



GUEST COLUMN

Disability and the way to deal with it



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nology used in these areas, it is still a problem.

Diplegia is the commonest presentation at 30 – 40 per cent, hemiplegia 20 – 30 per cent, and quadriplegia 10-15

According to the 2011 census, 26.8 million population was disabled and 20.3 per cent had movement disability with the major causes being CTEV, CDH, CP, polio, scoliosis, myelomeningocele and rickets. In the past, polio was a major cause of orthopaedic disability. India has become polio-free with the help of the World Health Organization, Bill Gates Foundation, Rotary Club and millions of health workers of the country since 27 March 2014.

Cerebral Palsy (CP) is a common cause of orthopaedic disability. CP is a lifelong condition that affects the individual, family, society and nation. CP is caused due to lack of oxygen supply in the brain due to any reason. It causes paralysis of a certain part of the brain (cerebrum) resulting in motor disability, which is called CP in medical language. This lack of oxygen can happen at the time of delivery or after delivery. Whatever may be the reason, the result is the same, paralysis of the brain.

Nearly 15-20 per cent of physically disabled children are affected by CP. It is the most common motor disability in childhood. Because of the developing nature of Indian health care in semi-urban and rural areas and the lack of tech-

per cent. In an analysis of 1,000 cases of CP from India, it was found that spastic quadriplegia constituted 61 per cent of cases followed by diplegia 22 per cent. Spastic CP is the commonest and accounts for 70 – 75 per cent of all cases, dyskinetic for 10 to 15 per cent and ataxic for less than five per cent of cases.

Due to CP, the child faces difficulty to varying degrees in speaking, hearing, walking and doing any work with hands. Some children have slight stiffness in their hands and legs or some have so much stiffness that they are unable to even eat, sit, stand or walk. If any child's milestones are delayed or there is difficulty in speaking, sitting or walking, the parents should consult a paediatrician, orthopaedic surgeon or neurologist.

CP is a lifelong problem that affects the individual, family and society. Therefore, the aim of its treatment is to try to make the child capable in every way. CP not only creates physical problems but it also creates mental problems for the child, social problems for the family and a huge economic problem for the country. As mentioned earlier, it is a complex problem, so sometimes dozens of specialists are required to treat it. The author's experience is that if every expert pays

even a little attention to these, the results are very beneficial and far-reaching.

Since we are the orthopaedic surgeon, we will limit ourself to orthopaedics problems caused by CP. The authors believe that no handicapped or disabled person can be equal to an

We urge the parents and guardians of CP afflicted children that though the problem is serious, they should not despair because even small help from experts is very beneficial for the children. First of all, all CP children should be examined and investigated thoroughly by the specialist

depends on the strength of bones, joints and muscles which are controlled by various neuro-vascular structures. Deformity and disability caused by any reason affects not only the individual and family but also to the community and nation. Therefore, the goal of all stakeholders should be to

with minimal disruption.

If we talk about orthopaedic problems then the children usually have stiffness in their hands and legs, which hampers their day to day activities particularly the scissoring gait and severe pronation deformity of the hand. The for-

ing. The correction of these deformities requires manipulation of joints, balancing exercises of muscles, use of splints etc. If the stiffness of joints and muscles is not corrected with the above means, then surgery should be considered. The principle of surgery is to balance the power of opposite mus-

either the strength of the weak muscle is increased or the strength of the strong muscle is decreased.

Flexible deformities can be corrected with soft tissue surgeries and rigid bony deformities with Ilizarov external fixator. If the angular deformity of the joints is excessive then the bone near the joint is cut, straightened and fixed with plaster or screw-plate. Nowadays, with the use of fixators, the joint or bone can be straightened without any incision and at the same time shortening of the bone, if any, can be corrected. If plates and screws are used, they should be removed after one or two years. Children should visit a specialist at least once a year for follow up so that if there is any recurrence of deformity or any new problem which can be checked and corrected in time.

Correction of deformities and disabilities requires a multidisciplinary approach. The needs of people with disabilities are the same as the needs of a non-disabled person. Deformities and disabilities caused by any reason should be corrected as soon as possible, because plants can be easily straightened, not the trees.

(The authors are orthopaedic surgeons based in Dehradun; views expressed are personal)



able-bodied person. We believe that not only the experts but also the society and administration should try to reduce their disability because the human resource is the greatest on planet earth, which should be nurtured by all. Even disabled people should be enabled to make an important contribution in nation building in their own way.

so that the disease can be confirmed and treated appropriately according to its severity. The development of an individual depends on the individual's actions, which are important at every stage of life. Locomotion plays an important role in shaping life. In fact, the authors believe that the locomotion is as important as the heart and lungs for one's day to day life. Locomotion

enable the disabled person so that they can live a life

mer hampers the walking and later hampers the feed-

cles. If one muscle is weak and the other is strong then

Killer nabbed within a day of strangulating property dealer

PNS ■ DEHRADUN

Dehradun police apprehended a man who allegedly murdered a property dealer in the city within 24 hours of the crime being committed. According to the police, the Patelnagar police was informed on Friday about a man dying in suspicious circumstances in a rented accommodation.

The senior superintendent of police Ajai Singh and other police officers reached the scene of the crime. Prima facie, the person found dead appeared to have been strangulated. The victim was identified as Manjesh Kumar (42), a resident of Haridwar. Questioning the owner of the house revealed that a room on the upper floor was rented out to Sachin



Kumar for the past two months and that a friend of Kumar was staying there. On the night of November 29, Sachin and his friend Arjun were not in the rented room and they were not available on the phone. The police con-

tacted the family members of the deceased and after preliminary enquiry, it was ascertained that the deceased was a property dealer and was dealing with Arjun for quite some time. Based on the complaint lodged by the victim's brother

against Sachin and Arjun the police lodged a case. The police used surveillance and other means to track the suspects. The police got to know that after the crime the two suspects escaped from the building on seeing the police. The duo jumped to escape which caused an injury on Sachin's foot. He went to a hospital in Bhagwanpur for primary treatment and later to Saharanpur. The police further got to know that Sachin was planning to surrendering in the court in Dehradun. The police stepped up checking and arrested him at Asharodi. During questioning, he reportedly stated that he and Arjun had strangulated Kumar.



Tourists boating on Naini lake on the weekend in Nainital which saw visitors thronging the lake city
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Tiger exhorts Dhama to follow on Yogi's footsteps against jihadis

Hindu organisations hold Mahapanchayat in Uttarkashi amid tight security

PNS ■ DEHRADUN

BJP MLA from Hyderabad T Raja Singh -popularly known as Tiger Raja Singh, called for unity among Hindus and made some remarks directed at Uttarakhand chief minister Pushkar Singh Dhami, suggesting that he should emulate his Uttar Pradesh counterpart. Addressing the crowd at a Mahapanchayat in Uttarkashi on Sunday, Singh stated that he had traveled from Hyderabad to Uttarakhand to "awaken" the people. He rallied the gathering around the slogan 'Batenge toh Katenge', urging the community to stand united. During his speech, he praised Uttar Pradesh chief minister Yogi Adityanath for his firm actions against illegal mazars and mosques, suggesting that Dhami could learn from Adityanath's governance. Singh remarked that Dhami should engage in a discussion with Yogi over tea to better understand his strategies.

Singh said this at a Mahapanchayat held by Hindu organisations in Uttarkashi on Sunday drawing attention to



an ongoing dispute over a mosque in the district. Several prominent leaders participated in the gathering, including the Mahapanchayat which led to a heightened security presence in Uttarkashi, with police and administrative authorities on alert to prevent any untoward incidents. According to the police, the town was divided into seven zones and 15 sectors and additional police forces were deployed. Traffic in and around the area

was diverted and strict surveillance measures were implemented to monitor movement within the town, as per the officials.

The controversy surrounding the mosque began months ago when some Hindu organisations labeled it as illegal. This led to a Janakrosh Rally, which increased communal tensions in the district. Following the rally, police registered cases against eight

named individuals and 200 unidentified participants. Additional forces were brought in to maintain peace, and the police increased surveillance across the district. The situation in Uttarkashi remains sensitive, with the administration working to ensure harmony amid the escalating dispute. Authorities have appealed to all parties to approach the issue with restraint and seek a peaceful resolution.

BJP enters damage control mode after damp squib in Uttarkashi

PNS ■ DEHRADUN

A few hours after stating that Uttarakhand chief minister Pushkar Singh Dhami should emulate his Uttar Pradesh counterpart Yogi Adityanath when it comes to tackling 'jihad' elements, Bharatiya Janata Party MLA T Raja Singh Xed praising Dhami. While addressing a Mahapanchayat organised by Hindu bodies in Uttarkashi, Singh was diplomatic yet critical of the BJP government in Uttarakhand for its failure to check the spread of certain elements in the State. However, shortly after his speech, the MLA Xed praising Dhami and the 5,000 acres of land the State government had removed encroachments from. He said, "The Dhami government is dedicatedly working against the land jihad, mazar jihad and spit jihad which were ris-

ing in Uttarakhand. Even though Uttarakhand may be a small State the courageous decisions of the Dhami government have provided a new identity to Uttarakhand." He exhorted Dhami to continue working in this direction while greeting him for his efforts to "uplift" Sanatan culture. According to political observers, the Mahapanchayat in Uttarkashi was intended to be a major affair, eliciting strong sentiments from the public. However, despite getting a firebrand leader, the party has not been able to elicit the response that it was aiming for. If sources are to be believed, the MLA in question was not even aware about the state of affairs in Uttarakhand, including the work done by the BJP government.

Over 500 arrested for drunk driving in Dehradun

PNS ■ DEHRADUN

The police in Dehradun have intensified action against drunk driving, especially after the death of six youth who died in a fatal car accident on November 11. The police's measures have resulted in over 500 arrests for drunk driving and significant penalties for public alcohol consumption in past two months, the Dehradun senior superintendent

Rs 8.2 lakh under the Police Act accompanied by stern warnings to prevent repeat offenses. The Raipur police station emerged as the frontrunner in these efforts, carrying out the highest number of actions. Singh said that in the past two months, the Raipur police station registered 1,345 cases of public drinking, collecting fines amounting to Rs 4.87 lakh



dent of police Ajai Singh said. He informed that 508 vehicles were seized and their respective drivers were arrested for driving under the influence. Besides this, 2,265 individuals were also caught consuming alcohol in public places, such as roadside spots, forests or parked vehicles. Police brought them to police stations and imposed hefty penalties. The police collected a total fine of

and apprehended 145 individuals for drunk driving with all their vehicles impounded.

The SSP said that with these impactful measures in place, the police aim to create a culture of accountability and deterrence. Public drinking and endangering lives through drunk driving will not be tolerated in Dehradun, he said.

Women raise concerns over lack of smart or public toilets

PNS ■ DEHRADUN

Several women have voiced their concerns regarding the absence of both 'smart' and 'pink' toilets in key market areas of the city, such as Hanuman Chowk, Moti Bazaar, among others. Their concerns arose in response to a recent initiative proposed by the district magistrate aimed at establishing pink toilets for women in select areas of the city. However, the district magistrate Savin Bansal has included the establishment of pink toilets specifically at Paltan Bazaar. In light of this, many women, along with the Doon Valley Mahanagar Udyog Vyapar Mandal (DVMUVM), have raised concerns and urged the relevant officials to extend the coverage of both regular and pink toilets throughout the entire market area of the city, including Hanuman Chowk, Moti Bazaar and other areas, rather than limiting the initiative to Paltan Bazaar alone.

Narang said that it becomes problematic for individuals at Hanuman Chowk, as they need to walk to Paltan Bazaar for toilet access.

"Instead of exclusively prioritising pink toilets, officials could consider providing standard toilets for both males and females. It is essential to ensure that toilets facilities are available throughout the entire market area. Limiting toilet access to Paltan Bazaar would not adequately serve the general public who frequent other market areas such as Hanuman Chowk, Adhat Bazaar, Dhamawala and Jhanda Bazaar," said another local resident Vishakha Bhardwaj.

Several women have voiced similar concerns regarding the officials' focus on toilets at Paltan Bazaar, rather than addressing the needs of the entire market area.

