in the J&K assembly on bringing back Article 370 and when BJP MLAs protested, they were thrown out. The country and Maharashtra... P4

CEC to officials: Take stern action against undignified remarks on women P4

BJP wants to snatch 'jal, jungle, jameen' from tribals: Rahul

AGENCIES
LOHARDAGA/SIMDEGA

Congress leader Rahul Gandhi on Friday accused the saffron party of burning Manipur and making attempts to divide people on religious lines.

"The BJP burnt Manipur and attempted to divide people on religious lines. It incited Hindus, Muslims, Christians and Sikhs against each other. In recently held Haryana elections, the BJP incited Jats against non-Jats... DETAILS P4



TDG NETWORK
SRINAGAR (JAMMU & KASHMIR)

Ruckus ensued in Jammu and Kashmir assembly on Friday, the third day in a row, after People's Democratic Party (PDP) MLA from Kupwara exhibited a banner in support of the restoration of Article 370 in the Union territory.

Bharatiya Janata Party (BJP) MLAs raised slogans and clashed with fellow members, including Engineer Rashid's brother and Awami Ittehad Party MLA Sheikh Khursheed over a banner he was carrying.

BJP MLAs were seen entering the well of the House along with Khurshid Ahmad Sheikh and were marshalled out of the House on the orders of Assembly Speaker Abdul Rahim Rafter.

During the session, several slogans were raised against PDP by BJP MLAs and MLA Khurshid Ahmad Sheikh. BJP MLAs also raised slogans of 'Bharat Mata Ki Jai' in the House.

Reacting to the ruckus, J-K LoP Sunil Sharma termed it as the "darkest day in the democracy." He accused Assembly Speaker of behaving as the "Speaker of National Conference," instead of the House.

Sharma alleged that the



BJP MLAs being marshalled out of the Jammu & Kashmir Assembly after a ruckus broke out in the Assembly over resolution on Article 370 restoration, in Srinagar on Friday. ANI

Speaker wanted to "suppress" the voice of the opposition.

"This is the darkest day in J&K's democracy. For the last three days, the Speaker - who is believed to be the custodian of the House, has been implementing marshal law, behaving as the speaker of the National Conference. They want to suppress the voice of the opposition," Sharma said.

As uproar erupted over the restoration of Article 370, opposing the resolution, LoP Sharma said that this assembly is not bigger than the Parliament and the Supreme Court and there can-

Neither Rahul nor his descendants can restore Art 370: Shah P4

"Only Ambedkar's Constitution will be followed in J&K. No power in the world can restore Article 370 there"

— PM Modi at Maharashtra poll rally



Haryana: Bias against girl child continues

NEERAJ MOHAN
CHANDIGARH

Haryana, once spotlighted as the launchpad of Prime Minister Narendra Modi's

Just 905 female births per 1,000 male births. Gurugram worst in state

ambitious Beti Bachao, Beti Padhao (BBBP) initiative, is witnessing a troubling slide in its sex ratio at birth (SRB).

The state recorded an SRB of just 905 female P4

SC overrules 1967 verdict on AMU's minority status

AGENCIES
NEW DELHI

The Supreme Court on Friday overruled by 4:3 majority the S Azeez Basha versus Union of India case which in 1967 held that since the Aligarh Muslim University was a Central university, it cannot be considered a minority institution.

The majority verdict said the issue of AMU minority status to be decided by a regular three-judge bench.

The bench said that in order to determine whether an institution is a minority institution, what needs to be



looked at is who established the institution.

This administration by non-minority members will not take away the minority character of an institution, the apex court verdict said. It further held that the government can regulate minority educational institutions as long as it does not infringe the minority character.

P4

Chinks in Mahayuti armour, says Uddhav

AGENCIES
BULDHANA (MAHARASHTRA)

Shiv Sena (UBT) chief Uddhav Thackeray on Friday said Maharashtra Deputy Chief Minister Ajit Pawar's disapproval of Uttar Pradesh CM Yogi Adityanath's 'batenge to katenge'



"Ajit Pawar's disapproval of Yogi's remark shows there is no unity in the ruling Mahayuti alliance"

remark shows there was no unity in the ruling Mahayuti alliance.

Referring to the collapse of Chhatrapati Shivaji Maharaj's statue in Sindhurdurg district a few months back, he accused the Eknath Shinde-led government of being the "most

corrupt" in the history of Maharashtra.

Addressing a poll rally in Buldhana, Thackeray said, "Ajit Pawar's disapproval of Yogi's remark shows there is no unity in the ruling Mahayuti alliance. In this scenario, Maharashtra does P4

CJI's parting shot to trolls: 'My shoulders are broad enough'

AGENCIES
NEW DELHI

Outgoing Chief Justice of India DY Chandrachud on Friday said his shoulders are broad enough to accept all criticism as he believed in transparency in public life and the dogma that "sunlight is the best disinfectant".

Justice Chandrachud, who is the 50th CJI, also said he is probably one of the most troled individuals and judges across the system. He then took a swipe at the social media



Chief Justice of India (CJI) DY Chandrachud with CJI-designate Sanjiv Khanna and Justices JB Pardiwala and Manoj Misra in a ceremonial four-judge bench convened to bid his farewell, in New Delhi on Friday. ANI

trollers and said in a lighter vein that they will become "unemployed" from Monday.

The CJI made these remarks on his last working day in office. P4

Justice Chandrachud stepped into the shoes of his illustrious father Y V Chandrachud, who served as the longest CJI between 1978 and 1985, on November 9, 2022 and Friday was his last working day as he would superannuate on November 10, a Sunday.

"I just wanted to tell you that some of the changes we have made were in pursuance of my strong belief that sunlight is the best disinfectant. I know in so many which ways P4

Violence returns to Manipur as tribal village attacked

Six houses torched, villagers attacked in Jiribam

NIBIR DEKA
GUWAHATI

At least six houses were torched and residents of a tribal village were attacked by a group of armed militants in ethnic strife-torn Manipur's Jiribam district. The incident occurred on Thursday evening in Zairon Hmar village after the group of militants set the houses on fire.

Kuki-Zo organisations

claimed that a woman, a resident of the village, was killed during the attack but the report of death has not been confirmed by the district police.

Kuki-Zo organisations claimed that a woman was killed in the attack

Eye-witness sources told The Daily Guardian that at around 8:30 pm evening, a group of armed militants attacked the village, resulting in a loss of life of the women P4

Yasin Malik on hunger strike in Tihar Jail

TDG NETWORK
NEW DELHI

The Delhi High Court on Friday directed Tihar Jail authorities to provide necessary medical treatment to separatist leader Yasin Malik, who is reportedly on a hunger strike since November 1. Justice Anoop Kumar Mendiratta issued a notice to the Centre, Delhi government, and Tihar Jail authorities after a plea was filed requesting urgent med-

P4

Army, J&K Police kill two terrorists in joint operation

AJAY JANDYAL
SOPORE

Two heavily armed terrorists were killed on Friday during an encounter with security forces in the Papipora village of Sopore, Baramulla district, police said. The joint operation, launched by the Indian Army and J&K Police, followed a tip-off regarding the presence of terrorists in the area.

The Kashmir Zone Police confirmed the neutralisation of the terrorists: P4



SURVEY ON AKBARUDDIN OWAIISI CONTROVERSY

64% SEE CORRUPTION AND LEGAL SYSTEM AS MAHARASHTRA'S BIGGEST ISSUES

AIMIM leader and Telangana MLA Akbaruddin Owaisi, known for courting controversy, recently made a veiled allusion to his infamous "15 minutes" remark from 2013. Speaking at a political rally in Chhatrapati Sambhajnagar (formerly Aurangabad) on November 5, Owaisi told the crowd to remain patient, saying "15 minutes" were left un-

til the event's deadline. The remark was met with cheers from the audience.

Owaisi's 2013 statement had sparked major backlash after he suggested that despite Muslims being 25 crores compared to 100 crore Hindus, "15 minutes without police" would be enough to show "who had guts and

power." This comment had been widely condemned as provocative and communal.

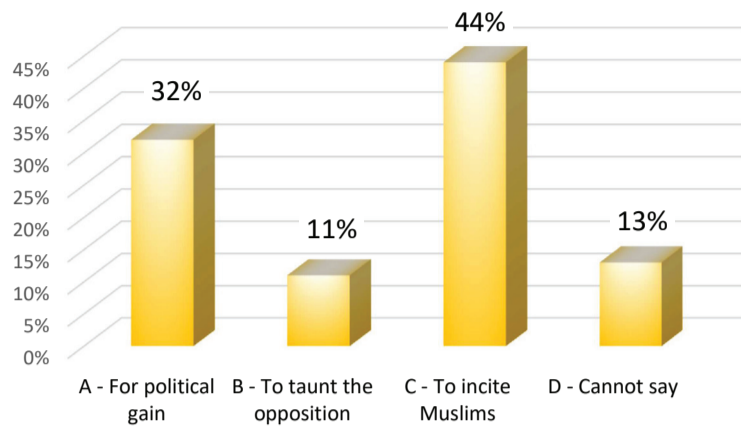
At the recent rally, Owaisi also took aim at political parties in Maharashtra, accusing them of having lost their ideological foundations. He stated that while he is branded communal, it is those who practice divisive

politics that perpetuate communalism.

The latest remark from Owaisi reignited discussions around his rhetoric and its impact. His statements continue to draw significant attention, highlighting issues of identity politics and communal tensions in Indian political discourse.

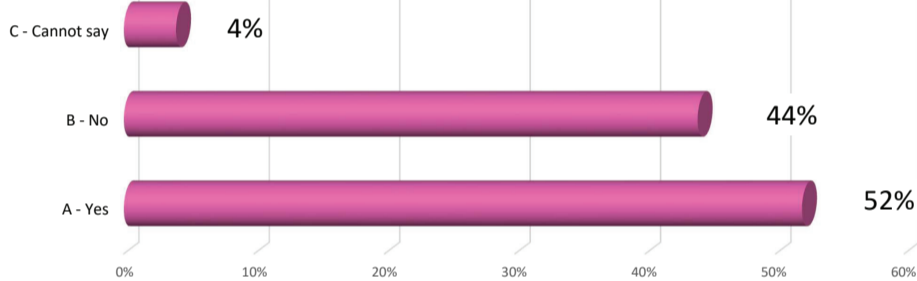
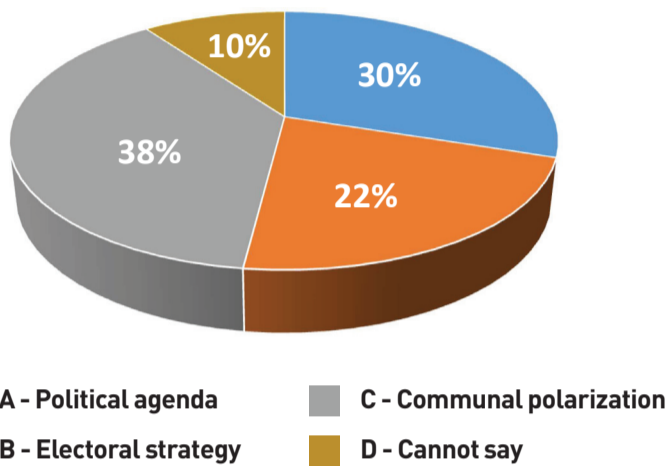
Q1.▶

"Have patience only 15 minutes left...": Why did Akbaruddin Owaisi say this in Aurangabad?



Q2.▶

Akbaruddin Owaisi once again raised the controversial "15 minutes poison" issue, which has become a topic of heated debate in Maharashtra. Your opinion?

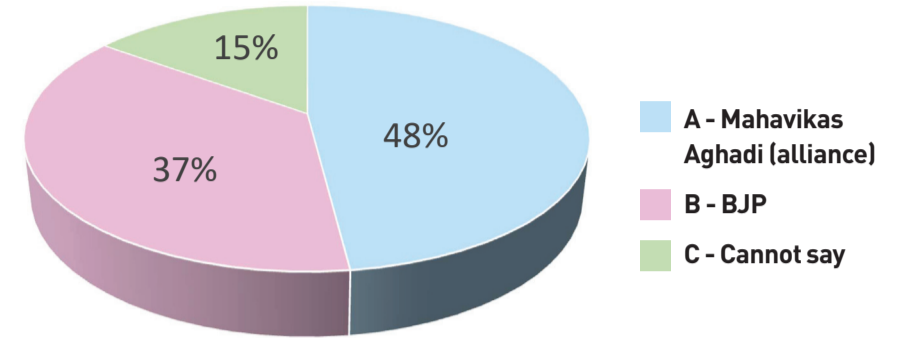


Q3.▶

Did Owaisi's response to the "sticks and stones" comment in 15 minutes incite violence?

