

Maharashtra Assembly election: It is all within the family

PTI ■ MUMBAI
Amid parties accusing arrivals of promoting dynastic politics, the Maharashtra assembly election scheduled on November 20 will see brothers, cousins and father-children in the fray, with members of the same family taking on each other in some seats.
In one constituency, the battle is between husband and wife, while in another seat has an uncle and nephew pitted against each other.
In the high stakes battle of Pawars, debutant Yugendra Pawar, the candidate of the Nationalist Congress Party (NCP-SP) led by Sharad Pawar, will take on his uncle and Ajit Pawar, representing the Nationalist Congress Party (NCP), in the Baramati seat. Ajit Pawar, the deputy chief minister of the state, has won the Baramati Assembly seat seven times and has also bagged the Baramati Parliamentary seat once. This is the second time that

Baramati, the bastion of Pawars, will see a contest within the family. In the 2024 General Election, Sunetra Pawar, the deputy CM's wife, was defeated by his cousin and NCP (SP) leader Supriya Sule in the Baramati Parliamentary seat.
In the neighbouring Karjat-Jamkhed seat, Rohit Pawar, another nephew of the deputy CM is in the fray as the NCP (SP) candidate against Ram Shinde of the BJP. Rohit Pawar is the grand-nephew of Sharad Pawar.
In the Kannad constituency's Chhatrapati Sambhajnagar seat, independent candidate Harshwardhan Jadhav is pitted against his estranged wife and Shiv Sena candidate Sanjana Jadhav, the daughter of BJP leader and former Union minister Raosaheb Danve.
Sanjana Jadhav's brother, Santosh Danve, is contesting from Bhokardan in Jalna as the BJP candidate.
Amit Deshmukh and Dhiraj Deshmukh, Congress candidates and sons of former state chief minister Vilasrao



Deshmukh, are in the poll race from Latur City and the adjoining Latur Rural seats, respectively. Similarly, Nitesh Rane and Nilesh Rane, sons of BJP MP and former Maharashtra chief minister Narayan Rane, are in the fray from Kudal and Kankavli constituencies as nominees for the Shiv Sena and the BJP respectively. In Mumbai, the Thackeray cousins are in the fray from different seats. While sitting

Shiv Sena (UBT) sitting MLA, Aaditya Thackeray, is re-contesting from Worli, his maternal cousin Varun Sardesai is contesting from Vandre (Bandra) East Assembly seat on the party's ticket.
Aaditya's cousin, Amit Thackeray, son of Maharashtra Navnirman Sena (MNS) head Raj Thackeray, is contesting from neighbouring Mahim seat in Mumbai.
Former Maharashtra minister Ganesh Naik is contesting from Airoli seat as a BJP candidate, while his son Sandeep is in the fray from the neighbouring Belapur constituency as NCP (SP) candidate.
Similarly, Vijaykumar Gavit, Maharashtra minister and his daughter Heena Gavit, a former MP are also in the poll race. While senior Gavit is contesting as the BJP candidate from Nandurbar seat, his daughter is in the fray from neighbouring Akkalkuwa constituency as an independent.
In Islampur, Jayant Patil, NCP

(SP) state chief, is in the fray, while his nephew and former Maharashtra minister, Prajakt Tanpure, is contesting from Rahuri on the party's ticket.
NCP minister Chhagan Bhujbal is contesting from Yevala, while his nephew and former MP Sameer Bhujbal is in the fray from Nandgaon seat as an independent.
Ashish Shelar, BJP's Mumbai president, is in the fray from Mumbai's Vandre (Bandra) West, a constituency known to be the home of several Bollywood personalities, while his brother and party candidate Vinod Shelar is contesting from Malad West.
BJP's Santukrao Hambarde is contesting the Nanded Lok Sabha bypoll, while his brother and sitting MLA Mohanrao Hambarde is contesting the Assembly polls from Nanded South Assembly seat as a Congress candidate.
The Nanded Lok Sabha byelection, necessitated due to the death of sitting Congress MP Vasant Chavan, is also scheduled on November 20.

PM Modi attacks Congress in Gumla

PIONEER NEWS SERVICE ■ BOKARO / GUMLA
Prime Minister Narendra Modi on Sunday attacked the Congress, accusing that its 'shahi parivar' (royal family) is hell bent on breaking the ST-SC-OBC unity to snatch reservations under an evil design.
Addressing a Bharatiya Janata Party (BJP) election rally at Gumla, he accused the Jharkhand Mukti Morcha (JMM)-led coalition of looting the state's resources such as minerals, forest, sand and coal and putting 'Roti-Beti-Mati' (bread, land and daughter) at grave threat. He also accused the ruling dispensation of fuelling illegal immigration.
"The Congress knows that if STs, SCs and OBCs are united, they will pose a threat to the party's existence. This is the reason the shahi parivar is hell bent on break their unity. They want to snatch reservations. The Congress is trying to pit one tribal community against another. Munda against Oraon, Lohra against Kharia, Kharwar against Korwa etc. With an agenda to break the tribal society's strength," he said.
The Congress cannot tolerate tribals in higher posts, which is why it opposes Droupadi Murmu's elevation (to the post of President) and continues to insult her, the PM said, adding former Jharkhand chief minister, Champai Soren, was also insulted. The BJP is committed to restoring tribal pride and Janatiya Gaurav Varsh will be celebrated for one year from November 15 across the country to honour tribal icon Birsu Munda, he said. Modi also promised that those who looted Jharkhand's resources and played with the future of its youth will be put behind bars. Earlier addressing BJP rally in Bokaro, the PM accused the Congress-JMM coalition of dividing OBCs by pitting sub-castes against each other, launching the 'ek rahoge toh safe rahoge' (be united to be safe) slogan.

BJP leader murder: father alleges TMC hand, woman accused held

SAUGAR SENGUPTA ■ KOLKATA
A woman has been arrested for her alleged connection with the murder of a local Bharatiya Janata Party (BJP) leader in Usthi village in the Diamond Harbour police district in South 24 Parganas. "We are exploring the angle of the deceased having been involved in a relationship and any quarrel with the arrested person," a senior police officer said.
They added, the accused has confessed to having hit the deceased with sharp weapons resulting in his death.
The corpse of Prithviraj Naskar, a district level BJP leader, was discovered inside the local party office at Usthi on Saturday. His clothes were soaked in blood and the office was locked from outside, the police noted. They had to break open the door to recover his body.
The BJP has accused the Trinamool Congress (TMC) for the murder. In a public statement, the victim's father

has alleged that local TMC leaders had threatened his son on several occasions for his political allegiance.
"During the Durga Pujas he had hung placards at various places demanding justice for the RG Kar Medical College and Hospital doctor, who was sexually assaulted and murdered on August 9. TMC leaders threatened him with dire consequences and asked him to take down the placards, which he refused to. His murder is a clear fallout of that controversy," he said and demanded justice for his son.
The BJP claims a breakdown of law and order in Diamond Harbour.
Sukanto Majumdar, state BJP president said, "This is the same area where lakhs of people are not allowed to vote. It is the same area where the police dance to the tune of the local TMC MP (read Abhishek Banerjee), who wins by a margin of 7.5 lakh votes. So you can expect the consequences a person might suffer for raising his or her voice."

BJP dismisses Abhishek Banerjee as senior TMC leaders fuel succession fire

SAUGAR SENGUPTA ■ KOLKATA
The Bharatiya Janata Party (BJP) has scoffed at claims made by some senior Trinamool Congress (TMC) leaders projecting Abhishek Banerjee as the next chief minister (CM) of West Bengal.
"By the time when he comes of age, the TMC will be history and will be cast into the Bay of Bengal by the people of the state," said Sukanto Majumdar, state BJP president. Majumdar said that the TMC would not survive the 2026 Assembly Election. Everyone has a freedom to make his or her suggestions and think freely. TMC leaders are no exception to this. They may nurture dreams but truth be told, the people of West Bengal have made up their minds and will throw out the TMC in Bay of Bengal in the 2026 elections. There will be no TMC in Bengal," he said. His statement came amid the ongoing debate in the TMC

over who will succeed Mamata Banerjee in the state. The BJP leader's statement also came at a time when number of senior leaders openly backed the candidature of Abhishek Banerjee, the current party general secretary and nephew of the CM.
Supporting Abhishek, Kunal Ghosh, TMC spokesperson said, "Abhishek is not a contender. He is a successor." Ghosh in an online post wrote that Abhishek was his leader and was destined to be the next CM of Bengal. Calling him to be a rising star, who deserved to be nurtured and kept under constant watch, Ghosh wrote, "In the course of time, after Mamata Di, Abhishek will one day become the CM of Bengal," as he was the real 'bearer and carrier' of the chief minister's legacy.
Even senior leader such as Saugato Roy, who has criticised by many for being a burden on the party and for



cutting short ambitions of junior leaders, too said, "Abhishek is the best person after Mamata Banerjee and is the future leader of the party." Both Roy's and Ghosh's remarks comes at the heels of an observation made by Kalyan Banerjee, another senior leader and MP, who sought to put to rest what many a senior leaders have termed an "uncomfortable debate," hinting at the point

that Mamata Banerjee not going to quit any time soon. He hammered home the point citing the example of the newly elected American president Donald Trump. "Age is not a factor. Trump's election has proved that. If at the age of 78 he can get elected then it once again reinforces the point that if a person is capable of working and continues to performs and then age is no bar for

Railway employee crushed to death due to negligence



PIONEER NEWS SERVICE ■ PATNA / NEW DELHI

Lack of coordination between two rail employees during a shunting operation led to one of them getting stuck in the buffers of the engine and a power car, causing his death in the Barauni Junction of Bihar on Saturday.
A joint preliminary investigation report, signed by five rail officials, said the two pointsmen - Amar Kumar and Mohd Suleman - failed to properly coordinate with each other, due to which Suleman gave the wrong signal to the locomotive driver, resulting in the death of 25-year-old Kumar. A pointsman's job is to detach train engines from coaches. A clip of the body stuck between the buffers is being widely circulated on social media.
The preliminary report has held Suleman responsible for the incident. However, Suleman has defended himself in his written submission and held the locomotive driver responsible for the accident. According to rail officials, another senior-level inquiry had also been ordered.