Notably, pink toilets are restrooms specifically designated for women and adolescent girls. These facilities provide numerous amenities, including sanitary napkins and designated areas for breastfeeding, among others. A local resident Rubi Narang said that the market area in Dehradun extends beyond Paltan Bazaar, encompassing locations such as Hanuman Chowk, Moti Bazaar and others. She said that she regularly visits this market area and has observed a lack of basic restroom or toilets facilities for the general public in these locations. Although the recent initiative by the DM is commendable, she believed that more emphasis should be placed on establishing accessible restrooms, whether pink or standard, throughout the entire market area rather than solely concentrating on Paltan Bazaar.

The president of the DVMUVM, Pankaj Mason, has also raised issues regarding the inadequate availability of toilets throughout the market, including Paltan Bazaar, Hanuman Bazaar and Moti Bazaar, among others. He noted that currently, Paltan Bazaar has an average of four smart and simple toilets installed; however, their condition is not satisfactory for public use. Therefore, rather than constructing new facilities at Paltan Bazaar, the officials should prioritise the renovation of the existing toilets and also establish one pink toilet and one simple toilet in the other mentioned markets. Implementing a pink toilet in Paltan Bazaar does not address the broader issue for the general public, which requires attention to the entire market area, he said.

Children deserve nutritious meals in schools as a fundamental right: DM

Children are the foundation of society, says Bansal

PNS ■ DEHRADUN

The Dehradun district magistrate Savin Bansal visited the Akshaya Patra Kitchen in Sudhowala on Sunday to inspect its operations and ensure the quality of meals supplied to approximately 350 government schools in the area. During his visit, the DM emphasised that children are the foundation of society and providing them with nutritious food is their fundamental right. DM Bansal tasted the meals being prepared in the kitchen to address complaints received from parents and

food to schools. Bansal also directed the Akshaya Patra Kitchen management to obtain ratings for their meals from parents and teachers during parent-teacher meetings before processing their next payment.

He highlighted that feedback and suggestions from children and their parents should be a priority for the organisation. He also instructed the Vikasnagar sub divisional magistrate to ensure regular sampling of the food prepared by the kitchen. During the inspec-



teachers regarding the food being too spicy for children. He directed the management to make the meals more child-friendly so that students can eat comfortably and enjoy their food. The DM issued clear instructions to replace all plastic containers with stainless steel ones to ensure better hygiene and sustainability. He stressed the importance of maintaining clean and hygienic utensils for transporting

tion, food sampling was conducted in the DM's presence to verify its quality. Acknowledging Akshaya Patra's reputation as a leading organisation, he urged the team to uphold its high standards and deliver top-quality services to the students. He also directed them to ensure that the children receive meals that are not only nutritious but also tailored to their tastes and preferences.

U'khand to implement automated green cess system for vehicles

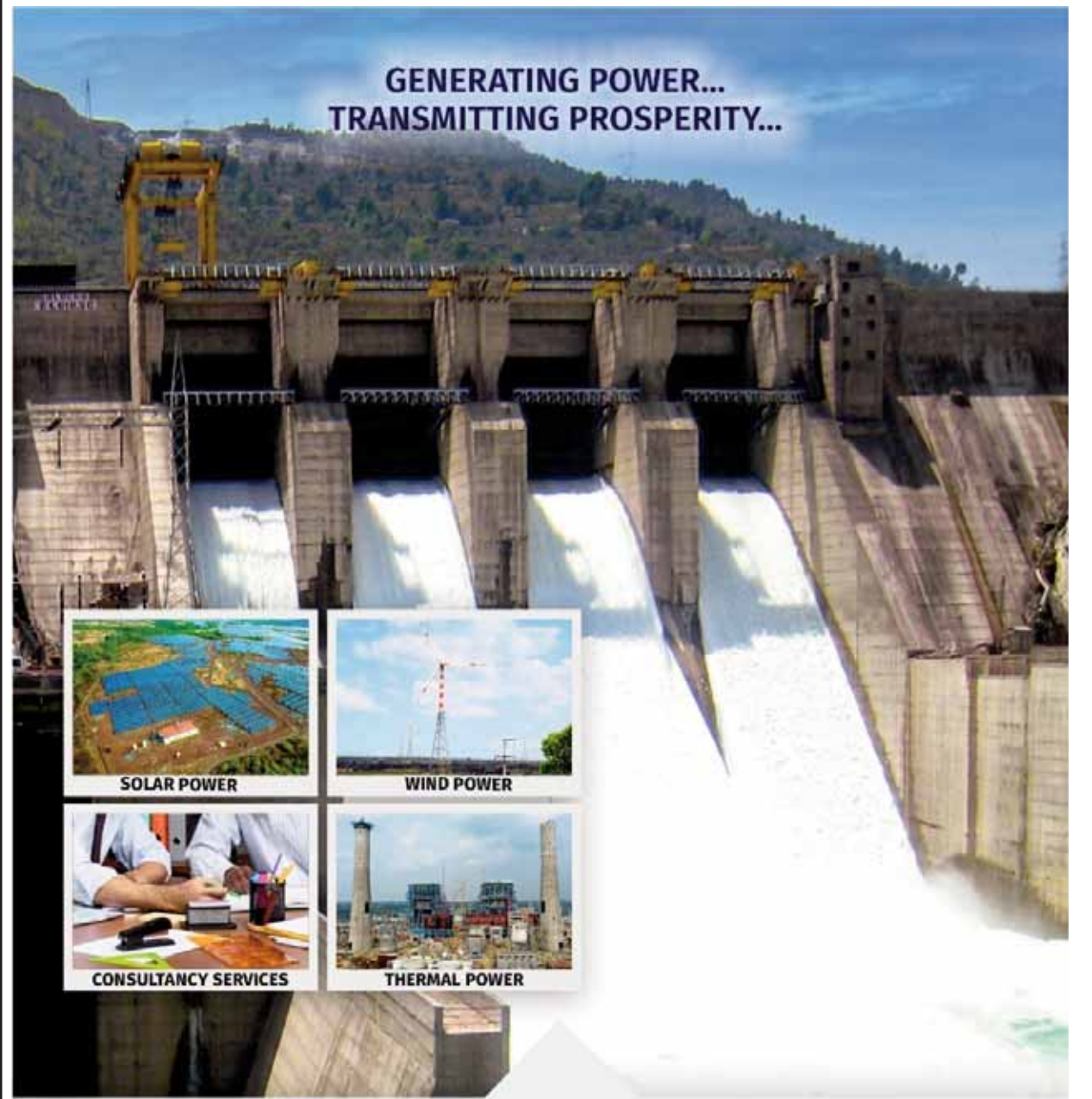
PNS ■ DEHRADUN

The Transport department is planning to introduce a new system to levy green cess on vehicles entering the State. The initiative aims to strengthen the State's economy by generating substantial revenue through an automated deduction process. Modeled after a similar system in Himachal Pradesh, this arrangement will ensure that a predetermined amount is deducted from travellers' wallets as soon as they cross into Uttarakhand. The joint transport commissioner Sanat Kumar Singh said that

currently green cess is collected manually from heavy commercial vehicles at the State borders, with charges ranging from Rs 40 to Rs 80. Private and smaller vehicles, however, are exempt from this fee. He informed that heavy vehicles are charged Rs 80 per entry while private cars are expected to be charged Rs 40, with the cess being valid for 24 hours. The new system will integrate advanced technology, allowing for automatic deductions through FASTag wallets, replacing the existing manu-

al process. He said that the department has already prepared for the system's implementation, including upgrading 17 cameras at State borders. This transition to an automated system will not only streamline the collection process but also expand its scope to include private vehicles. Singh explained that the current manual collection from heavy commercial vehicles generates around Rs six crore annually. With the inclusion of private vehicles in the new arrangement, the State expects annual revenue

to increase significantly, potentially reaching Rs 75 crore. This projection assumes that the green cess rates will remain unchanged. This initiative represents a step toward addressing environmental concerns while boosting Uttarakhand's financial stability. By ensuring that all vehicles contribute to the maintenance of the state's ecological balance, the government aims to make the process seamless and efficient for both travelers and the administration, he added.



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FIRST COLUMN

LEARNING MUST GO ON

Learning opens the doors of possibilities, if it is stopped we are closing that door and impeding our own growth



SHAINY SHARMA

Learning is an essential and lifelong process. It is a cornerstone of human growth and evolution. However, beyond the mechanics of acquiring knowledge lies the nuanced art of learning - an approach that emphasises curiosity, creativity, adaptability and a passion for discovery.

Curiosity - the word says by itself is the fuel for lifelong learning. At its core, the art of learning involves more than the accumulation of facts and skills. It is a dynamic process that integrates intellectual, emotional and experiential dimensions. Learning becomes artful when it is purposeful, joyful and deeply connected to an individual's values and aspirations.

Unlike a rigid, standardised approach, the art of learning recognises that everyone has unique strengths, interests and ways of understanding the world. It encourages learners to embrace their individuality, explore diverse perspectives and find meaning in the learning process for knowledge doesn't only come from formal education or reading books rather it comes from life, conversations, experiences and unexpected encounters.

Individuals should stay open to new perspectives, whether from different cultures, professions or age groups. A growth mindset, as popularised by Carol Dweck, is the belief that intelligence and abilities can be developed through dedication and hard work which contrasts with a fixed mindset that assumes that the abilities are static.



With a growth mindset, setbacks are often seen as learning opportunities rather than failures while challenges are embraced as part of the learning process. No matter how much one knows, there's always room to grow. Staying humble, and being open to feedback, criticism and constructive input from others can help an individual improve and refine their understanding. Another important factor that enhances the art of learning is the art of passion. Learners who pursue subjects that resonate with their interests, enter a state of flow, where effort feels effortless, and the process becomes intrinsically rewarding.

Passion sustains motivation and fosters deeper engagement, leading to mastery. Surrounding oneself with like-minded individuals who prioritise learning, engaging in discussions, attending workshops or collaborating on projects challenges an individual to learn and grow.

There is no denying that the most brilliant minds ask questions that others may take for granted. One must cultivate a habit of asking 'Why' and 'How' and not just about abstract ideas but in everyday situations too for these questions push the boundaries of one's thinking and can lead to deeper insights. It is always when one embraces learning as a lifelong practice, that can one open oneself to a world of possibilities, ideas and opportunities for personal as well as professional transformation.

Understanding learning as art transforms it from a mundane task into a profound journey of self-exploration and mastery for developing a passion for learning that will never cease to grow.

(The writer is an educator; views are personal)

Freebies: A winning strategy or economic pitfall?



UTTAM GUPTA

The growing trend of offering freebies in elections raises significant concerns about financial sustainability, governance and its impact on voters' mindset

A major factor contributing to the success of the respective political party in the just concluded elections in Maharashtra and Jharkhand was freebies - an acronym for "something given free of charge" - particularly those targeted at women. In Maharashtra, the BJP-led Mahayuti alliance launched the Ladki Bahin cash benefit scheme that offered Rs 1,500 a month to every woman with a family income of less than Rs 2,50,000 annually, in the age bracket of 21 to 65 years.

The amount was subsequently increased to Rs 2,500 per month. In Jharkhand, under Mukhyamantri Maiyan Samman Yojna (MMSY) Hemant Soren's JMM-Congress-RJD government had initially promised to give Rs 1000 per month to all women in the age group 18-25 years. The amount was later increased to Rs 2500 per month.

The domineering role of freebies in winning elections is visible in almost every State Assembly election held since 2020 when former Delhi Chief Minister Arvind Kejriwal came up with this brand of politics followed by Punjab in 2022 where the Aam Aadmi Party or AAP promised depositing Rs 1000 per month in the account of every woman aged 18 or above. In Karnataka elections held in early 2023, Congress had promised five guarantees including the much trumpeted Gruha Lakshmi under which every woman head of a house gets Rs 2000 a month. In elections held later in 2023, in Madhya Pradesh, BJP promised Rs 1,250 per month under Ladli Behna Yojana; the amount to be gradually hiked to Rs 3,000 per month. In Chhattisgarh, it promised Rs 12,000 per year to married women under the 'Mahtari Vandan Scheme'.