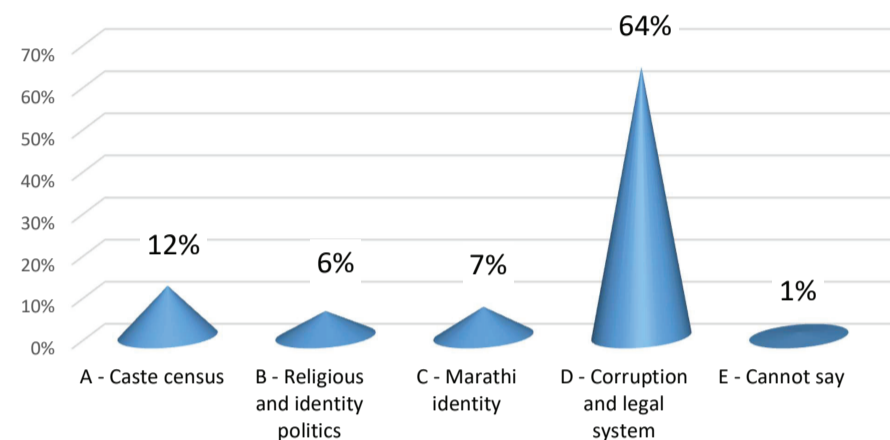
Q4.▶

Who suffered the most politically due to Owaisi's factor in Maharashtra elections?



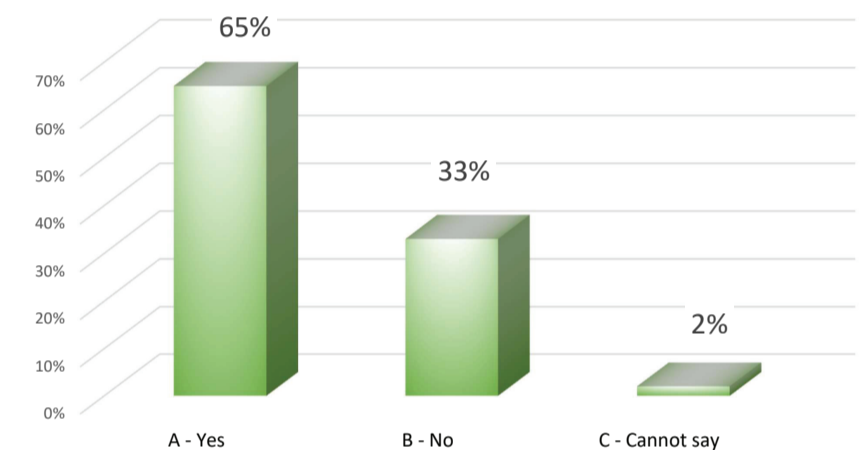
Q5.▶

What is the biggest issue in Maharashtra politics today?



Q6.▶

Do you think there is any ideology left in Maharashtra's political parties?



THE DAILY GUARDIAN SURVEY

MALE

90%

FEMALE

10%

CITY

TREE FELLING IN RIDGE: AAP ACCUSES LG, DDA OF LYING IN SC

TDG NETWORK
NEW DELHI

Delhi minister Saubh Bharadwaj on Friday accused Lieutenant Governor V K Saxena and the Delhi Development Authority (DDA) of lying in the Supreme Court over the alleged felling of more than 1,000 trees in the capital's

Ridge area. "While children and NGOs are planting trees in Delhi, the central government's DDA is cutting 1,670 trees in the Ridge area without the Supreme Court's permission. Besides, the lawyers of the DDA and the LG are lying in the Supreme Court," the Aam Aadmi Party (AAP) leader told a press conference.



He questioned why the DDA, which is under the LG's chairmanship, is avoiding an inspection of its files despite the Supreme Court's orders. Bharadwaj also wondered whether the Centre is attempting to protect the LG, who allegedly ordered the illegal felling of 1,670 trees.

As northern India struggles with air pollution, the

time has come to acknowledge the importance of trees, Bharadwaj said.

Earlier, the apex court noted discrepancies in the statements and timelines provided by the LG and the DDA vice-chairman regarding when they got to know of the tree felling in the Ridge area. The court directed them to make a "specific disclosure"

Delhi Riots: Tahir Hussain claims chats show peaceful intent

TDG NETWORK
NEW DELHI

The larger conspiracy of the Delhi Riots 2020 case accused former MCD Councillor Tahir Hussain's Counsel on Friday argued that WhatsApp Chats relied upon by Delhi police were for peaceful protest and not for violence or to pick weapons against the government. Unless and until evidence shows that armed rebellion or insurgency was promoted, the provision of Anti-Terror law UAPA cannot be invoked, counsel argued before Additional Sessions Judge Sameer Bajpai on Friday.

Advocate Rajiv Mohan along with Advocate Tara Narula, Rishabh Bhati argued that WhatsApp chats relied upon by Delhi Police only mentioned chakka jaam and peaceful protest. He further argued that Nowhere, in these chats it is mentioned that we should pick up weapons against the government or its agencies. Chakka Jam is not an act of terrorism.

Advocate Rajiv Mohan also questioned the case of Delhi police that riots were result of deep-rooted Conspiracy. He asked what offence is committed by the accused persons. "What is the common Conspiracy, Delhi police have to clarify,"

In these chats it is mentioned that we should pick up weapons against the government or its agencies

he added.

He also argued that protest was called in protest of Citizenship Amendment Bill only. If there were any individual acts by attending people, police registered FIR and charge sheets were filed. Delhi police have invoked stringent anti-terror law UAPA against the accused persons.

The court is hearing arguments on UAPA charges levelled against accused Tahir Hussain, Umar Khalid, Sharjeel Imam, Natasha Narwal, Devangana Kalita, Safoora Zargar, Ishrat Jahan, Abdul Khalid Saifi, Mohd. Saleem Khan, Salim Malik, Athar Khan, Gulfisha Fatima, Asif Iqbal Tanha, Meran Haider, and other accused persons.

Crime Branch busts illegal arms syndicate in North East Delhi

TDG NETWORK
NEW DELHI

The Delhi Crime Branch has arrested two individuals and uncovered a syndicate involved in the illegal supply of weapons in North East Delhi, Delhi Police reported on Friday. The accused have been identified as Nadeem and Fazeel, both residents of Seelampur.

According to the police, a raid was conducted by a Crime Branch team in Brahmpuri, Seelampur, on November 4, following further investigation. During the raid, Nadeem and Fazeel, residents of Jafrabad and identified as sources of illegal weapons, were apprehended. At their instance, the police recovered three pistols, four magazines, and 24 live cartridges.

The Crime Branch seized three high-quality illegal pistols, four magazines, and 24 live cartridges. Police stated that these fine-quality firearms were being supplied in large quantities.

"A Crime Branch team uncovered a syndicate involved in illegal weapon supply in North East Delhi with the



arrest of two individuals, seizing three high-quality illegal pistols, four magazines, and 24 live cartridges," stated Delhi Police.

Previously, on September 18, the Crime Branch registered the case after seizing two illegal pistols and two spare magazines from two individuals, Sameer Ahmad and Sahil. The case was subsequently assigned to SI Jagseer Singh for further investigation.

During interrogation, Sameer Ahmad and Sahil disclosed that they obtained illegal pistols from Nadeem and Fazeel in Jafrabad, Delhi, and supplied them to various buyers. Police obtained a three-day custody remand for both to thoroughly investigate and

trace the connections involved. Earlier, based on their information, raids were conducted in the Delhi NCR region, leading to the arrest of Suhaib, a 24-year-old resident of Shiv Vihar, Karawal Nagar, Delhi, along with a high-quality pistol and 55 live cartridges.

Efforts have been ongoing since September 18 to locate the original source of the illicit weapons supplied to Nadeem and Fazeel.

During interrogation, both admitted to their involvement in the illegal weapon trade, revealing that they procured the firearms from an individual named Rashid, also from Jafrabad. Nadeem had previously been involved in a similar offence, as recorded in FIR no. 315/09, under Section 25 of the Arms Act, at Seelampur Police Station, Delhi.

Further inquiry revealed that the accused have been supplying illegal weapons for the past six months. Nadeem, who studied up to Class 10, supplied weapons on demand, while his brother Fazeel is currently pursuing a degree from IGNOU.

Youth killed after brawl over 'beedi'

TDG NETWORK
NEW DELHI

A 20-year-old youth was allegedly killed by a man for asking for a 'beedi' in the Jwala Nagar area in Shahdara, police said on Friday.

The deceased has been identified as Sunny, a resident of Kasturba Nagar who was previously involved in a murder case as a juvenile. He was also booked under the Arms Act.

The police have arrested Rajesh, a resident of Jwala Nagar, as the main suspect in the case, Deputy Commissioner of Police (Shahdara) Prashant Gautam said.

On Thursday, a call was received at the Vivek Vihar police station from an ambulance, informing that a youth was found dead near the crematorium in Jwala

Nagar, the DCP said.

A police team was rushed to the spot which found the youth lying dead with blood coming out of his nose, the officer added. "The body was kept at the Subzi Mandi mortuary before being handed over to the family members after post-mortem," Gautam said.

After preliminary investigation, the police arrested Rajesh as the main suspect in the case, he said.

Rajesh told the police that Sunny approached him and asked for a 'beedi', a request that enraged him and led to a verbal spat which soon turned into a physical confrontation.

In a fit of rage, Rajesh picked up a large stone and landed a fatal blow on Sunny who died on the spot due to blunt force trauma, the DCP said.

SCHADENFREUDE – THE DARKNESS WITHIN

OPINION

SUPREET GILL



As the most advanced creatures on Earth, human beings are undoubtedly the most complex. We experience a vast range of emotions, many of which we still struggle to fully understand and it is not uncommon these days to seek help to fully comprehend the entire spectrum of human emotions. While we revel in the joys of our own triumphs and those of our loved ones, we also have a tendency to find a perverse satisfaction in the misfortunes of others. The Germans have even given this feeling a name—“schadenfreude”. Literally translating to “harm-joy,” schadenfreude refers to the feeling of happiness or pleasure derived from witnessing someone else's failure or suffering. It occurs because we often experience

a sense of satisfaction when someone else's misfortune makes us feel better about ourselves, particularly if we envy them or perceive them as having an unfair advantage. This tendency is closely linked to social comparison - our innate desire to evaluate our own worth in relation to those around us. When we see someone else stumble, it can trigger a subconscious boost to our own self-esteem.

Across the great literary and religious traditions of the world, we are surrounded by stories and teachings that extol the virtues of morality, compassion, and the nobler aspects of the human spirit. However, we often shy away from directly addressing the darker, more unsettling elements of our psychological makeup. Friedrich Nietzsche argued that religious texts that discredit emotions like envy were actually an impediment to human progress, as envy can be one of the most powerful and pervasive driving forces in human life. Arthur Schopenhauer, the German philosopher somehow tried to rationalise envy by stating that, “To feel envy is human”; but cautioned us against

Schadenfreude stating that it is “diabolic.” Schopenhauer viewed Schadenfreude as the worst trait in human nature. He believed it was closely related to cruelty and considered it a sign of moral bankruptcy. Freud considered Schadenfreude as a defence mechanism and suggested it could be a way for individuals to cope with their own feelings of inferiority or insecurity. This dilemma speaks to the inherent tension between our innate capacity for empathy and compassion, and our equally powerful propensity for jealousy, resentment, and a disturbing lack of concern for the suffering of our fellow human beings. While experiencing schadenfreude may be a common human impulse, it is a complex and often problematic emotion. At its core, it reveals the darker aspects of our psyche - the ugly emotions that we do not want to acknowledge.

A recent incident prompted me to reflect deeply on the complex nature of human emotions. During a widely publicized protest against administration of an academic institution, some acquaintances of mine reached out to inquire whether the demonstration was directed at a particular individual. When I informed them that the protest was not, in fact, targeting him, I detected a palpable sense of disappointment from them. I found myself wondering whether they had been secretly hoping for “good news” or “bad



news” - in other words, whether they had been eagerly anticipating an opportunity to take pleasure in the perceived failure of this person. Indeed, when they learned that the protest was not aimed at the person they had hoped, I felt as though they had missed their chance to indulge in a sense of vindication. This raised several uncomfortable questions that we all need to answer to ourselves privately. While we may pretend to sympathise with people in an unfortunate situation, are we really “sorry” for their loss?

As I was still grappling with the ghost of that thought, the following morning brought with it a sudden revelation. My son was getting ready to perform for his school play. As I watched my son excitedly zip up his hyena costume for school, a curious thought crossed my mind. Were we all, in some way, hiding behind the guise of

human civility? Beneath the surface of our everyday interactions, did the spirit of a hyena lurk within us—eagerly watching and waiting for the moment where others falter, ready to pounce with that all-too-familiar, staccato laugh of mockery and malice? Grimly, the world in that moment seemed like a pack of depraved hyenas with our so-called humanity merely a fragile disguise. It made me wonder if, like my son, who transformed into a hyena, we all indeed were hyenas on the inside who donned our human skins to blend into a masquerade where instincts and intentions were hidden and if we wore our humanity just as a disguise? As I secured the final clasps of my son's costume, I found myself contemplating the darker implications of the human condition - our capacity for self-deception, our proclivity for schadenfreude, and the fragility of the civility that binds us to-

gether as a society.