Kharge slams PM Modi, BJP's batenge-katenge slogan

TN RAGHUNATHA ■ MUMBAI
Mallikarjun Kharge, president of the Congress party, tore into Prime Minister Narendra Modi for his as well as the Bharatiya Janata Party (BJP) slogans "batenge toh katenge" and "ek hain toh safe hain" while releasing the Maha Vikas Aghadi (MVA) poll manifesto for the Maharashtra Assembly election. He accused the Prime Minister and his party indulging in divisive politics during the campaign.
"Modi claimed that this red book is an urban Naxal book and it is a piece of Marxist literature. Yet, in 2017, Modi himself presented the same book to then-President Ram Nath Kovind. He even said it

had blank pages," Kharge said. Kharge also demanded to know as to what did Yogi Adityanath, chief minister of Uttar Pradesh, and the PM mean when they say "batenge toh katenge" (divided, we die) and "ek hain toh safe hain" (together we are safe) respectively.
"What do they mean by this? Aap kisko kaatengey (who will you kill)? Indira Gandhi and Rajiv Gandhi, who sacrificed themselves to keep India united. This slogan is by Yogi Ji. Modi Ji says, 'ek hain toh safe hain'. I do not know which of these slogans will work. The fact remains you belong to the group that killed the very person who gave us independence," Kharge said. Listing the salient points in

the three-party front's poll manifesto, Kharge said that the MVA, if elected to power in Maharashtra, would conduct caste census and increase the ceiling of reservation beyond the current 50 per cent in line with what is prevailing in Tamil Nadu. "Through this census, we do not intend to divide people, but try to understand the status of various communities and ensure that they receive more benefits," he added.
"Our guarantees will go a long way the uplifting households and every family will get relief of around Rs 3.5 lakh in a year," the Congress president said while releasing the manifesto with alliance partners.

BJP promises anti-conversion law, increased doles in Maharashtra



PIONEER NEWS SERVICE ■ MUMBAI

The Bharatiya Janata Party (BJP) on Sunday promised to enact an anti conversion law with stringent provisions in Maharashtra, and also assured a skill census for training as per industry needs as well as free ration to low-income families.
Amit Shah, Union Minister for Home Affairs, unveiled in Mumbai a 25-point 'Sankalp Patra 2024', which promises an increase in government's allowance for women to Rs2,100 per month from Rs1,500 under the Ladki Bahin scheme.
The party, in its manifesto for the November 20 state Assembly election, also promised to create 25 lakh job opportunities and assured a stipend of Rs 10,000 every month to 10 lakh students in the state. The ruling Mahayuti comprises the BJP, Shiv Sena of the Eknath Shinde faction and Nationalist Congress Party (NCP) led by Ajit Pawar, the deputy chief minister of the state.
The BJP's manifesto promises an anti-conversion law and provides for stringent action against forced and deceitful

conversions. Though the skill census, the ruling party assured to ascertain the needs of the industry and upgrade skill training wherever necessary.
Under the Akshay Anna Yojana, low-income families will be provided free food items every month through the Public Distribution System (PDS), as per the manifesto. The BJP also plans to develop the state into an advanced robotic and Artificial Intelligence (AI) training hub.
It also promises to create 10 lakh new business leaders through the Chhatrapati Shivaji Maharaj Akanksha centres in each district. The party promises to create 50 lakh lakpati didis by 2027, for which an industrial cluster of 500 self-help groups will be created and an initial corpus of Rs1,000 crore will be provided.
The manifesto promises to develop Nagpur, Pune, Chhatrapati Sambhajnagar, Nashik and Ahilyanagar as modern aeronautical and space manufacturing centres. It also promises that the SGST on the purchase of fertilisers will be returned to farmers as grants. The prices of essential

commodities will be kept stable, according to the manifesto.
Addressing rallies in Raver assembly constituency in Jalgaon and Malkapur seat in Buldhana, Shah pointed out to a recent memorandum submitted by the Ulema Council to the opposition Congress seeking 10 per cent reservation in jobs and education for the Muslim community.
"Maharashtra Congress has agreed to end reservations for SCs, STs and OBCs and give it to Muslims as demanded by the Ulema Council," Shah said in Buldhana. The demand for 10 per cent quota for the Muslim community would eat into the benefits of Dalits, tribals and Other Backward Classes, since there is a 50 per cent cap on quota and any increase will come at the cost of existing ones, he told the gathering.
"Maha Vikas Aghadi leaders' lust for power has blinded them to long-term consequences of their actions on marginalised communities. The BJP is firmly committed to welfare of all communities but is strictly against any form of reservations for Muslims. As

long as there is even one BJP MP or MLA, we will oppose religion-based reservation. This is our commitment," he asserted. Shah said the BJP's vision for the state aligns with the ideals of Chhatrapati Shivaji Maharaj.
Shah also dared Shiv Sena (UBT) chief Uddhav Thackeray to get Congress leader Rahul Gandhi to hail Hindutva ideologue VD Savarkar and Shiv Sena founder Bal Thackeray. Shah also pointed out that under the Uddhav Thackeray-led MVA dispensation, Maharashtra lost its competitive edge in industrial growth and the state fell to fourth rank.
Shah also said Thackeray was siding with the Congress, whose leaders have insulted Balasahab Thackeray and Hindutva ideologue Veer Savarkar. After releasing the manifesto for the November 20 Maharashtra assembly polls, Shah also said his party will not allow religion-based reservation in the country. "I want to ask Uddhav Thackeray if he can request Congress leader Rahul Gandhi to say two good words for Veer Savarkar," Shah said.



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PAPER WITH PASSION

A rich legacy

Chief Justice DY Chandrachud's tenure leaves a legacy marked by bold decisions, though not without controversies

As Chief Justice DY Chandrachud's tenure concludes on November 10, his impactful decisions will be closely scrutinised for the lasting mark they have left on India's journey toward progress and development. He became the 50th CJI on November 8, 2022. During his tenure as a judge and as CJI, Chandrachud has been involved in more than 700 judgements including constitution bench judgements, many of which he has authored, dissented and concurred with. His tenure stands as one of the most impactful in recent years, marked by bold judicial reforms, significant rulings, and an enduring commitment to upholding constitutional rights. His time in office was characterised by an effort to reshape the judiciary to make it more accessible, transparent, and technologically adept. However, this legacy was not without its share of controversies, reflecting both the high expectations and challenges that come with the nation's highest judicial role. His approach to jurisprudence was firmly rooted in constitutional principles and a progressive interpretation of the law.

His tenure is defined by landmark rulings that addressed some of India's most pressing social and political issues. The free speech and right to dissent that are fundamental to any democracy were close to his heart. Under his leadership, the apex court repeatedly affirmed the rights of individuals to dissent and question authority, especially in cases where government overreach was alleged. His rulings in cases challenging sedition laws and other colonial-era restrictions reflected a judicial commitment to curbing censorship. Chandrachud introduced significant technological advancements within the judiciary to make it more accessible and efficient. His commitment to digitalisation and virtual court proceedings made it accessible to all. His efforts to streamline case backlogs, prioritise the rights of underprivileged communities and modernise the judicial system have left a lasting impact. He championed judicial independence and frequently emphasised the need for an apolitical judiciary. These reforms have set a foundation for future chief justices to build on. However, Chandrachud faced criticism over his handling of certain high-profile political cases, especially those involving state surveillance and alleged misuse of power. His reluctance to prioritise some of these cases was interpreted by some as an unwillingness to confront the government, casting a shadow on his otherwise steadfast stance on judicial independence. His attempts to bring transparency to the controversial collegium system were met with mixed reactions. Indeed, Chief Justice DY Chandrachud's tenure will be remembered as one marked by significant contributions to the evolution of Indian jurisprudence and judicial processes. DY Chandrachud commitment to rights-based judgements, technological modernisation and accessibility reforms represents his enduring contributions to the judiciary.