In Odisha, under the Subhadra Yojana, the BJP gives eligible women Rs 10,000 per year, in two instalments of Rs 5,000 each. In future elections, expect all parties to offer such freebies. Already, in the budget for 2024-25, Delhi finance minister Atishi announced the Mukhyamantri Mahila Samman Yojana (MMSY) under which, the AAP government will give Rs 1000 per month to all the women above the age of 18 in the national capital. Now, Arvind Kejriwal has announced six Revdis (another name for freebies) including free power, free water, free education, free healthcare and pilgrimage for the elderly. Freebies win elections but these lead to a host of negative outcomes. The most damaging is the abetment to corruption.

The Union Government's standards of financial propriety lay down inter alia that "no authority shall exercise its powers of sanctioning expenditure to pass an order which will be directly or indirectly, to its advantage; and the expenditure from public moneys should not be incurred for the benefit of a particular person or a section of the people unless a claim for the amount could be enforced in a court of law or the expenditure is in pursuance of a recognised policy or custom". The reckless spending of the taxpayer's money on freebies is neither a recognised policy nor is sanctioned in a court of law. It is blatant financial irregularity that amounts to bribing voters using public money solely for gaining advantage in electoral politics. Such a corrupt practice is much worse than the one that involves



IN ODISHA, UNDER THE SUBHADRA YOJANA, THE BJP GIVES ELIGIBLE WOMEN RS 10,000 PER YEAR, IN TWO INSTALMENTS OF RS 5,000 EACH. IN FUTURE ELECTIONS, EXPECT ALL PARTIES TO OFFER SUCH FREEBIES

an individual candidate distributing cash using his own money to garner votes. Second, unlike 'normal' budget expenses which are planned and backed by well-orchestrated efforts to garner revenue, additional financial liabilities imposed by the freebies promised in the election manifesto affect the budgetary position of the State in a totally 'uncontrolled' and 'unplanned' manner. There being no corresponding revenue generation against this liability (this being unplanned), this will be at the cost of slashing other essential expenditures including development. Alternatively, this will result in additional borrowings and the resultant increase in debt to an unsustainable level. In Punjab, the freebies promised by AAP led to an additional expenditure of about Rs 20,000 crore per annum. Unable to foot the bill from its budget, Chief Minister Bhagwant Mann had to approach the Central government to help it raise around Rs 50,000 crore. In Delhi, giving Rs 1000 per month or Rs 12,000 annually to each woman above 18 years for a total of 6.7 million women would cost the exchequer Rs 8000 crore per annum. Already, the State government faces a fiscal deficit or FD - excess of total expenditure over total revenue - of Rs 18,000 crore during 2024-25 which is 80 per cent higher than the FD for 2023-24 at Rs 10,000 crore. This is despite a steep reduction of over 30 per cent in capital expenditure. The situation has come to

such a pass that CM Atishi has recently forwarded a request to the Centre seeking a loan of Rs 10,000 crore from the National Small Savings Fund (NSSF). In Karnataka, the five guarantees have punched a hole of over Rs 60,000 crore a year in the State budget leading to a doubling of its FD to over Rs 122,500 crore. The precariousness of the situation can be seen from a comment by the Deputy CM 'The government has no money to give to the MLAs for carrying out development work; courtesy the poll guarantees'. In MP, at the current rate of Rs 1250 per month to 12.5 million beneficiaries, the Ladli Behna Yojana costs the state exchequer about Rs 18,750 crore per annum. This will go up to Rs 45,000 crore per annum as the quantum of assistance eventually goes up to Rs 3,000 per month. In Maharashtra, the Ladki Bahin Scheme will dent the State exchequer by Rs 46,000 crore annually. Other states Jharkhand, Odisha etc are also feeling the pricks of promised freebies. Third, unlike a normal welfare scheme which has a sunset date, the freebies offered by winning parties have none. So, these will continue to be given 'eternally' - no matter which party rules - making perpetual holes in State budgets. Fourth, the money for freebies comes from taxpayers' pockets ('future' tax payers in case, the government borrows). When they know that taxes are used to give doles to all and sundry, it

may even trigger non-compliance amongst them. Finally, assured of financial help to meet most of their basic needs 'perpetually', the freebies cult is changing the mindset of people in a way that makes them complacent towards work. This undermines the very foundation of economic growth. Left to themselves, political parties will never shun freebies. Can the Supreme Court (SC) force them? In an order in S Subramaniam Balaji vs the Government of Tamil Nadu & Ors in July 2013, the SC had observed that the distribution of freebies of any kind influences all people. "It shakes the root of free and fair elections to a large degree." Yet, it held "The promises in the election manifesto cannot be construed as 'corrupt practice' under the Representation of People Act (RPA), or any other prevailing law and, hence, distribution of freebies can't be stopped when the ruling party uses public funds for this purpose through the passage of Appropriation Acts in the state Assembly". The SC hasn't changed its stance even as on January 25, 2022, hearing a PIL on 'freebies', it observed "This is no doubt a serious issue, budget for freebies is going above the regular Budget. This disturbs the level playing field". These exhortations won't help. It should direct the government to enact a law on curbing freebies. (The writer is a policy analyst; views expressed are personal)

Political stability: A catalyst for India's renewable energy ambitions

India is poised to play a pivotal role in the global transition to sustainable energy but it must have political will to sustain the momentum

Domestic political stability or lack of it can have a considerable impact on the development of renewable energy projects and investment in the sector. A stable government is always considered as a growth enabler whereas an unstable political landscape can derail the growth engine. With political stability, India now India forges ahead towards ambitious renewable energy ambitions. Recently, the issues surrounding climate financing and global emissions were once again at the forefront of the 29th Conference of Parties (COP29) in Baku. The Indian government was in a strong position to challenge developed nations on climate change, carbon emissions, and green energy investment



ARIF AGA

because of political stability and notable advancements in renewable energy generation. For any nation, socio-economic development depends on political stability which plays a role of catalyst. Especially for developing countries like India, where renewable energy projects demand huge investments, a stable government is much

needed. Political stability provides the long-term vision and policy continuity needed for large-scale renewable projects with long gestation periods. Political stability provides consistent policy and regulatory frameworks that favour and incentivize both domestic and international stakeholders to invest without fear of abrupt policy changes. With a decadal political stability and policy push, India has made significant progress and achieved a milestone of 200 gigawatts (GW) in non-fossil fuel capacity. However, it still faces gaps to meet the ambitious targets it has set for 2030: 319 GW in solar power and 110 GW in wind energy. As of October 2024, India's installed solar capacity stands at only 90.76 GW, and wind

capacity at 47.36 GW, highlighting a gap of over 200 GW that must be addressed within the next six years. Meeting these targets requires political stability to ensure consistent policies, reliable financing, and sustained foreign investments to fuel India's renewable ambitions. Since the Modi government took office in 2014, India introduced ambitious targets and policies aimed at expanding renewable energy capacity. Key initiatives include the National Solar Mission, which set the stage for India's solar capacity expansion, and the Pradhan Mantri Kisan Urja Suraksha evam Utthaan Mahabhiyan (PM-KUSUM), promoting solar energy adoption in rural areas. The Production Linked Incentive



(PLI) Scheme incentivized domestic manufacturing of solar panels and batteries, reducing reliance on imports and creating jobs. Additionally, the government's commitment to phasing down coal and setting a target of 500 GW of non-fossil fuel capacity by 2030 reflects a strategic shift towards a sustainable energy mix, reinforcing investor confidence and

cementing India's role in the global renewable energy transition. Investors' confidence is the key. A stable government can attract foreign investments by creating a transparent, reliable business environment with minimal bureaucratic red tape. In contrast, political instability or uncertainty can lead to a fluctuating exchange rate, deter foreign direct investment (FDI), and increase project costs.

India's Nationally Determined Contributions (NDCs) and renewable energy targets could be delayed if there are abrupt shifts in political agendas. Delays or changes in policy can lead to project uncertainty, forcing investors to reassess risks and potentially redirect funds to more stable markets. Indian states' thrust on renewable energy needs to be in sync with the Centre's policies and priorities. States with stable governments and favourable renewable policies attract more investments, while politically volatile states face challenges in attracting projects due to higher risks. Rajasthan, Gujarat, Karnataka, Tamil Nadu, Andhra Pradesh, Madhya Pradesh, Madhya Pradesh, and Maharashtra are leading

states in the Renewable Energy sector and these states made significant progress with policy consistency. With political stability at national and state levels, India is expected to close the gap in its renewable energy targets soon and contribute meaningfully to global climate goals. Against the backdrop of the COP29 meeting and with political stability, further policy reforms and a robust regulatory framework would push both domestic and foreign investments in the sector. Hopefully, the country is all set to achieve its renewable energy ambitions and contribute to the global effort against climate change. (The writer is director SgurrEnergy India; views are personal)

Dhaka HC acquits Khaleda Zia's son, all others in 2004 case

PTI ■ DHAKA
The High Court here on Sunday scrapped the lower court's verdict and acquitted all accused, including former Bangladesh prime minister Khaleda Zia's son Tarique Rahman and former state minister Lutfozzaman Babar, in a 2004 grenade attack in ousted premier Sheikh Hasina's rally. The High Court annulled the trial court verdict and acquitted all convicts including Tarique Rahman, a spokesman for the attorney general's office said. Rahman, 57, is the acting chairman of Bangladesh Nationalist Party (BNP). Two cases — one for murder and another under the Explosives Act — were filed after a grenade attack on an Awami League rally at

Bangabandhu Avenue in Dhaka left 24 people dead and nearly 300 injured. The HC bench of Justice AKM Asaduzzaman and Justice Syed Enayet Hossain acquitted all 49 accused and observed that the trial court's verdict in the cases was "illegal." The High Court's verdict comes after the bench heard the death references and appeals related to the cases filed over the attack. The trial court had delivered the judgement based on a confession by Mufti Abdul Hannan, the top leader of the banned Harkat-ul-Jihad al-Islami (HuJI) militant outfit who was accused in the case. Hannan has been executed in connection with another case. The High Court said the confessional statement had no evidential value as it was taken on

force and not examined properly by the magistrate concerned. On November 21, the bench kept the death references (trial court documents for confirmation of death sentences) and the appeals filed by the convicted accused in the cases as curia advisari vult (meaning the verdict will be delivered any day) after it concluded a hearing on those matters. During the hearing on the death references and appeals, the defence lawyers for the accused requested the High Court to scrap the trial court verdict as there was no specific allegation against them. Nineteen others, including Rahman, now in London, were given life imprisonment and 11 were handed different terms in prison.

Oli to discuss reviva of BRI projects with China

PTI ■ BEIJING
Nepal Prime Minister K P Sharma Oli will travel to China on Monday on a four-day visit during which the two sides were expected to discuss a new plan to revive the BRI projects, which failed to materialise even after seven years they were signed with much fanfare. Oli will pay an official visit to China from December 2-5, during which Chinese President Xi Jinping will meet him. Premier Li Qiang and other officials will hold talks with him, Foreign Ministry spokesman Mao Ning said here on Friday. "Oli has visited China twice as Nepal's Prime Minister and made important contributions to advancing the growth of China-Nepal relations," Mao said, acknowledging his efforts to forge closer ties with Beijing, including signing a transit treaty to reduce dependence on

India for his landlocked country. "The two countries' leaders will have in-depth exchanges of views on deepening our traditional friendship, expanding Belt and Road cooperation and exchanges and cooperation in various fields, as well as international and regional issues of mutual interest," she said. Oli, regarded as a pro-China leader, heads a coalition government consisting of his Communist Party of Nepal (Unified Marxist-Leninist) and the Nepali Congress, which seeks balanced ties with China and India. Oli will be breaking with the usual practice of Nepali prime ministers making India their first destination in the neighbourhood after assuming charge, amid media reports that he did not get an invitation from New Delhi. Nepalese Foreign Minister Arzu Rana Deuba from the Nepali Congress visited India

after assuming office and held extensive talks with her Indian counterpart S Jaishankar. The focus of Oli's visit was to revive the Belt and Road Initiative (BRI) projects signed between the two countries in 2017, according to media reports from Nepal. Kathmandu was an early signatory to BRI in South Asia. But significantly not a single project under the BRI has been implemented so far, according to a report in Nepal daily, The Kathmandu Post. The BRI is a mega connectivity project that connects China with Southeast Asia, Central Asia, Russia and Europe. Both sides are now preparing to sign the second framework, an extended version of the cooperation document that explicitly focuses on seeking grants from China to fund the projects identified therein, the newspaper reported. Projects likely to be signed during Oli's visit included road

projects forming part of the Koshi Corridor, which aims to connect Nepal with Shigatse in Tibet, the report said. It is to be seen whether the two sides will decide on going ahead with the Railway project connecting the two countries through the Himalayan mountains which was estimated to cost over USD three billion considering Nepal's decision to take loans from China. China funded the feasibility study but wants Nepal to share the costs. Ahead of his visit, Oli said he will not seek Chinese loans amid concerns about a debt trap and added that Kathmandu will seek grants instead. Foreign Minister Deuba visited China last week and held extensive talks with Chinese Foreign Minister Wang Yi in the Chinese city of Chengdu, sharing Nepal's perspective on the revival of the BRI projects. After she met with Wang, she returned to Kathmandu to

brief Oli and will accompany him during his visit. "We signed the BRI framework in 2017 and whatever assistance and support we receive from China now is in the periphery of the BRI. Things have not moved beyond that," Deuba told the media on her return from Chengdu on Saturday. "Mainly, we are focused on projects related to connectivity and cross-border infrastructure. The two parties agreed on a modality of future cooperation under the BRI framework," the Post quoted her as saying. "In my meeting with Wang, I have made it clear that we are not in a position to take loans to fund the projects. They listened to our concerns carefully," she said. "Our debt is now 41 per cent of the GDP, which is alarming," she said. "The private sector can take loans but the government is not in a position to do so," a Post report quoted her as saying.