During the recent Dussehra celebrations, as the flames consumed the effigies of Raavan, a contemplative spark ignited within me wherein I found myself pondering whether our true conquest lies not in the external world, but in vanquishing the ten-headed demon that resides within our own psyche. With its multitude of faces, it breeds a noxious array of human failings: prejudice, hatred, bias, discrimination, exclusion, ignorance, intolerance, hostility, jealousy and most insidiously of all, Schadenfreude. Perhaps we all needed to burn the ten-headed demon that resides within. As Diwali approaches, many of us engage in the annual tradition of “Diwali cleaning,” thoroughly tidying our homes. Even as I write this, I notice my neighbours applying a fresh coat of paint to their house, covering unsightly mouldy patches to reveal a smooth, pristine surface. In a way, we often treat ourselves similarly, concealing the parts we're afraid to show the world. However, no matter how unattractive we may find our emotions, we cannot deny that they are an essential part of our mental makeup. Perhaps this Diwali, we should focus on an internal cleansing ritual. We need to introspect and release the dark emotions that slither within us like serpents. Instead, let's ignite our inner lamps of love, compassion, empathy, and understanding.

PERSPECTIVE

TRUMP TRUMPS DETRACTORS, MAKES HISTORY

As expected, the Americans have chosen a President, who is like most of them, and someone whose persona has not been cultivated or nurtured by the Washington lobbyists and the establishment. Donald Trump is the closest to what an average American is and reflects the aspirations of his people. He is not robotic in his speeches and brings in certain kind of originality which is missing from his opponents. Like Ronald Reagan before him, he is “an outsider” to the ways and methods of Washington and therefore brings in freshness which is neither cosmetic nor contrived nor acquired. He is what he is and his personality has been shaped by his own thinking and not by those around him. Thus, when he speaks, he is relating to the average American in a way, none of his contemporaries has done. Most American presidents since the end of World War two have been educated in either the Ivy league universities or have spent considerable time in DC, learning the ropes and honing their political skills. Trump is his own man, and it would not be surprising that in his second term, he could usher in a new political order in Washington, thereby showing the door to many who have made their living by perfecting the art of manipulating the system. His detractors have described him as a convicted felon who has made it to the top office, but if is now the President, it is because the people have accepted him for what he is and believe that he is more transparent and straight in his dealings as compared to those who are critical of him.

Democracy has its ways of setting things right and amongst the various factors like inflation, unemployment, and attempts to change the cultural narrative, Trump's landslide victory is because of his own personality and self-belief. He is someone who does not appear to be delusional, and a leader who is capable of taking his own decisions, instead of being influenced by the existing establishment in Washington. While it would be unfair to second guess what all he would be doing so far as the world is concerned, it would be significant to first see, his appointees after he takes over. His team would provide an indication of what he plans to do during the next four years and how he would shape his policies, that would be different from those of his predecessors. In his second term, he is the second President in history to have this after a gap. Trump would be much wiser and more aware of how the system has been manipulated over the years. His greatest strength lies in his unconventional approach which is both transactional and pragmatic. He does what he believes in and thus he would be good for the world. He may be able to end the conflicts in Ukraine and Gaza and his no-nonsense approach cannot be taken for granted either by the NATO and Volodymyr Zelenskyy or by Benjamin Netanyahu. Although both these leaders have congratulated him following his spectacular win, they must be nervous. Trump is committed to bringing in peace and for that to happen, it could imply, end of the road for Netanyahu in Israel with new leadership taking over sometime next year and in Ukraine. While Trump enjoys a good rapport with Vladimir Putin, he shall never allow that to come in while deciding on the way forward in ending the war. Even Putin would know that for the new US President, the interests of his own country are foremost.

Trump is a strong and determined leader and his election would also have a bearing on the Sino-US relations. He is not the one who is going to be cowed down by any pressure and would always find a way to contain the threat from the Dragon. So far as India is concerned, he enjoys tremendous goodwill here and his close friendship with Prime Minister Narendra Modi is certainly going to play a role in how he looks towards New Delhi. He was amongst the first world leaders to condemn the attack on Hindus in Bangladesh, and therefore there are expectations that he could review the policy regarding South Asia. However, his first task in making “America great again” would be to focus on domestic issues. He has already spelt out how he plans to approach the complex immigration problem and how he is uncomfortable with the demographic changes sought to be brought about by the previous government. He has to lay down the foundation for a new domestic policy where issues that concern the common people get addressed first. His victory was also amongst other things due to the failed initiatives of the Biden administration and thus he would be keen to correct these first. Trump has a transactional dimension to his outlook. Having been a successful businessman, he looks at the pros and cons of decisions. He tries to understand whether any investment made by his country would bring in the requisite dividends or would be just a waste of resources on others. Attempts to malign him have been deliberate and mischievous but the President-Elect is not a novice. He understands things more clearly now than he ever did. His commitment to his country is second to none. Therefore, any attempt to paint him in negative light is uncalled for. The American people have elected him because they find him as one amongst them and not someone whose world view is coloured by the prisms of Washington strategists. He has been elected, perhaps because it is the best choice his countrymen and women could have made at this juncture..

PANKAJ VOHRA

From selfie to self-doubt: The role of social media in teen body dysmorphia

OPINION

DR HASEENA KABEER



“Beauty lies in the eyes of the beholder,” yet in today's digital landscape, beauty standards are dictated not by individuality but by the shifting perspectives of a faceless audience online. Social media has become a powerful, often relentless force in shaping how young people perceive themselves, promoting narrow definitions of beauty that leave little room for diversity. For teenagers, platforms like Instagram and TikTok have turned beauty into a rigid standard, one measured by flawless skin, sculpted bodies, and polished selfies, all enhanced by filters and photo edits. These standards not only distort the concept of beauty but also fuel self-doubt as teens

constantly compare themselves to idealized images. Over time, this pressure can lead to body dysmorphia, where perceived flaws become magnified through the harsh lens of social media. In a culture where validation is sought in likes and comments, the pursuit of beauty can overshadow self-worth, challenging the idea that true beauty is, in fact, subjective and personal. Understanding the impact of these media-driven ideals on young minds is crucial as we work to help teenagers value their unique selves beyond filters, beyond screens, and beyond others' expectations.

Influencer culture has intensified the pressure on teens to strive for an idealized appearance and lifestyle, often known as the “perfect life” illusion. Social media influencers frequently project meticulously curated images of success, beauty, and happiness, setting standards that feel both aspirational and unattainable for young audiences. A recent study published in ‘Body Image’ Journal highlights that teenagers who follow beauty

and lifestyle influencers are significantly more likely to experience body dissatisfaction, as they often compare themselves unfavourably to the edited and filtered images presented online. This constant exposure can reinforce the belief that achieving these looks equates to achieving happiness and social acceptance, further eroding teens' self-worth and pushing them toward obsessive body scrutiny. For many, this leads to the fixation on perceived physical flaws, fuelling the cycle of body dysmorphia.

The influencer-driven “perfect life” illusion can intensify body dysmorphia by encouraging teens to fixate on perceived flaws and aspire to unrealistic standards. As teenagers internalize these ideals, they often begin to measure their worth by how closely they match the appearances they see online. This relentless comparison can distort their self-perception, leading them to focus obsessively on features they see as “imperfect” or “inadequate.” The resulting self-criticism fuels feelings of inadequacy and low self-esteem, which are central to body dysmorphia. Over time, this fixation can escalate into severe mental health issues, including anxiety, depression, and social withdrawal, as teens struggle to cope with the disconnect between their real selves and the perfect-

tion they feel pressured to achieve. A study in ‘The Journal of Adolescence’ reports that teens with high social media engagement are at greater risk for these mental health challenges, linking prolonged exposure to unrealistic body standards with heightened psychological distress.

Social Comparison Theory, developed by Leon Festinger in 1954, suggests that people have an inherent tendency to evaluate themselves by comparing with others, particularly in areas where objective standards are unavailable. In the context of social media, this theory becomes especially relevant, as teenagers are constantly exposed to idealized images of peers, influencers, and celebrities. These images often depict highly curated and edited portrayals of beauty, wealth, and success, setting unrealistic standards. As teens engage in upward comparisons measuring themselves against those they perceive as more attractive or successful they often experience negative self-evaluations, which can lead to feelings of inadequacy and dissatisfaction with their appearance. This process is intensified by the nature of social media, where endless scrolling creates a feedback loop of exposure to perfection, making it nearly impossible for teens to escape the comparison. Over time, this can contribute to

issues like body dysmorphia and lowered self-esteem, as individuals become fixated on perceived flaws and struggle to feel satisfied with their real selves.

The Snapchat filter experiment conducted by Chae in the year 2021 examined the effects of beautifying filters on young women's body image and self-esteem. Involving participants aged 18 to 24, the study divided them into two groups: one used Snapchat with beautifying filters, while the other used the platform without any filters. Findings revealed that those using filters reported significantly lower body satisfaction compared to their unfiltered counterparts, as the enhanced images created a stark contrast between their filtered and natural appearances. This constant comparison led to intensified feelings of body dissatisfaction and self-criticism, with many participants expressing frustration about their looks post-filter use. The study concluded that while beautifying filters might offer temporary satisfaction, they ultimately distort users' perceptions of beauty, contributing to negative body image and the potential for body dysmorphia, underscoring the need for awareness regarding the psychological impacts of such social media tools.

In conclusion, the intersection of social media, influencer culture, and the

pervasive use of digital filters has created a challenging landscape for today's youth, where beauty is often defined by unrealistic standards and relentless comparison. As teenagers navigate this environment, they may find themselves trapped in a cycle of self-doubt and body dissatisfaction, exacerbated by the ideals presented on platforms like Instagram and TikTok. The theories of social comparison and the findings from studies, such as the Snapchat filter experiment, highlight the profound psychological implications of this digital culture. It is crucial for parents, educators, and society at large to foster an environment that encourages young people to cultivate self-acceptance and recognize their intrinsic worth beyond superficial appearances. By promoting digital literacy and advocating for diverse representations of beauty, we can empower teens to embrace their unique identities and challenge the narrow definitions imposed by social media. Ultimately, nurturing a culture of authenticity and self-love can help mitigate the detrimental effects of body dysmorphia, guiding future generations toward a healthier relationship with their bodies and their self-image.

Dr Haseena Kabeer is a freelance columnist.

GUARDIAN OF JUSTICE

D.Y. Chandrachud has retired after serving the nation as the Chief Justice of India. During his two-year tenure, Chandrachud has delivered over 500 judgments. Here is recap of some judgements authored him, and their historical significance.

Justice D.Y. Chandrachud's retirement from the Supreme Court of India marks the close of a transformative era in Indian jurisprudence. Known for his progressive and empathetic approach, Justice Chandrachud has left an indelible mark on the judiciary, championing a modern, rights-based interpretation of the Constitution. His judicial philosophy has been defined by a steadfast commitment to individual freedoms, social justice, and equality, reflecting his belief in an inclusive society governed by dignity and liberty. Over his tenure, Justice Chandrachud authored landmark judgments that reshaped key aspects of Indian law, including privacy rights, gender equality, and LG-BTQ+ rights. His rulings on the right to privacy, decriminalization of Section 377, and the rights of women in workplaces and religious spaces have pushed the boundaries of conventional jurisprudence, aligning with a vision of a progressive and humane legal system. As the nation reflects on his legacy, Justice Chandrachud's contributions stand as a testament to the power of the judiciary in upholding justice, even as it adapts to the evolving values of Indian society.

—Compiled by Ruchira Talapatra

LANDMARK RULINGS

RIGHT TO PRIVACY (2017)

In *Justice K.S. Puttaswamy v. Union of India*, the Supreme Court unanimously affirmed the right to privacy as a fundamental right, with Justice Chandrachud authoring the lead opinion, emphasizing privacy as intrinsic to life and liberty. This ruling has had far-reaching implications for individual freedoms and data protection laws in India.

“Dignity cannot exist without privacy. Both reside within the inalienable values of life, liberty, and freedom which the Constitution has recognized. Privacy is the ultimate expression of the sanctity of the individual.”