PICTALK



People take part in a boating competition, in Nadia

The business of power and the politics of loyalty



SANTHOSH MATHEW

As history has shown, when influential businessmen back controversial leaders, the consequences reach far beyond politics—impacting nations and the global landscape

In the world of investment banking, there's an adage: "Insult is an investment." The idea is simple—those who are underestimated and ignored often end up making the most successful moves, purchasing stocks at a lower price before the crowd catches on. In political terms, this strategy mirrors how Donald Trump, after being insulted and sidelined following the 2020 election, has managed to turn his defeat into a powerful comeback.

But Trump's resurgence isn't just a matter of political savvy—it's also about alliances, the kind that transcend national borders and redefine power structures. One such alliance is his relationship with Vladimir Putin, which, when examined through a historical lens, resembles the complex political alliances of the past. Trump's approach to Putin could be seen as a Trump card of sorts. A new world order under autocratic rule, with Putin at the helm, is a scenario that increasingly seems possible. Amid these shifting global tides, there's one group that Trump has promised to "save": the Hindus. While India's Prime Minister Modi may claim to be their protector, Trump's Diwali pledge to safeguard Hindus worldwide paints a different picture. For some, this might sound like a lofty promise, but for others, it is seen as a vital lifeline in a world where geopolitical alliances matter more than ever.

Meanwhile, India's relationship with Canada is one of the most sensitive flashpoints in this evolving narrative. Canada, a close ally of the US is already at odds with India over several issues, particularly as Prime Minister Justin Trudeau's administration has taken stances seen as anti-India. As Trudeau's policies potentially fuel Sikh extremism, the instability could escalate, further complicating India's geopolitical position. If Sikh militancy gains traction, it may find unexpected allies in the form of Pakistan, as Islamic extremism and Sikh separatism threaten to form a dangerous alliance—a combination that could undermine India's internal security. This scenario isn't entirely unlike the world that Henry



Ford once supported, albeit in a different era and context. Ford, the founder of the Ford Motor Company, became infamous for his admiration of Adolf Hitler and the Nazis. Ford's business interests aligned with the Nazi regime, including lucrative contracts that benefitted Ford's German subsidiary, Ford-Werke. While Ford's connection to Hitler was ideological, it was also financial, a pragmatic alliance that offered both political and economic rewards. Fast forward to today, and we see a striking similarity between Ford's support for Hitler and Musk's endorsement of Trump. Elon Musk, a tech magnate with enormous influence, has embraced Trump's populist message, praising him for his policies on deregulation and free markets. Musk's relationship with Trump may not be rooted in ideology to the same extent that Ford's was with Hitler, but the political and business calculations are eerily similar. Like Ford, Musk sees in Trump an opportunity to align his business interests with a powerful political figure. Musk's recent purchase of Twitter, his vocal support for Trump, and his willingness to use his platform to reshape public discourse are strategic moves, not just personal convictions. At the heart of this dynamic is



AMID THESE SHIFTING GLOBAL TIDES, THERE'S ONE GROUP THAT TRUMP HAS PROMISED TO "SAVE": THE HINDUS. WHILE INDIA'S PRIME MINISTER MODI MAY CLAIM TO BE THEIR PROTECTOR, TRUMP'S DIWALI PLEDGE TO SAFEGUARD HINDUS WORLDWIDE PAINTS A DIFFERENT PICTURE

a simple truth: both Ford and Musk, at their respective times, recognised the value of political alignment in securing economic and business power. Ford saw his admiration for Hitler as a path to financial gain in a fractured Europe. Musk, meanwhile, sees his support for Trump as a means to ensure policies favourable to his empire, such as deregulation, low taxes, and the prioritisation of business over social welfare. Just as Ford's relationship with the Nazi regime was instrumental in expanding his company's reach in Europe, Musk's ties to Trump could bolster his business interests in the current global economy. Musk's approach to Trump is also a form of personal branding. Both men have cultivated larger-than-life personas, largely through social media, and both understand the power of controversy. Just as Ford was able to influence public perception through his business prowess and his political affiliations, Musk uses his platform—Twitter, now X—to shape political discourse. Musk's support for Trump also mirrors Ford's early 20th-century nationalist rhetoric. While Ford's nationalism was overtly racial, Musk's alignment with Trump echoes a modern brand of populism, focused on

nationalism, "America First" policies, and anti-establishment rhetoric. However, the ultimate question remains: What happens when business and politics intertwine in such a way that it threatens the very fabric of democratic institutions? Ford's support for Hitler contributed to the global rise of fascism, and Trump's alliances with figures like Putin raised concerns about the future of democracy and global stability. Musk's role in this political theatre could either be a footnote in history or a major chapter in the ongoing struggle between corporate power and political freedom. The rise of populism, the fracturing of traditional alliances, and the unpredictable actions of powerful business figures like Musk and Trump all point to a future where global stability could be at risk. The future is uncertain, but one thing is clear: as history has shown when powerful businessmen like Ford or Musk align themselves with controversial political figures, the consequences can be far-reaching and transformative. Whether for good or ill, their influence is undeniable, and their alliances, however pragmatic, will shape the world for years to come. (The writer is an associate professor; views are personal)

LETTERS TO THE EDITOR

CHANDRACHUD'S LANDMARK VERDICTS

Madam — Chief Justice of India (CJI) DY Chandrachud, overall, an eminent, very erudite and well-mannered CJI. Even though he was a woke, liberal, let's give him the credit where he truly deserves. He was completely impartial. He was on the bench for the Ram Mandir verdict which ruled unanimously in favour of the temple. He withheld Article 370, he ruled in the favour of government for demonetisation, granted bail to Arnab Goswami, ruled against MVA in Maharashtra, accepted SEBI report on Adani against Hindenburg allegations, approved Central Vista project, upheld government powers pertaining to ED, CBI and PMLA, left same sex marriage decision on parliament or interpretation of Article on private ownership of resources, Assam Citizenship Amendment Act. Some of the judgements may not align with our preference, but not everything can work in our favour. But my one regret is the Ganapati Aarti he shared with the Prime Minister Narendra Modi in his house. No doubt Modi Bhakts forgave him for this sole act. Side by side who forget his overlooking Bhima Koregaon undertrials and Umar Khalid's politically motivated jail. Whatsoever, a judge's task is to interpret the law and he did very creditably. Law making is the function of Parliament and not the Supreme Court. We will miss you a lot, your Lordship.

Bidyut Kumar Chatterjee | Faridabad

FOCUS ON DEVELOPMENT

Madam — Apropos of the front page news 'Ruckus continues in J and K Assembly' (Nov 8), CM Omar Abdullah should himself evaluate how development and infrastructure have been made priority by the Union Government in comparison to the other states after the abrogation of Article 370 and security preparedness has been enhanced in the state. Jammu & Kashmir has top priority for the country both from a strategic, economic and social perspective. People of the state responded positively to the repeal of Article 370 and have voted for the National

Stop political blame game



Rape, gangrape and murder are social crimes continuing since the dawn of 'civilisation' all across the world and which seem to have no end, proving that human beings are still left with several miles to go before turning truly humane. So whenever any such crime happens any-

where, the real culprits should be nabbed as early as possible, with the judiciary awarding exemplary punishment to the convicted. And if any influential person or persons are found to be protecting the criminals or diluting their crime, he/she/they must also be handed severe punishment. But character-assassinating the ruling party or government of the region along with the administrative head of the concerned region wherever such an unpardonable offence takes place is nothing but cheap, heartless politics within which the BJP and its leaders have scandalously immersed themselves, revolving around the Kolkata hospital case since early August. Kajal Chatterjee | Kolkata

SAMOSA CONTROVERSY

Madam — It is full of political crises as government security staff ate away elitist samosas ordered from a 5-star hotel by the CM of Himachal Pradesh. CID has been called in for investigation as to how these staff could not understand that not all samosas are for everyone. This transgression needs Byomkesh Bakshi, RAW, IB, and CBI to find out how dare some poor guy thought he could get away eating Sukku ke samose. Also, the five-star hotel that supplied those Samosa might have to be penalised for not writing a caution note on each samosa by writing, Only for Italians, and those Indians whose income is more than 50 lakh per month, etc. What Jalebi was to Haryana, Samosas will be to Himachal Pradesh. Also, Maharashtra elections are just 10 days away, and Pappu has not yet talked about the Vada Pav factory. It is concerning for Mahayuti. Congress is a complete mess on edibles. A Subramaniam Krishnan | Mumbai

Send your feedback to: letterstopioneer@gmail.com

Creating a workplace culture that truly supports mental health



ASHA IYER KUMAR

In a workplace where mental health is prioritised, employees would feel confident, heard, valued and supported

The theme for Mental Health Day 2024, which was observed on October 10, was "mental health in the workplace". Although a month has passed since then, it is a theme that will remain relevant at all times of the year, given the rising incidents of burnouts and crashes in the professional sphere. The race has never been this fierce to corner the best bargains in life and in the process of touching the finish line first, we are disintegrating as family, workers and society. Our workspaces are turning into ticking time bombs with a multitude of nerves waiting to snap.