Georgia protests: Over 40 hospitalised

AP ■ TBILISI
A third night of protests in the Georgian capital against the government's decision to suspend negotiations to join the European Union left 44 people hospitalised after police deployed water cannons and tear gas, officials said Sunday. Tens of thousands of demonstrators gathered outside the parliament Saturday night, throwing stones and setting off fireworks. An effigy of the founder of the governing Georgian Dream party, Bidzina Ivanishvili — a shadowy billionaire who made his fortune in Russia — was burned in front of the legislature. Georgia's Interior Ministry said Sunday that 27 protesters, 16 police and one media worker were hospitalised. Prime Minister Irakli Kobakhidze warned that "any violation of the law will be met with the full rigor of the law." "Neither will those politicians who hide in their offices and sacrifice members of their violent groups to severe punishment escape responsibility," he said at a briefing Sunday. He said it wasn't true that Georgia's European integration had been halted. "The only thing we have rejected is the shameful and offensive black-

mail, which was, in fact, a significant obstacle to our country's European integration." On Saturday, he said that unspecified "foreign entities" wished to see the "Ukrainization" of Georgia with a "Maidan-style scenario" — a reference to Ukraine's 2014 Maidan revolution that ousted Ukraine's Moscow-friendly president and unleashed a decade of momentous change for Ukraine, eventually leading to its current war with Russia. Kobakhidze also dismissed the US State Department's statement Saturday that it was suspending its strategic partnership with Georgia. The statement condemned Georgia's decision to halt its efforts toward EU accession. "You can see that the outgoing administration is trying to leave the new administration with as difficult a legacy as possible. They are doing this regarding Ukraine, and now also concerning Georgia," Kobakhidze said of the US. "This will not have any fundamental significance. We will wait for the new administration and discuss everything with them." The ruling Georgian Dream party's disputed victory in the

Oct. 26 parliamentary election, which was widely seen as a referendum on Georgia's aspirations to join the EU, has sparked major demonstrations and led to an opposition boycott of parliament. The opposition has said that the vote was rigged with the help of Russia. Georgia's former imperial master, with Moscow hoping to keep Tbilisi in its orbit. Speaking to The Associated Press on Saturday, Georgia's pro-Western President Salome Zourabichvili said that her country was becoming a "quasi-Russian" state and that Georgian Dream controlled the major institutions. "We are not demanding a revolution. We are asking for new elections, but in conditions that will ensure that the will of the people will not be misrepresented or stolen again," Zourabichvili said. "Georgia has been always resisting Russian influence and will not accept having its vote stolen and its destiny stolen." The government's announcement that it was suspending negotiations to join the EU came hours after the European Parliament adopted a resolution criticizing last month's vote as neither free nor fair. It

said the election represented another manifestation of Georgia's continued democratic backsliding "for which the ruling Georgian Dream party is fully responsible." The EU granted Georgia candidate status in December 2023 on condition that it meet the bloc's recommendations, but put its accession on hold and cut financial support earlier this year after the passage of a "foreign influence" law widely seen as a blow to democratic freedoms. EU lawmakers urged a rerun of the parliamentary vote within a year under thorough international supervision and by an independent election administration. They also called on the EU to impose sanctions and limit formal contacts with the Georgian government. The Georgian prime minister denounced what he described as a "cascade of insults" from EU politicians and said that "the ill-wishers of our country have turned the European Parliament into a blunt weapon of blackmail against Georgia, which is a great disgrace for the European Union." Kobakhidze also said Georgia would reject any budgetary grants from the EU until the end of 2028.

UN halting aid deliveries through main Gaza crossing, says route dangerous

AP ■ DEIR AL-BALAH (GAZA STRIP)
The UN agency for Palestinian refugees said Sunday it is halting aid deliveries through the main cargo crossing into Gaza because of the threat of armed gangs who have looted recent convoys. The decision could worsen the humanitarian crisis in Gaza as the cold, rainy winter sets in, with hundreds of thousands of people living in squalid tent camps and reliant on international food aid. Experts were already warning of famine in the territory's north, which Israeli forces have almost completely isolated since early October. Philippe Lazzarini, the head of UNRWA, the main aid provider in Gaza, said the route leading to the Kerem Shalom crossing from Israel is too dangerous on the Gaza side. Armed men looted nearly 100 trucks traveling on the route in mid-November, and he said gangs stole a smaller shipment on Saturday. Israeli strikes kill at least six people, including children. Israeli strikes on the Gaza Strip killed at least six people overnight, including two young

children who died in the tent where their family was sheltering, medical officials said Sunday. The strike in the Muwasi area, a sprawling tent camp housing hundreds of thousands of displaced people, also wounded the children's mother and their sibling, according to the nearby Nasser Hospital. An Associated Press reporter at the hospital saw the bodies. A separate strike in the southern city of Rafah, on the border with Egypt, killed four men, according to hospital records. The Israeli military said it was not aware of strikes in either location. Israel says it only targets militants and tries to avoid harming civilians, but its daily strikes across Gaza often kill women and children. In a separate development, a projectile fired by Iran-backed Houthis rebels in Yemen set off air raid sirens in central Israel. The Israeli military said it intercepted the projectile before it entered Israeli territory. Former defense minister accuses Israel of war crimes. A former top Israeli general and defense minister has accused the government of ethnic cleansing

in northern Gaza, where Israeli forces have been waging the latest in a series of offensives against Hamas since early October. The army has sealed off the northern towns of Beit Hanoun and Beit Lahiya, and the Jabaliya refugee camp, and allowed almost no humanitarian aid to enter. Tens of thousands of people have fled, while the United Nations estimates up to 75,000 remain and experts have warned of famine. Moshe Yaalon, who served as defense minister under Benjamin Netanyahu before quitting in 2016 and emerging as a fierce critic of the prime minister, said the current far-right government is determined to "occupy, to annex, to ethnically cleanse." Pressed by an interviewer with a local news outlet on Saturday, he said: "There is no Beit Lahiya. No Beit Hanoun. (They are) operating now in Jabaliya, and (they) are actually cleaning the territory of Arabs." Yaalon doubled down on the remarks Sunday in an interview with Israeli radio, saying "war crimes are being committed here." Netanyahu's Likud party criticized his earlier remarks, accus-

ing him of making "false statements" that are "a prize for the International Criminal Court and the camp of Israel haters." The ICC has issued arrest warrants against Netanyahu, another former defense minister, Yoav Gallant, and a Hamas commander, accusing them of crimes against humanity. The International Court of Justice is investigating allegations of genocide against Israel. Israel rejects the allegations and says both courts are biased against it. No end in sight to Gaza war despite ceasefire with Hezbollah. The war in Gaza began when Hamas-led militants stormed into southern Israel on Oct. 7, 2023, killing some 1,200 people, mostly civilians, and taking around 250 hostages. Some 100 captives are still being held inside Gaza, around two-thirds of whom are believed to be alive. Israel's retaliatory offensive has killed over 44,000 Palestinians, more than half of them women and children, according to Gaza's Health Ministry, which does not say how many of the dead were combatants. Israel says it has killed over 17,000 militants, without providing evidence.

Canadian news publishers sue OpenAI over copyright infringement

AP ■ OTTAWA
A coalition of Canadian news publishers, including The Canadian Press, Torstar, Globe and Mail, Postmedia and CBC/Radio-Canada, has filed a lawsuit against OpenAI for using news content to train its ChatGPT generative artificial intelligence system. The outlets said in a joint statement on Friday that OpenAI regularly breaches copyright by scraping large amounts of content from Canadian media.

"OpenAI is capitalising and profiting from the use of this content, without getting permission or compensating content owners," the statement said. The publishers argue that OpenAI practices undermine the hundreds of millions of dollars invested in journalism, and that content is protected by copyright. "News media companies welcome technological innovations. However, all participants must follow the law, and any use of intellectual property must be

on fair terms," the statement said. Generative AI can create text, images, videos and computer code based on a simple prompt, but the systems must first study vast amounts of existing content. OpenAI said in a statement that its models are trained on publicly available data. It said they are "grounded in fair use and related international copyright principles that are fair for creators and support innovation." The company said it collaborates "closely with news publishers, including

in the display, attribution and links to their content in ChatGPT search" and offers outlets "easy ways to opt-out should they so desire." This is the first such case in Canada, though numerous lawsuits are underway in the United States, including a case by the New York Times against OpenAI and Microsoft. Some news organizations have chosen to collaborate rather than fight with OpenAI by signing deals to get compensated for sharing news content that can be used to train its AI systems.

Taiwan's president arrives in Hawaii for 2-day stop in US as part of South Pacific visit

AP ■ HONOLULU
Taiwan's president Lai Ching-te arrived Saturday in Hawaii to begin a two-day transit in the US as part of a trip to the South Pacific, his first since assuming office. The stopover in Hawaii and one planned for the territory of Guam have drawn fierce criticism from Beijing, which claims Taiwan as its own territory and objects to official exchanges between the self-ruled democracy and the US, the island's biggest backer and military provider. There were no high-ranking US or Hawaii state officials to greet Lai at the Honolulu hotel where supporters cheered in Mandarin, some waving Taiwanese flags. He visited Hawaii's leading museum of natural history and Native Hawaiian culture, Bishop Museum. Later, he was expected to attend a banquet with supporters. Lai is on a weeklong trip to visit the Marshall Islands, Tuvalu and Palau — three

diplomatic allies of the self-governed island in the Pacific. Though Taiwan retains strong contacts with dozens of other nations, it has only 12 formal diplomatic allies. Bishop Museum CEO Dee Jay Mailer presented Lai with a red lei hulu, or feather garland, made by master featherwork artist Kawika Lum-Nelmida. Lai gave Mailer a headdress, made by Paiwan Indigenous people of Taiwan, and neck and shoulder decorative pieces made by Atayal Indigenous people, also of Taiwan. Lai's visit shows that Taiwan and the United States have a very strong relationship, said Arthur Chen, the president of the Taiwanese Chamber of Commerce of North America. He flew to Hawaii from his home near Dallas to welcome the president to the US. Chen said he understood the US has its own foreign policy but he said Lai should be treated as a head of state during his stay. Taiwan and the US share common values like a belief in

democracy and human rights, Chen said. "So we should help each other," he said. Lai didn't make any public remarks at his initial engagements in Hawaii, but spoke before his departure from Taiwan. "I want to use the values of democracy, peace, and prosperity to continue to expand our cooperation with our allies, to deepen our partnership and let the world see Taiwan not just as a model of democracy, but a vital power in promoting the world's peace and stability, and prosperous development," he said at Taoyuan International Airport. It is unclear whether Lai will meet with any members of the incoming US administration during his transit. President-elect Donald Trump said in an interview with Bloomberg in July that Taiwan should pay for its defense. The island has purchased billions of dollars of defense weaponry from the US.