Justice Chandrachud



DECRIMINALIZATION OF HOMOSEXUALITY (2018)

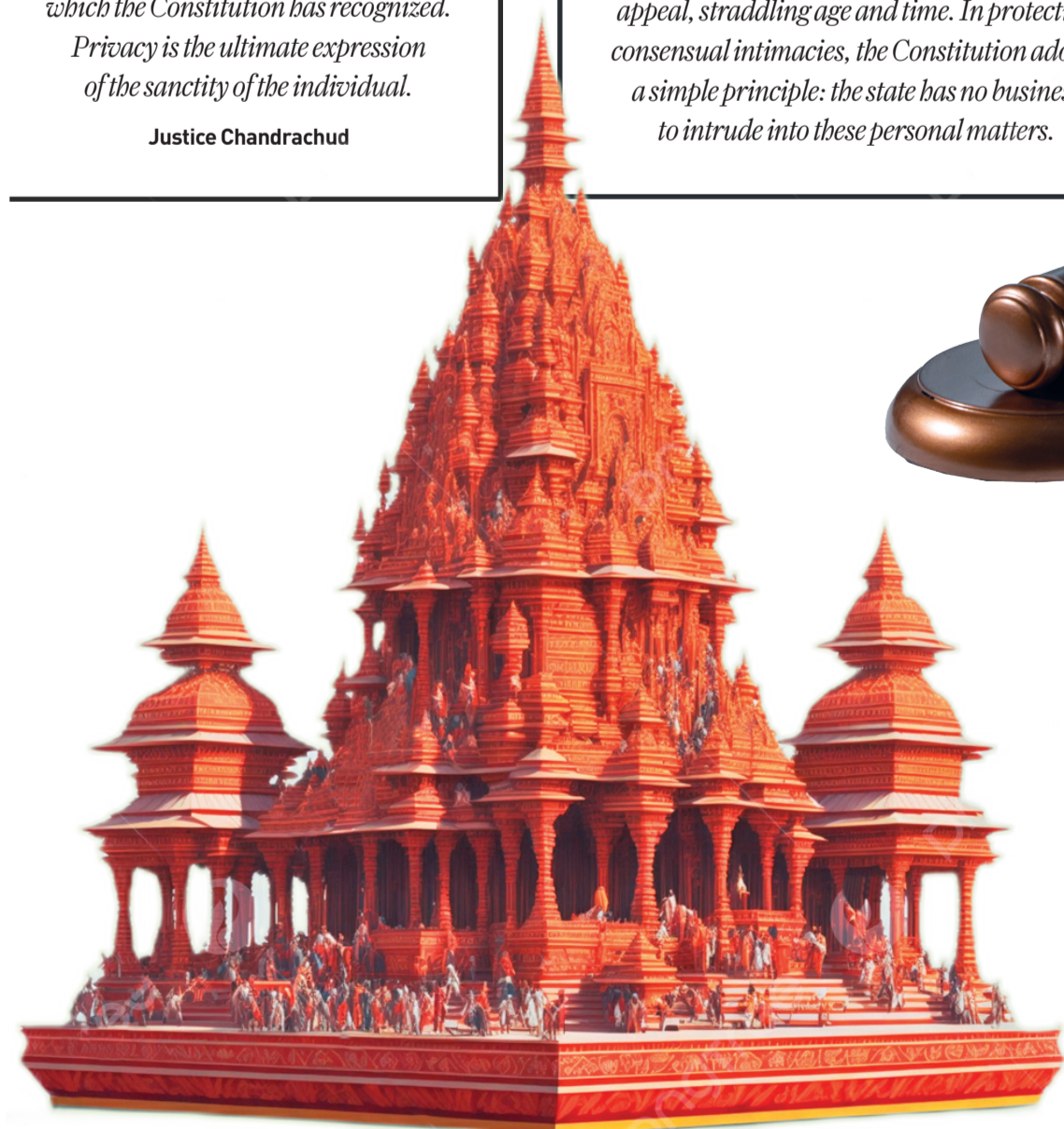
“The framers of the Constitution could not have intended that the fundamental rights of citizens would be circumscribed by the colonial morality of the nineteenth century. The choice of a partner, the desire for personal intimacy and the yearning to find love and fulfillment in human relationships have a universal appeal, straddling age and time. In protecting consensual intimacies, the Constitution adopts a simple principle: the state has no business to intrude into these personal matters.”

In *Naveen Singh Johar v. Union of India*, the Court decriminalized consensual same-sex relations, with Justice Chandrachud concurring that Section 377 of the IPC was an anachronistic colonial law violating fundamental rights. Activist Anjali Gopalan noted, “This judgment has given us the freedom to love without fear.”



AYODHYA RAM MANDIR (2019)

In the *Ayodhya Title Dispute Case*, the Supreme Court awarded the disputed land to the Hindu community for the construction of the Ram Mandir, while also directing that an alternative plot of land be provided to the Muslim community to construct a mosque. Justice Chandrachud was a member of the bench that delivered this historic judgment. The decision marked the culmination of a long-standing dispute and aimed to bring closure through a balanced approach.



SABARIMALA TEMPLE ENTRY (2018):

In *Indian Young Lawyers Association v. State of Kerala*, the Court held that the exclusion of women aged 10-50 from the Sabarimala Temple was discriminatory. Justice Chandrachud concurred that it violated women's fundamental rights. Devotee Bindu Ammini expressed, “This verdict affirms our right to worship without discrimination.”



“This verdict affirms our right to worship without discrimination.”

Devotee Bindu Ammini, a lawyer and activist from Kerala, made history on January 2, 2019, by becoming one of the first women of menstruating age to enter the

WOMEN'S RIGHT TO PERMANENT COMMISSION IN ARMED FORCES (2020)

In *The Secretary, Ministry of Defence v. Babita Punia & Ors.*, the Court granted permanent commission to women officers, promoting gender equality in the armed forces.



“This judgment has opened new avenues for women in the armed forces.”

Lt. Col. Seema Singh, a distinguished officer in the Indian Army, played a pivotal role in advocating for gender equality within the armed forces.



“The state can regulate the standards of education (in madrasas)... regulations relating to the quality of education do not interfere with the administration of the madrasas.”
Chief Justice Chandrachud

A three-judge bench, led by former Chief Justice Chandrachud, recently upheld the validity of the 2004 law regulating madrasas in Uttar Pradesh, overturning an earlier Allahabad High Court judgment that had declared the law unconstitutional and violative of secularism. The bench ruled that the High Court had erred in striking down the statute on secularism grounds.

ARTICLE 370 ABROGATION (2023)

The Court addressed the legality of the abrogation of Article 370. Justice Chandrachud headed the bench that upheld the revocation, emphasizing the temporary nature of the provision and the need for integration.



“Today's Supreme Court verdict on the abrogation of Article 370 is historic and constitutionally upholds the decision taken by the Parliament of India on 5th August 2019, it is a resounding declaration of hope, progress and unity for our sisters and brothers in Jammu, Kashmir and Ladakh.”

Prime Minister Narendra Modi

ELECTORAL BONDS CASE (2024)

The Court examined the constitutionality of the Electoral Bonds scheme. Justice Chandrachud led the bench that declared the scheme unconstitutional, citing concerns over transparency in political funding and potential quid pro quo arrangements between donors and political parties.

“Clause 7(4) of the scheme completely exempts information on the purchasers of electoral bonds. This information is never disclosed to the voters. Democracy does not begin and end with elections. The integrity of the election process is pivotal for sustaining a democratic form of government.”

Justice Chandrachud

HADIYA CASE (2018)

In *Shafin Jahan v. Ashokan K.M.*, the Court upheld Hadiya's right to choose her religion and marriage partner, with Justice Chandrachud emphasizing individual autonomy and freedom of choice.



AADHAAR VERDICT (2018)

In the *Justice K.S. Puttaswamy v. Union of India* (Aadhaar case), Justice Chandrachud delivered a dissenting opinion, questioning the passage of the Aadhaar Act as a Money Bill and highlighting concerns over privacy and state surveillance.

In his dissenting opinion during the 2018 Aadhaar verdict, Justice D.Y. Chandrachud stated:

“The passing of the Aadhaar Act as a Money Bill is a fraud on the Constitution.”

He further said:

“Constitutional guarantees cannot be compromised by vicissitudes of technology.”



JAISHANKAR, SINGAPORE PM HOLD TALKS ON ADVANCING TECHNOLOGY, INDUSTRIAL TIES

AGENCIES
SINGAPORE CITY

External Affairs Minister S Jaishankar and Prime Minister Lawrence Wong on Friday held "fruitful discussions" on advancing technology and industrial partnership. Sharing a post on X, Jaishankar wrote, "Delighted to meet PM & Finance Minister @LawrenceWongST today in Singapore. Conveyed warm greetings of PM @narendramodi."



External Affairs Minister S Jaishankar meets Singapore Prime Minister Lawrence Wong, in Singapore on Friday. ANI Photo

Later on, Singaporean PM Wong also wrote about his meeting with Jaishankar and said that the two leaders had discussions on global developments, and looking forward to commemorating the 60th anniversary

of diplomatic ties in 2025. Sharing a post on X, Wong wrote, "Happy to catch up with Indian External Affairs Minister @DrSJaishankar so soon after his September 2024 visit with PM Narendra Modi's delegation. He updated me on the good progress India and Singapore

made on new areas of cooperation, such as skills training and industrial parks." "We also exchanged views on global developments. India & Singapore are like-minded partners with many common interests. We're working to upgrade our ties to a Comprehensive Strategic Partnership.

I look forward to commemorating the 60th anniversary of diplomatic relations in 2025," the post added.

Jaishankar also met his Singaporean counterpart Ng Eng Hen and discussed Indo-Pacific security situation. Sharing a post on X, Jaishankar wrote, "Good to meet Defence Minister @Ng_Eng_Hen of Singapore today.

Shared perspectives on the Indo-Pacific security situation and bilateral defence cooperation."

Jaishankar during his visit to Singapore also met President Tharman Shanmugaratnam where the two discussed the political and economic situation. "Called on President @Tharman_S of Singapore. Discussed the global political and economic scenario, and its implications for India and Singapore," Jaishankar wrote on X.

Earlier in the day, Jaishankar also met Singapore's

Deputy Prime Minister Gan Kim Yong and discussed with him ways to take forward a contemporary bilateral partnership, with a focus on areas like industrial parks, innovation and semiconductors.

Jaishankar also met Singapore's Minister of Foreign Affairs, Vivian Balakrishnan. Sharing the details on the social media platform X, Jaishankar noted that the two leaders discussed the progress of the Comprehensive Strategic Partnership between India and Singapore and also shared perspectives on regional and global developments. The visit by Jaishankar comes on the heels of the three-day state visit of Singapore's Minister of Defence Dr Ng Eng Hen to India from October 21 to 23. During his visit, he had co-chaired the sixth India-Singapore Defence Ministers' Dialogue in New Delhi, with his Indian counterpart Rajnath Singh.

'ASEAN Centrality' our guiding principle in Indo-Pacific: Jaishankar in Singapore

AGENCIES
SINGAPORE CITY

Highlighting the ongoing transition in the world, External Affairs Minister S Jaishankar stressed the need for having resilient supply chains, trusted partners and diversified production. During his speech on the 8th Roundtable of ASEAN - India Network of Think Tanks Jaishankar said, "As India's engagement with Indo-Pacific and Quad deepens, ASEAN centrality and cohesion will continue to be a guiding principle."

Speaking about the emerging knowledge economy and advancement of AI, he brought to attention how this necessitates greater human and enterprise mobility within our region. The Foreign Minister also shared the key highlights of his speech on X.

Jaishankar put forward India's commitment towards collaborative connectivity through various initiatives in multiple sec-

tors such as the digital public infrastructure, energy sector and transportation. The EAM also brought to attention India's leading initiatives for this include the India Middle East Economic Corridor, INSTC and the trilateral highway to the east. He spoke about utilising two prominent areas namely skilling and education to open up new avenues for deeper partnership with ASEAN. "India and ASEAN are major demographics whose emerging demands can not only support each other but become larger productive forces in the international economy.

Our collaboration can also be crucial in addressing contemporary challenges," the Foreign Minister added. Touching upon the energy sector, he said, "In visualising the areas of cooperation, we are also targeting new domains and technologies that hold potential. India and ASEAN are today more focused on realising the value of Green Hydrogen and Green Ammonia. We are preparing for an era of electric mobility, green shipping and green steel" for a more sustainable region." Jaishankar further expressed great confidence in the India-ASEAN ties and highlighted the deep cultural and civilisation connect between the two regions has resulted in fruitful cooperation and a strong foundation for a deeper partnership benefiting our people.

Israeli defence minister officially steps down

AGENCIES
JERUSALEM

Israeli defence minister Yoav Gallant officially stepped down Friday in a ceremony that replaced him with Israel Katz, the former Foreign Minister, after Prime Minister Benjamin Netanyahu dismissed Gallant earlier this week.

Israel has been rocked by Gallant's firing, with the news setting off mass protests across the country. Many in Israel view Gallant as the sole moderate voice in a far-right government, and see his dismissal as a sign that the far-right government of Benjamin Netanyahu has lost interest in returning hostages still held in Gaza by Hamas militants.

Gallant thanked the military and warned that the



Israel has been rocked by Gallant's firing, with the news setting off mass protests across the country.

war's "mission is not yet complete; we must meet our moral and traditional obligation, and the war's objective is to bring home

the remaining 101 hostages who haven't yet seen their families and homes." Israel Katz, his replacement, currently serves as

foreign minister and is a longtime Netanyahu loyalist and veteran Cabinet minister. Katz thanked Gallant and said the war's objectives were to "stop Iranian aggression and deny its capabilities, continue dismantling Hamas as a governing and military force, and defeat Hezbollah." He added that returning the hostages was a top "moral priority."

"Yoav, we were friends and will remain friends because we believe in the same things that will secure Israel's security and future, the Jewish state," he said. "I promise that the entire State of Israel will emerge from this war and from the pain to much higher places." (AP) GRS GRS

Four security personnel killed, five injured in blast in Khyber Pakhtunkhwa

AGENCIES
KHYBER PAKHTUNKHWA

Four security personnel were killed while five others were injured after a bomb exploded near a vehicle carrying security forces in South Waziristan district of Khyber Pakhtunkhwa province, Aljazeera reported.

According to Aljazeera, no one has immediately claimed responsibility for the attack. The Tehreek-e-Taliban Pakistan (TTP) armed group, also known as Pakistan Taliban, turned violent in the region since its ally, the Taliban in neighbouring Afghanistan, seized power in 2021. Pakistan's military in a statement on Thursday confirmed the "martyrdom" of four officers and

The Tehreek-e-Taliban Pakistan (TTP) armed group, also known as Pakistan Taliban, turned violent in the region since its ally, the Taliban in neighbouring Afghanistan, seized power in 2021.

also said that in response to the attack security forces killed five "Khwarij", a term used by the military for the Pakistan Taliban. Prime Minister Shehbaz Sharif expressed "grief and sorrow" over the death of the soldiers and said, "Our war against terrorists will continue until the complete elimination of terrorism from the country." On Thursday, a mortar fired by armed fighters

landed near a road in the Tirah Valley in Khyber Pakhtunkhwa, killing two children who were going to school, police said.