The deadlines in front of us are turning into death lines. As someone who has gone through a mental health condition and someone who has been through the trials of having to perform well at work during the ailment, and in the end been let off, I can say this much with certainty: We talk more and walk less. The active discussions that we are having on mental health in offices are not translating into workable actions and responses. Whether we use the word toxic or hostile, or



politics to describe inclement work conditions, there is an amount of disquiet hovering over workstations and cabins. Employees still struggle to define their boundaries and raise concerns without fear of judgment or retaliation. This lack of open communication creates a festering environment where mental well-being takes a back seat to competition, productivity, and ambition. To bridge this gap, I believe every organisation needs a Chief Emotional Intelligence Officer—a dedicated professional to prioritise the mental wellness of employees. This individual would serve as an accessible resource for emotional guidance, creating a safe harbour where employees can speak candidly about their mental and

emotional challenges without fear of repercussions. Why is this crucial? Because mental health issues in the workplace are seldom isolated incidents—they are deeply intertwined with how individuals interact, collaborate, and handle the pressures of their roles. The CEO would not only provide direct support but also foster a culture that values empathy, resilience, and open dialogue. They could organise workshops on emotional intelligence, manage peer support networks, and act as a mediator in times of conflict. By equipping employees with emotional tools and safe channels to address their struggles, companies can create a more harmonious and productive environment. A psychologist or therapist in the workspace would be invaluable in addressing the employees issues. Think about the quiet suffering: employees with anxiety disorders who fear speaking up during meetings, those with depression who find it challenging to meet deadlines or those enduring chronic stress due to workplace politics. When left unaddressed,

these issues don't just impact the individual—they disrupt team dynamics, reduce overall productivity, and lead to higher attrition. By bringing mental health resources in-house, organisations send a powerful message: We care about you as a whole person, not just as a worker. In workplaces that still stigmatise open communication, a CEO can lead by example, showing that seeking help is a strength, not a weakness. Imagine an office where an employee overwhelmed by stress could have a confidential conversation with a professional trained to listen and offer support. Or where tensions between coworkers could be resolved through mediation rather than letting resentment fester. This isn't just about providing a "quick fix" for mental health—it's about creating a sustainable, nurturing workplace culture. If we genuinely wish to prioritise mental health in the workplace, then it's time to go beyond well-meaning words and take actionable steps. (The author is a columnist and writing coach based in Dubai; Views are personal)



FIRST COLUMN

SHARENTING IN THE DIGITAL AGE

Only with awareness and proactive choices, parents can create a positive digital experience



SHAINY SHARMA

In the digital age, social media has become an integral part of everyday life, allowing people to connect, share, and communicate across vast distances. Of recent, in one of the studies, it was estimated that over 90 per cent of American children have a social media presence by the time they reach age 2. Today, many parents feel a sense of pride in their children's achievements and milestones and want to celebrate these moments with friends and family. They believe that social media offers an easy, instant way to share updates and receive supportive feedback.

This practice of parents sharing photos, videos and details about their children on social media is termed 'Sharenting' and is becoming a buzz in town. This practice may include baby photos, milestones, family activities, humorous incidents and personal achievements. Sharenting often begins as early as pregnancy announcements and continues through the child's growth, school events and sometimes even into adolescence.

Practicing sharing offers numerous ways to bridge physical distance and bring family members into the child's life virtually by creating family bonding for families separated by geography and maintaining close relations with extended family members; building online support communities where sharing can bring camaraderie and guidance from other parents experiencing similar challenges and preserve memories that can later be revisited by both the parents and potentially the children themselves but on the contrary, sharing faces substantial criticism, primarily concerning privacy, consent and ethical issues. Studies suggest that children who discover their lives

have been publicly documented without their consent may experience trust issues with their parents and may feel a loss of control over their personal stories.

As children grow up in a digital world, having a documented online presence from a young age can influence their self-perception, social development and relationships. Being exposed to a wide audience might increase the likelihood that children develop feelings of shame or insecurity about how they are portrayed online.

The word 'Sharenting' is a double-edged sword, offering benefits in the form of connection and memory preservation but carrying significant ethical and privacy implications. It becomes of utmost importance for the parents to strike a balance and adopt responsible sharing practices such as seeking consent from their child when possible; avoiding sharing sensitive information such as full name, school, location, etc and periodically reviewing and removing older posts, thereby reducing their child's digital footprint and enabling them to control their online presence as they grow.

Only with awareness and proactive choices, parents can create a positive digital experience for their families while protecting their children's future in an increasingly connected world. Today's generation needs to create a new normal and prioritise a child's right to privacy, informed consent as well and digital safety over the 'posting dopamine cycle.' Remember, the digital footprint of the child will last a lifetime, and privacy will give them power. Ultimately, responsible sharing will require mindfulness, ethical consideration, and the willingness to prioritise the child's well-being above the immediate gratification of social media validation.

(The writer is an educator; views are personal)

Nutrient-based subsidy: Support and scrutiny balance



UTTAM GUPTA

While companies have the flexibility to set their MRP, these prices remain under close government scrutiny, ensuring affordability without undermining competition



Just around the time when the Rabi Crops season (October 2024 – March 2025) has commenced, there was a shortage of di-ammonium phosphate (DAP) in many parts of the country. DAP is a widely used complex fertiliser that supplies 46 per cent Phosphate or 'P' nutrients besides 18 per cent Nitrogen or 'N' (a ton of DAP contains 180 kg 'N' and 460 kg 'P'). The annual consumption of DAP is around 10 to 11 million tonnes. Against this, domestic production is less than half at around 4.5 - 4.8 million tonnes. The deficit is made up of imports from countries such as Russia, Morocco, Saudi Arabia, Jordan, Egypt and China.

According to the Department of Fertilisers (DoF), the requirement of DAP during the current Rabi season is assessed to be 5.5 million tonnes. Out of this, 60 per cent or 3.3 million tonnes was to be imported. This much material should have been purchased, transported and placed nearer the consumption areas before the commencement of the season. But, that was not to be. According to the Fertiliser Association of India (FAI), during April-September 2024, DAP imports were 1.96 million tons down from 3.45 million tons during the same period in 2023-24. The domestic production of DAP was 2.15 million tons down from 2.31 million tons during the same period last year. So, there was a reduction in supply of around 1.65 million tons compared to last year. This is the prime reason behind the shortage of DAP.

A plausible explanation could be that many countries from where DAP comes are in the middle east and the crisis due to the war involving Israel and others has led to disruption in the normal Red Sea route forcing the re-routing of ships through the Cape of Good Hope, South Africa. That involves much longer distance hence, taking additional time of up to 45 days for the consignment to reach Indian ports. But, it isn't simply a case of delay. It has more to do with policy issues. Under the existing policy, the Union Government asks manufacturers or importers to sell fertilisers to farmers at a low maximum retail price (MRP) unrelated to



THE ANNUAL CONSUMPTION OF DAP IS AROUND 10 TO 11 MILLION TONNES. AGAINST THIS, DOMESTIC PRODUCTION IS LESS THAN HALF AT AROUND 4.5 - 4.8 MILLION TONNES. THE DEFICIT IS MADE UP OF IMPORTS FROM COUNTRIES SUCH AS RUSSIA, MOROCCO, SAUDI ARABIA, JORDAN, EGYPT AND CHINA

the cost of production/import and distribution (or cost of supply) which is higher. The excess cost of supply over MRP is reimbursed as a subsidy to the manufacturer/importer.

In the case of urea, MRP is under 'statutory' control and subsidy varies from unit to unit (importer in case of import) depending on the cost. For non-urea fertilisers (there are 25 grades of such fertilisers including DAP) which are de jure decontrolled, the MRP is 'indirectly' controlled.

The government gives a 'uniform' subsidy on a per-nutrient basis to all manufacturers and importers under the Nutrient Based Scheme (NBS). Although they are free to fix the MRP, this is subject to scrutiny by the authorities. In an office memorandum dated January 17, 2024, the DoF has issued detailed guidelines for the evaluation of the "reasonableness" of the MRPs for all non-urea fertilisers covered under the NBS. To be effective from April 1, 2023, the guidelines prescribe maximum profit margins that will be allowed for fertiliser companies - 8 per cent for importers, 10 per cent for manufacturers and 12 per cent for integrated manufacturers (those producing finished fertilisers as well as intermediates such as phosphoric acid and ammonia).