FORM 6 (RE-PUBLISH) INVITATION FOR EXPRESSION OF INTEREST (Under Regulation 36A (1) of the Insolvency and Bankruptcy (Insolvency Resolution Process for Corporate Persons) Regulations, 2016)	
RELEVANT PARTICULARS	
1. Name of the corporate debtor along with PAN/ CIN/ LLP No.	SITI JIND DIGITAL MEDIA COMMUNICATIONS PRIVATE LIMITED, CIN No. U72200DL2010PTC2101071 PAN: AABG95396C
2. Address of the registered office	Registered Office: No-203, 2nd Floor, Phase-1, North West Delhi, India 110052 Address for maintaining books of Accounts-478/11 Near Fire Brigade Station, Safidon Gate, Jind Haryana, India, 126102 http://sitiindia.lbc2016.net/
3. URL of website	The CD has no Land & Building and the majority of Plant & Machinery is located and Operations are run from: JIND-478/11 Near Fire Brigade Station, Safidon Gate, Jind Haryana, India, 126102
4. Details of place where majority of fixed assets are located	It has a digital Headend installed at Jind office. All persons having any claim against or in respect of the CD should be considered to have been waived and/or abandoned. Details can be sought by sending a request to the Resolution Professional at sitiindia.lbc2016@gmail.com
5. Installed capacity of main products/services	Count of Employees on Payroll=8
6. Quantity and value of main products/ services sold in last financial year	Details can be sought by sending a request to the Resolution Professional at sitiindia.lbc2016@gmail.com
7. Number of employees/workmen	Details can be sought by sending a request to the Resolution Professional at sitiindia.lbc2016@gmail.com
8. Further details including last available financial statements (with schedules) of two years, lists of creditors, relevant dates for subsequent events of the process are available at:	Details can be sought by sending a request to the Resolution Professional at sitiindia.lbc2016@gmail.com
9. Eligibility for resolution applicants under section 25(2)(h) of the Code is available at:	Details can be sought by sending a request to the Resolution Professional at sitiindia.lbc2016@gmail.com
10. Last date for receipt of expression of interest	17.12.2024
11. Date of issue of provisional list of prospective resolution applicants	19.12.2024
12. Last date for submission of objections to provisional list	24.12.2024
13. Date of issue of final list of prospective resolution applicants	26.12.2024
14. Date of issue of information memorandum, evaluation matrix and request for resolution plans to prospective resolution applicants	28.12.2024
15. Last date for submission of resolution plans	27.01.2025
16. Process email id to submit EOI	Sitiindia.lbc2016@gmail.com

**OFFICE OF THE SUPERINTENDING ENGINEER
RURAL WATER SUPPLY AND SANITATION DIVISION, CUTTACK
MAHANADIBHAR, CUTTACK-753004**
Bid Identification No. rwsstc-05 /2023-24
The Superintending Engineer, RWS&S Division, Cuttack on behalf of Government of Odisha invites lump sum bid through e-procurement in double cover system according to norm of e-procurement.
1. Nature of work : PWS Schemes under RWS, Division, Cuttack.
2. No. of tenders : 1 Nos.
3. Tender Paper Cost : 10000/-
4. Value of work : Rs. 132.53
5. Class of Contractor : "B" & "A" Class
6. Date and time of availability of bid document in portal : 11 hour of 06.12.24 to 17.12.24 up to 17 hours.
7. Date & time of seeking tender clarification : 16.12.24 up to 17 hours
8. Date & time of opening of tender : 18.12.24 at 11:30 Hours in the office of the Superintending Engineer, RWS&S Division, Cuttack
9. Time of completion : 9 months
10. The bidders have to participate in online bidding only. Further details can be seen from the website https://www.tendersorsisa.gov.in
Supervising Engineer
RWS&S Division, Cuttack
OIPR-26022/11/0006/2425

PUBLIC NOTICE
Notice is hereby given that my client Nagma Ram is in process to purchase the Property bearing No. 10/53, area measuring 100 sq. yds., out of Khesa No. 13, mtr. situated at Village Kankardoms, in the block of Bhatkheri, Panchayat, Nayagaon, State, Odisha, Pin Code 7510032 (avauling loan from DCB Bank) from Abhishek Sharma, having acquired the said property by virtue of Will dated 09/27/2008 (Doc No. 492), executed by Raju Sharma. Later, Raju Sharma expired on 17/2/2019 and leaving behind Abhishek Sharma as her only legal heir. All persons having any claim against or in respect of the said Property, or any part thereof, by way of sale, exchange, mortgage (equitable/registered or otherwise), gift, trust, inheritance, family arrangement, maintenance, bequest, partnership, possession, lease, sublease, tenancy, license, lien, charge, pledge, easement or otherwise whatsoever, are hereby requested to notify the same in writing to us with supporting documentary evidence at the address mentioned below within 15 days from the date hereof, failing which the claim or claims, if any, of such person or persons will be considered to have been waived and/or abandoned. **Kamal Kant Gupta (Advocate)** Unit No. FF-2, First Floor, Mahalaxmi Metro Tower Sec-4, Vashi, G.D., U.P., Mob. 9810063351

PUBLIC NOTICE
Notice is hereby given that my client Rashmi Ghosh is in process to purchase the Residential UGF without roof rights built on Property bearing No. E-71/72, area measuring 123.88 sq. yds., situated at double storey, Ramesh Nagar, New Delhi-110015 from Mrs. Jaspreet Kaur, whereas he acquired the said property vide Sale Deed dated 10.04.2024 (Doc No. 4648), executed by Mr. Hitesh Sobhrajn, whereas Hitesh Sobhrajn acquired the same vide Relinquishment Deed dated 27.11.2020 executed by Mrs. Neelam Keshava, Mrs. Heeramma, Mrs. Sheela Kishor, Mrs. Kanta Jethani, Mr. Mahesh Kumar for self and as attorney of Mr. Chandan Kheman and Mrs. Nandani Sahani, Mrs. Neeru Tejchandani, Mrs. Shobha Sobhrajn and Mrs. Manisha Sobhrajn. All persons having any claim against or in respect of the said Property, or any part thereof, by way of sale, exchange, mortgage (equitable/registered or otherwise), gift, trust, inheritance, family arrangement, maintenance, bequest, partnership, possession, lease, sublease, tenancy, license, lien, charge, pledge, easement or otherwise whatsoever, are hereby requested to notify the same in writing to us with supporting documentary evidence at the address mentioned below within 7 days from the date hereof, failing which the claim or claims, if any, of such person or persons will be considered to have been waived and/or abandoned. **Kamal Kant Gupta (Advocate)** Unit No. FF-2, First Floor, Mahalaxmi Metro Tower Sec-4, Vashi, G.D., U.P., Mob. 9810063351

Indian Overseas Bank
NHPB BRANCH
(Address, NHPB, Complex, Sec-33, Faridabad (Haryana) Pincode - 121003
Phone No. 0129-2254402 & Email Id : job1501@iob.in)
SYMBOLIC POSSESSION NOTICE (for immovable property) [(Rule 8(1))]
Whereas The undersigned being the Authorised Officer of the Indian Overseas Bank, NHPB Branch, Faridabad, under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under section 13(12) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 issued a demand notice dated 11/06/2024 calling upon the borrowers M/s. Prem Machine Tools Plot No-101, Road No. 5(w), Saroorpur Industrial Area, Faridabad and its Proprietor Mr. Rakesh Kumar Sharma and guarantor /Mortgagor Mrs. Kusum Sharma & Mr. Chander Prakash Sharma having failed to repay the amount mentioned in the notice bearing Rs. 29,22,314.46 (Twenty Nine Lakh Twenty Two Thousand, Three Hundred Fourteen and Forty Six Paise) as on 27-11-2024 with further interest at contractual rates and rests, charges etc till date of realization within 60 days from the date of receipt of the said notice.
(1) The borrowers having failed to repay the amount, notice is hereby given to the borrowers and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him/her under Section 13(4) of the said Act read with Rule 8 of the said Rules on this 30th Day of November 2024.
(2) The borrowers in particular and the public in general are hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of Indian Overseas Bank for an amount of Rs. 29,22,314.46 (Twenty Nine Lakh Twenty Two Thousand, Three Hundred Fourteen and Forty Six Paise) as on 30.11.2024 with interest thereon at contractual rates & rests as agreed, charges etc., from the aforesaid date mentioned in the demand notice till date of payment less repayments, if any, made after issuance of Demand Notice. The dues payable as on the date of taking possession is Rs. 29,22,314.46 (Twenty Nine Lakh Twenty Two Thousand, Three Hundred Fourteen and Forty Six Paise) payable with further interest at contractual rates & rests, charges etc., till date of payment.
(3) The borrowers attention is invited to provisions of Sub-section (8) of the Section 13 of the Act, in respect of time available to them, to redeem the secured assets.
DESCRIPTION OF THE IMMOVABLE PROPERTY
Residential land & building on plot MCF No-285, presently MCF No. 384 (Old MCF No- 456 & Earlier plot No. 51 & 52), Jeevan Nagar, Teshsil Ballabgarh, District -Faridabad, Haryana, owned by Mrs. Kusum Sharma w/o Mr. Rakesh Kumar Sharma measuring 100 sq.yds.
All that part and parcel of the property consisting of plot MCF No- 285, (Old MCF No.456 & earlier plot no 51 & 52), Kharsa No-61/1/1 (6-19), Jeevan Nagar, Teshsil-Ballabgarh, District-Faridabad, Mauza- Gaucha, Haryana Owned by Mrs. Kusum Sharma w/o Mr. Rakesh Kumar Sharma. Land and building area measuring 100 Sq.yards.
Bounded :
On the North by - Plot No. 286
On the South by - Plot No. 284
On the East by - Road
On the West by - Gali
Dated: 30.11.2024
Place: Faridabad
Sd/- Authorised Officer
Indian Overseas Bank

RBI may continue status quo on interest rate: Experts

PTI ■ NEW DELHI

The RBI is likely to keep the benchmark interest rate unchanged for one more time in its bilateral monetary policy review later in the week as inflation has breached its upper tolerance limit and may also moderate the growth forecast given the disappointing second quarter GDP numbers, experts say.

Reserve Bank Governor-headed six-member Monetary Policy Committee (MPC) is scheduled to meet on December 4 to 6, 2024. The decision of the rate-setting panel will be announced on December 6 by Governor Shaktikanta Das.

It was widely anticipated that the RBI would start reducing the benchmark interest rates soon but the central bank will have little option this time around as the latest print of retail inflation is above 6 per cent.

The Reserve Bank has kept the repo or short-term lending rate unchanged at 6.5 per cent since February 2023 and experts think some easing could only be possible in February.

Madan Sabnavis, Chief Economist, Bank of Baroda said given the rather uncertain global environment and the possible impact on inflation and the fact that currently inflation has been averaging close to 5.9 per cent in the last two months, a status quo on repo rate will be the logical outcome from the policy.

"There would be a change in RBI projections for both inflation and GDP as inflation has been higher so far than the RBI forecast for Q3 and GDP growth has come much below expectations in Q2. It would hence be of interest to see what the projections this time are," Sabnavis said.

India's economic growth slowed to near two-year low of 5.4 per cent in the September quarter of this



fiscal due to poor performance of manufacturing and mining sectors, but the country continued to remain the fastest-growing large economy, as per government data released on Friday.

Aditi Nayar, Chief Economist and Head - Research & Outreach, ICRA, said that with the CPI

inflation having breached the 6 per cent upper limit of the medium-term range of 2-6 per cent in October 2024, ICRA anticipate a status quo from the MPC in its December 2024 meeting, in spite of the GDP growth print for Q2 FY2025 sharply undershooting the

committee's expectations.

"At the same time, we anticipate that the MPC will moderate its growth forecast for FY2025 next week. A February 2025 rate cut may be forthcoming if the next two inflation prints recede," Nayar added.

The government has tasked the RBI to ensure that consumer price index (CPI) based retail inflation stays at 4 per cent with a margin of 2 per cent on the either side.

The central bank last hiked the repo rate to 6.5 per cent in February 2023 and since then it has held the rate at the same level. The RBI kept the repo rate unchanged at 6.5 per cent in its last bi-monthly review (October) also amid risks from higher food inflation.

On expectations from MPC, Dhruv Agarwala, CEO, Housing.Com and PropTiger.Com opined that the Reserve Bank faces the challenging task of striking a fine

balance between boosting GDP growth and containing inflation.