Islamabad has accused Kabul's rulers of failing to stop rebels from attacking Pakistan from over the border. Last month, Pakistan Taliban claimed responsibility for an attack on 10 Pakistani police officers who were killed at a security check-

point, Aljazeera reported. Pakistan saw 785 armed attacks during the first 10 months of 2024, resulting in 951 deaths and 966 injuries, reflecting a persistently high level of violence across the country, according to a report by the Pakistan Institute for Conflict and Security Studies, an Islamabad-based think tank.

As per Aljazeera, Pakistan's Interior Minister Mohsin Naqvi met Chinese Ambassador Jiang Zaidong in Islamabad on Thursday to brief him about the investigation into an attack on Tuesday where a guard shot and wounded two Chinese nationals at a textile mill in Karachi, allegedly over a private dispute.

Ex-Pak minister urges US prez-elect Trump to probe former PM Imran Khan's ouster

AGENCIES
ISLAMABAD

Former Pakistani federal minister Fawad Chaudhry has publicly urged US President-elect Donald Trump to conduct a personal investigation into the circumstances surrounding the removal of Pakistan Tehreek-e-Insaf (PTI) founder Imran Khan from office.

Chaudhry alleged that the Biden administration may have been involved in Khan's ouster, a claim he hopes Trump will examine in light of similar challenges both leaders have faced, ARY News reported.

Chaudhry highlighted what he saw as "similarities" between experiences of Trump and Khan, pointing out that both leaders endured "fake cases."

He suggested that Trump's advisors also suspect Biden's administration played a role in

Khan's removal as Pakistan's prime minister, adding to calls for Trump to review the situation directly. The Tehreek-e-Insaf leader also commented on recent US elections, drawing a contrast between the political landscapes of the two nations.

He said, "The people's decision has been accepted in the US election 2024, but the nation's mandate was 'disregarded' in Pakistan's general elections," implying that Pakistan's electoral integrity has been undermined. In an interview on ARY News' program 'Off The Record', the PTI Member of National Assembly (MNA) Ali Muhammad Khan said that Imran Khan was optimistic about the US-Pakistan relationship under Trump's incoming administration. The former Prime Minister, currently imprisoned, reportedly expressed hope that Trump's return

to office would end the "negativity which prevailed under the [Joe] Biden administration," reported ARY News. Ali Muhammad Khan noted that while Imran Khan did not specifically mention his own release from prison, he conveyed a positive outlook for Pakistan-US relations moving forward.

Khan reportedly reflected on his "good and friendly relations with Trump" during his tenure as prime minister, according to the Tehreek-e-Insaf legislator. Ali Muhammad Khan added that Imran Khan had received calls from Trump during his premiership, where they discussed a range of topics including business and bilateral relations. The PTI leader said, "Khan said that Trump had a positive attitude towards Pakistan and the relations between the two countries were improving."

Will work with new US admin to create new situation in bilateral ties: Taiwan

AGENCIES
TAIPEI

The Taiwan government believes the newly elected President of the US, Donald Trump, will also continue with the resolve to protect the self-ruled island from Chinese aggression. Taipei is expecting Trump to follow his campaign remarks that the US will protect the island nations after payment, reported Radio Free Asia (RFA).

Presidential Office spokesperson Karen Kuo said, "We will work together with the new US administration and Congress to create a new situation in Taiwan-US relations."

As reported by Radio Free Asia, the Taiwanese residents claim the election victory of Donald Trump as the "victory of the island." A local told RFA, "Trump is more assertive than Biden, and China won't do anything rash. He won't

sit back and watch while China annexes Taiwan". Lee, an official said, "I think the situation in the Taiwan Strait will be more secure if Trump is elected.

But Trump's desire for Taiwan to increase military spending doesn't mean that spending can be expanded indefinitely".

The President-elect in an earlier interview had said that Beijing has been too aggressive in the Indo-Pacific region as they had deployed all their ships in the area.

He also highlighted that the advanced semiconductor industry in Taiwan has been a significant obstruction to military invasion. Tao Yi-fen, Associate Professor of Political Science at the National Taiwan University has also suggested the Taiwan government be in close relations with the US President as soon as possible and suggest different defence spending measures.

ISKCON Bangladesh condemns misleading information against organisation

AGENCIES
DHAKA

The leaders of the ISKCON Bangladesh on Friday protested against the spreading of misleading information regarding their organisation in various ways in the wake of untoward incidents such as the attack and vandalism in the Hazari Goli area of Chittagong, the port city of Bangladesh. "In view of the recent violent incident in Chittagong, there are blameable move to damage our religious and social image by involving ISKCON Bangladesh in various ways," said Satya Ranjan Baroi, President of ISKCON Bangladesh at a news conference in Dhaka. "We strongly condemn the attack and vandalism in the Hazari Goli area of Chittagong," he added. "ISKCON Bangladesh is a non-political and peaceful religious organisation dedicated to communal harmony, religious tolerance and human welfare throughout



Bangladesh. ISKCON Bangladesh expects a peaceful solution to the Hazari Goli incident in Chittagong and a responsible statement after a proper investigation in the interest of maintaining peace and order in the country," Baroi said. Earlier on November 5, a local Muslim youth named Osman Ali reportedly uploaded a post on Facebook criticising ISKCON and demanded the banning of the international religious organisation. Annoyed over his remarks, a clash between the Hindu community and the law enforcement forces took place in the Bangladesh's

port city of Chittagong. Due to this, the joint forces of police and army conducted an operation there on Tuesday night (November 5). "A local Muslim youth reportedly uploaded a post on Facebook criticizing ISKCON. The angry Hindu community people protested and clashed with the law-enforcing agencies. They threw bricks and other objects at the police. After the clashes, a joint operation conducted by law enforcing agencies, comprising police and army," Saifuddin Tuhin, a local reporter from Chittagong told ANI over the phone.

Army deployed to help stop post-election protests in Mozambique

AGENCIES
MAPUTO

Mozambique has deployed soldiers on the streets to help keep order following weeks of protests against the ruling party that has been accused of rigging last month's election to extend its 49 years in power.

Mozambique armed forces spokesperson Gen. Omar Saranga made the

announcement at a late-night press conference on Thursday, saying the army would support police in keeping order. Soldiers had already been deployed when he made the announcement, Saranga said.

The country of 34 million people in southern Africa is on edge, with the presidential palace under heavy guard and security forces constantly patrol-

ling the streets. Many people are locking themselves in their homes.

"In moments like this, with demonstrations taking place in some regions, our role also extends to supporting security forces in maintaining public order and peace," Saranga said.

Thousands of protesters set fires and barricaded roads in the capital, Maputo, on Thursday in the biggest



demonstration since the October 9 election. Police fired

tear gas and rubber bullets. The ruling Frelimo party's

candidate, Daniel Chapo, was declared the winner of the presidential election two weeks ago, continuing the leftist party's dominance since independence from Portugal in 1975.

Opposition parties have accused Frelimo of stuffing ballot boxes and other election fraud, while international observers said there were problems with the

vote and it was not free and fair. Frelimo has often been accused of rigging national and local elections to keep power.

The Constitutional Council has not yet validated the results of the election, which it must do for them to be recognised.

Current President Filipe Nyusi of Frelimo is stepping down after serving the two terms allowed

under the constitution. Protests began almost immediately after the election, prompting a police crackdown. Police have been accused by rights groups of firing live bullets at peaceful demonstrations and at least 20 people have been killed by security forces, according to international groups. Mozambican rights groups say the death toll is much higher.

DANCE-RHYTHM



Isabelle Martins and Ryan Bedard of the US perform during the ice dance-rhythm dance event at the ISU Grand Prix of Figure Skating. Photograph: Franck Robichon/EPA

BIDEN ASSURES OF 'ORDERLY TRANSITION' OF POWER

AGENCIES
WASHINGTON DC

US President Joe Biden congratulated President-elect Donald Trump and would ensure an orderly transition of power following his victory in the presidential election.

Biden emphasized that the will of the people prevails in a democracy and that his administration will work with Trump's team to ensure a peaceful transfer of power.

In a post on X, he said, "Yesterday, I spoke with President-elect Trump to congratulate him on his victory. And I assured him that I would direct my entire Administration to work with his team to ensure a peaceful and orderly transition.



That's what the American people deserve."

Biden also praised Vice President Kamala Harris for running an inspired and positive campaign.

In a post on X, he said, "Kamala Harris is an extraordinary partner and public servant. She ran an inspiring campaign and everyone got to see something

I respect so much in her character. She gave her whole heart to the effort and she and her entire team should be proud of the campaign they ran."

Biden said that the Democrats accepted the choice of the Americans, that is having Trump as the President.

He added that one cannot love the country only when

they win.

In a post on X, he said, "The struggle for the soul of America since our very founding has always been ongoing. Campaigns are contests of competing visions. And we accept the choice the country made. You can't love your country only when you win."

Biden highlighted his commitment to fulfilling his "presidential oath and honouring the Constitution" and said that the country will witness a "peaceful transfer of power on January 20."

He further emphasised the transparency of the American electoral system and stated that the system is "honest, fair, and transparent."

Trump names campaign manager Susie Wiles as Chief of Staff

AGENCIES
FLORIDA

US President-elect Donald Trump on Thursday (local time) named his campaign manager Susan Summerall Wiles as White House Chief of Staff, his first major appointment since winning this week's election.

Her appointment was confirmed by US Vice President-elect JD Vance. "This is great news. Susie was a huge asset to President Trump on the campaign and will be a huge asset in the White House. She's also just a really good person. Onward!" Vance posted on X.



Vance said that Wiles would serve as the first-ever female Chief of Staff in the history of the US.

In a statement posted on X, he said, "The 45th and 47th President of the United States of America Donald J. Trump announced today that Susan Sum-

merall Wiles, the winning Campaign Manager for President Trump's highly successful 2024 Campaign for President, will be named President Trump's White House Chief of Staff."

"Susie Wiles just helped me achieve one of the

greatest political victories in American history, and was an integral part of both my 2016 and 2020 successful campaigns," President Trump said. "Susie is tough, smart, innovative, and is universally admired and respected. Susie will continue to work tirelessly to Make America Great Again. It is a well-deserved honour to have Susie as the first-ever female Chief of Staff in United States history. I have no doubt that she will make our country proud," the statement further read.

Earlier in the day, US President Joe Biden congratulated Trump and said

that he would ensure an orderly transition of power following his victory in the presidential election.

Biden emphasized that the will of the people prevails in a democracy and that his administration will work with Trump's team to ensure a peaceful transfer of power.

In a post on X, he said, "Yesterday, I spoke with President-elect Trump to congratulate him on his victory. And I assured him that I would direct my entire Administration to work with his team to ensure a peaceful and orderly transition. That's what the American people deserve."

'Global headwinds' behind Kamala Harris election defeat: White House

AGENCIES
WASHINGTON DC

White House Press Secretary Karine Jean-Pierre in her first press briefing since Tuesday's election blamed the 'global headwinds' for Democrats' loss in the Presidential elections.

On being asked if US President Joe Biden felt any responsibility for Harris's decisive loss to President-elect Trump, or whether he had any regrets about his decision to seek reelection or to end his candidacy in late July.

"Biden takes responsibility for the loss," Pierre said that the disruption of the supply



chain during the COVID-19 pandemic took a toll on several incumbent leaders around the world.

"Despite all of the accomplishments that we were able to get done, there were global headwinds that because of the COVID-19 pandemic led to disruptions in the supply chain and it had a political toll on many incumbents around the world. If

you look at what happened in 2024 globally, that's what you see," she said.

She did not elaborate, and said, "We'll be mindful and leave the political analysis to the pundits. They're going to dig in, and look under the hood to see what exactly happened. But, what we saw two nights ago, was not unusual to what we have seen from the incumbents around the world on the global stage. There is going to be a lot of post-mortem analysis of what happened in the coming days, weeks, even months. And so I am going to leave those questions to the election experts.

Putin congratulates Trump on election victory, says Moscow ready for dialogue

AGENCIES
MOSCOW

Russian President Vladimir Putin has congratulated Donald Trump on winning the US presidential poll and said that Moscow is ready to have dialogue with the Republican president-elect.

"I would like to take this opportunity to congratulate him on his victory in the US presidential election. I have already said that we will work with any head of state who is trusted by the American people," Putin said while addressing the plenary session of the Valdai International Discussion Club in Sochi on November 7.

As per Aljazeera, these were the first public remarks from



Putin since Trump's victory. He had also praised Trump for displaying courage during the assassination attempt at a campaign rally in Butler, Pennsylvania, on July 14.

"He behaved, in my opinion, in a very correct way - courageously, like a real man," Putin

said in his address at the Valdai discussion club, Aljazeera reported.

Putin also said that Trump's comments "about the desire to restore relations with Russia, to help end the Ukrainian crisis, in my opinion, deserves attention at least".