The admissible profit margins are calculated as a percentage of their "total cost of sales", which covers the cost of production (landed cost in case of import), administrative/selling and distribution overheads, net interest and financing charges. Dealer's margin is allowed to the extent of 2 per cent of the MRP for DAP and muriate of potash (MOP), and 4 per cent for all other fertilisers covered under NBS. Companies earning "unreasonable profit", i.e. over and above the stipulated per-

centages, in a financial year (April-March) or FY will have to refund the same to the DoF by October 10 of the following FY. If they don't return the money within the said time limit, "an interest @12 per cent per annum is charged on a pro-rata basis on the refund amount from the next day of end of FY (i.e. in case of FY 2023-24, the interest would be charged from April 1, 2024)". The guidelines require fertiliser companies to "self-assess" unreasonable profits, based on the cost auditor's report along with audited cost data approved by their board of directors. This report and data have to be furnished to the DoF by October 10 of the following fiscal year. The DoF will then scrutinise the "reasonability of MRPs", as submitted by the companies, "for each completed previous FY (i.e. for FY 2023-24) by February 28, 2025". Following this scrutiny, the DoF will finalise a report on unreasonable profits earned, if any, to be recovered from the companies.

Such detailed regulations to the point of 'micro-managing' a firm by itself act as a deterrent to smooth and effective conduct of its operations. It is completely out of sync with Prime Minister Narendra Modi's emphasis on policy reforms and liberalisation. It makes a mockery of the decontrol of all non-urea fertilisers announced way back in 1992 under the economic reforms unleashed by the then government under PV Narasimha Rao. From the perspective of the manufacturer/importer, the 'reasonable' MRP allowed to it by the DoF plus the subsidy also fixed by the government (it is notified twice a year before the commencement of each season Kharif and Rabi) should fully cover the cost of supply. If it doesn't, the manufacturer's/importer's operations will be rendered eco-

nomically unviable. This is precisely what has happened with importers of DAP during the current year. For the Rabi season, the government has announced a subsidy of Rs 21,911 per ton along with the MRP of Rs 27,000. These two add up to Rs 48,911 per ton. Against this, the current landed cost of DAP in the country is US \$ 645 per ton or around Rs 54,000 per ton. Add to this, the cost of movement from the port to the consumption point and distribution cost, and the cost of supply to the farmer would be more than Rs 60,000 per ton. A firm won't go for such import only to incur a substantial loss of over Rs 10,000 per ton. The crux of the problem is the government doesn't want farmers to pay more. So, it has kept MRP unchanged at the level it was three years ago. At the same time, it is hesitant to increase subsidies as it will upset its fiscal budget. Its subsidy allocation for non-urea fertilisers has gone down from Rs 112,875 crore during 2022-23 to Rs 60,303 crore during 2023-24 and further down to Rs 48,894 crore during 2024-25 (it includes Rs 24,474 crore for Rabi season). In the process, it ends up impacting supplies as importers don't find it economical to import. During the previous two years, there wasn't any shortage as during 2022-23, the government was pretty liberal in spending and during 2023-24, the decline in global prices helped. But, during the current FY, none of these reliefs are available. So, there is stress on the supply front. The government can get out of the logjam only when it stops micro-managing the fertiliser business and leaves it to the market forces. As for subsidies, they should be given directly to farmers.

(The writer is a policy analyst; views are personal)

Israel, Palestine and a divided Africa: Seeking a path forward

African nations, with their unique histories, alliances and economic interests, find themselves divided over the Israel-Palestine issue

The ongoing conflict in Gaza between Israel and Palestine, which began on October 7, 2023, marks a significant military engagement in the region, being the largest confrontation since the 1973 Yom Kippur War. This conflict has global ramifications, with the African continent likely to feel its effects profoundly. Africa, with its 55 countries and diverse political landscape, is particularly vulnerable to such geopolitical divides.

Africa's Divided Stance on Israel-Palestine: African countries vary widely in their stance on the Israel-Palestine issue, often shaped by historical, ideological, and economic factors. Pro-Palestinian countries like Algeria, Tunisia, South Africa, Senegal, Mali,



MANISH KARMWAR

Zimbabwe, Namibia, and Libya support Palestine, often viewing the Palestinian struggle through the lens of their anti-colonial histories. In contrast, several nations, including Kenya, Ethiopia, Uganda, Rwanda, Morocco, and Chad, have established close relations with Israel, motivated by economic, technological, and security interests. Additionally,

neutral countries such as Nigeria, Ghana, Egypt, the Democratic Republic of Congo, and Sudan maintain diplomatic ties with both Israel and Palestine, typically refraining from favoring one side over the other. At the continental level, the African Union (AU) has traditionally supported Palestine's statehood and criticised Israeli policies.

A Deeper Look at Africa's Reactions: African responses to the Gaza conflict highlight the continent's fractured stance on foreign policy issues. In South Africa, for instance, public protests have likened the Palestinian struggle to the country's anti-apartheid movement. South African President Cyril Ramaphosa has voiced strong support for Palestine,

and his government filed a lawsuit against Israel at the International Court of Justice. Algeria's Foreign Minister similarly condemned Israeli actions, citing international law, while Comoros President Azali Assoumani labeled Israeli actions as genocidal. On the other hand, several sub-Saharan nations, including South Sudan, Cameroon, Togo, and Cape Verde, chose not to support the recent United Nations resolution calling for a ceasefire in Gaza. Even Muslim-majority countries like Morocco, Chad, and Sudan have limited their response to public condemnations without altering diplomatic ties. Malawi and Kenya recently agreed to send laborers to Israel following a halt in work permits for Palestinians,



further signaling the complexities in Africa's stance. Africa and Israel share a complex, long-standing relationship that dates back to before Israel's founding. Theodor Herzl, the founder of the Zionist movement, expressed support for African liberation, envisioning solidarity between Jews and Africans in their quests for self-determination. This vision gained trac-

tion in the 1960s, with Israel maintaining a strong presence in Africa, including 33 embassies across the continent. Israel's model of decolonisation and development attracted the admiration of African leaders who saw parallels in their own struggles for independence. However, following the 1973 Yom Kippur War, pressure from Arab countries led many African states to sever ties with Israel. This led to a period of estrangement, with African leaders feeling frustrated by unmet promises from Arab allies, particularly in the realm of energy cooperation. Gradually, ties began to thaw, and by the early 21st century, Israel was once again seeking partnerships in Africa, with diplomatic and economic col-

laborations resuming. In recent years, Israel's outreach has intensified. In 2016, Israeli Prime Minister Benjamin Netanyahu visited East Africa, and a year later, he addressed the Economic Community of West African States. In 2022, Israel and several African nations agreed to expand cooperation in renewable energy, trade, and technology. Kenya's President William Ruto visited Israel in 2023, further strengthening ties in agriculture, climate change, security, and other sectors. These relationships are essential for African nations, many of which aim to modernise infrastructure and boost economic growth through partnerships with technologically advanced countries like Israel. Given the historical context

and current diplomatic landscape, it appears unlikely that the Gaza conflict will irreparably divide Africa. While opinions on the Israel-Palestine issue are undoubtedly polarized, African nations often prioritise pragmatic interests over ideological alignment. The Gaza conflict may not permanently alter Africa's alliances, but it does highlight the need for more cohesive foreign policy coordination on the continent. Africa's relationships with Israel have historically ebbed and flowed, often dictated by external pressures and internal priorities rather than a single, unified stance. *(The writer is faculty, department of African Studies faculty of social sciences University of Delhi; views are personal)*



MEDITATION

THE PATH TO BETTER SLEEP AND DAILY WELLNESS

Practicing meditation not only improves health but also life as a whole, leading to a balanced and fulfilling life, writes P N ARORA

In today's fast-paced world, many people struggle with stress, anxiety, and sleep disturbances. As a result, meditation has gained popularity as a powerful tool for improving the quality of life. Not only does meditation help in calming the mind, but it also promotes better sleep.

Meditation is a practice that encourages focused attention and mindfulness, leading to a deep state of relaxation. Practising regularly can significantly lower cortisol levels, our body's primary stress hormone. High cortisol levels are often associated with sleep problems. With mindful eating, regular exercise, and meditation, one may find it easier to fall asleep.

Research indicates that meditation can improve sleep quality. A study found that meditation can reduce insomnia symptoms and improve sleep quality in older adults. By cultivating awareness of thoughts and emotions, meditation allows individuals to manage racing thoughts that often disrupt sleep.

Many meditation practices help significantly improve the quality of sleep. One of these techniques involves focusing on the present and letting go of the intruding thoughts by allowing one to focus on the sensations of breathing. Further, guided imagery helps by equipping the practitioners with the ability to

visualise soothing scenes, often guided through a meditation guide, which helps soothe the mind and prepare it for rest. The body scan technique also helps by checking different parts of the body to identify stress and release tension. This helps facilitate both physical relaxation and mental calmness. Lastly, loving-kindness meditation cultivates feelings of love and compassion, improving emotional well-being and reducing stress, making it easier to drift into a peaceful slumber. Together, these techniques offer powerful tools for anyone seeking to improve their sleep through mindful practices.