"Initially, the sharp rise in inflation seemed to rule out the possibility of a rate cut. However, with growth deceleration becoming a pressing concern, the RBI may still consider a rate cut in the upcoming policy meeting, despite mounting inflationary pressures and a persistently challenging global environment," he said.

Upasna Bhardwaj, Chief Economist, Kotak Mahindra Bank said that the sharply lower than expected GDP figures reflect the highly disappointing corporate earnings data. The manufacturing sector appears to have taken the maximum beating.

"The high-frequency data suggests that festive linked revival in activity may provide a marginally better 2H growth figure but overall GDP growth for FY25 is going to be around 100 bps lower than RBI's estimate of

7.2 per cent. Despite the sharp slowdown in GDP growth we maintain our view of a pause by the RBI... Given elevated inflation and uncertain global environment," Bhardwaj added.

In its October policy, the RBI had projected real GDP growth for 2024-25 at 7.2 per cent with Q2 at 7 per cent; Q3 at 7.4 per cent; and Q4 at 7.4 per cent.

Sanjay Bhutani, Director, Medical Technology Association of India (MTAI) said: "In light of these competing priorities, the Monetary Policy Committee may adopt a wait-and-watch approach for now and hence, we expect it to maintain a status quo stance."

In an off-cycle meeting in May 2022, the MPC raised the policy rate by 40 basis points and it was followed by rate hikes of varying sizes, in the subsequent meetings till February 2023. The repo rate was raised by 250 basis points cumulatively between May 2022 and February 2023.

FPIs' selling spree continues in November at ₹21,612 Crore

PTI ■ NEW DELHI

Foreign investors pulled out Rs 21,612 crore (USD 2.56 billion) from the Indian equity market in November, mainly due to the rising US bond yields, strengthening dollar and expectation of a slowdown in the domestic economy.

While the sell-off continues, the quantum of net outflow significantly reduced compared to October, when FPIs recorded a massive withdrawal of Rs 94,017 crore (USD 11.2 billion).

With the latest pull out, Foreign Portfolio Investors (FPIs) have experienced total net outflow of Rs 15,019 crore in 2024 so far.

Looking ahead, the flow of foreign investments into Indian equity markets will hinge on several key factors. These include the policies implemented under Donald Trump's presidency, the prevailing inflation and interest rate environment, and



the evolving geopolitical landscape, Himanshu Srivastava, Associate Director Manager Research, Morningstar Investment Research India, said.

Additionally, the third-quarter earnings performance of Indian companies and the country's progress on the economic growth front will play a crucial role in shaping investor sentiment and influencing foreign inflows, he added.

According to the data, FPIs recorded a net outflow of Rs 21,612 crore in November.

This came following a net withdrawal of Rs 94,017 crore in October, which was the worst monthly outflow.

However, in September, foreign investors made a nine-month high investment of Rs 57,724 crore.

Market analysts attributed the latest outflow to the rising US bond yields, strengthening dollar and expectation of a slowdown in the domestic economy.

Overall, November experienced net outflow but FPIs staged a notable reversal at the beginning of the week

ended November 29, due to decisive victory of the BJP-led Mahayuti alliance in the Maharashtra Assembly elections. The resulting political stability appears to have strengthened investor confidence, Srivastava said.

Another factor that contributed to this buying activity is the rebalancing of MSCI's key indices, which added few select Indian stocks in its index. Further, a glimmer of hope for ceasefire between Israel and Lebanon may have also positively influenced market sentiment, particularly from a geopolitical standpoint, he added.

A perplexing feature of the recent FPI activity is their highly erratic nature. For instance, during November 23-25, FPIs were buyers, however, in the next two days they again turned massive sellers having sold equity worth Rs 16,139 crore, V K Vijayakumar, Chief Investment Strategist, Geojit Financial Services, said.

Global trends, macroeconomic data, RBI's interest rate decision key factors for markets this week: Analysts

PTI ■ NEW DELHI

Trading sentiment in the equity market this week will be guided by global trends, foreign fund movement, macroeconomic data announcements and RBI's interest rate decision, analysts said.

The monthly auto sales data announcement would also be tracked by investors this week.

"Looking ahead, markets are likely to react to the disappointing GDP growth of 5.4 pc on Monday. The upcoming RBI policy will be crucial, with both the interest rate decision and commentary being key focus areas.

"On the global front, geopolitical tensions, particularly the Russia-Ukraine situation, remains a concern. Important macroeconomic data such as manufacturing PMI from India, the US, and China, along with US jobs data and



Fed Chair Jerome Powell's speech, will also influence market sentiment," Santosh Meena, Head of Research, Swastika Investmart Ltd, said.

India's economic growth slowed to near two-year low of 5.4 per cent in the July-September quarter of this fiscal due to poor performance of manufacturing and mining sectors as well as weak consumption, but the country continued to remain

the fastest-growing large economy, data showed on Friday.

The Indian equity market ended the last week on a positive note after experiencing significant volatility.

"The outlook for the market will be guided by the major domestic and global economic data such as India's manufacturing PMI, services PMI, interest rate decision, US S&P global composite PMI,

manufacturing PMI, services PMI, non-farm payrolls and initial jobless claims," Palka Arora Chopra, Director, Master Capital Services Ltd, said.

Last week, BSE benchmark Sensex jumped 685.68 points or 0.86 per cent and NSE Nifty climbed 223.85 points or 0.93 per cent.

"Participants will first react to the GDP data released post-market on Friday. The primary focus will be on the RBI monetary policy review. Additionally, high-frequency indicators such as auto sales, along with manufacturing and services PMI data, are expected to provide further market direction. Foreign inflows will also remain in focus as a major driver of sentiment," Ajit Mishra - SVP, Research, Religare Broking Ltd, said.

Movement of global oil benchmark Brent crude and rupee-dollar trend would also dictate market trends, analysts said.

Petrol, diesel sales rebound on festival demand

PTI ■ NEW DELHI

India's petrol and diesel consumption soared in November as the festive season reversed a fall in demand witnessed in previous months, preliminary data of state-owned firms showed on Friday.

While petrol sales had shown a year-on-year increase, diesel has been a laggard since monsoon and November was the first month that saw positive growth in consumption.

Petrol sales of three state-owned firms, which control 90 per cent of the fuel market, soared 8.3 per cent to 3.1 million tonnes in November compared to 2.86 million tonnes of consumption in the same



month last year. Diesel demand was up 5.9 per cent to 7.2 million tonnes.

Petrol and diesel sales have been tepid during the monsoon months as rains reduced vehicular movement and demand for the

agriculture sector. Petrol demand however soared once rains eased but diesel consumption lagged year-on-year.

Month-on-month petrol sales were up 4.7 per cent when compared to 2.96 million tonnes of

consumption in October. Diesel demand was almost 11 per cent more than 6.5 million tonnes of consumption in October.

Diesel is India's most consumed fuel, accounting for almost 40 per cent of all petroleum product consumption. The transport sector accounts for 70 per cent of all diesel sales in the country. It is also the predominant fuel used in agriculture sectors, including in harvesters and tractors.

Consumption of petrol during November was 16.5 per cent more than in November 2022, and 33.5 per cent more than in Covid-marred November 2020.

Diesel demand was 1.8 per cent lower than November 2022, but 8.5 per cent compared to November

2020.

Jet fuel (ATF) sales rose 3.6 per cent year-on-year to 650,900 tonnes during November 2024. This was 2.3 per cent higher month-on-month when compared with 636,100 tonnes of fuel sold in October.

Like petrol and diesel, ATF demand too is now firmly above pre-Covid levels. ATF consumption was 11.3 per cent more than in November 2022, and 1.9 per cent more than in November 2020.

Cooking gas LPG sales were up 7.3 per cent year-on-year at 2.76 million tonnes in November 2024. LPG consumption was 6.3 per cent higher than in November 2022, and 19.9 per cent more than in November 2020.

Coal production rises 7.2 per cent in Nov, dispatches up by nearly 4 per cent

PTI ■ NEW DELHI

India's overall coal production rose by 7.2 per cent to 90.62 million tonnes (MT) in November compared to 84.52 MT in the same month of last year, the coal ministry said in a statement on Sunday.

The coal output in the April-November period of the current fiscal rose by 6.21 per cent to 628.03 MT over 591.32 MT in the year-ago period, according to provisional figures.

Coal production from captive and other entities rose to 17.13 MT in November against 12.44 MT in November 2023.

"Additionally, coal dispatches



in November 2024 showed steady improvement, reaching 85.22 MT (provisional), up from 82.07 MT in November 2023, reflecting a growth of 3.85 per cent," it said.

Cumulatively, coal dispatches up to November this fiscal rose to 657.75 MT, compared to 623.78 MT during the same

period in the previous fiscal year.

The coal ministry said that it remains committed to meeting the nation's energy requirements by focusing on increasing production, improving dispatch efficiency, and ensuring seamless coal availability across the country.

FDI inflows jump 45 per cent to USD 29.79 bn in Apr-Sep 2024

PTI ■ NEW DELHI

Foreign direct investment in India rose by 45 per cent year-on-year to USD 29.79 billion in April-September this fiscal on healthy inflows in services, computer, telecom and pharma sectors, according to government data.

FDI inflows were at USD 20.5 billion in April-September 2023-24.

In the July-September quarter, the inflows grew by about 43 per cent year-on-year to USD 13.6 billion against USD 9.52 billion in the same quarter last fiscal.

The foreign direct investment in India was up 47.8 per cent to USD 16.17 billion in the April-June quarter.

Total FDI, which includes equity inflows, reinvested earnings and other capital, grew by 28 per cent to USD 42.1 billion during the first half of this fiscal from USD 33.12 billion in April-September 2023-24, the Department for Promotion of Industry and



Internal Trade (DPIIT) data showed.

During the April-September period this financial year, FDI equity inflows rose from major countries, including Mauritius (USD 5.34 billion against USD 2.95 billion), Singapore (USD 7.53 billion against USD 5.22 billion), the US (USD 2.57 billion against USD 2 billion), the Netherlands (USD 3.58 billion against USD 1.92 billion), the UAE (USD 3.47 billion against USD 1.1 billion), Cayman Islands (USD 235 million against USD 145 million) and Cyprus (USD 808

million against USD 35 million).

However, inflows declined from Japan and the UK.

Sectorally, inflows rose in services, computer software and hardware, trading, telecommunication, automobile, pharma and chemicals.

FDI in services has increased to USD 5.69 billion during the first half of the current financial year as against USD 3.85 billion in the same period last year.

As per the data, FDI inflows in non-conventional energy stood at USD 2 billion.

Security Leadership Summit 2024 Explores the Future of Security in India

PNS ■ NEW DELHI

The 19th Security Leadership Summit, hosted by Central Association of Private Security Industry (CAPSI) and Association of Private Detectives and Investigators (APDI), commenced at PHD House, New Delhi, bringing together prominent leaders, policymakers, and industry experts to envision the future of security in India. The two-day summit, themed "Surakshit Bharat - Viksit Bharat 2047", highlights the integration of advanced technologies with security strategies to create a safer and more developed nation by 2047.

Day one featured esteemed guests, including Gen (Dr.) V.K. Singh (Retd), Former Union Minister, and Lt. Gen M.U. Nair, National Cyber Security Coordinator. Gen Singh unveiled CAPSI's

Surakshit Bharat - Viksit Bharat Vision 2047 document, emphasizing the need for technology-driven internal security frameworks.

Lt. Gen Nair shared insights on leveraging AI and drones for national security. Key discussions revolved around drone technology, cybersecurity, AI in security services, women's safety, and collaboration between private security and law enforcement.

Renowned speakers such as Dr. Satya Pal Singh, former Union Minister, and international experts like Mike LaCorte and Ambassador Sylvester Okere provided diverse perspectives.

Kunwar Vikram Singh, CAPSI Chairman, announced a groundbreaking initiative to train one lakh drone warriors under DGCA guidelines. "This summit reinforces our commitment to ensuring safety and progress for all," he stated.

Huge import opportunities for UK apparel firms in India: AEPC

PTI ■ NEW DELHI

Apparel Export Promotion Council (AEPC) on Sunday said huge import opportunities are there for British apparel firms in India and they should participate in large numbers in the upcoming mega textile show here next year.

Bharat Tex 2025 will be held here from February 14-17, 2025, at Bharat Mandapam and from February 12-15 next year at the India Expo Centre and Mart in Greater Noida.

Companies will showcase the entire textile value chain, with a special focus on key sectors such as Handicrafts, Apparel Machinery, Chemicals, and Dyes.

AEPC Chairman Sudhir Sekhri said that the UK is a global fashion hub and the sixth largest importer of apparel, with a total import value of USD 20.27 billion in 2023.

"India, with its robust textile and apparel sector, has long



been a trusted partner for the UK. In the past year (2023) alone, India's exports to the UK reached USD 1.2 billion, securing a 6.14 per cent share of the UK's textile and apparel market," he said.

Exports of ready-made garments to the UK during April-October 2024-25 rose by 9.4 per cent, Sekhri added.

To attract British participation, the council has organized the Bharat Tex Roadshow in London from November 27 to 29.

Sekhri also said that at Bharat Tex 2025, UK brands such as Marks & Spencer, Primark, Next, Charles Tyrwhitt,

Burberry, Dunhill, Clarks, and JW Anderson already source high-quality products from India.

Fast-fashion leaders like Primark, Asos, and Boohoo also turn to India for innovative solutions that align with their commitment to quality and sustainability.

"These are the values that will take centre stage at Bharat Tex 2025, as we highlight India's advancements in eco-friendly materials, closed-loop manufacturing, and waste management principles that strongly resonate with the UK's commitment to a sustainable future," he said.



Skincare in Winter



USE CALMING INGREDIENTS: When the skin gets too dry from cold winds and low humidity of the weather, prefer the application of ingredients that soothes the skin. These include *niacinamide*, *aloe vera*, *chamomile extract* etc. When the skin gets dehydrated and dry, it also gets extra sensitive and gets irritated easily. For dealing with this, avoid any product that has harsh chemicals or fragrances in



it or is alcohol based.

VISIT A WELL-QUALIFIED AND TRAINED DERMATOLOGIST: For everlasting hydrated skin in winters, you need a specialised dermatologist consultant who can well evaluate your skin needs and suggest tailored skincare regime as per your skin type and requirements. For extremely dry skin, your dermat may recommend hydrating facial treatments that infuse moisture into the deeper layers of the skin and is not just limited to the surface. These include *Hydra Facials*, *Collagen-boosting facials*, *oxygen infusion therapy* etc. The dry and dehydrated skin, due to loss of its protective barrier in winters, can be well dealt with proper management. Combat the winter skin challenges by using gentle cleansers, rich moisturizers, daily sunscreen application and adequate hydration to get a supple skin.

— The author is a MBBS, MD, Dermatologist and Founder of Akiya Aesthetics



PROTECTIVE SKINCARE MEASURES CAN HELP YOU TACKLE DRYNESS, DULLNESS, AND PREMATURE AGEING IN WINTERS, SAYS RUPIKA SINGH

With the dropping temperature and humidity in winter, the skin undergoes changes too and becomes dry and dull. Even it can have some sign of premature aging if not well cared for and so it deserves utmost attention. Naturally, the skin's sebum production lowers in winters, which is further exponentially increased by low humidity levels and chilly dry air.

SKINCARE TIPS FOR WINTER SEASON



BODY'S HYDRATION INSIDE OUT: When the weather outside is very chilly and the humidity levels drop, skin health gets affected as its protective barrier gets damaged and it loses its moisture. For retaining the skin's hydration, keep it hydrated both inside and out. Aim for at least 8-10 glasses of water each day to keep it glowy and supple. And to protect the skin from hot air indoors, probably due to the usage of heat systems, use a HEPA filter humidifier that keeps the surrounding air moist.

HYDRATING MOISTURIZER: Moisturizer functions to keep the skin's moisture locked in to refrain it from getting dry. Winters make the skin more prone to dryness, so prefer a rich moisturizer that has occlusive agents namely petrolatum, dimethicone or lanolin. *Shea Butter* or *hyaluronic acid* enriched creams also work wonders.



NOURISHING CLEANSER: Winter season needs proper cleansing to remove dirt, dust and other environmental

pollutants from the skin but one thing that needs to be taken care of is to prevent the skin from getting dry. So for this purpose, use a cleanser that is gentle and devoid of any strong chemicals that can be damaging to the skin's protective barrier. Preferably use cleansers enriched with hydrating compounds such as *glycerin*, *hyaluronic acid*, *ceramides* etc.

GENTLE EXFOLIATION: Skin needs exfoliation for maintaining its suppleness and radiance. This process removes the dead skin cells and enhances cell turnover to grow new well nourished cells. But in winters, exfoliation should be



limited to once a week and no harsh chemical agents should be used. Since chemical exfoliants are gentler on the skin than physical ones, prefer chemical exfoliants namely *alpha hydroxy acids* (AHAs) and *beta hydroxy acids* (BHAs).

NEVER SKIP SUNSCREEN: Seemingly meaningless, winter days also necessitate the need of sunscreen as no matter the day may be cloudy, the harmful UV rays of the sun can penetrate through the clouds and reach your skin. Go for a broad spectrum sunscreen that has a minimum SPF of 30.



AVOCADO: NUTRITIOUS WINTER DELIGHT

By KAVITA DEVGAN

As the chill of winter sets in, our taste buds crave indulgent and hearty flavours to match the cozy season. Amidst the festive feasts and culinary celebrations, there's often a compromise on health. What if we tell you that there's a way to enjoy the richness of winter feasts without sacrificing nutrition. Enter the versatile and nutrient-packed *avocado*—a super food that can elevate your winter recipes while supporting your health.

Known for its creamy texture and subtle flavour, the avocado is more than just a trendy ingredient. It's a powerhouse of essential nutrients, offering heart-healthy monounsaturated fats that help regulate cholesterol levels and promote cardiovascular health. Rich in vitamins such as E, C, B6, and minerals like potassium, avocados are a fantastic addition to a winter diet, ensuring you stay energised and nourished.

AVOCADOS IN WINTERS

While avocados are often associated with summer dishes, their health benefits and versatility make them ideal for winter too. The creamy texture and mild flavour blend seamlessly with rich, warming recipes. Moreover, their nutrient density supports your body's immunity during the colder months. Avocados also help in maintaining skin health which is a crucial benefit during winter when dryness and



dullness are common. The fruit's high content of healthy fats and antioxidants like vitamin E ensures your skin stays hydrated and glowing despite the harsh weather.

WAYS TO USE AVOCADOS IN WINTER FEASTS

HEARTY AVOCADO SOUPS: Start your meal with a creamy avocado soup. Blend ripe avocados with warm vegetable stock, garlic, and a dash of cream for a comforting appetizer. For a twist, add roasted cumin or smoked paprika to infuse depth and warmth into your bowl.

AVOCADO-STUFFED BAKES: Use avocados as a stuffing base for bell peppers or mushrooms. Mix the avocado with quinoa, feta cheese, and herbs, and bake until golden. This dish is both filling and packed with nutrients, making it perfect for a cozy winter dinner.

AVOCADO IN DESSERTS:



Avocados aren't limited to savoury dishes. Their creamy consistency makes them an excellent ingredient for desserts. Try an avocado chocolate mousse by blending avocados with cocoa powder, honey, and a splash of vanilla. The result will be a decadent dessert that's guilt-free and loaded with healthy fats.

AVOCADO IN WINTER SALADS: Winter salads don't have to be boring. Toss avocado chunks with roasted root vegetables, nuts, and a zesty dressing of olive oil and lemon for a nutritious side dish that compliments any meal.

AVOCADO TOAST WITH A WINTER TWIST: Take your classic avocado toast to the next level by adding seasonal toppings like sautéed mushrooms, pomegranate seeds, or even spiced roasted nuts.

A Super food for the Festive Table—This winter, let avocados be the star of your festive table. They not only add a touch of elegance but also ensure you strike a balance between indulgence and health. Whether you're preparing a lavish dinner or a cozy brunch, avocados can seamlessly blend into your recipes, offering both flavour and nutrition.

The Green Ally for Your Wellness—The World Avocado Organisation champions the avocado as a perfect partner for a healthy lifestyle. By incorporating it into your winter menu, you're embracing a super food that caters to taste and well-being. This winter, let the humble avocado transform your culinary experience, proving that eating healthy doesn't mean compromising on flavour or festivity.

— The author is a nutritionist and has used resources from the World Avocado Organisation

17TH EDITION OF PHARMA EXPO CONCLUDES



The 17th edition of CPHI & PMEC India, organised by Informa Markets in India took place at the India Expo Centre, Greater Noida, Delhi-NCR. Over 50,000 global industry professionals, including key decision-makers, gathered to explore new partnerships and growth opportunities. The expo featured forward-thinking discussions on sustainability, digital transformation, and the future of pharma, with a special focus on empowering women in the industry. Photo: PNS



Sarvodaya Hospital, Faridabad achieved medical breakthrough by treating a 5-month-old baby for congenital hearing impairment making him the youngest in India to undergo a cochlear implant surgery. Photo: PNS

Sindhu, Lakshya clinch singles titles

PTI ■ LUCKNOW

Top seeded Indians P V Sindhu and Lakshya Sen showcased their class and dominance to clinch the women's and men's singles titles, respectively, at the Syed Modi International badminton tournament here on Sunday.

Sindhu, a two-time Olympic medallist, ended her long title drought by outplaying China's world number 119 Wu Luo Yu 21-14, 21-16 to lift the trophy for the third time, having previously triumphed in 2017 and 2022. In the men's singles final, Lakshya, a 2021 World Championships bronze medallist, was at his dominant best as he demolished Singapore's Jia Heng Jason Teh 21-6, 21-7 in the title clash, displaying complete command over the match.

Sindhu's victory marks her



finished runners-up in 2022, went one step further this year with their solid performance.

In the men's doubles final, Pruthvi Krishnamurthy Roy and Sai Pratheek K put up a valiant fight before going

down 14-21, 21-19, 17-21 to China's Huang Di and Liu Yang in a marathon 71-minute clash.

Meanwhile, in the mixed doubles final, fifth seeds Tanisha Crasto and Dhruv Kapila started strong but couldn't sustain their momentum, losing 21-18, 14-21, 8-21 to Thailand's sixth-seeded pair of Dechapol Puavaranukroh and Supissara Paewsampran.

Sindhu vs Wu

Sindhu was up 8-5 in the opening game and despite some resistance from Wu, the Indian managed to secure a two-point lead at 11-9. Sindhu changed gears after the break, surging to 15-10 and then kept a firm grip on the rallies to comfortably close out the opening game.

Sindhu opened strongly, racing to a 3-0 lead, but Wu quickly levelled the score and matched the Indian point-for-point till 10-10. The Chinese left-hander troubled Sindhu with precise drops, earning a slender 11-10 lead at the break.

After resumption, Sindhu shifted gears, drawing errors from Wu and regaining control with a 14-11 lead courtesy of a sharp straight smash. A bodyline smash further extended her lead to 15-11, as Wu misjudged the length on several occasions. Sindhu's disguised forehand return at a crucial juncture brought her closer to victory, earning her four match points. She sealed the title with a powerful smash, capping off a dominant performance.

Lakshya vs Jia

Lakshya, 23, was in a hurry to wrap up the proceedings, storming to a massive 8-0 lead early in the first game. Lakshya's fast-paced game left Teh struggling, with the Singaporean committing a series of unforced errors.

Two aggressive returns helped Teh claim a couple of points, but Lakshya quickly regained control, securing seven game points at the interval. The Indian then won nine of the next 10 points to wrap up the first game in quick time.

Lakshya maintained his relentless attack in the second game, racing to a commanding 10-1 lead at the mid-game interval. Teh, demoralized and unable to match Lakshya's pace and precision, found himself on the backfoot throughout.

The Indian extended his lead to 15-5, and even when Teh tried to mount a comeback with a flurry of strokes, Lakshya's impeccable defense and fitness shone through. At 16-7, the Indian showcased his versatility, mixing powerful down-the-line smashes with cross-court net shots to reach 20-7. The match ended with Teh sending a shot long, handing Lakshya his first Syed Modi International title.



Jamshedpur FC, Mohammedan SC look to resurrect campaigns in ISL

PTI ■ JAMSHEDPUR

Mohammedan SC and Jamshedpur FC will look to resurrect their respective campaigns when they face off in their Indian Super League clash here on Monday.