10 Israeli soccer fans injured in mob attack in Amsterdam

AGENCIES
JERUSALEM

At least 10 Israeli soccer fans were injured when a mob of rioters shouting "Free Palestine" attacked them in Amsterdam on Wednesday night, prompting authorities to advise Israelis in the Dutch capital not to leave their hotels. Videos circulating on social media showed masked rioters, several of whom carried Palestinian flags, kicking and punching Israelis. The Ministry of Foreign Affairs of Israel said that they were notified by the Dutch authorities that 10 Israelis were injured and that their status is not yet clear.

Canada passes motion rejecting China's sovereignty claim over Taiwan

AGENCIES
CANADA

The Canadian House of Commons has passed a motion unanimously affirming that UN Resolution 2758 does not grant the People's Republic of China (PRC) sovereignty over Taiwan, nor does it decide Taiwan's future involvement in the UN or other international organizations.

According to the Taipei Times, the motion, introduced by Yves Perron, president of the Bloc Quebecois, was said to have been unanimously agreed upon by all parties prior to the meeting on November 7.

While reading the motion in French, he stated that Canada and Taiwan are strengthening their relationship, with growing economic and cultural exchanges. The two sides are also collaborating in areas such as bilateral trade, investment, technology, education, youth exchanges, industry, art, culture, and indigenous peoples' affairs.

He added that the outcome is positive and aligns with Canada's foreign policy. Members of the Canadian House of Commons, he said, would continue to advocate with international allies for Taiwan's meaningful participation in global organi-

zations, including the WHO and the International Civil Aviation Organization.

The report further stated that he later wrote in a social media post that China is distorting the meaning of UN Resolution 2758 to justify its military activities in Taiwan's airspace and territorial waters. He also stated that Chinese President Xi Jinping is using the resolution to issue threats and bolster his claim over Taiwan.

The resolution, passed during the 26th UN General Assembly, led to the People's Republic of China (PRC) taking over the UN seat previously held by the Republic of China (ROC), which gov-

erns Taiwan. Crucially, the resolution did not mention Taiwan or the ROC by name, leaving Taiwan's political status unresolved, according to CNA.

Perron was one of two Canadian lawmakers who visited Taiwan in July to attend the Inter-Parliamentary Alliance on China (IPAC) summit.

Last month, the European Parliament also adopted a resolution affirming that UN Resolution 2758 does not affect Taiwan's participation in the UN or other international bodies and rejected any unilateral attempt to alter the "status quo" in the Taiwan Strait as unacceptable.

PUTIN EXPRESSES WILLINGNESS TO ENGAGE WITH NEW US PRESIDENT

This week is ending on a delightful note for Trump and his supporters across the globe (including me!). Republican Donald Trump is poised to become the next President of the US following a significant electoral victory that will return him to the White House. World leaders, including Indian Prime Minister Narendra Modi, Israeli Prime Minister Benjamin Netanyahu and others, have already extended their congratulations to Trump, although the official results of the presidential election have yet to be finalized after the electors cast their vote in the month of December. The inauguration ceremony, during which Trump would officially assume the powers and duties of the presidency, is scheduled for Monday, January 20, 2025.

During his tireless campaign, Trump remained vocal about innovative economic reforms including

'Make America great again' and 'Hire in America' drives. He was also very vocal about making the immigration laws stringent to resolve multi-dimensional issues related to illegal immigrations. Trump also claimed that he would ensure Russia-Ukraine war ends at the earliest once he becomes the President of the US. He also spoke about establishing peace in the West Asian region where Israel-Hamas conflict is intensifying every day. Though Harris was acknowledged for 'right to abortion', it seems people of the US trusted Trump as in 'He will fix it'. It is also evident that he would prove to be a better leader for India than Harris for his pro-India approach in various domains. Though there were apprehensions that his claims related to economic reforms and illegal migration may negatively impact India, but this has to be looked through a pragmatic

approach. Also, Trump re-

contested races in several

WORLD RECAP

ANSHU JOSHI



mains one of those very few leaders from the world who vocally condemned violence against Hindus in Bangladesh. His unconditional support to India in fighting war against terrorism and separatist forces also makes him a preferred choice for Indo-Americans in particular and India as a nation in general.

Initially Harris appeared to be gaining ground, successfully securing crucial victories in California, which boasts the highest electoral vote count at 54, and New York, which contributes 28 votes, however the situation changed in few hours. Though there were concerns regarding the potential for uncertainty due to closely

critical swing states, Trump's unexpected victories in Pennsylvania, North Carolina, Georgia, and Wisconsin, along with wins in traditionally Republican states, enabled him to secure the necessary 270 electoral votes to claim the presidency. This marks a historic moment, as Trump will be the first former president to reclaim the office in over 130 years, and at the age of 78, he will also be the oldest individual ever elected to this position.

Trump and Vance will collaborate with their transition team to facilitate the transfer of power from President Biden's departing administration. They will outline their policy priorities, ini-

ate the vetting process for candidates who will assume significant positions within the new administration, and ready themselves to assume governmental responsibilities. During his victory rally, Trump suggested that Robert J. Kennedy Jr. might be appointed to a role related to healthcare.

Trump and his associates are also set to work on the issues pertaining to national security. Both the president-elect and the vice-president-elect are entitled to receive mandatory security details provided by the US Secret Service. According to Trump's team, he has agreed to a customary invitation from Biden to visit the White House, facilitating a seamless transition between the two administrations. It is customary for the outgoing president to attend the inauguration of the incoming president; however, Trump opted to skip the 2021 cer-

emony.

Trump's victory has made this week special not only for the US but for global affairs as well. In his initial public statements following Trump's electoral victory, Putin has expressed his admiration for the American leader's bravery during an assassination attempt that occurred at a campaign rally in Pennsylvania, on July 14. Putin remarked, "He acted, in my view, in a commendable manner—demonstrating courage akin to that of a true man." When questioned about the possibility of engaging in discussions with Trump, the Russian president affirmed his willingness by stating, "Ready." It can be considered a big twist in global politics.

Putin has also acknowledged Trump's remarks regarding the intention to mend relations with Russia and to contribute to resolving the Ukrainian crisis,

suggesting that such statements generate at least some consideration. The Kremlin had previously expressed a positive reception to Trump's assertion that he could facilitate a resolution to the conflict in Ukraine within a mere 24 hours. During his campaign for the presidency in the US, Trump had asserted that he could achieve peace in Ukraine within a mere 24 hours if he were to be elected. Though now he is expected to share his strategies he would employ to resolve the ongoing conflict, which is recognized as the largest land war in Europe since World War II.

Kremlin spokesperson Dmitry Peskov has also acknowledged Trump's previous statements regarding the resolution of the war in Ukraine but suggested that the new US president may have overstated the feasibility of achieving such rapid results. In the meantime,

Ukraine is actively seeking to intensify pressure on its allies for increased support in its ongoing struggle against Russia, particularly in light of Trump's electoral success. Though Ukrainian President Volodymyr Zelenskyy was among the first global leaders to extend his congratulations to Trump. He posted on X that they are committed to fostering ongoing communication and enhancing their collaborative efforts. He also emphasised strong and consistent leadership from the US is essential for global stability and achieving a fair peace.

These developments generate a hope that Russia-Ukraine war comes to an end and the world rejoices peace soon. Also, I hope Trump would not repeat the mistakes he made during his previous regime and would prove to be peace-loving, progressive and inclusive leader. Wish you the best Mr. Trump!

REVIEW: SINGHAM AGAIN ****

SINGHAM AGAIN



PRAVEEN NAGDA

Indian Cop Universe, a newer concept in Bollywood, developed by Rohit Shetty is an enjoyable action, crime, drama experience via the latest sequel Singham Again released after a decade of Singham Returns that came in 2014.

In an interesting twist the story of Singham Again has been adapted from Ramayan. Any story based on Ramayan is always bound to generate interest among the masses, just like this film, where the script intertwines and aligns the events of the film and the Karma of characters with the events of the epic.

The cast is power packed with Ajay Devgn, Ranveer Singh, Kareena Kapoor, Arjun Kapoor, and Deepika Padukone in the lead roles, while smaller screentime but powerful appearances by Jackie Shroff and Tiger Shroff. And the cameos of Akshay Kumar (as Sooryavanshi), and Salman Khan (as Chulbul Pandey), only add to the flavour of the film.

While Arjun Kapoor in a villain role makes a good attempt but Jackie Shroff outshines him in his grandfather's role as a villain with a much smaller screentime.

The film opens with the beautiful ravines and snow-clad mountains of Kashmir, where Bajirao Singham (Ajay Devgn) captures a dreaded terrorist Omar Hafeez (Jackie Shroff). Singham now heads a newly formed Shiva Squad to counter insurgency operations and combat terrorism, which functions independent of any other machinery.

Singham's wife Avni Kamat (Kareena Kapoor) works with Ministry of Culture, where she is hosting a Ramayan Show. In her team she has an implant terrorist as a col-

league, who facilitates her abduction by Danger Lanka (Arjun Kapoor), a dreaded terrorist and the grandson of Omar Hafeez, now operating out of Sri Lanka. Story is around bringing back Avni from the clutches of Danger Lanka.

Action sequences from Ajay Devgn, Ranveer Singh as Sangram Bhalerao or Simmba, Deepika Padukone as SP Shakti Shetty, and Tiger Shroff as ACP Satya are enjoyable, and they deliver pretty much expected from them in this sequel. The narrative of 'India ghuske maarta hai dushmanon ko' and similar statements at various points in the film bring alive the current times, evoking patriotic feelings among the audience.

Simmba (Ranveer Singh) with his incorrect and funny English does a good comedy and creates many laughing moments for the audience. And not to miss are the grand sets with a large play of colours, a huge canvas of tall temples and serene sceneries, a typical Rohit Shetty style.

While the first half is a little slow, it picks up the speed only later making the post-intermission experience a roller coaster one. The second half of the film is full of energy and exuberance, it keeps you hooked, you see a lot of action and drama, and it keeps you engaged.

Anyone who has loved the Singham prequels should definitely watch Singham Again as at the end of it the thrills are here again to cheer you up, comical lines are here again to make you laugh, and action is here again to keep you on the edge of the seat.

Praveen Nagda is Festival Director of KidzCINEMA and CultureCinema Film Festivals

CARDI B GIVES GLIMPSE OF HER THIRD BABY'S NAME ON DIAMOND BRACELET



TDG NETWORK WASHINGTON

Rapper Cardi B, who welcomed her third child, a baby girl on September 7 has reposted an Instagram clip of herself sporting diamond bracelets with the names of her children, reported People.

In the video, Cardi, who shares daughter Kulture Kiari Cephus, 6, son Wave Set Cephus, 3, and a 2-month-old daughter with estranged husband Offset, showed the bracelet while putting the finger on the name of her newborn to cover it.

The stunning piece of jewellery featured the

names "Kulture" and "Wave," while the bottom bracelet could be seen to include the letters "B" and "L." However, the full name was completely not visible.

"Ya'll can't see my daughter's name yet," she said. "So I gotta hide the last one. Just know the whole..." "Yeah," she added before revealing the letters "O" and "M" in the bracelet.

"New Wrist @iamcardib #ShouldaWentToElliot," Elliot Eliantte's Instagram caption read," reported People.

"Shoulda went to... @eliantte," Cardi wrote as she shared the post on her Instagram Stories.

PICTURE PERFECT

Janhvi posing for her social media saying, "Felt like eating some cassata but wore one instead". (Instagram)



KL RAHUL, ATHIYA TO BECOME PARENTS SOON, ANNOUNCE PREGNANCY WITH A CUTE POST

TDG NETWORK MUMBAI

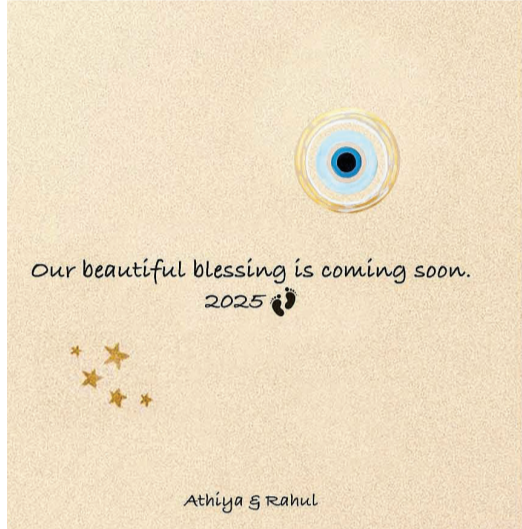
Cricketer KL Rahul and actress Athiya Shetty will soon embark on the journey of parenthood.

On Friday, the couple took to their respective Instagram handles and announced their pregnancy.

They dropped a note which read, "Our beautiful blessing is coming soon. 2025 (baby feet emojis)."

The beautiful note also features a clip art of evil eye. As soon as the couple shared the news, netizens flooded the comment section with congratulatory wishes.

Actor Rakul Preet Singh commented, "Omgyyyyyy congratulations!!! So so haaaaappy for you guys." "Congratulations my dar-



ling so happy for you both," actor Shibani Dandekar wrote.

Athiya's close friend Akansha Ranjan Kapoor dropped a string of red heart emojis in the comment section.

KL Rahul and Athiya ex-

changed vows on January 23, 2023, at Suniel's farmhouse in Khandala.