Meditation has a host of benefits far beyond just sleep improvement. It decreases stress and anxiety because it gives one the feeling of calmness within, reducing anxiety levels and building the strength to stand up again after every fall that comes with life's obstacles. Additionally, mindfulness practices improve concentration and attention significantly, which positively relates to improved cognitive functions and productivity at work throughout the day. This sensitivity increases emotional balance and propels the practice of awareness toward self-consciousness. It also makes one respond much better to everyday

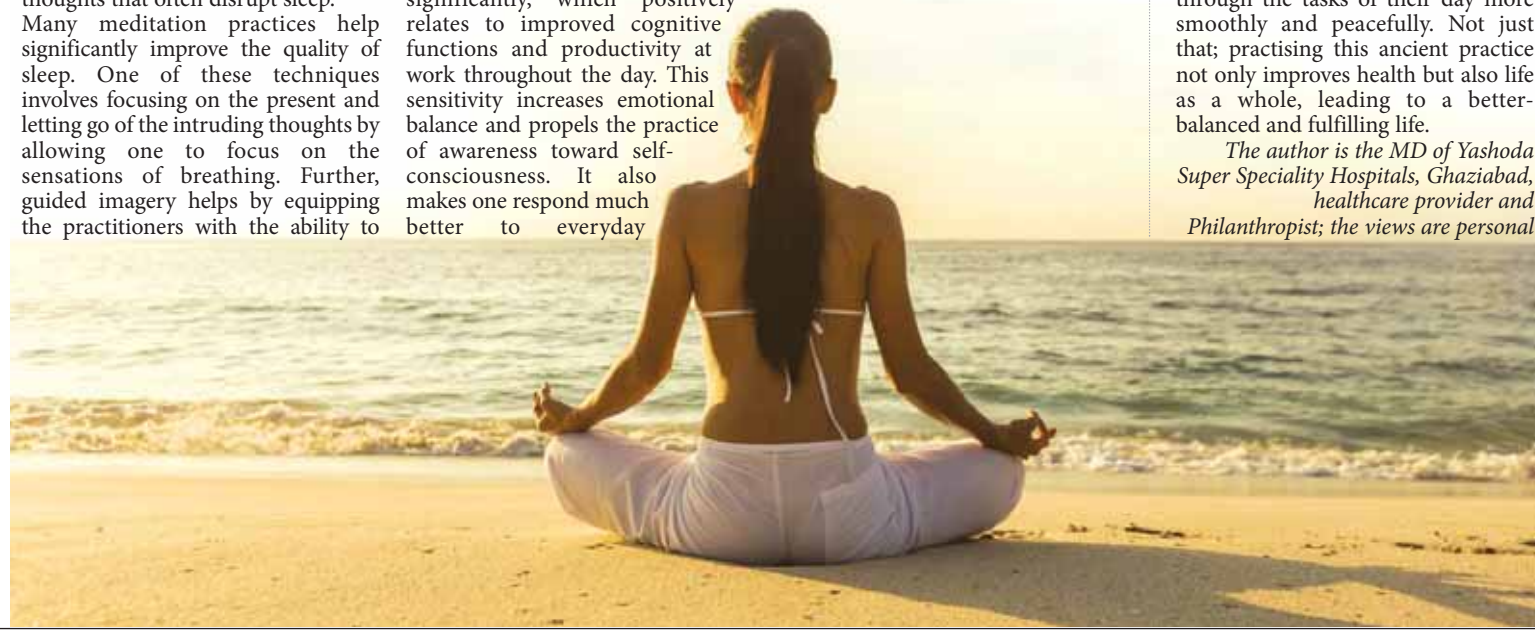


MEDITATION IS A PRACTICE THAT ENCOURAGES FOCUSED ATTENTION AND MINDFULNESS, LEADING TO A DEEP STATE OF RELAXATION. PRACTISING REGULARLY CAN SIGNIFICANTLY LOWER CORTISOL LEVELS, OUR BODY'S PRIMARY STRESS HORMONE

situations through conscious thinking.

The impact of meditation on relationships is that it makes it possible to have a compassionate understanding towards others; many even describe that the relationships they maintain with other people become far more profound and richer after meditation practice begins. It is also reported on the physical level by linking the reduction in stress levels with many kinds of health improvements, including lowering blood pressure, better function of the immune systems, and even lowering chronic pain to attain good physical health. Adding meditation into activities would surely bring some much-needed transformation from mental to even physiological status. Meditation is a great tool to sleep better and have more holistic wellness. By reducing stress levels, meditation creates a peaceful mental condition that allows for rejuvenation and improves the everyday flow of life, in which people can navigate through the tasks of their day more smoothly and peacefully. Not just that; practising this ancient practice not only improves health but also life as a whole, leading to a better-balanced and fulfilling life.

The author is the MD of Yashoda Super Speciality Hospitals, Ghaziabad, healthcare provider and Philanthropist; the views are personal



INDULGE IN GUILT FREE SWEET TREATS

TEAM VIVA

The intake of sweets in the festive season and even after is inevitable. However, for those with diabetes or managing their diabetes, it can feel like a challenge. But here's the good news: you don't have to give up dessert. It's about making mindful choices—picking better options and exploring new diabetes-friendly ingredients. By doing so, you keep your blood sugar levels in check and discover a world of healthier, delicious cuisines to enjoy.

MANAGING DIABETES

It's not just sugar intake that impacts your blood sugar levels. It's important to manage your overall carbohydrate intake as well. Carbohydrates, including sugars, complex carbs, and fiber can significantly affect blood sugar levels. Desserts often contain high levels of simple sugars such as dextrose, fructose, and glucose, which can cause blood sugar spikes. However, there's more to consider than just avoiding sugar.

EAT YOUR WAY TO BETTER HEALTH

Understanding *glycaemic index* (GI) of foods helps with your food choices. The GI index is a scoring system for foods that tells you how much a food will spike your sugar level. So, the lower the GI index, the healthier the food. Examples of foods with a high GI index that you should eat occasionally and in moderation are simple carbs like ice creams, chocolates, refined flours, sweets etc. These major sources of glucose can do the most harm to your sugar balance.

"Managing diabetes isn't about depriving yourself—it's about making smart, informed choices," said Dr Irfan Shaikh, Associate Medical Director, Abbott's Nutrition business. He further added that the key to managing blood sugar is finding the right nutrient balance that lowers the glycemic index (GI) of your meals. By thoughtfully combining ingredients in the right proportions, you can control the GI of your meals and manage your glucose levels more effectively.

It's good to include plenty of high fibre (bajra, jowar and ragi), whole-wheat bread, fruits, vegetables and whole legumes (daals). These are must-haves for diabetics, as they balance out your simple carbohydrate intake and help you maintain a normal blood sugar level. Dr Rajeev Bansal, MD Medicine, Consultant & director East Delhi cardiac & diabetes centre, Krishna Nagar opines, "Good nutrition is significant to managing diabetes. Diabetes-specific nutrition (DSN) helps regulate blood sugar and provides essential nutrients at times, lacking in daily meals. Incorporating specialised nutrition drinks can fill critical gaps, ensuring sustained energy and better post-meal glucose control, allowing you to enjoy the festivities without worrying about blood sugar spikes."

SATISFY YOUR SWEET TOOTH SMARTLY

Diabetes-Specific Nutrition offers a way for diabetics to enjoy sweets without the guilt. DSN products are formulated to be low in glycemic impact, making them ideal for



replacing high-carb, sugar-laden desserts. Here are some tips for incorporating DSN and other diabetes-friendly ingredients into your festive treats:

DSN shakes: Instead of sugary milkshakes or smoothies, use a DSN shake mix as a base and blend in diabetes-friendly fruits like berries or figs

Sugar substitutes: Swap out refined sugar for alternatives like jaggery or dates based sweeteners in moderate amounts

Homemade sweets: When making traditional sweets, replace high-carb ingredients with DSN powder or low-GI flours such as almond or oat flour

Low-GI foods: Replace high-GI foods like basmati rice with brown rice and swap out regular wheat chapati for options like ragi, bajra or jowar bhakri to keep your meals diabetes-friendly

DIABETES-FRIENDLY DESSERT

Transforming popular festive desserts into diabetes-friendly versions is easier than you think. By incorporating Diabetes-Specific Nutrition (DSN) products, and low-glycemic ingredients, you can keep the festive spirit alive without affecting your blood sugar control:

Gajar Halwa: Gently simmer grated carrots in milk infused with fragrant cardamom and roasted almonds. Cook until the liquid evaporates, leaving behind a rich, creamy mixture.

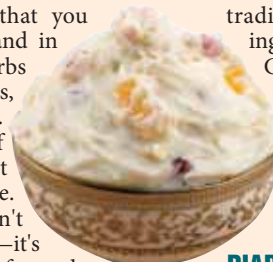
Garnish with a final sprinkling of toasted almonds for that perfect nutty crunch

Shir Sewain: Toast golden semia in ghee, then simmer in milk and khoya until it thickens. Add a touch of saffron for color and flavor, and top with nuts for the perfect festive indulgence

Moong Dal Paysam: Slow-cook moong dal and rice together to create a creamy base. Enhance with ghee for richness, and finish with a generous mix of toasted nuts and warm milk for a comforting and nutrient-packed treat

Nuts Shrikhand: Transform thickened curd into a cooling treat by mixing in cardamom and a medley of almonds and pistachios. Serve chilled for a nutty, refreshing delight. Enjoying sweets that make you happy doesn't have to come at the cost of your health.

By making mindful choices, managing your carbohydrate intake, and incorporating Diabetes-Specific Nutrition, you can indulge in sweet treats without guilt.



YOGA FOR SENIOR CITIZENS

As individuals age, reduced flexibility impacts daily life. So, while introducing yoga to seniors, it's essential to select gentle postures

BY JYOTI SINGH

Ageing gracefully is a common aspiration, and yoga offers senior citizens a holistic approach to wellness that supports both physical and mental health. Here are some insights on how yoga can profoundly benefit older adults. With gentle, adaptable practices, yoga is an ideal exercise form for seniors, focusing on mobility, flexibility, strength, and mental tranquility.

ESSENTIALITY FOR SENIORS

As individuals age, natural changes like reduced flexibility, weaker muscles, and increased risk of chronic ailments can impact daily living. Yoga provides an effective way to address these age-related challenges. For seniors, yoga offers a well-rounded path to stay active and maintain mobility. **Physical and Mental Benefits:** Yoga helps maintain flexibility, strength, and balance, which are

crucial for older adults. Practicing yoga supports joint health and relieves stiffness. With regular practice, seniors can improve balance and coordination, significantly lowering their fall risk. Additionally, yoga's controlled breathing and stretching exercises benefit cardiovascular health, helping reduce blood pressure and manage cholesterol levels.

Mental Well-being: Yoga is a powerful stress reliever, fostering emotional balance and mental clarity. Many seniors face feelings of loneliness or anxiety, particularly those living independently. Mindfulness and breathing exercises in yoga calm the mind, helping manage stress. The deep breathing in yoga stimulates the nervous system, promoting relaxation and enhancing mood.

POSES FOR SENIORS

When introducing yoga to seniors, it's essential to select gentle, accessible postures. Some beginner-friendly poses that the seniors can safely practice at home to enhance flexibility, strength, and balance.

TADASANA (MOUNTAIN POSE)

This foundational standing posture helps improve balance and posture.



Seniors can stand with feet together, stretching arms upward, taking slow, deep breaths. *Tadasana* strengthens leg muscles and increases core engagement, supporting stability.

VRIKSHASANA (TREE POSE)

A great pose for balance, *Vrikshasana* improves leg strength and stability. By placing one foot on the opposite thigh and balancing with arms lifted, seniors can focus on coordination. Practising

near a wall can offer additional support.

ANULOM VILOM (ALTERNATE NOSTRIL BREATHING)

Anulom Vilom is a simple yet powerful breathing exercise that promotes mental clarity and emotional stability. Seniors can sit comfortably, close one nostril with a finger, inhale through the open nostril, and then alternate. *Anulom Vilom* helps balance the mind,

reduces stress, and improves lung function making it especially beneficial for seniors seeking calm and focus.

BHUJANGASANA (COBRA POSE)

Ideal for spinal flexibility and relieving back tension, *Bhujangasana* involves lying on the stomach and gently lifting the chest. This pose opens the chest and improves breathing, supporting respiratory health.

SHAVASANA (CORPSE POSE)

A restorative pose, *Shavasana* allows for deep relaxation and mindfulness. Seniors lie flat on their back with arms at their sides, focusing on breathing deeply. Ending each session with *Shavasana* is recommended to bring a sense of calm.

In conclusion, yoga offers a gentle yet powerful approach to support seniors in maintaining a healthy, balanced lifestyle.

With expert guidance from practitioners, older adults can experience the transformative benefits of yoga, embracing it as a tool for both strength and serenity.

The author is the, Founder and CEO of Sparsh Yog; the views are personal

Indian women's hockey team resets, targets World Cup 2026, Olympics 2028

PTI ■ RAJGIR (BIHAR)
Indian women's hockey team has overcome recent setbacks and is set to start a new journey with World Cup and Olympics in mind, chief coach Harendra Singh asserted on Sunday, saying that the performance in Asian Champions Trophy will serve as base for future. The Indian women's team has endured a very rough and long patch since its historic fourth-place finish at the Tokyo Games. It could not qualify for the Paris Olympics and lost 13 of the 16 FIH Pro League matches. Coach Harendra said his team has worked hard to shrug off the lean run and is preparing for a good show at the 2026 World Cup in Netherlands and the 2028 Los Angeles Olympics. "This tournament is a base for our future planning. ACT as on our calendar, what we want to achieve in terms of results. It will be start of journey for mission 2026 World Cup and 2028 Olympics," Harendra said ahead of India's ACT tournament-opener against

Malaysia on Monday. "We have overcome all the setbacks, worked on our mistakes. Everyone realised their role and know their role and understands that. ACT is one of the biggest platforms for the girls to showcase their skill and excel and show that the team is on the right path." Harendra reiterated that fitness is an area which impacted the women's team adversely. "Whatever has happened in the Pro League is a past, we can't keep crying on that. Yes, we know we lost 13 games but there are reasons behind. The reasons are not technical, but tactical, it's about fitness and that's why I took them to Indian Naval Academy. "I am looking at the results, I am looking at the progress they are making day after day," he said. Harendra said together with fitness, mental aspect of the game is also very important. "Modern hockey doesn't compromise on fitness, if you slightly stray you are going to pay the price. Once you are fit you are mentally strong because you know if you lose



the ball you know you have the gas to regain the ball," he said. "I am not willing to look at the past, that is history for me. Always live in the present and the present is that we have Asian Champions Trophy to defend which can get the entire

country out of that setback." "Deepika and Manisha Chauhan I am working their dragflicks and I am confident about them. I am confident they will deliver." The coach said he is pinning his eyes on young dragflickers Deepika and Manisha Chauhan to deliver the goods in the tournament. "Deepika and Manisha Chauhan, I am working their dragflicks and I am confident about them. I am confident they will deliver," Harendra said. India captain Salima Tete said Olympic silver medalist China is the biggest threat in their title defence. "China is the biggest threat for us but we are not underestimating any side. Every team can upset another on the given day," she said. Salima said leading the side at such a young age of 22 is definitely a challenge but she is up for it. "It's a challenge for me and I accept that, very few people get that honour. But my focus is on my own performance which will definitely motivate others," she said.

Palak-Amit pair strikes air pistol mixed team gold in World University Championship

PTI ■ NEW DELHI
The air pistol mixed team of Palak Gulia and Amit Sharma struck gold with a commanding performance against their compatriots as India won five medals, including three silver, on day 2 of the World University Shooting Championship here on Sunday. The duo of Palak and Amit defeated the pair of Sainyam and Samrat Rana 16-12 as India grabbed the top-two podium spots in the event at the Karni Singh Range. The Hungarian pair of Sara Rahel Fabian and Redecsi Mate took the bronze defeating Chinese-Taipei 16-12. Earlier, in the qualification round, Sainyam (289) and Samrat (290) had emerged toppers with an aggregate score of 579, while Palak (285) and



Amit (293) were placed second with a combined score of 578. In women's trap, Neeru and Kirti Gupta clinched silver and bronze respectively shooting 43 and 32 respectively in the final. The Czech Republic's Zina Hrdlickova won the gold with a score of 45. Kirti had earlier topped the qualification round with a superb 118

out of 125, while Neeru entered the six-shooter final with a score of 115. Olympian and winner of three gold medals at the 2021 World University Games in China, Aishwary Pratap Singh Tomar added another silver to India's tally in 50m rifle 3-positions with a score of 458.2 in the final. Czech Republic's Jiri Privratsky secured the gold medal with a score of 462.9. Aishwary, who could not make an impact at the Paris Olympics, earlier shot a superb 592 in the qualification to be placed third going into the eight-shooter final. As many as 220 shooters from across 23 countries are competing in the championship. The event is being hosted by Manav Rachna International Institute of Research and Studies.



McSweeney to open, Inglis also handed maiden Test call up for BGT opener

PTI ■ SYDNEY
Uncapped Nathan McSweeney won the race to open the batting alongside Usman Khawaja in the first Test against India while Australia also handed a maiden Test call up to Josh Inglis on Sunday. These two are the new faces in an otherwise expected 13-member squad announced by Cricket Australia just for the series opener starting in Perth on November 22. The South Australian had emerged as a strong contender for the opener's spot, earning backing from the likes of David Warner and Ricky Ponting. He has been picked ahead of specialist openers Marcus Harris, Cameron Bancroft and Sam Konstas for the spot. "We are just really thrilled with Nathan's game. I think over the last 12 to 15 months, we have seen a player whose growth is on a great trajectory," Chairman of selectors George Bailey said. "He is a very organised, composed player at the crease and he's got a game that will really suit Test cricket. He can probably speak more to that but I don't think it's a huge adjustment to go from three

to opening," Bailey said. "I think in the 15 or so games that he's been batting three for South Australia, he's been in before the 10th over about 20 times, so he's had plenty of experience. And as I said, his game and the way he plays, I don't think the adjustment will be too much." The 25-year-old has been rewarded for his consistent performances in the Sheffield Shield over the past couple of years, as well as his role as captain and batter during the recently concluded A tour matches against India. "Nathan has displayed the attributes we believe will equip him well for Test cricket along with a strong recent record in domestic cricket." "His performances for South Australia and Australia A weighed in his favour and supports our view he is ready for the opportunity at Test level," Inglis, whose family emigrated to Perth from Leeds at the age of 14, has been named as backup keeper to Alex Carey. The in-form wicketkeeper batter, who is leading Australia for the first time in the third ODI against Pakistan, has also been rewarded for a fine domestic

season that included two hundreds in the Sheffield Shield. "Similarly, Josh has been in great touch in the Sheffield Shield competition and deserves his place in his first Test squad," Bailey added. The pace unit will be led by skipper Pat Cummins, Mitchell Starc and Josh Hazlewood and Scot Boland takes up the reserve quick's spot, while Nathan Lyon is the lone specialist spin option. Australia squad for 1st Test: Pat Cummins (capt), Scott Boland, Alex Carey, Josh Hazlewood, Travis Head, Josh Inglis, Usman Khawaja, Marnus Labuschagne, Nathan Lyon, Mitchell Marsh, Nathan McSweeney, Steven Smith, and Mitchell Starc. ANOTHER BAD INJURY A tearful Ilias Akmach also had to be taken off on a stretcher after he hurt his right leg following his opening goal in Villarreal's 3-0 win over Alaves. Villarreal, which is in the northern part of the Valencia region, honored the flood victims by having players from both teams wear T-shirts saying "Stay Strong Valencia" before kickoff.

Former top polo player HS Sodhi dies

PTI ■ NEW DELHI
Leading former Indian polo player and Arjuna Awardee Harinder Singh Sodhi, who during his peak achieved a handicap of plus-five, has died due to age-related illnesses. He was 86 and is survived by his wife and two daughters. Popular in polo circles as 'Billy' Sodhi, he died here late on Saturday. Sodhi played polo alongside the likes of Hanut Singh, Sawai Man Singh (Maharaja of Jaipur) and later with his son Bhawani Singh. His younger brother, renowned polo player Ravinder Singh Sodhi, is also an Arjuna Award recipient. Harinder was the manager of the Indian equestrian team during the 1980 Moscow Olympics.

Coco Gauff wins WTA Finals for the first time by rallying to beat Zheng Qinwen

AP ■ RIYADH
Coco Gauff won the WTA Finals for the first time by rallying to beat Olympic champion Zheng Qinwen 3-6, 6-4, 7-6 (2) in the final. The 20-year-old American came from 2-0 and 5-3 down in the final set and was two points from defeat at one stage. Yet she took the set to a tiebreaker and won the first six points. Zheng threatened a comeback but Gauff took the victory off her third match point with a forehand winner as she came into the net. She is the first American to win the Finals since Serena Williams in 2014, and received \$4.8 million in prize money. She also is the youngest player to win it since Maria Sharapova in 2004, the year Gauff was born. Gauff beat the world's top two



players - Aryna Sabalenka and Iga Swiatek - on her run to the final at the season-ending event in Riyadh. She felt vindicated after that and appeared to take a swipe at observers who wrote her off. "I just love to say I'm right. Specifically today, I got comments about how I was going to lose badly, so I was just like, 'OK, we'll see.'" Gauff explained. "It's honestly just

liking the idea of just proving people wrong and, and letting your racket do the talking. And so, yeah, I use it as motivation." Zheng was looking to complete a season in which she reached a grand slam final for the first time at the Australian Open and delivered China's first Olympic tennis singles gold medal. "The match today, it's just a couple of important points," Zheng said. "The match was very close." Gauff edged the three-hour final which included 26 break points. Gauff also won their only previous meeting, in the Rome quarterfinals on clay in May. Gauff beat Sabalenka at age 19 in last year's U.S. Open final to win her only major in singles to date. She teamed with Katerina Siniakova to win the French Open doubles this year. In the WTA doubles final, Gabriela Dabrowski of Canada and Erin Routliffe of New Zealand beat Katerina Siniakova of the Czech Republic and Taylor Townsend of the United States 7-5, 6-3. They are the first players from Canada and New Zealand to win the doubles title.

Messi and Inter Miami ousted from MLS playoffs by Atlanta United

AP ■ FORT LAUDERDALE (US)
There will be no MLS Cup for Lionel Messi and Inter Miami this year. Atlanta United saw to that with a massive upset, sending the game's most decorated player and biggest-spending team home earlier than anyone imagined. Jamal Thiari scored twice, Bartosz Slisz's header in the 76th minute was the winner, and Atlanta United stunned Inter Miami 3-2 on Saturday night to win their best-of-three first round MLS Cup playoff series in three games. Two free kicks by Messi in the final minutes hit the wall of Atlanta defenders, and time eventually ran out. Messi's header - yes, header - in the 65th minute tied the match at 2-2, but the hosts never reclaimed the lead and Brad Guzan stopped almost everything that came his way in the Atlanta net to seal the upset. It was the fifth win-or-else victory for Atlanta United this season - starting with two



must-win matches to keep hope alive at the end of the regular season against the New York Red Bulls and Orlando City, then a wild-card match at Montreal, Game 2 of this series at home and then Saturday's stunner. And the East is suddenly wide open. Ninth-seeded Atlanta United will play No. 4 Orlando City in the Eastern Conference semifinal, while sixth-seeded New York City FC will face the seventh-seeded New York Red Bulls in the other East semifinal. No. 2 Columbus was already gone. No. 3 Cincinnati was ousted Saturday. And then came the biggest surprise of all - No. 1 Inter Miami's season is over. The team with the best record won the MLS Cup four times in the league's first seven seasons. In the 22 seasons since, the top overall seed has gone on to win the title only four more times. And on paper, there may never

have been a bigger upset than this one - a No. 9 seed vs. a No. 1 seed, and not just that, a No. 1 seed with Messi in the lineup. Messi's \$20,446,667 in total compensation from Inter Miami this season was about \$5 million more than the entire Atlanta payroll, and Inter Miami spent a record \$41.7 million on payroll this season. It got Inter Miami the Supporters' Shield, the best regular-season record in MLS history and an invitation to next year's Club World Cup, which came as no surprise. But it didn't even get the club into Round 2 of the playoffs, which will be remembered as a massive flop. And Atlanta fully believed it was going to pull this off. For whatever reason, Atlanta was a matchup nightmare for Inter Miami this season. It beat Inter Miami three times, all of them with Messi in the lineup; every other MLS team combined to get three wins over Inter Miami. A five-minute, three-goal barrage in the first half set the

tone. Inter Miami opened the scoring and Atlanta United punched right back - twice. Thiari was denied by the goalkeeper 14 minutes into the contest, when his deflection of a flick into the box narrowly missed opening the scoring. And Inter Miami grabbed a 1-0 lead about two minutes later - Messi was stopped by a diving Guzan, but Diego Gomez was there to lift the rebound into the net from a tight angle near the right post. The lead didn't last long. Thiari saw to that. He took a pass and was completely unmarked, firing into the upper right corner to beat Inter Miami goalkeeper Drake Callender - who had no chance - to tie the match in the 19th minute. And not even two minutes later, Alexey Miranchuk tapped a pass to Thiari who went over Callender for a 2-1 Atlanta lead. Just like that, the best team in MLS regular-season history - and the best player in the sport's history - was in big, big trouble. Inter Miami thought it tied the match in the 25th

minute, only for Gomez to be called offside. And the hosts argued wildly for a penalty kick later in the half, arguing that

there was a handball in the box (replay suggested they had a case), but they still went into the half down 2-1.

OFFICE OF THE SUPERINTENDING ENGINEER
CUTTACK (R&B) DIVISION NO.1, CUTTACK

GOVERNMENT OF ODISHA "e" procurement Notice
B-586
e-procurement Notice for Building (E.I.) works
Bid Identification No. S.E. CTC(R&B) - 34 of 2024-25

The Superintending Engineer, Cuttack (R&B) Division No. 1, Cuttack on behalf of Governor of Odisha invites on Percentage rate basis bid in **Single Cover System** in ONLINE MODE from eligible contractor for building work (Fire Fighting) as mentioned below.

- No. of the Work :- 14 (Fourteen) Nos. of E.I Works
- Date & time of availability of bid document :- From dt.13/11/2024 to SPM of dt.21/11/2024 in the portal
- Last date / time of receipt of bids in the portal :- 5PM of dt.21/11/2024
- Date & time of opening of bids :- 11 A.M of dt.22/11/2024
- Name and address of the Officer Inviting :- Superintending Engineer, Cuttack (R&B) Division No. 1, Cuttack

Further details can be seen from the e-procurement portal "https://tendersodisha.gov.in"

Sd/-
Superintending Engineer
Cuttack (R&B) Division No.1

OIPR-34091/11/0033/2425