With three defeats in a row, Jamshedpur FC are going through a slump in form. They are placed ninth in the league table with 12 points from eight ties, with four wins and as many defeats.

In their three-match losing streak, Jamshedpur FC have conceded three goals at least in each game which is a worrying sign.

The last time the club endured a forgettable run was between October and December 2023 when they lost four games on the trot. Jamshedpur FC need to work on their accuracy they have recorded a passing accuracy of 57.4 per cent in the opposition's half this season. Their overall passing accuracy of 67 per cent also demands more work from the players.

Mohammedan FC, on the other hand, are in the 12th spot in the ISL points table with only one victory and two draws so far in the season.

In their last outing, Mohammedan FC appeared to be turning their fortunes around when they took an early lead against Bengaluru FC.

While an eighth-minute strike by Cesar Manzoki put them in the driver's seat, it was after the 82nd minute in the contest when Sunil Chhetri scored a brace to break Mohammedan FC's hearts.

Mohammedan FC has scored on four occasions this ISL, which is the joint-lowest tally for any side after as many games in their debut ISL season, tied with Jamshedpur.

While the Black and White Brigade does have a formidable frontline, the team needs to supplement their strengths unflinchingly to net more goals.

The club has also been at the receiving end of the supreme aerial prowess of their opponents in this season, having conceded five headed goals, which is the most by any side this season.

Jamshedpur head coach Khalid Jamil admitted that the team needs to uplift its performance to get the desired results.

ICC: Jay Shah takes over as new chairman

PTI ■ DUBAI

Indian cricket administrator Jay Shah on Sunday took charge as the chairman of the International Cricket Council (ICC) with an immediate goal of ending the impasse surrounding the Champions Trophy and a broader vision of making cricket a commercially viable Olympic sport.

The 36-year-old Shah, who headlined the BCCI as its secretary for the last five years, is the fifth Indian and the youngest ever to head the global cricket body.

He was the unanimous choice of the ICC's Board of Directors and replaced New Zealand attorney Greg Barclay, who didn't wish to continue for a third consecutive term.

Before Shah, businessman late Jagmohan Dalmiya, politician Sharad Pawar, lawyer Shashank Manohar and industrialist N Srinivasan have all headed the world cricket body.

Shah, the son of India's Home Minister Amit Shah, will have his task cut out as the ICC looks to find an acceptable solution to implement the 'Hybrid Model' for the Champions Trophy originally scheduled in Pakistan.



As of now, the Pakistan Cricket Board (PCB) has decided to accept the 'Hybrid Model' under which India play their matches in Dubai. But the PCB also wants the same courtesy to be accorded to Pakistan in all four ICC tournaments till 2031, which will be co-hosted or singularly hosted by the Indian cricket board.

Now, as the head of the global body and with less than 100 days left for the tournament to begin, Shah will have to coordinate with both the PCB and his former colleagues at the BCCI for an "acceptable solution" in order to organise a hassle-free tournament.

India have already refused to travel to Pakistan as it hasn't received clearance from its government.

Shah didn't make any comment on the Champions Trophy while outlining his priorities for his term which included leveraging the sport's inclusion in the Los Angeles 2028 Olympic Games as an opportunity and further accelerate the growth of the women's game.

"This is an exciting time for the sport as we prepare for the LA28 Olympic Games and work to make cricket more inclusive and engaging for fans worldwide," Shah said.

"We are at a critical juncture with the coexistence of multiple formats and the need to accelerate the growth of the women's game.

"Cricket holds immense potential globally, and I look forward to working closely with the ICC team and Member countries to seize these opportunities and take the sport to new heights."

Shah acknowledged Barclay's contributions to the ICC over the last four years.

"I would also like to thank Greg Barclay for his leadership in the role for the past four years and the milestones achieved during that period," he said.



Barcelona loses at home for the first time this season

AP ■ BARCELONA

Barcelona lost at home for the first time this season when the Liga leader was stunned by Las Palmas 2-1.

Sandro Ramirez and Fábio Silva scored for the Canary Islands club on either side of Raphinha's equaliser to give Las Palmas its first win at Barcelona in more than 50 years on Saturday.

Barcelona played superbly in the first three months under new coach Hansi Flick and was flying high after convincing victories over Real Madrid in the domestic competition and Bayern Munich in the Champions League. It had won all eight of its home games.

But it has gone three rounds of La Liga without a win. Before Las Palmas, it fell at Real Sociedad 1-0 and drew at Celta Vigo 2-2 after squandering a two-goal lead in the final minutes.

The dropped points mean Madrid, despite its own troubles, especially in the Champions League, can move ahead of Barcelona in La Liga. It trails Barcelona by four points with two games in hand.

"I don't care about scoring, I care about winning," Raphinha said after his standout performance was unable to end Barcelona's slump.

"We have to take a hard look at what we are doing wrong. We have slipped in our form and are letting games get away from us. We have our next game on Tuesday (at Mallorca), and we need to turn this around so we can win the league."

Atletico Madrid was only two points behind Barcelona in second place — and with the same number of games played — after Antoine Griezmann scored a gem of a goal in a 5-0 demolition of last-placed Valladolid.

History for Las Palmas

Las Palmas savored its first victory at Barcelona since the 1971-72 season and just its third victory at the Catalan club overall. The other visits by the modest side that wears all yellow uniforms to Barcelona have ended in 34 defeats and three draws.

"We are thrilled because we have made history," Sandro said.

10-man Botafogo wins its first Copa Libertadores title

AP ■ BUENOS AIRES

Botafogo overcame playing with 10 men to win its first Copa Libertadores title after beating fellow Brazilian side Atletico Mineiro 3-1 in the final at Monumental de Nunez Stadium.

After just 30 seconds, midfielder Gregore, one of Botafogo's best players, hit the head of Fausto Vera with his foot and was given a straight red card on Saturday.

"It was so hard to have one less so early in a final. It was an unfortunate move," Botafogo defender Alexander Barboza said.

"But Gregore deserves this title as much as we do. We made history and that won't ever be erased."

Winger Luiz Henrique scored first in the 35th minute from close range, and was fouled for



the penalty shot converted by Alex Telles in the 44th. Eduardo Vargas headed Mineiro's only goal in the 46th while Junior Santos, the top scorer in the Copa Libertadores with 10 goals, capped Botafogo's historic night with the third in injury time.

Brazil was assured of a sixth consecutive Copa Libertadores title and its 24th in history, just one less than Argentina.

It was also the third straight title for Rio de Janeiro clubs, after Fluminense in 2023 and Flamengo in 2022.

Botafogo, the last of the four big Rio clubs to win the Copa Libertadores, earned prize money of \$23 million and a spot in the Club World Cup in the United States next year.

Despite sensationally losing Gregore, Botafogo reset and Luiz Henrique scored the opener. Henrique surged on the right flank and crossed to Marlon Freitas, who took a shot that was deflected. Henrique was in the right place to strike through the legs of goalkeeper Ederson.

Henrique and Ederson met again near the end of the first half when the striker surprised the keeper on the edge of the box. A penalty was given after a video review and left back Telles calmly slotted the ball home.

Mineiro came back with a more aggressive formation in the second half and was rewarded when veteran Hulk took a corner kick and Vargas, who replaced midfielder Gustavo Scarpa during the break, didn't even need to jump to score with his head.

World Chess Championship: Gukesh holds Liren with black pieces to remain level on points

PTI ■ SINGAPORE

Indian challenger D Gukesh held defending champion Ding Liren of China to a draw with black pieces in an intense sixth game of the World Chess Championship to remain level on points here Sunday.

The third draw in a row left both players on an identical tally of 3 points apiece, still shy of 4.5 more points in order to win the championship.

The two players signed peace after 46 moves. It was the fourth draw of the match.

It remains to be seen what strategy the players would opt for as the match moves towards the half-way mark.

The 32-year-old Liren had won the opening game while the 18-year-old Gukesh had emerged victorious in the third game.

The second, fourth and fifth games had ended in draws.

With eight games still remaining in the 14-round match, the battle will resume after the second rest day on Monday. If the scores are tied after the eight games, there is an extra day for tie-break games of shorter duration to decide the next world champion.

Gukesh later said he did not feel any real danger during the sixth game.

"I knew this position till Rb8 (Black's 16th move) and even though I did not know (the next) I thought maybe I am slightly worse but it should be really hard to convert it with white because you cannot push the queen side pawns easily and I always have play on his king."

"I wasn't really that worried at any point," Gukesh said in the post-game conference.

Asked about the rationale behind his decision to avoid repetition early, Gukesh said, "May be I am slightly worse, although I was not even sure about it, but with open files I thought I will have counter play."

"I thought since he's going for a repetition I will just play for a few more moves and see, obviously it was not playing for a win or anything."

Liren seemed to be gaining in confidence with each passing game even though he was written-off by most of the top players in the world.

Playing with white pieces, Liren for once solved all his opening problems without much ado as he went for the super-solid London system with his third white in the match and blitzed out the first 20 moves, conceding a mere seven minutes on the clock.

In the process though, all the



Knights and Bishops had changed hands, leading to a Queen and Rook endgame with equal pawns. Liren explained the reason behind his choice of opening.

"In the last world championship match (against Russian Ian Nepomniachtchi), I had played the same opening and won a nice game, I wanted to repeat the opening," he said.

Gukesh used up a little over 50 minutes in the first part of the game, giving Liren a 45-minute lead on the clock for the first time in the match. However, on the 20th move, Gukesh chose a dynamic continuation that required deep calculation as well as superior judgement.

Liren thought for a long time, spending all his extra time, and

slight advantage for white following Gukesh's decision but the nature of the position remained complicated enough for both sides to have counter play.

Liren had to regain his composure as he was expecting Gukesh to repeat and he decided not to be over-aggressive in the heavy-pieces endgame.

Gukesh eventually went for the trade of the Queens when he may have been slightly worse but Liren just took a draw exchanging off a crucial king rook pawn after which the Indian had no other way than to repeat the position.

According to English Grandmaster David Howell, the official commentator, "Ding missed his big opportunity with Queens on the board."

The Chinese was again pressing with Gukesh's refusal to draw early but it was indeed a great fight in the sixth game that lasted till move 46.

World Championship toughest event in chess: Gukesh

Asked to compare the world championship with other strong events, Gukesh said, "It's probably the toughest event in chess, obviously there is more at stake but other than that it's just a very interesting and long match against a very strong opponent,

and at the end of the day we are still playing chess.

"It has been good so far, I still can improve my play, there are a lot more games, considering I was trailing after the first game I am happy to be here, it is too early," Gukesh remarked when asked if he was satisfied with his play thus far.

When asked who among the past world champions were their inspiration, Liren named (Veselin) Topalov and (Magnus) Carlsen while Gukesh mentioned the names of Viswanathan Anand, (Bobby) Fischer and Carlsen.

The Moves: 1.D4 Nf6 2.Bf4 d5 3.E3 e6 4.Nf3 c5 5.C3 Bd6 6.Bb5+ Nc6 7.Bxc6+ bxc6 8.Bxd6 Qxd6 9.Qa4 0-0 10.Qa3 Ne4 11.Nfd2 e5 12.Nxe4 dxe4 13.Qxc5 Qg6 14.Nd2 Qxg2 15.0-0-0 Qxf2 16.Dxe5 Rb8 17.Nc4 Be6 18.Rd2 Qf3 19.Re1 Bxc4 20.Qxc4 Qf5 21.Qxc6 Qxe5 22.Qd5 Qe7 23.Qd6 Qg5 24.Qd5 Qe7 25.Qd6 Qg5 26.Qd5 Qh4 27.Red1 g6 28.Qe5 Rb8 29.Qb3 Qh5 30.Qf4 Qa5 31.A3 Qb5 32.Rd4 Qe2 33.R1d2 Qf3 34.Kc2 Qxf4 35.Exf4 f5 36.H4 e3 37.Re2 Re7 38.Kd3 Rf8 39.H5 gxh5 40.Rd5 h4 41.Rxf5 Rd7+ 42.Kc2 Kg7 43.Rg2+ Kh8 44.Re2 Kg7 45.Rg2+ Kh8 46.Re2 Kg7. Game drawn.