Meanwhile, on the work front, KL Rahul will be in action during the Border-Gavaskar Trophy, starting from November 22 with first Test at Perth. In order

to gain some match practice, KL featured in India A's second unofficial Test against Australia A at the Melbourne Cricket Ground (MCG), though he failed to make a mark in both innings, scoring 4 and 10 respectively.

Anushka Sharma, Virat Kohli enjoy Mumbai brunch date

TDG NETWORK MUMBAI

Star couple-actress Anushka Sharma and cricketer Virat Kohli enjoyed a low-key brunch at a popular Mumbai cafe on Thursday.

On Thursday, Benne, located in the Bandra area of Mumbai, shared several pictures from the couple's visit. Anushka Sharma reposted the pictures on her Instagram handle on Friday.

In the first photo, Anushka and Virat posed with the cafe's staff, both looking casual yet chic. Anushka sported khaki pants paired with a white t-shirt and an oversized shirt, while Virat kept it simple in a white shirt and cap.

The couple seemed relaxed and in good spirits, clearly enjoying their time away from the spotlight.

However, it was the fourth



image in the post that quickly went viral. The photo showed Anushka and Vi-

rat standing alongside the entire cafe staff-except for one person, who was added

to the image via Photoshop.

The caption accompanying the image read: "POV: The one day you miss school. Dinesh was very sad he wasn't on shift today, so we photoshopped him."

This lighthearted attempt to include an absent staff member, quickly captured the internet's attention, with many finding the Photoshop both endearing and funny. The cafe's caption played on the theme of missing out on something special, making a relatable joke about how the staff member missed meeting the celebrity couple.

Fans flocked to the comment section, expressing sympathy for Dinesh. One commenter wrote, "Dinesh is the kid that skips school one day and something cool happens on that exact day."

DEEPIKA PADUKONE, RANVEER SINGH STEP OUT FOR FIRST TIME WITH DAUGHTER DUA

TDG NETWORK MUMBAI

One of Bollywood's most loved couple Deepika Padukone and Ranveer Singh, recently made their first public appearance with their newborn daughter, Dua.

The trio was seen together in Mumbai on Friday, as they headed to a private airport in Kalina.

This outing was particularly special, as it was the first time the couple had been seen in public since welcoming their daughter in early September.

The family moment quickly went viral on social media, with fans of the couple sharing their joy over this adorable display of parenthood.



In photographs, Deepika, dressed casually in a relaxed printed dress, cradled her

little girl in a front baby carrier. Meanwhile, Ranveer kept it casual in a vibrant

pink hoodie, paired with his signature oversized glasses and a laid-back man bun.

BRAIN PICKING



I think a woman should be wholesome, voluptuous and sizzling!



- VIDYA BALAN (Indian Actress)

BIGG BOSS 18: VIVIAN DSENA GETS SCHOoled BY EKTA KAPOOR ON SHUKRAVAAR KA VAAR



TDG NETWORK MUMBAI

In a recent episode of 'Bigg Boss 18', producer Ekta R Kapoor, took over the hosting duties from Salman Khan, who is currently busy shooting for his upcoming film Sikandar. Kapoor didn't hold back as she schooled the housemates during the Shukravaar Ka Vaar episode, with actor Vivian Dseena being her main target.

During the show, Ekta confronted Vivian for his attitude towards other housemates. She reminded him of her role in launching his career and expressed her right to ask him questions.

"Vivian, mujhe itna toh haq hai ki aapke launch karne ke baad, aapse kuch sawal mai khud kar sakun," she said.

The discussion heated up when Ekta further questioned Vivian's pride in his 10-year career, saying, "Agar aapne 10 saal kaam kiya, toh kya? Ghar ke saare log aapko pedestal pe chadha de?" When Vivian tried to justify his actions, Ekta hit back, saying, "Toh phir yeh kaam ka ghamand aap kisko dikha rahe hai?"

Earlier, Colors TV took to its official Instagram account to announce that Ekta Kapoor and filmmaker Rohit Shetty will be arriving as special guests for the Weekend Ka Vaar episode.

The caption read, "Dhamaake honge bahut bade iss baar, kyunki aa rahe hai kuch khaas mehmaan karne Weekend Ka Vaar."

The episode premieres at 10 PM on Colors TV and is also available for streaming on JioCinema.

KAJOL UNLEASHES HER INNER CHILD AS SHE PLAYS WITH SON OF ISHITA DUTTA-VATSAL SHETH



TDG NETWORK MUMBAI

Bollywood star Kajol surely knows how to bond with children. Her latest Instagram post is proof of this fact.

On Thursday, she took to Instagram and shared an adorable snap with the son of actors Ishita Dutta and Vatsal Sheth.

In the image, she could

one wrote.

Kajol and Ajay Devgn share a close relationship with Ishita and Vatsal Sheth. They have often been spotted together at festivals and important events.

They recently celebrated Diwali together.

Vatsal uploaded pictures from their Diwali celebration with Ajay and Kajol to Instagram. The

Kajol and Ajay Devgn share a close relationship with Ishita and Vatsal Sheth. They have often been spotted together at festivals and important events.

be seen making goofy expressions as she plays with Vaayu.

Sharing the picture, Kajol wrote a caption, "Height to same hai lekin bada kaun hai."

Her post is flooded with heartfelt reactions. "How cute," a social media user commented. "Lovely photo," another

Yeh Rishtey Hain Pyaar Ke actor wrote, "Diwali vibes are still glowing strong!" Both Vatsal and Ishita have worked with Ajay Devgn in films. Vatsal has shared screen space with Ajay in Tarzan: The Wonder Car. On the other hand, Ishita worked with Ajay in the 'Drishyam' franchise.

GOING WITHIN AND GOING BEYOND



ERIC LE RESTE

There are many times when we are involved in scenes and situations that we would rather not be in, and the feeling is to go beyond all the complications and be free. However, before we can go beyond it all, and still deal with everything efficiently, we first need to go within, and explore what is going on inside.

Going within is like exploring the different levels in a house. The ground floor level is where we are seen and where we are involved in the here and now. But, like many houses, there are further levels below that – basements –

and to find the deepest parts of ourselves, we need to explore what lies beneath.

The first level, or basement, is where we hear the noise of the echoes of what has been experienced on the outside; all the ramifications of the scenarios we are wanting to go beyond. This is the level where we have questions such as 'What?' and 'Why?' and where we may be criticising or appreciating, but there is a lot of chatter because this level is occupied by a great many people. It is also where our memories are; pictures on the walls, all the good moments, all the bad ones – it is pretty busy down there. However, while all of this is perfectly normal, it is not the very quiet place we want to be in when we meditate.

It can happen that when we take time to meditate, we just get stuck there, with all the noise. Some people find meditation difficult because they do not like that noise at all and rather than go down to a deeper level, they want to go outside again, turn on



Meditation, or going within, is really understanding how to peel off layers of thinking.

the TV or the radio, surf the internet, because they do not know how to sort out all the stuff in the first basement. The problem with that is that we are then creating even

more noise in the basement, so there is less likelihood of wanting to be there.

If we have patience and the elevated desire to 'get to the bottom' of things, then we

can access the second layer, the sub-basement. This is where I can connect with my purpose, my spiritual objectives, the beliefs I hold dear, and can measure those

against what is happening up there on the ground level. It is not busy on this level, but it requires a certain degree of light to see what is there, and this depends on the clar-

ity we have about our objectives. For example, if one of my spiritual objectives is to be a master of the self, and free from defects, then I can look at the echoes and how I want to deal with it all, and how I want to see myself in the long run.

That space of thinking takes me deeper, to understand where I am going and in what manner I want to get to my destination. The deeper we go, the more light we need, and so we have to bring our own light of clarity about what is really important to us.

There is yet another layer, the deepest one, that is a very different state of awareness. This is the level beyond purpose, and is like hearing the call of the original self. It is not a self I can experience today, but it is the one that was recorded for eternity, the deepest part of the soul, the original, eternal state of the soul, the state of perfection. Perfection like the purest stream of water with no impurities. It contains the

essence of all spiritual virtues. This state is not an easy level to remain in for long, because the slightest noise will take us back up to the surface again and we cannot go straight to that level without spending time in the other ones.

The practice of going within is really understanding how to peel off layers of thinking. Accessing the deep levels of the self creates something a million times more beautiful than we could ever envisage, if we just try sorting out the mess in the basement.

Going within is so essential for our spiritual practice, and no changes I make in my behaviour will be permanent without that, because the roots will not be deep enough to uphold what I build as I start to develop spiritually.

Eric Le Reste was a producer for the Canadian Broadcasting Corporation for more than 35 years. He coordinates the Brahma Kumaris centres in Canada and is based in Montreal.

Finding our deeper purpose



INDU GULLIANI

At some point in each one's life, the question arises, 'why am I here?' Each one of us feels the need to have some kind of purpose in life, and those who find their 'raison d'être', are very lucky. Whether or not we consciously become aware of our purpose, there is a reason for being alive on this earth, and being where we are and who we are with.

Of course, as life goes on, our personal goals and aims, our temporary purposes, change. When we are young, we have a career to study and work for. When we are older, we have families to raise. These purposes occupy a great deal of our time, and when the job is secured and the family leave home, there is often a sense of having lost our purpose. However, each stage of life is precious and prepares us for the next phase, our further purpose.

Despite all these necessary preoccupations in life,

within each one there lies a deeper purpose – one of spiritual growth and realisation. To access this deeper purpose, the practice of meditation is invaluable. In the silence and calm of meditation, our purpose becomes clear. Those who have the fortune of this understanding, can then focus, concentrate, and work towards fulfilling that purpose—by applying spiritual principles, and endeavour each day to step that bit closer to fulfilment.

One of the most important aspects of the journey is to take great care of our thoughts. Negative thoughts will attract negative responses. Positive and elevated thoughts attract positive and elevated situations and people into our lives. When we think too much, worry too much, we lose our sense of purpose. So, there are three things we can pay attention to:

1. Protect the self from negativity. Whatever negativity we allow to go 'in' to our minds will affect us far more than we realise. That is why those who meditate avoid watching too much television or spending time with people who drain our energy, because they are continually looking on the dark side of life. Centres of meditation are special places to spend time in. They hold vibrations of the highest kind, and meditation is easier there. There



Finding our deeper purpose helps us grow spiritually.

are others to meet who understand the value of positivity and conversations are light and helpful.

2. Increase emotional stability by avoiding being affected and upset by small or imagined hurts and difficulties. Dadi Janki, the late Administrative Head of the Brahma Kumaris, was once asked, at the age of 100 years, what her aim was. She replied 'to remain peaceful in all situations' –

a truly powerful purpose.

3. Maintain good relationships whatever happens. That is not as easy as it sounds, nor is it always possible. What is possible, is that any damage to a relationship that I am aware of, is nearly always repairable, and that should always be part of my spiritual purpose.

Everyone has their own purpose, whether they have become aware of it

or not. It is not our place to judge the purpose, or even the apparent lack of purpose, of those around us. I must keep my own purpose in mind, help others as far as possible on their own journeys, and remain in my natural, eternal state of peace, whatever the challenges I face. In meditation I can find and follow my purpose, in meditation I can surrender the outcome to the Supreme Being, and

keep the destination in mind. Every journey has side scenes, those are not for me to try to change, become involved with, or even spend too much time thinking about. I notice the side scenes, and with good wishes wave farewell, as I move ahead on my own journey.

Indu Gulliani is the Coordinator of the Brahma Kumaris centre in Leicester, UK.

A THOUGHT FOR TODAY

When I fill my mind with the light of love, peace and happiness I transform it into a sacred space, free from sorrow. Then my very being serves. What I AM is what I give the world. This is true service. I don't DO service. I AM a server. Others around me can pick up positive vibrations to uplift them. Today let me honour the value of filling my mind with positive energy and radiate it to the world.

Think of the reality you want



CHIRYA RISELY

Our destiny is created by the power of our thoughts. This is the power of the mind, because it is the mind that creates the world we experience. Meditation teaches us to accept where we are at the moment, and to use the power of thought to create tomorrow. Create the thoughts needed

for the reality that we want to experience.

When I create powerful thoughts and repeatedly think them each day, they become my reality in the same way that weak thoughts that I have consistently reiterated, year in and year out, have brought me to where I am, perhaps feeling stressed and anxious. We do not just have to accept the truth of this, we can experiment, try it out, and see what starts to change.

THE THOUGHTS WE CAN CREATE ARE:

- 'I am a powerful being. I consciously choose positive responses before speaking.'
- 'I am always calm and stable.'
- 'I am always happy' (not 'I want happiness').
- 'I am fearless and confi-



When I create powerful thoughts and repeat them each day, they become my reality.

dent.'

We can create positive affirmations about habits we would like to change. If I am always late for meetings and appointments, I can begin to change that mindset by telling the subconscious mind, 'I am always on time' – and make sure that until the mindset becomes firm, I am not influenced by others still saying, 'You are always late'.

FOR GOOD HEALTH, WE CAN THINK: 'MY BODY IS PERFECT AND HEALTHY, ALWAYS'.

For acceptance: 'I accept others', 'Others accept me', 'I am loved', 'My relationships are based on respect and trust', 'My family is united.' For forgiveness: 'I forgive', 'I let go.'

The two most powerful

When I create powerful thoughts and repeatedly think them each day, they become my reality in the same way that weak thoughts that I have consistently reiterated, year in and year out, have brought me to where I am, perhaps feeling stressed and anxious. We do not just have to accept the truth of this, we can experiment, try it out, and see what starts to change.

times to practise these positive affirmations are before going to sleep and upon waking. It is good to take great care of the thoughts we have before sleeping and upon waking. Technology, phones, computers are best used at other times of the day. It is best to set aside media for a time, before

sleeping and on waking. An attitude of gratitude is a very powerful thing. Listing the things we are grateful for is really beneficial. Having gratitude for all the skills and attributes we have, for all the friends and family, for nature that surrounds us, and our health and well-being. Before

each meal, we can have a moment of real gratitude for how it was grown, all the work that went into the production, delivery, and preparation of the food. When I cook food, I can create powerful and nourishing thoughts and good wishes for those who will eat it. The same is true for the water we drink. These mindsets work to make our reality one we feel safe and comfortable in, and they work even if we do not believe in them. Practising these affirmations and mindsets daily begins a chain reaction that creates the reality we want to experience. The more we do this, the more firm and beautiful our reality becomes.

Chirya Risely is a Rajyoga meditation teacher based at the Brahma Kumaris Peace Village Retreat Center, USA.

PRE-IVF WELLNESS: HOW LIFESTYLE CHOICES CAN BOOST FERTILITY SUCCESS

DR SHEETAL JINDAL

In vitro fertilization (IVF) is a transformative medical breakthrough, offering new hope for couples facing infertility. Yet, the path to success involves more than the procedure itself. The body's preparedness for fertility treatment is crucial in influencing IVF results. The lifestyle choices made before starting IVF have a powerful impact on fertility. Focusing on pre-IVF wellness means adopting healthier habits that prime the body for conception. This includes nourishing the body with proper nutrition, staying physically active, and steering clear of harmful substances. When these factors are addressed, couples increase their likelihood of a successful pregnancy and enjoy a more seamless IVF experience.

ALCOHOL CONSUMPTION

Excessive alcohol intake is a well-established risk factor for infertility in both men and women. A systematic review from 2017 highlights that consuming more than 12.5 grams of alcohol daily can impair female fertility by disrupting hormonal balance and ovulatory cycles. For men, the effects of alcohol are similarly detrimental, with studies showing a direct link between alcohol consumption and an increased prevalence

of abnormal sperm morphology. Reducing or eliminating alcohol before starting IVF can enhance reproductive health, improving both egg and sperm quality.

IMPACT OF SMOKING

Smoking is a detrimental habit that significantly undermines fertility. In women, it hastens the depletion of eggs and disrupts hormonal balance, leading to irregular ovulation. For men, heavy smoking results in lower sperm count, decreased



motility, and increased sperm DNA damage. Evidence supports that quitting smoking can quickly enhance fertility, offering a clear path to improved reproductive health.

Caffeine Consumption
Caffeine, often consumed in coffee, tea, and energy drinks, can

pose risks to fertility when consumed in high amounts. Studies suggest that women who regularly consume more than 200-300 milligrams of caffeine per day are at a higher risk of delayed conception and miscarriage. Similarly, men who consume high levels of

caffeine may experience a decline in sperm quality. Reducing caffeine intake to moderate levels or switching to decaffeinated beverages can help optimize the chances of success in IVF cycles.

WEIGHT MANAGEMENT

Achieving and maintaining a healthy weight is a fundamental aspect of fertility, especially for women. A higher body mass index (BMI) can double the difficulty in conceiving compared to those within a healthy weight range. Excess weight interferes with

hormonal regulation, disrupting ovulation and compromising egg quality. Even a modest weight reduction—around 5% to 10%—can enhance fertility by restoring regular ovulatory cycles. For men, obesity poses chal-

NUTRITIONAL BALANCE

A nutrient-dense

lenges to sperm health and testosterone production, emphasizing the need for both partners to prioritize weight management in their fertility efforts.

from oxidative damage. Incorporating healthy fats, particularly omega-3 fatty acids found in fish and nuts, can remarkably enhance the quality of both eggs and sperm. Focusing on a well-rounded diet that prioritizes whole grains, lean proteins, and plant-



based foods optimizes the body's fertility capacity, especially when preparing for IVF.

STRESS REDUCTION

The emotional strain of infertility can elevate stress levels, which in turn adversely affects fertility. Persistent stress interferes with hormonal balance, causing irregular menstrual cycles in women and decreasing sperm quality in men. Engaging in stress-reducing practices like yoga, meditation, or mindfulness can boost mental health and support reproductive function. Cultivating a peaceful and supportive environment before and during IVF can greatly improve the likelihood of a successful pregnancy.

SLEEP AND FERTILITY

Sleep is a critical, yet often underestimated, component of fertility. Irregular sleep patterns can cause hormonal imbalances, interfering with ovulation in women and sperm production in men. Focusing on proper sleep hygiene leading up to IVF can notably boost fertility, enhancing the likelihood of a successful pregnancy for both partners.

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The impact of PCOS on fertility: Advanced treatment strategies beyond lifestyle changes



DR. AMBIKA DATTA

Problems of ovulation hence PCOS symptoms such as weight gain, acne and hairiness. **HOW PCOS AFFECTS FERTILITY**
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SYMPTOMS OF PCOS

PCOS symptoms vary but often include:

- Irregular or missed periods
- Weight gain, especially around the abdomen
- Acne or oily skin
- Excess hair growth on the face or body (hirsutism)
- Thinning hair on the scalp
- Difficulty conceiving

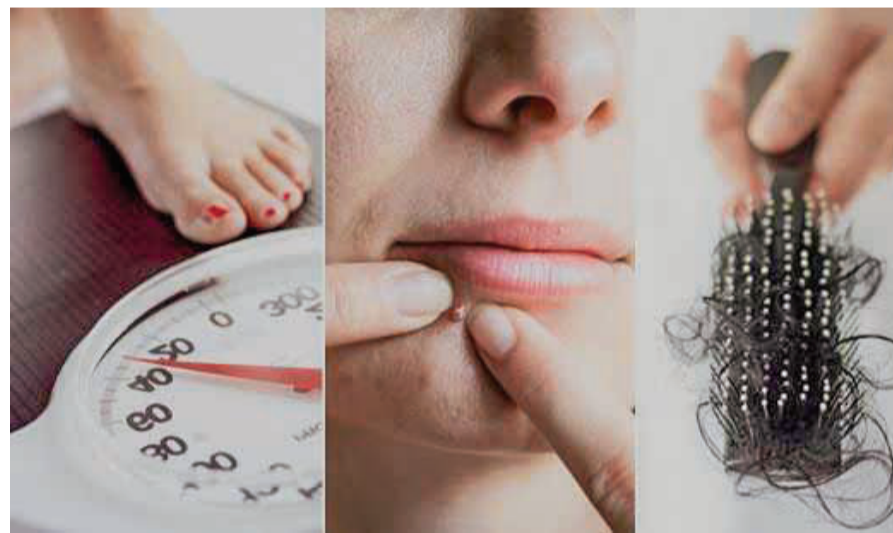
WHAT IS PCOS?

PCOD is a syndrome where amounts of androgens (male sexual characteristic hormones) are produced in the ovaries interfering with the monthly periods. Common symptom of PCOS in women include missed or irregular periods as well as frequent break ups in ovulation thus complicating chances of conceiving. It is sometimes associated with one's Shaun called insulin resistance, where the body is unable to process Insulin properly. This results in high levels of insulin which leads to increased production of androgens by the ovaries and therefore creates

MANAGING PCOS THROUGH LIFESTYLE CHANGES

PCOS is a chronic illness for which there is currently no cure, but its treatment can include removing some of inflammatory triggers that have been identified to cause the condition with a massive improvement in menstrual cycles and fertility. Here are some practical strategies:

1. MAINTAIN A HEALTHY WEIGHT



Proper diets or weight loss may well help in re-establishing hormonal balance and by this way help to produce ovulation. Research indicates that achieving weight loss of 5-10% guarantees them a regular menstrual cycle and fertility as well.

In order to attain correct weight loss and gain control on insulin levels, one must exercise at least thirty minutes a day. And Stay consistent with it.

2. FOLLOW A BALANCED DIET

Diet control is an important part of the treatment in PCOS. On this diet, there are lots of ALLEGIANT Fiber because fiber-rich foods such as whole grains, vegetables, fruits, and legumes are good for stabilizing blood sugar due to their slow digestion. Skip the sweets, candy, soda, cake, white flour products, as these foods make insulin resistance much worse. That is why it is recommended to use complex carbohydrate foods like brown rice, quinoa and oats among others. Choose meats that are low in fat,

fish, eggs, and soybeans such as lentils, and beans. In addition to this, healthy fats from such foods like avocados, olive oil and nuts can also minimize inflammation and balance hormones.

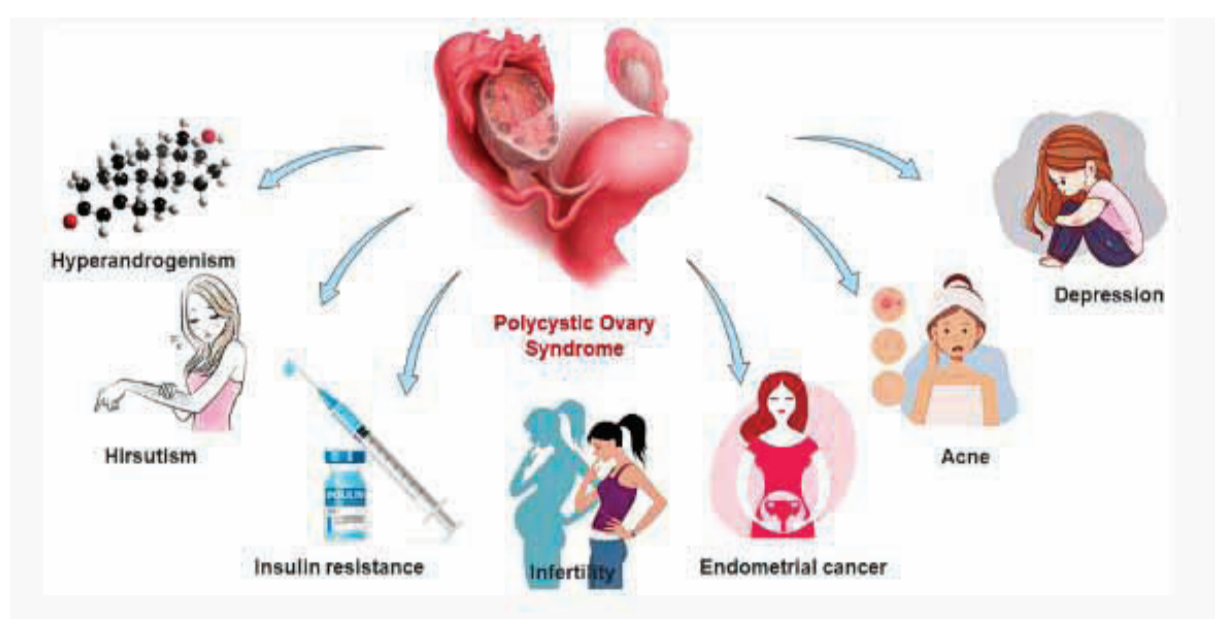
3. MANAGE STRESS

Hormonal fluctuations of stress also negatively impact women with PCOS as stress prolongs this problem and deepens. Stress has to be kept under control and this implies the need to relax.

Specific methods include: Yoga & meditation. Deep breathing exercises. Relaxation should be another domain of activity planning; therefore, planning should include reading, going for a walk or pursuing other hobbies.

4. GET ENOUGH SLEEP

It is well known that sleep quality meets all the requirements for the effective treatment of PCOS. Sleeping is crucial and lack of it may make



Spend time clearing some of your activities off so that you make some time for relaxation in order to take care of your mental health.

CONCLUSION: MANAGING PCOS WITH LIFESTYLE CHANGES

As much as PCOS may seem like a difficult disorder, it is actually one that can be lived with as long as one is willing to make those all-important changes to their lifestyle. Avoiding weight gain, eating right, reducing stress levels, and sleeping well are interventions that help to ameliorate PCOS and promote fertility. Proti-rocks have shown major differences between small, consistent changes to your normal schedule.

If you think you have PCOS or if you're having difficulty conceiving, talk to your doctor about a potential action plan. PCOS can be said to be controllable with certain interventions and modification of certain traits; the quality of the life can be enhanced and the chances of conceiving may also increase.

● Stay active throughout the day: Integrate regular, light exercise like walking around the office, or using the stairs instead of the elevator.

● Hydrate: Avoid taking foods that include a lot of diets and sugary snacks and drink more water in order to control your hunger pangs.

● Plan meals: It will help to cook balanced, healthy meals in advance to have no excuses to order fast food.

● Engage in self-care:

the condition of insulin resistance and weight increase as well as the desire for evil foods worse. As individuals should attempt to get 7-8 hours of sleep every night, Set a sleep schedule. Avoid the consumption of caffeine products and Minimize the use of electronic devices close to bedtime.

PRACTICAL DAILY TIPS

To better manage PCOS symptoms, consider these simple day-to-day habits:

