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Trump says Iran will be hit 'very hard' if it is behind copilot who tried to crash flight to Israel



U.S. President Donald Trump issued the warning as investigators worked to determine why the copilot stabbed the flight's captain, causing the FlyDubai plane to plummet before others on board stopped the attack and landed the airliner in Saudi Arabia. File photo

OCTOBER 1, 2026
WASHINGTON, D.C. (TIP)

U.S. President Donald Trump said on Thursday, October 1, 2026, that if Iran is linked to the copilot who tried to crash an Israel-bound flight, the Islamic Republic would be struck "very hard" for the attempt on the lives of more than 180 people aboard the jet.

President Trump issued the warning as investigators worked to determine why the copilot stabbed the flight's captain, causing the FlyDubai plane to plummet before others on board stopped the attack and landed the airliner in Saudi Arabia.

Asked by reporters at the White House whether he had been briefed about any links between the pilot behind the attack and Tehran, Mr. Trump said, "We're working on it right now." "I would say the answer, based on what I'm hearing, is yes, but we're working on it right now," he said, without elaborating on why he suspected Iran might be involved.

Asked if the U.S. would retaliate against Tehran if it was behind the attack, Mr. Trump said, "Oh they'll be hit, very hard, don't worry. You just ask them. They know what happened. They'll be hit very hard."

His remarks came as diplomatic efforts to end the war appeared to have stalled. Iranian officials indicated on Wednesday, September 30, 2026, that they had received an official U.S. response to Tehran's latest proposal to end the seven-month war, which Mr. Trump had publicly rejected just days earlier. The officials did not say what the response contained, or whether it was a rejection.

UN Must Adjust to Changing Global Realities, Says Jaishankar



Speaking at the Asia Society, New York on September 28, India's External Affairs Minister Dr. S. Jaishankar said the institution created for 51 nations must respond to a vastly changed world as global power shifts toward multipolarity. - Photo: Jay Mandal/ On assignment

I.S. SALUJA
SEPTEMBER 30, 2026
NEW YORK (TIP)

India's External Affairs Minister Dr. S. Jaishankar has raised a fundamental question about the ability of the United Nations to adjust to a dramatically transformed international order, saying an institution created eight decades ago for 51 member states must respond to the realities of a world undergoing a major redistribution of economic and political power.

Speaking at the Asia Society in New York on September 28, Jaishankar said the international system was experiencing an "enormous churn" as some countries increased their economic and political weight while

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INDIA bloc to launch 'Save Democracy' protests from October 2 over CEC, SIR



OCTOBER 1, 2026
NEW DELHI (TIP)

The INDIA bloc will launch a week-long nationwide "Save Democracy"

campaign from October 2, with opposition parties planning district-level marches and demonstrations

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An Indian Youth Congress (IYC) activist holds up a poster demanding the arrest of Chief Election Commissioner Gyanesh Kumar during a protest near the Election Commission of India (ECI) headquarters, in New Delhi, Monday, Sept. 28, 2026. Photo: PTI/Ravi Choudhary



Governor Hochul appointed New York State Attorney General Letitia James as special prosecutor in alleged sexual assault case at Cornell University.
Instagram/ govkathyhochul

Governor Hochul appoints NY State Attorney General Letitia James as special prosecutor in alleged sexual assault case at Cornell University

OCTOBER 1, 2026
ITHACA, N.Y. (TIP)

New York Gov. Kathy Hochul announced Thursday, October 1, she is appointing New York State Attorney General Letitia James as special prosecutor in the case, saying the new information "has raised serious questions about how this case was handled, and I've lost faith in the Tompkins County DA's ability to fairly oversee it. This has, in turn, undercut my faith, and the public's faith, in the District Attorney's ability to effectively investigate and prosecute the case at this time."

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Prof. Indrajit S. Saluja

VICE PRESIDENT:

Chitagam Saluja

CHIEF EDITOR:

Prof Indrajit S. Saluja

ASSISTANT EDITOR:

Bidisha Roy

SPL. REPORTER UNO:

H.S. Panaser

GRAPHICS DIRECTOR:

Om Parkash Malik

DIRECTOR**ADMINISTRATION:**

Gauri Beri

CONTRIBUTING**PHOTOGRAPHERS:**

Baldev Singh / BJ Videos

Gunjesh Desai / Masala Junction

Jay Mandal,

Mohammad Jaffer,

SnapsIndia

Mohammad Shahzad,

Zia Khan,

Nisha Rani

Vaaho Photographers,

Vijay Shah - Photo Journalist.

CORRESPONDENTS :**SACRAMENTO:**

Parminder S. Aujla

NEW YORK :

Chitagam

FRESNO:

Tarlochan Singh

DALLAS:

Harjit Dhesi, Amarjit Dhillon

OVERSEAS CORRESPONDENTS**LONDON**

Nirpal Singh Shergill

SPL CORRESPONDENT**DELHI BUREAU CHIEF:**

Chandan Singh

CHANDIGARH:

Manjit Sidhu

LUDHIANA:

A.S. Arora,

R.P.Sharma

JAIPUR :

Dr. Yashpaul Goyal

DALLAS BUREAU CHIEF & VP

Lovlien Kaurr

972-330-3139

editor@theindianpanorama.news

The Indian Panorama

P.O. Box No. 190067, South

Richmond Hill, NY 11419,

Tel: 646-247-9458

Email:

editor@theindianpanorama.news

COMMENT

The Election Commission Must Answer the Nation

BY INDRAJIT
SALUJA

There are institutions in a democracy whose credibility cannot be allowed to become a matter of partisan faith. The Election Commission of India is one of them.

Governments may be loved or hated. Political parties may accuse one another. Elections may produce bitter winners and disappointed losers. But the referee must stand apart.

That is why the latest disclosures concerning the functioning of the Election Commission deserve something more serious than another exchange of accusations between the BJP and the Opposition. They demand answers.

An investigation by The Indian Express has reported that Election Commissioners Sukhbir Singh Sandhu and Vivek Joshi recorded objections at least 14 times over ten months to actions concerning matters at the very heart of elections-addition and deletion of voters, appeals concerning electoral rolls and control over the computer system through which voter information is administered. Even more troubling is the report that the three-member Commission did not hold a full meeting for four months before meeting on September 9.

The Election Commission disputes the implications being drawn from these disclosures. Its position is that differences of opinion during deliberations are natural and that final decisions of the Commission, including those concerning the Special Intensive Revision, were unanimous.

That response deserves to be reported. But it cannot be the end of the matter. If two Election Commissioners repeatedly placed objections on record concerning decisions affecting who may vote, the country is entitled to know precisely what happened.

The controversy assumes still greater importance because of the enormous scale of the Special Intensive Revision of electoral rolls. According to the recent investigation, more than 13 crore names were removed from draft rolls across 30 states and Union Territories during successive phases of SIR.

Deletion from a draft roll does not automatically prove wrongful disenfranchisement; names can disappear for legitimate reasons-death, migration, duplication or ineligibility-and mechanisms exist for claims and appeals. But numbers of this magnitude impose an extraordinary obligation of transparency.

Consider West Bengal. The Election Commission recently informed the Supreme Court that 27.16 lakh (over 2.27 million) names had been removed during SIR. More than 22 lakh (2.2 million) of those people subsequently sought restoration of their names.

Those figures do not by themselves establish electoral manipulation. They do establish that electoral-roll revision is no clerical matter. A name deleted from an electoral roll is potentially a voice removed from democracy.

India therefore needs to examine not merely whether procedures technically existed, but whether every eligible citizen was given a fair, accessible and timely opportunity to remain on the rolls.

The present controversy also brings India back to an older and fundamental question: who chooses the people who supervise India's elections?

In March 2023, the Supreme Court, pending legislation by Parliament, prescribed a selection committee consisting of the Prime Minister, the Leader of Opposition and the Chief Justice of India for appointments to the Election Commission.

Parliament subsequently enacted legislation replacing the Chief Justice on the selection committee with a Union Cabinet Minister nominated by the Prime Minister.

That arrangement gives the political executive two places on a three-member selection body.

The law exists and challenges to it have been before the Supreme Court. But legality does not extinguish the legitimate democratic question: should those seeking political power

enjoy such decisive influence over the process of selecting those entrusted with refereeing the contest for that power?

Gyanesh Kumar became India's 26th Chief Election Commissioner in February 2025. Before joining the Commission, he had a distinguished bureaucratic career. He also held significant positions in the Union government, including assignments in the Home Ministry connected with Jammu and Kashmir during the abrogation of Article 370, and later served as Secretary in the Ministry of Cooperation.

Those facts do not prove partiality. A civil servant's previous service under a government cannot by itself

disqualify him from constitutional office.

But constitutional authority carries a higher burden than ordinary administration. The Election Commission must not merely be independent. People must be able to see that it is independent. That distinction is crucial.

Opposition parties have accused the Commission and its Chief Election Commissioner of favoring the BJP. The Commission rejects allegations that its decisions were improperly taken. The BJP has argued that internal differences demonstrate deliberation rather than institutional capture.

These competing claims cannot be settled by rhetoric. They can be settled only by facts. Publish the relevant records. Explain the 14 reported objections. Establish which decisions were formally approved by all three Commissioners and which administrative instructions were issued without prior concurrence. Explain the four-month interval between full Commission meetings. Make clear who controlled changes to electoral-roll systems and under what authority. And where credible allegations of illegality exist, let them be independently investigated.

The Indian Panorama would go further. Questions this serious should not be resolved through television debates, political rallies or selective leaks. Parliament, the courts and other constitutionally appropriate mechanisms should ensure a transparent examination capable of commanding public confidence.

If wrongdoing is established, accountability must follow-irrespective of office, party or position. If allegations are disproved, that too should be placed conclusively before the country.

What India must avoid is prejudging guilt while simultaneously refusing scrutiny. For, this is larger than Gyanesh Kumar. It is larger than Narendra Modi, Amit Shah, Rahul Gandhi, the BJP or Congress. It concerns the Indian voter's ownership of democracy.

Free elections do not begin when a voter presses a button on an electronic voting machine. They begin much earlier-with an accurate electoral roll, transparent rules, equal treatment of political contestants and an Election Commission whose independence commands confidence across political divisions.

India's Constitution entrusts the Election Commission with extraordinary responsibility under Article 324. That responsibility is not a privilege granted to its Commissioners. It is a trust placed in their hands by the Republic.

And trust cannot be demanded. It must be earned through transparency.

Chief Election Commissioner Gyanesh Kumar and his colleagues therefore owe India a complete accounting of what occurred within the Commission. Let the records speak. Let an impartial examination establish the truth. Let those responsible for any proven violation face the consequences prescribed by law.

But let nobody-government, opposition or Election Commission-appropriate the voter's sovereign right to decide who governs India.

The ballot belongs neither to the BJP nor Congress. It belongs to the people. And whoever administers that ballot must remember that he is not its master. He is its custodian.

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SENATOR JOHN LIU QUESTIONS THE TRUMP ADMINISTRATION'S PROPOSED PRIVATE SCHOOL VOUCHER REGULATIONS

OCTOBER 2, 2026
NEW YORK, NY (TIP)

Senator John Liu, Chairperson of the Committee on NYC Education, raised concern about the proposed regulations by the U.S. Department of the Treasury outlining rules states must follow to be eligible for private school vouchers.

Senator Liu said: "The proposed

regulations put forth by the Trump administration today are yet another attempt to harm public schools by funding private school education with public school dollars. The proposed rules set the stage for the federal government to siphon needed taxpayer money out of public school coffers and redirect it to private schools without retaining oversight

over how those schools operate and whether or not they discriminate. Opting New York State in would compromise our standards for a sound, basic public education system that serves every student regardless of ability, income, or background, which is why we must reject this Faustian bargain."



"The proposed regulations put forth by the Trump administration today are yet another attempt to harm public schools by funding private school education with public school dollars," Senator Liu said in a statement released to the press on October 2.

Middle East escalation could leave 11.7 million more women and girls facing food insecurity by end-2026

DISRUPTION TO THE STRAIT OF HORMUZ IS DRIVING UP FOOD PRICES AND PUTTING FURTHER STRAIN ON THE LIVELIHOODS AND HOUSEHOLD RESOURCES OF MILLIONS OF WOMEN AND GIRLS, ACCORDING TO A NEW UN WOMEN ANALYSIS.



OCTOBER 2, 2026
GENEVA / NEW YORK (TIP)

An additional 11.7 million women and girls could face food insecurity by the end of 2026, as the escalation in the Middle East and disruption to the Strait of Hormuz drive up food prices and strain livelihoods and household resources, according to a new UN Women analysis published today.

Food security risks of the Middle East escalation for women and girls finds that women and girls account for 53 per cent of the projected 22 million additional people who could face food insecurity by the end of the year across 28 countries analyzed. This is in addition to an estimated 208 million women and girls who were already food insecure or undernourished in these countries. These are scenario-based estimates, not forecasts.

"We know, as a matter of fact, that when food becomes scarce, women eat less and last. They often shift to less nutritious diets or skip meals altogether to prioritize the needs of others. Gender inequalities dictate who has access to food and the resources to obtain it. Therefore, investing in women and girls is a sure way of ensuring the well-being of families and communities", said UN Women Deputy Executive Director Nyaradzayi Gumbonzvanda.

Disruptions to shipping through the Strait of Hormuz are driving up energy, fertilizer and transport costs, pushing up food prices. Combined with potential income and livelihood losses, these rising costs could make food harder to afford. For many women, existing inequalities in employment and access to financial services leave them with fewer resources to absorb these shocks.

More populous countries were found to have the largest numbers of women and girls who could face food insecurity. However, countries such as South Sudan, Sudan, Haiti, Yemen and Palestine face more concentrated risks, as multiple sources of vulnerability overlap.

In South Sudan, the additional number of women and girls who could face food

insecurity represents around 14 per cent - or one in seven - of the South Sudanese female population - the highest proportion across the countries analyzed. In Lebanon, the additional number of women and girls who could face food insecurity represents nearly 4 per cent of the Lebanese female population, the second-highest proportion.

In many countries, women and girls make up a higher proportion of people who could face food insecurity. For example, in Afghanistan, women and girls are estimated to make up 60 per cent of people who could face food insecurity; in Yemen, more than 57 per cent; and in Sudan, nearly 56 per cent.

Employment also affects food security. In Egypt, Iraq, Palestine, Sudan and Syria, around 80 per cent of women are outside the labor force. In Afghanistan and Yemen, this rises to around 95 per cent, the report notes. Among employed women, more than 80 per cent are in vulnerable employment in Afghanistan, Burkina Faso, Ethiopia, Haiti, Mali and South Sudan.

According to the analysis, access to financial services could provide a buffer, but many women lack access to these services. In Iraq, Lebanon, Pakistan and Yemen, fewer than one in five women owns a bank or mobile money account. This can limit women's ability to save, receive remittances or cash assistance, or borrow safely when prices rise or incomes fall, increasing reliance on informal lenders, relatives or other household members and potentially putting their safety and protection at risk.

UN Women calls for an integrated response that combines food and cash assistance with nutrition, protection, livelihoods and agricultural support, while ensuring women can access land, credit, services and other productive assets. It also urges resources to be targeted to places where women and girls face multiple, overlapping risks, and delivered at the right time - including ahead of agricultural seasons. Better data are needed to identify where food insecurity is worsening and who is eating less, losing livelihoods, taking on more unpaid care work, or facing heightened nutrition and protection risks.

Read full story at
www.theindianpanorama.news

NYC Health + Hospitals honor with the distinguished Daisy and Bee Awards 10 long-term care nursing professionals

AWARD RECIPIENTS WERE NOMINATED AND SELECTED BY RESIDENTS, FAMILIES, AND COLLEAGUES



NYC Health + Hospitals/Post-Acute Care Executives and Nursing Leadership from across five skilled nursing facilities celebrate the 2026 DAISY Award & BEE Award Recipients

SEPTEMBER 30, 2026
NEW YORK (TIP)

As part of its 5th Annual Post-Acute Care DAISY & BEE Awards, NYC Health + Hospitals honored 10 extraordinary nursing professionals from its five skilled nursing facilities. Five registered nurses and licensed practical nurses received the DAISY Award, and five certified nursing assistants received the health care system's BEE (Being Exceptional Everyday) Award. Over 110 nominations were submitted by residents, families, and staff who shared compelling stories about their day-to-day experiences with these compassion care professionals.

The DAISY Award, sponsored by the DAISY Foundation, is the international leader in nurse recognition. This award recognizes nurses or nurse-led teams who are experts in person-centered care, demonstrate integrity and compassion, working collaboratively with their peers to achieve the best health outcomes for their patients and residents.

In addition to the DAISY Award, NYC Health + Hospitals has implemented its in-house recognition program called the BEE (Being Exceptional Everyday) Award. The award recognizes exceptional caregivers in supportive nursing roles including Certified Nursing Assistants, Patient Care Technicians, Patient Care Associates, and Medical Surgical Technicians, representing nearly 1,100 staff across five skilled nursing facilities. They work with registered nurses and licensed

practical nurses to provide care that includes feeding, bathing, grooming, and taking vital signs such as blood pressure and temperature checks. Becoming a Certified Nursing Assistant is a great starting point for anyone interested in becoming a nurse.

"Congratulations to all 10 Post-Acute Care nursing professionals on their respective DAISY and BEE Awards," said Natalia Cineas, DNP, MSM-N, MBA, RN, NEA-BC, FAAN, FALDN, NYC Health + Hospitals Senior Vice President and Chief Nursing Executive. "Thank you for your commitment to patient-centered care, nursing excellence and the lasting difference you make for our community."

"The prestigious DAISY and BEE Awards, shine a light on the extraordinary kindness and sensitivity our nursing staff demonstrates every day," said Marian McNamara, RN, MSN, Chief Nursing Officer, NYC Health + Hospitals/Post-Acute Care. "Every one of our nurses brings an extraordinary level of dedication, compassion, and excellence to the care they provide. This recognition celebrates not only their professional accomplishments, but also the meaningful difference they make in the lives of our residents, patients, families, and colleagues each day. We are incredibly proud of their contributions and grateful for the commitment they bring to our organization and to the nursing profession."

Read full story at
www.theindianpanorama.news

A BIRTHDAY TRIBUTE

The life and legacy of Manmohan Singh

AN IMPORTANT FEATURE OF HIS WORK AS A CIVIL SERVANT WAS THAT HE NEVER HESITATED TO SPEAK TRUTH TO POWER

BY MONTEK S
AHLUWALIA



I would like to express my thanks to the Prime Ministers' Museum and Library for asking me to deliver this lecture on the Life and Legacy of Dr Manmohan Singh as part of the series on prime ministers. It is an honor for which I am deeply grateful.

I have had the privilege of having known Dr Manmohan Singh for a very long time. He was in fact both a mentor and a role model for me. He encouraged me to return to India in 1979 and I had the opportunity of working closely with him when he was finance minister and later again when he was prime minister. I realize that for these very same reasons, I cannot claim to be an entirely objective observer. But I will do the best I can to present as objective an assessment as possible.

Dr Manmohan Singh's public life had three distinct stages: civil servant, finance minister and finally prime minister. I will cover each in sequence. But first, a few words about his early years.

EARLY LIFE

It is well known that Manmohan Singh came from a humble background. His daughter Daman Singh, in her book "Strictly Personal: Manmohan and Gursharan", provides invaluable nuggets about his early life and also comments on current developments up to the time he was finance minister. I have drawn from it extensively.

Manmohan Singh came from a humble background and his early life was not comfortable. He lost his mother when he was only five months old and he was brought up by his maternal grandmother in Gah village, in what is now Pakistan. His father Gurmukh Singh worked in a firm in Peshawar that imported dry fruits from Afghanistan for distribution to various parts of India.

Both his maternal grandparents were illiterate. His grandfather had a very small landholding, which yielded a small income. They lived in a kutchra house with only two rooms, one for sleeping and another for keeping all their possessions. There was no electricity or running water. Daman's book tells us that "snakes had a nasty habit of creeping in and young Manmohan enjoyed watching his normally unruffled grandmother running out of the house in panic."

Since the school in Gah catered only for kids up to the age of 11, Manmohan had to move to his uncle's house in Chakwal, to continue his studies. Meanwhile, his father prospered in his business and married again, and brought Manmohan to live with his new family in Peshawar.

The Partition disrupted life for the family, as it did for millions of others. His maternal grandfather was killed in a communal outburst in Gah just before the Partition but the rest of the family was able to move safely to India. Years later, when he became prime minister, he was invited to visit Gah, but he declined because the memories were too bitter.

Manmohan Singh completed his BA in economics from Panjab University and graduated at the top of the class. He won a scholarship to study in Cambridge University and joined St John's College which was the college of Alfred Marshall.

David Engerman's book, "The Apostles of Development", outlines the somewhat parallel lives of six South Asian students of economics who were at Cambridge at the same time: Amartya Sen, Jagdish Bhagwati, and Manmohan Singh from India, Mahbub ul Haq from Pakistan, Lal Jayawardene from Sri Lanka and Rehman Sobhan from what was then East Pakistan and is now Bangladesh. It was a remarkable group by any standard. Five of the six won a first division, with Rehman Sobhan missing it narrowly. All the three Indians won the prestigious Adam Smith Prize. All of them contributed significantly to public life in their countries. Of the six, Manmohan Singh had the



Distinct: Manmohan Singh's public life had three stages: civil servant, finance minister and PM. Photo/ Facebook

humblest origins. The others came from privileged backgrounds, belonging to the landed aristocracy or the professional classes.

Manmohan Singh returned to Panjab University to teach, but a little later he went to Oxford to do his doctorate on "India's Export Trends and Prospects for Self-Sustained Growth". He then returned to Panjab University, but was soon offered an attractive position in UNCTAD in New York, which he took up. In 1969, Jagdish Bhagwati decided to move from the Delhi School of Economics to take up a professorship at MIT and the job was offered to Manmohan Singh. He promptly resigned from UNCTAD to take up the professorship in the Delhi School, giving up in the process a lucrative UN pension for which he would have been eligible had he served for another six months.

MANMOHAN SINGH THE CIVIL SERVANT

His civil service career began in 1971 when he was offered a position as economic adviser in the Commerce Ministry. He took leave from the Delhi School to try it out. He thought this break from academic life would be temporary, but he never returned.

He was not entirely happy in the Commerce Ministry because, as Daman's book mentions, the minister, LN Mishra, wanted him to prepare a note along lines different from what Manmohan thought was right. Manmohan would have been perfectly willing to be overruled, but he didn't want to sign notes that didn't reflect his views, so he decided to resign and return to the university. Fortunately, when PN Haksar, Principal Secretary to Prime Minister Indira Gandhi, heard of this, he persuaded him to reconsider and shifted him in 1972 to the position of chief economic adviser in the Finance Ministry.

What followed was a stellar succession of appointments, each higher than the earlier one. He was appointed Secretary Economic Affairs in 1976 in Mrs Gandhi's government and retained in that position by the Janata Party government. He was moved as member secretary in the Planning Commission in 1980 by Mrs Gandhi and then as Governor, RBI, in 1982. In 1985, he was brought back to Delhi as deputy chairman of the Planning Commission by Rajiv Gandhi. It was by

any standards a "dream run" for a civil servant, all the more so because it was through different governments.

Although he enjoyed his work as a civil servant, he was most relaxed when surrounded by books. I recall him telling me and my wife Isher that he missed the joys of academic discussion and free exchange of views. He retained contact with a few erstwhile academic friends and enjoyed meeting them. He spoke less in these meetings and listened more, but all his friends said that when he spoke he always made perceptive comments.

Although Manmohan Singh's name was to become synonymous with economic reforms after 1991, his image in his civil service years was not that of a reformer but more that of an extremely competent technocrat "working within the system" rather than reforming it. My personal view is that this does not do justice to his role and this is perhaps best explained by the fact that civil servants are meant to implement policy laid down by the political leadership. They are also expected to advise how policies can be improved, but any such initiative can only fructify if picked up by the political masters.

Manmohan Singh was not one to talk about what advice he had given, but Daman's book mentions that after the Bangladesh war was over, PN Haksar asked Manmohan Singh to send him a note on "What to do with the Victory." The note itself has not been traced, but Daman recalls her father telling her that he had argued strongly for a shift towards trade liberalization and greater freedom from controls for the private sector. Haksar Saheb was a Left-leaning intellectual and I am not surprised that he did not follow up on this advice! But it was bold of Manmohan Singh to float the idea so soon after joining government. It is worth noting that if his suggestion had been picked up, India's economic reforms may have started much earlier!

His academic work amply bears out that he would have favored a more liberalized and open economy. It was fashionable in the late 1950s and early 1960s among development economists to argue that exports of developing countries were constrained by external demand conditions and they should therefore resort to protectionist policies to promote industrialization.

Daman reports an interesting conversation with her father where he states that he differed with Surender Patel who favored adopting autarchic policy. Her father specifically told her: "I wanted to challenge that hypothesis" and that is what he did in his thesis. His thesis challenged the export pessimistic view. He recognized that India's exports would probably not rise to the level necessary to achieve self-sustained growth, but this was because policies were not sufficiently supportive. He felt better policies, improving the supply potential of export products, including a more supportive exchange rate, would help overcome export pessimism.

As Governor, RBI, he took important steps to reform the system of exchange rate management. The rupee in those days was tied to a basket of major currencies and this helped to stabilize the nominal exchange rate against the basket as a whole. However, because inflation in India was much higher than international inflation, stabilizing the exchange rate in nominal terms did not prevent appreciation in the real effective rate. I recall discussing this problem with him and referring to the view expressed in his thesis that the exchange rate must be supportive of exports. He was keen to discuss alternative ways by which the system could be modified to give the RBI enough flexibility to be able to adjust the exchange rate, in small steps, to prevent a real appreciation. He promptly initiated action from the RBI, requesting the Finance Ministry to get Cabinet approval for the changes needed.

CONTD ON PAGE 5

CONTD FROM PAGE 4

An important feature of his work as a civil servant was that he never hesitated to speak truth to power. He had demonstrated this when he decided to leave the Commerce Ministry within a year of joining, and he did it again when he was the Governor of the RBI and the Bank of Credit and Commerce International (BCCI) applied for a full banking license. The BCCI was a Dubai-based bank that was expanding rapidly in many respectable banking domains, such as the UK and the US. But it had only a representative branch in India, and it wanted a full banking license, which would allow acceptance of deposits. The RBI was unwilling because it had suspicions about its involvement in shady activity.

Possibly because of BCCI's lobbying, the Finance Ministry was considering modifying the system of licensing branches for foreign banks. Since the opening of a branch in India by a foreign bank was an act of foreign investment, which fell under the purview of the Finance Ministry, they were considering transferring the power to open a bank branch to the Finance Ministry, while of course leaving it to the RBI to give the banking license. Manmohan Singh recognized that once a branch had been allowed by the Finance Ministry, it would become difficult for the RBI to take a contrary stand and deny it a license. He took up the matter with both the Finance Minister and Prime Minister Indira Gandhi. He pointed out that the change would undermine the standing of the RBI as an independent banking regulator. He also told the Prime Minister that if the proposal was implemented, he would have no option but to resign.

Prime Minister Indira Gandhi supported him and the Finance Ministry move was dropped. As it turned out, Manmohan Singh's judgment on the BCCI turned out to be right as the bank ran into numerous problems internationally on account of money-laundering, and dealing with drug cartels and terrorist organizations. It was shut down in 1991.

As Deputy Chairman of the Planning Commission, he had differences with Rajiv Gandhi, who wanted much more investment in infrastructure as part of an effort to modernize India and take it to the 21st century. Manmohan Singh did not disagree about the importance of infrastructure, but he also emphasized the need to invest in agriculture and rural development. He was quoted as saying: "You cannot take 20 per cent of the population into the 21st century leaving large parts of the other 80 per cent in the 19th century." This was another case of speaking truth to power. Fortunately, their differences were satisfactorily resolved and Rajiv Gandhi himself began to take a lot of interest in tackling rural poverty after the Kalahandi famine.

In 1987, Julius Nyerere, former President of Tanzania, requested the Government of India to release Dr Manmohan Singh to serve as the secretary general of the South Commission. Manmohan Singh left Delhi for Geneva and was with the commission for three years, returning to India in 1990.

BUILD-UP TO THE 1991 CRISIS

The last years of the Rajiv Gandhi government saw signs of macro-economic weakness. There was a widening of the fiscal deficit and a corresponding worsening in the balance of payments, which led to a drain on forex reserves. It was realized that corrective steps were needed, but they were delayed until after the elections due in 1989. As it happened, the Congress lost its majority and VP Singh became the Prime Minister of a very shaky coalition.

VP Singh was briefed about the need for corrective action, but he was preoccupied with political issues. He had differences with his internal allies and was also dependent on the BJP for support from outside. To strengthen his position, he announced the implementation of the Mandal Commission recommendations, extending reservations in educational institutions and in jobs in government for the Other Backward Classes (OBCs). This led to widespread student protests and also created a rift between the United Front and the BJP. This is when Saddam Hussein chose to invade Kuwait, causing a sharp spike in oil prices.

The rise in oil prices worsened the balance of



Dr. Manmohan Singh with US President Obama in Washington in 2010 to discuss the Civil Nuclear Deal

payments position, which had been weakening in any case. Since this happened at a time when the government was also seen to be politically weak, it led to a loss of confidence. Non-resident remittances began to dry up, commercial banks refused to roll over short-term debt and Moody's downgraded India a notch.

The VP Singh government resigned in November 1990 and it was replaced by an even more fragile minority government led by Chandra Shekhar, with the outside support of the Congress. This arrangement collapsed in March 1990, precipitating a General Election. Rajiv Gandhi led the campaign for the Congress, but he was tragically assassinated before the election was over. The election process continued and the outcome was another coalition led by the Congress party, with PV Narasimha Rao as Prime Minister.

The Cabinet Secretary briefed the new Prime Minister on the severity of the crisis. Foreign exchange reserves had been dropping for several months and had fallen to less than three weeks of imports. The Finance Ministry had been managing the foreign exchange scarcity by tightening control over imports, which had negative effects upon the economy. The country was on the brink of defaulting on foreign debt payments due. The previous government had to pledge part of its gold holdings to raise foreign exchange. Narasimha Rao was advised that he should bring in a technocrat as Finance Minister, someone who would understand the complexity of managing the economy and would also command credibility in international financial markets. The choice fell on Manmohan Singh.

FINANCE MINISTER AND ECONOMIC REFORMER

Manmohan Singh's first priority in 1991 had to be stabilizing the economy and this he achieved very quickly. Financial assistance packages were negotiated with the IMF and the World Bank and the seal of approval of these organizations helped restore confidence. But his real achievement was much larger. Where he made history was that he used the 1991 crisis as an opportunity to undertake more fundamental structural reforms, such as dismantling the license raj, which had long held the country back from achieving its full potential. Manmohan Singh was not a market fundamentalist in the mold of Margaret Thatcher and Ronald Reagan. But he recognized that markets had a very important role to play, and we had smothered this at the cost of lost competitiveness and efficiency.

The need for restructuring economic policy had been evident for some time. Prime Minister Rajiv Gandhi had said so in 1985 in Parliament: "We cannot expect to compete with other nations if we are working with systems that are 20 years out of date." He did take some steps towards liberalizing the economy, but they were only "incremental steps", falling well short of system change.

One reason why deeper reforms did not take place in the 1980s was that there was no immediate crisis. India

was not doing as well as East Asia, but it was doing better than in the past, and also better than Africa or Latin America. The absence of a crisis meant there was no compulsion to make big changes. This is what changed in 1991. There was an exceptional crisis and Manmohan Singh used the opportunity to push through an ambitious programme of structural reform.

To understand why the 1991 reforms were historic, it is necessary to appreciate the extent of the control regime that existed before the reforms. Large sections of industry were reserved for the public sector. Where the private sector was allowed, it had to obtain an investment license. This specified the location of the unit and also the size of capacity and the licensed capacity was distributed across several potential investors so as to "spread industrialization" more widely. As a result, private sector plants were often of sub-optimal scale. Imports of capital goods and inputs into production were also subject to licensing. Access to foreign technology was strictly controlled. Large industrial houses were denied permission to expand on the grounds of discouraging monopolistic practices.

Almost 900 items were reserved for the small-scale sector and these included all the labor-intensive manufacturing sectors where India had a competitive advantage, such as garments, shoes, electronics, toys, etc. This meant that producers in these sectors had to stay below the maximum size of fixed capital which defined small-scale industry. This doomed these units to low levels of scale and also technology, making it impossible for them to compete in world markets.

It was not, as some critics often said, a mechanical adoption of the Washington consensus. It was reform with Indian characteristics and fairly solid Indian roots. The 1991 reforms recognized that the system had to be changed on a very wide front. The areas reserved for the public sector was drastically reduced, opening new areas for the private sector to expand. Industrial licensing was abolished for all but a handful of environmentally hazardous industries. Large industrial houses were no longer subject to special denial of expansion.

Trade policy was also liberalized, import duties were reduced and import-licensing abolished for a wide range of goods (except consumer goods). This was combined with shifting towards a market-determined exchange rate, starting with a two-step devaluation in 1991, and moving soon thereafter to a dual exchange market and a year later, a market-determined exchange rate where excess import demand would be automatically countered by a depreciating exchange rate.

Read full story at www.theindianpanorama.news

(Montek S Ahluwalia is an Indian economist and civil servant who was the Deputy Chairman of the Planning Commission of India, a position which carried the rank of a Cabinet Minister. He resigned from this post in May 2014 following the impending end of the UPA II regime at the center.)

AABDC Celebrates 25 Years of Asian American Excellence in Business at Cipriani Wall Street



SEPTEMBER 30, 2016
NEW YORK (TIP)

On September 16, 2026, the Asian American Business Development Center (AABDC) celebrated the 25th anniversary of the Outstanding 50 Asian Americans in Business Award at Cipriani Wall Street in New York City. The anniversary gala welcomed more than 1,000 guests, bringing together corporate executives, entrepreneurs, public officials, and community leaders to recognize this year's honorees and celebrate a quarter century of Asian American achievement in business.

The evening marked two milestones: Outstanding 50 Awards's 25th

anniversary and the nation's 250th anniversary. As an America250 Supporting Partner, AABDC brought these occasions together to recognize Asian Americans' contributions to the country's economic and social development. From the early Chinese immigrants who helped build the transcontinental railroad to today's leaders in finance, technology, healthcare, and consumer products, generations of Asian Americans have helped shape the American story.

Since its establishment in 2001, Outstanding 50 Awards has recognized more than 1,200 Asian American executives and entrepreneurs. Their achievements span industries, career paths, and business models, from leading major divisions of global companies to bringing new technologies to market and building businesses from the ground up.

Over 25 years, the awards have also helped build a community. By bringing honorees together across industries and generations, Outstanding 50 Awards creates opportunities to exchange ideas, develop relationships, and share experiences with younger professionals. The anniversary gala celebrated that continuing connection alongside the accomplishments of the 2026 honorees.

The evening was hosted by Ramy Inocencio, CBS News correspondent and a 2016

Outstanding 50 Awards honoree. With



a journalism career spanning the United States and Asia, including roles at Bloomberg Television and The Wall Street Journal, Inocencio returned to Outstanding 50 Awards as both the evening's host and a member of its alumni community.

Outstanding 50 Awards honoree and a supporter of the Outstanding 50 Alumni Club, Yu represented the continuing involvement of past recipients in the Outstanding 50 Awards community. His participation reflected the role alumni can play in sustaining connections and supporting the program's future.

AABDC presented the Pinnacle Award, the evening's highest individual honor, to Ravi Saligram, Chairman of Church & Dwight. The award recognized his distinguished career and contributions to business leadership. Saligram previously served as Chief Executive Officer of Newell Brands, Ritchie Bros. Auctioneers, and OfficeMax. Across these companies, his leadership encompassed consumer products, auctions, and office supplies, with extensive experience in business transformation, operations, and global growth. His recognition celebrated a career of guiding organizations through change and building businesses across different markets.



AABDC Founder and President John Wang delivered welcoming remarks. Since founding AABDC in 1994 and launching the Outstanding 50 Awards in 2001, John has worked to expand opportunities for Asian American businesses and bring greater public recognition to Asian American professionals. His longstanding commitment has helped Outstanding 50 Awards grow into a platform where recognition continues beyond the awards ceremony through relationships, mentorship, and support for emerging leaders.

The evening's keynote address was delivered by Rosie Rios, Chair of America250 and the 43rd Treasurer of the United States. Her participation connected AABDC's anniversary celebration with the national commemoration of 250 years of American independence. For AABDC, this connection offered an opportunity to place Asian American business achievement within the broader history of the nation. Recognizing today's leaders also means acknowledging the generations whose work, determination, and entrepreneurship helped create opportunities for those who followed.

Jay Yu, Founder, Executive Chairman and President of NANO Nuclear Energy, delivered special remarks. A 2021

The Visionary Impact Award was presented to The Asian American Foundation (TAAF), represented by CEO Norman Chen. Founded in 2021 amid rising anti-Asian hate, TAAF has worked to address longstanding gaps in philanthropic support for Asian American and Pacific Islander communities. Through initiatives supporting community safety, education, research, and economic opportunity, TAAF brings resources and partnerships to organizations serving AAPI communities. The award recognized its commitment to strengthening those communities, increasing public understanding, and creating opportunities for future generations.

Alongside these special recognitions, AABDC honored 49 outstanding leaders whose careers demonstrate the breadth of Asian American talent in business. This year's honorees represented companies including PepsiCo, Morgan Stanley, JPMorgan Chase, Goldman Sachs, Bank of America, IBM, Pfizer, EY, Deloitte, the New York Stock Exchange, and Colgate-Palmolive, as well as entrepreneurial ventures across investment, healthcare technology, and consumer brands.

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Attorney General James Secures \$400 Million From Sandoz for Illegal Scheme to Inflate Drug Prices

OCTOBER 1, 2026
NEW YORK (TIP)

New York Attorney General Letitia James, on October 1, joined a bipartisan coalition of 47 other attorneys general in securing \$400 million from Sandoz Inc. and Fougere Pharmaceuticals Inc. (Sandoz) for their role in a long-running, coordinated scheme with other pharmaceutical companies to inflate generic drug prices and reduce competition. The settlement is the result of ongoing lawsuits by Attorney General James and the coalition against dozens of companies that made illegal agreements to coordinate the supply and sale of generic drugs in order to fix prices and boost profits. The companies in the scheme, some of which increased prices by as much as 1,000 percent, manufactured essential medications to treat diseases ranging from diabetes to cancer to ADHD. Attorney General James is encouraging all New Yorkers who may have faced higher prices to register on the settlement website, check their eligibility, and submit a claim to seek compensation.

"Generic drug price increases make it harder for working families throughout New York to afford the medications they need," said Attorney General James. "Sandoz and other companies made illegal backroom deals to boost their profits by coordinating to raise drug prices, and now we are ensuring the consumers who were harmed get the justice they deserve. I encourage any New Yorker who may have been cheated by this scheme to find out if they are eligible for restitution and claim the money they are owed."

New Yorkers who purchased a generic prescription drug listed on the settlement website between May 2009 and December 2019 may be eligible for compensation. Consumers can call 1-866-290-0182, email info@aggenericdrugs.com, or visit



New York Attorney General Letitia James, on October 1, joined a bipartisan coalition of 47 other attorneys general in securing \$400 million from Sandoz Inc. and Fougere Pharmaceuticals Inc.

www.AGGenericDrugs.com to determine their eligibility. Eligible consumers must submit their claim by March 8, 2027 to receive compensation. To submit a claim for payment, consumers can visit www.AGGenericDrugs.com and follow the directions to fill out and submit a claim online. Consumers can also request a form from the claims administrator directly by emailing info@aggenericdrugs.com, calling 1-866-290-0182, or mailing the address listed on the webpage.

The settlement with Sandoz is the result of three lawsuits filed by the Office of the Attorney General (OAG) and a coalition of attorneys general against some of the nation's largest generic pharmaceutical companies. The first complaint included 18 corporate defendants, two individual defendants, and 15 generic drugs. Two former executives from Heritage Pharmaceuticals, Jeffery Glazer and Jason Malek, have since entered into settlement agreements and are cooperating. The second complaint was filed in 2019

against Teva Pharmaceuticals and 19 of the nation's largest generic drug manufacturers. The complaint names 16 individual senior executive defendants. The third complaint, set to be tried first, focuses on 80 primarily topical generic drugs that account for billions of dollars of sales in the United States and names 26 corporate defendants and 10 individual defendants. Six additional pharmaceutical executives have entered into settlements with the coalition of attorneys general and have been cooperating to support the states' claims in all three cases.

The lawsuits allege these companies engaged in a broad, coordinated, and systematic conspiracy to fix prices, avoid competition, and rig bids for more than 100 different generic drugs. The companies maintained an interconnected web of industry executives who met with each other during industry dinners, "girls' nights out," lunches, cocktail parties, and golf outings, and communicated via frequent telephone calls, emails, and text messages that sowed the seeds for their illegal agreements. Defendants used terms like "fair share," "playing nice in the sandbox," and "responsible competitor" to describe how they unlawfully discouraged competition, raised prices, and enforced an ingrained culture of collusion.

The drugs included in the scheme span all types - including tablets, capsules, creams, and ointments - and classes - including antibiotics, anti-depressants, contraceptives, and non-steroidal anti-inflammatory drugs. They treat a range of diseases and conditions from basic infections to diabetes, cancer, epilepsy, multiple sclerosis, HIV, ADHD, and more. In some instances, the coordinated price increases were over 1,000 percent.

Read full story at
www.theindianpanorama.news

GOPIO Announces 2026 Biennial Convention in Mumbai and Calls for Award Nominations

SEPTEMBER 29, 2026
STAMFORD, CT (TIP)

The Global Organization of People of Indian Origin (GOPIO) is pleased to announce that its 2026 Biennial Convention and Conference will be held December 18-20, 2026, at the National Sports Club of India (NSCI) in Mumbai.

The three-day global gathering will bring together leaders, professionals, entrepreneurs, academics, scientists, young achievers, community leaders, and prominent members of the Indian diaspora from around the world to exchange ideas, build partnerships, and strengthen connections between the global Indian diaspora and India.

CONVENTION THEME: "VIKASANA - DIASPORA FOR DEVELOPED INDIA"

The convention theme, "VIKASANA - Diaspora for Developed India," reflects GOPIO's commitment to strengthening the partnership between the global Indian diaspora and India's development journey.

The conference will explore opportunities to connect the worldwide Indian diaspora with India's growing ecosystem of technology, capital, startups, mentors, and incubators. Sessions will address emerging technologies, investment opportunities, science and technology,



entrepreneurship, the startup ecosystem, mentorship, and incubation.

A parallel series of sessions will focus on important diaspora issues and emerging leaders, including:

- NRIs and PIOs Working Together to Achieve Common Goals
- Diaspora Women and Their Growing Contributions Across Sectors
- GOPIO Academic Council Roundtable
- Diaspora Youth and Young Achievers
- Diaspora Seniors - Ageing Gracefully

The conference is designed to encourage dialogue, collaboration, knowledge-sharing, and new partnerships among participants from India and the global Indian diaspora.

Those interested in serving as a speaker or panelist in any of the conference sessions are invited to contact gopio@optonline.net.

GOPIO Awards - Call for Nominations

The convention will culminate in a GOPIO Awards Banquet on the evening of December 19, honoring outstanding NRIs and People of Indian Origin (PIOs) who have distinguished themselves through professional achievement, innovation, leadership, and service.

Read full story at
www.theindianpanorama.news

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Political parties and their murky money

Political parties and their benefactors thrive within the system even if it seems reprehensible, unlawful & disturbing

BY ASHOK
LAVASA



The recent BBC investigation regarding extraordinary donations received by six registered unrecognized political parties (RUPP) exposes a well-known but intriguing aspect of Indian politics. It is ugly but ubiquitous. Political parties and their benefactors thrive within this system, even if it seems reprehensible, unlawful and disturbing.

Earlier, the Association for Democratic Reforms (ADR) released a report on July 18, 2025 that found a 223% rise in the declared income of RUPPs during FY 2022-23. It noted that out of 2,764 RUPPs, only 739 submitted their financial records for the year to the Election Commission of India (ECI), the sole custodian of the fate and fortunes of political parties as per law.

In the press note Cleaning up the Electoral System (August 9, 2025), the ECI said it 'delisted' 334 RUPPs out of 2,854 RUPPs as "part of a comprehensive and continuous strategy...to clean up the electoral system." It would be interesting to see if the six parties in question are a part of the ECI's "continuous strategy".

On October 16, 1994, in an order under the Election Symbols (Reservation and Allotment) Order, 1968, Chief Election Commissioner late TN Seshan highlighted the "the sorry state of affairs prevailing in almost all political parties in the country, whether recognized National or State parties or registered-unrecognized parties." He observed: "I have yet to come across any party whose affairs are being run in accordance with the provisions of its constitution or rules and regulations." Through that order, he put all political parties on "notice" to set their house in order, declaring that the ECI would not remain a "mute spectator".

In subsequent guidelines prescribing the format for registration under Section 29A of the Representation of the People Act, (RPA) 1951, the ECI stated in para 3 (xxiii) that the party seeking registration must declare in its constitution that it would contest elections within five years of its registration and that if the party did not "contest elections continuously for six years", it would "be automatically taken off the list of recognized parties."

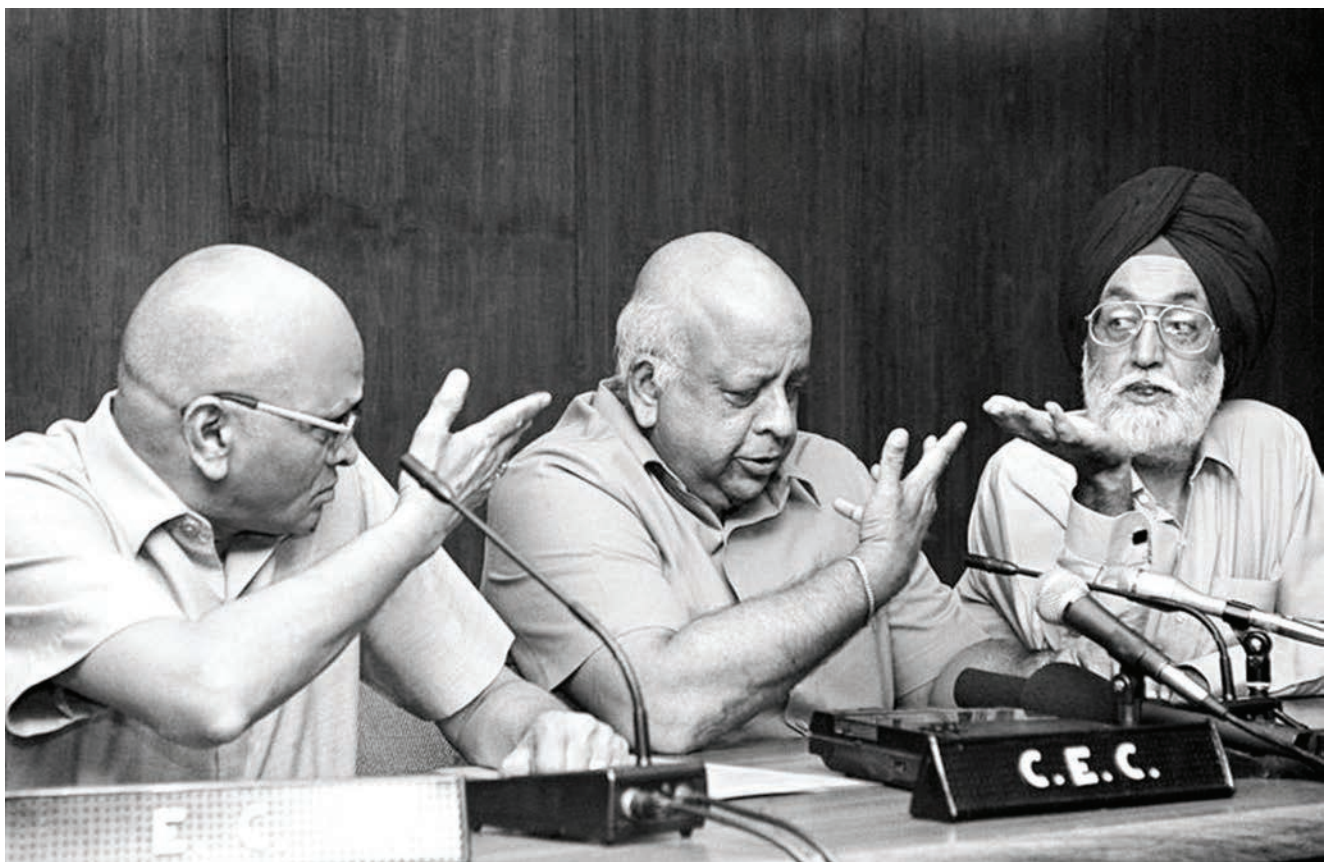
"Taking off" or "delisting" doesn't mean deregistration as the ECI is not empowered to do so. Similarly, even if the RUPPs are 'unrecognized', they qualify to receive contributions as per Section 29-B and income tax exemption under Section 29-C. "Recognition" is governed by para 6 of the Election Symbols Order, which distinguishes between 'recognized' and 'unrecognized' political parties for the purpose of allotting symbols and lays down the criteria for their classification.

Hence, whether "delisted" or "unrecognized", the parties remain eligible for receiving contributions. It is a matter of investigation whether such donations continued to receive tax exemptions as the intent behind the delisting was to disqualify them.

A paper published by Venkatesh Nayak of the Commonwealth Human Rights Initiative revealed that collectively, 22 political parties had Rs 18,742.31 crore at their disposal for the General Elections in 2024, which included funds in their kitty at the time of announcement of the elections and donations of Rs 7,416.31 crore they raised between the dates of announcement and the completion of elections. After the elections, these parties had Rs 14,848.46 crore (including cash in hand and money held in bank accounts and fixed deposits) remaining in their custody after covering all election-related expenditure of Rs 3,861.57 crore during the campaign period, as per the accounts submitted to the ECI.

The study also found that in the last decade, the exchequer 'lost' Rs 11,813 crore in taxes due to exemptions for political donations in which individual donors and Hindu undivided families (HUFs) have overtaken corporates in donating to parties. In FY

THE STUDY ALSO FOUND THAT IN THE LAST DECADE, THE EXCHEQUER 'LOST' RS 11,813 CRORE IN TAXES DUE TO EXEMPTIONS FOR POLITICAL DONATIONS IN WHICH INDIVIDUAL DONORS AND HINDU UNDIVIDED FAMILIES (HUFs) HAVE OVERTAKEN CORPORATES IN DONATING TO PARTIES. IN FY 2022-23, INDIVIDUAL DONORS CLAIMED EXEMPTIONS WORTH RS 2,275.85 CRORE, DWARFING CORPORATE CLAIMS (RS 514.4 CRORE) AND THOSE BY FIRMS/ASSOCIATIONS (RS 115.71 CRORE).



Proactive: Former CEC late TN Seshan (middle) put all political parties on "notice" to set their house in order. Photo / PTI

2022-23, individual donors claimed exemptions worth Rs 2,275.85 crore, dwarfing corporate claims (Rs 514.4 crore) and those by firms/associations (Rs 115.71 crore). Declared donations to parties increased from Rs 714 crore (43 parties) in 2015-16 to Rs 7,203 crore (27 parties) in 2023-24. Yet, only 41.76% of the total donations (Rs 28,287 crore over nine years) were claimed as tax-exempt, leaving questions about the remaining 58%. Nayak wonders "What incentives are driving them to donate without tax relief? The lack of transparency obscures answers."

What added the thickest layer of secrecy was the so-called reform of the electoral bonds brought by the ruling party in 2018, making the entire business of political finance murky. Although declared unconstitutional by the Supreme Court in 2024, the details of the donations subsequently divulged raised questions that remain unanswered. Most RUPPs were not qualified to receive the electoral bonds as it was restricted to parties that "secured at least 1% of the votes in the latest Lok Sabha or State Legislative Assembly elections." Who then made these contributions and why?

Parties have shown scant interest in transparency. They united in dodging the 2013 order of the Central Information Commission that brought them under the Right to Information Act. The Income Tax Department might not consider it a priority to scrutinize the accounts of the parties as it does of ordinary taxpayers. The ECI lacks the mandate, the intent or

wherewithal to do so.

It is, therefore, incumbent upon the SC to order a court-monitored probe in the entire saga of electoral bonds and the alleged quid pro quo, including the phenomenon of 'insignificant' parties receiving and spending huge contributions without participating in the electoral process in any substantial manner.

Exercising its powers under Article 324, the ECI should order political parties to have their accounts audited by the Comptroller & Auditor General of India or its nominee. It should also consider imposing a limit on expenditure by political parties during elections, something it has recommended repeatedly. Tax exemptions on donations should be limited to the expenditure limit. All other donations that enrich the parties must be fully taxed.

The ECI should set up an automatic procedure to 'delist' any RUPP that doesn't contest elections as per its guidelines and develop a digital portal where all registered parties upload their financial data in standardized formats.

Let the ECI spend its energy in 'purifying' the electoral environment rather than chasing genuine electors out of the electoral rolls. Till then, 'We the People' must continue to scream like the people trapped in Nepal tunnels: "Hunuhuncha" ("we are here").

(Ashok Lavasa is a former Election Commissioner of India)

Has Gaza Sucked Oxygen Out of the Human Rights Debate?

BY GEORGE
ABRAHAM



We did not stop the genocide in Rwanda. We did not stop the genocide in Srebrenica. We must stop the genocide in Gaza."

Those were among the concluding words of Slovenian President Nataša Pirc Musar before the United Nations General Assembly, followed by her declaration that there were no longer any excuses. Her words were powerful and received worldwide attention. Whether one agrees with her legal characterization of the war in Gaza as genocide or not, there can be little disagreement that Palestinian civilians have endured enormous suffering and that the international community has a responsibility to protect innocent human life.

President Musar had made a similar broader point only a few months earlier. Speaking on Slovenia's Statehood Day, she referred to Sudan and Myanmar, where, in her words, innocent people were dying 'hidden from the eyes of the world,' even while Gaza remained continuously before the global public. Her larger message was very simple: humanity is indivisible.

That is where the current human rights debate troubles me. Gaza appears to have sucked almost all the oxygen out of the discussion of human-rights violations taking place elsewhere in the world. Gaza deserves attention, and the suffering of Palestinians should never be minimized. However, human rights, by their very definition, are universal. They cannot become selective depending on geography, religion, politics, television coverage, or the ideological preferences of those who claim to defend them.

Consider Sudan. When the Rapid Support Forces captured El Fasher in Darfur, the United Nations documented more than 6,000 people killed in only three days and said the actual toll was undoubtedly higher. Civilians were reportedly executed, attacked while attempting to flee, subjected to sexual violence and targeted along ethnic lines. Sudan has also become one of the world's largest displacement and humanitarian crises. These are staggering atrocities. Yet the tragedy seldom generates the sustained attention in the United States that Gaza has commanded.

Nigeria provides another example. The violence there is admittedly complex, involving religious extremism, ethnic rivalries, land disputes, criminal gangs and weak governance. Muslims have also been victims of terrible violence. Nevertheless, Christian communities have suffered enormously. Open Doors reported that 3,490 Christians were killed for faith-related reasons in Nigeria during its latest annual reporting period, averaging close to ten every day. Nigeria accounted for the overwhelming majority of such documented Christian killings worldwide during that period.

These are not insignificant numbers. Churches are attacked, worshippers kidnapped, and entire communities live under constant insecurity. Nevertheless, one rarely witnesses the type of sustained demonstrations, campus encampments, and national political mobilization on behalf of Nigerian victims that we have witnessed over Gaza.

Syria is another tragedy that seems to be disappearing from public consciousness. The fall of the Assad regime has not brought security to many religious minorities. USCIRF reported this year that Syria's transitional authorities have failed adequately to protect religious freedom and that both state and non-state actors have committed sectarian violence and extrajudicial killings against Alawites, Druze, Christians and other communities. ISIS and other extremist elements continue to present additional threats to religious minorities.

Then there is Nagorno-Karabakh. Following Azerbaijan's military operation in September 2023 and the preceding restrictions on the Lachin Corridor, more than 100,000 ethnic Armenians-virtually the entire Armenian population of Nagorno-Karabakh-fled to Armenia within a matter of days. The United States State Department documented that enormous exodus.



Ruins of Beit Lahia, in the Gaza Strip, destroyed by Israeli bombardments, February 23, 2025. Photo / Jaber Jihad Badwan

Azerbaijan has maintained that Armenians could remain or return under its sovereignty, but the fact remains that an ancient Armenian Christian community was almost completely emptied from the territory.

How quickly the world moved on! In my own homeland of India, Manipur remains another painful example. Since ethnic violence erupted there in May 2023, Human Rights Watch reports that more than 260 people have been killed and more than 60,000 displaced. The earlier phase of the conflict involved predominantly Hindu Meitei and predominantly Christian Kuki-Zo communities, although subsequent violence has expanded to involve other ethnic groups. Hundreds of homes and churches have been destroyed, and large numbers of people remain unable to return safely to their communities. During just the first weeks of the 2023 violence, a Christian organization cited by Human Rights Watch reported that more than 200 churches had been burned or destroyed. Manipur has received some international attention, but hardly anything proportional to the scale and duration of the tragedy.

Iran provides yet another chilling example. During the nationwide protests that broke out in late 2025 and intensified in January 2026, Human Rights Watch reported evidence of countrywide massacres. It said thousands of protesters and bystanders were believed to have been killed. Tens of thousands were subsequently reported arrested, with allegations of torture, enforced disappearances and the threat of arbitrary executions.

China continues its systematic repression of religious communities as well. USCIRF reported this year that the Chinese government has intensified its policy of "sinicization," tightening control over Uyghur Muslims, Tibetan Buddhists and other religious communities. Its 2026 annual report stated that at least half a million predominantly Muslim Uyghurs and members of other Turkic minorities remained imprisoned or confined in internment facilities in Xinjiang. Christians who worship outside state-approved structures also continue to face government restrictions and repression.

None of these tragedies should diminish our concern for Gaza. However, taken together, they raise a legitimate question about the consistency of today's human-rights movement. That is particularly true when one looks at sections of the so-called progressive movement in the United States.

The mobilization over Gaza has been extraordinary. American university campuses witnessed hundreds of demonstrations and encampments, occupations of buildings, demands for divestment and confrontations with university administrations and police. In a matter of weeks in 2024, Reuters reported more than 2,600 arrests at over 100 protests in 39 states. The movement became one of the largest episodes of American student activism in years.

Those students had every right to protest peacefully. Freedom of speech and peaceful assembly are fundamental American freedoms, and they must be protected even when the message is unpopular. However, what troubles me is the selectivity. I do not recall anything remotely approaching that level of

mobilization when thousands were being massacred in Sudan, when Christians were being killed almost daily in Nigeria, when Armenian Christians fled Nagorno-Karabakh, when tens of thousands were displaced in Manipur, when Iranian protesters were being gunned down, or when Uyghurs were being incarcerated in China.

Therefore, it is reasonable to examine whether, for some parts of the progressive movement, Gaza has become more than a human-rights cause. The rhetoric surrounding many demonstrations has increasingly embraced broader demands against American institutions, corporations, universities, law enforcement and traditional U.S. foreign-policy relationships. Protesters themselves have identified objectives ranging from ending U.S. military support for Israel to forcing universities to divest from companies they regard as complicit in the war.

There is nothing inherently illegitimate about advocating any of those policies. Nevertheless, when a human-rights movement displays tremendous energy for one particular conflict while staying largely silent about comparable atrocities elsewhere, one is entitled to wonder whether ideology has begun to compete with humanitarian concern.

I would not presume to know the motivation of every student carrying a placard or every progressive activist marching down a street. Many undoubtedly are genuinely horrified by Palestinian suffering. Some Jewish Americans themselves participated prominently in the demonstrations, and many protesters sincerely believed they were acting in accordance with universal humanitarian principles.

However, there is also an increasingly visible tendency among parts of the activist left to view almost every major American institution through the prism of oppression and resistance. Gaza then appears to become another vehicle for confronting the political, economic and social structure of the United States. Whether that is the intention of the movement as a whole or not, the appearance of selective outrage weakens its moral credibility.

Human rights cannot be fashionable rights. If we oppose the killing of innocent civilians, we should oppose it everywhere. If we condemn ethnic cleansing, the religion or nationality of the victim should make no difference. If religious persecution is wrong, it is wrong whether the victim is a Muslim Uyghur in China, a Christian in Nigeria, a religious minority in Syria or anyone else.

A Palestinian child buried under rubble is precious. So is a Sudanese child fleeing El Fasher. So is a Christian child terrorized in Nigeria, an Armenian forced from an ancestral home, a displaced Kuki family in Manipur or an Iranian youngster shot for demanding freedom.

President Musar's words about Gaza were compelling. However, I find her broader declaration that humanity is indivisible even more important. She herself has reminded us that Sudan and Myanmar are suffering largely outside the glare of world attention. Therefore, the answer is not to speak less about Gaza. It is to speak more loudly on behalf of everyone else.

Human rights will retain their moral force only when they apply equally to friend and foe, majority and minority, Christian, Muslim, Jew, Hindu or unbeliever. Once we select victims according to our political agenda, human rights cease to be universal principles and risk becoming another weapon in the political battles of our time.

There should be enough oxygen in humanity's conscience for every victim. Otherwise, selective outrage may ultimately do as much damage to the credibility of the human-rights movement as silence itself.

(George Abraham is a former Chief Technology Officer at the United Nations. He is currently Vice Chair of IOCUSA. He can be reached at gta777@gmail.com)

Lt. Governor Aruna Miller Signs Maryland-Korea Agreement to Advance Quantum Innovation



Maryland Lt. Governor Aruna Miller (Right) and Vice Governor of Gyeongsangbuk-do Province Geum-hee Yang signing an agreement to Advance Quantum Innovation

**SEPTEMBER 29, 2026
COLLEGE PARK, MD (TIP)**

Lt. Governor Aruna Miller and the Maryland Department of Commerce, on September 29, joined officials from the Gyeongsangbuk-do, Republic of Korea to sign a Memorandum of Understanding (MOU) to foster strategic collaboration in quantum innovation. The agreement will join Maryland's quantum assets with Gyeongsangbuk-do Province's manufacturing and industrial capabilities to advance quantum technologies, develop infrastructure, and foster the growth of quantum companies.

The agreement was signed by Maryland Lt. Governor Miller and Vice Governor of Gyeongsangbuk-do Province Geum-hee Yang at the 2026 Quantum World Congress (QWC). Held at the University of Maryland, College Park - the epicenter of the state's Capital of Quantum initiative - QWC brings together global quantum leaders in an effort to collaborate on shared advancement in quantum science and technology.

"Today's MOU with Gyeongsangbuk-do will not only strengthen our bilateral collaboration, but it will also create new opportunities for innovation in both Maryland and the Republic of Korea," said Lt. Governor Miller. "College Park is home to Maryland's quantum ecosystem, and there is no better venue to sign this agreement than at QWC 2026, where leaders from around the world are coming together to advance the future of quantum."

"This agreement will serve as a catalyst to accelerate the commercialization of quantum technology by connecting Maryland's quantum research capabilities with Gyeongbuk's manufacturing foundation," said Vice Governor of Gyeongsangbuk-do Geum-hee Yang. "We will support this collaboration so that it expands to universities, research institutions, and supply chain companies in both regions, and ultimately translates into business opportunities for local companies and jobs for young people."

This collaboration establishes a framework for the joint development of research; exchange of students and professionals; and sharing and exploration of emerging technologies, while promoting strategic cooperation in quantum computing, research, innovation, and economic development between the two regions. The agreement will also connect Maryland's quantum technology ecosystem with the manufacturing and semiconductor capabilities of Gyeongsangbuk-do, particularly in the City of Gumi.

Maryland's relationship with the Republic of Korea dates back many years. Most recently, the Moore-Miller Administration completed a trade mission in 2025, directly contributing to significant investment from Korean companies like Samsung Biologics and Nature Cell, which both announced new facilities in Maryland, supporting hundreds of jobs.

"Maryland's longstanding partnership with the



Lt. Governor Aruna Miller and Vice Governor Geum-hee Yang display the agreement copies to the media

Republic of Korea has fostered meaningful and productive collaboration in areas such as biotechnology and aerospace," said Maryland Commerce Secretary Harry Coker, Jr. "We are proud to build on that strong foundation by formally extending our partnership into quantum technology. By combining our shared expertise, resources, and commitment to innovation, we can create new opportunities for economic growth and technological advancement in both regions."

Maryland's Capital of Quantum is a public-private initiative that anchors one of the most defense-connected, research-rich quantum corridors in the world. With the University of Maryland's leading quantum programs, National Quantum Lab (QLab), and Quantum Startup Foundry, the ecosystem connects federal laboratories, national security agencies, research institutions, investors, and industry partners across the region. Since launching the initiative in 2025, Maryland has secured more than \$500 million in quantum investments.

Trump ally urges administration to 'step back' and rethink immigration agenda

**OCTOBER 1, 2026
WASHINGTON, D.C. (TIP)**

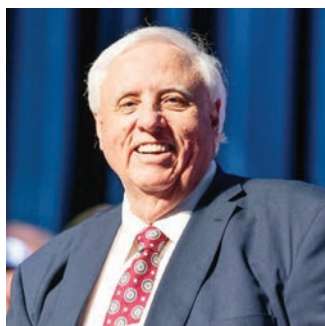
A close political ally of Donald Trump has broken from the administration's aggressive immigration enforcement agenda and recommended it "step back" to evaluate what it could do better.

"To get better, the first thing you got to do is admit you're doing something wrong," Jim Justice, a Republican senator of West Virginia, told Politico. "And in this situation, with all that's going on and all the stuff, we probably got to step back from it and say: 'Maybe we're doing something wrong here or there,' and then adjust to that."

Justice, who also sits on the Senate agriculture committee, made his comments after three rancher associations condemned Immigration and Customs Enforcement (ICE) activity for negatively affecting agricultural communities.

But his comments also come after an ACLU of West Virginia investigation found that about three-quarters of the more than 593 arrested by ICE in the state during "Operation Country Roads" in January had no criminal record.

"Before you know it, you get people



Republican senator Jim Justice of West Virginia criticizes immigration crackdown as ranchers' associations condemn ICE activity
@JimJusticeWV/X

that get carried away in their job and whatever it may be, and all of a sudden, then you're dragging people away that have lived on your street corner for 15 years, and I don't know that we need to be doing that stuff," Justice told Politico.

Trump's immigration enforcement agenda is a signature policy of his administration. Many voters indicated they wanted stricter immigration policies, but the intense tactics of

federal agents have sparked anger nationwide.

For ranchers in rural communities, ICE operations have had "a massive chilling effect on the legal, documented, skilled workers" who assist in beef production and the cattle supply chain, the Kansas Livestock Association, Oklahoma Cattlemen's Association and Texas Cattle Feeders Association said in a statement released last week.

Dairy farmers have also recently raised concerns that ICE operations in rural areas could soon hurt their industries.

Read full story at
www.theindianpanorama.news

H-1B Visa: Trump Renews \$100,000 Payment Requirement and Adds Layoff-Related Scrutiny

**SEPTEMBER 21, 2026
WASHINGTON, D.C. (TIP)**

President Trump signed two H-1B-related actions on September 18, 2026: a proclamation extending the \$100,000 H-1B fee originally imposed in September 2025 for another 12 months, and a separate Executive Order directing agencies to weigh an employer's recent layoffs when reviewing its H-1B petitions. The fee extension takes effect at 12:01 a.m. Eastern time on September 21, 2026, right as the original one-year restriction was set to expire. The restriction is scheduled to remain in effect for 12 months, absent another extension, modification, or court action.

WHAT THE NEW PROCLAMATION DOES

The core requirement is unchanged from the original 2025 proclamation: entry into the U.S. as an H-1B specialty occupation worker is restricted unless the petition is accompanied or supplemented by a \$100,000 payment. The proclamation generally targets H-1B petitions involving beneficiaries outside the United States who must seek admission to activate the petition approval, including through consular processing, port-of-entry admission, or pre-flight inspection. Employers should obtain case-specific advice concerning extensions, amendments, changes of status, and international travel.



The Secretary of Homeland Security retains discretion to exempt an individual worker, an entire company, or an entire industry from the restriction if doing so is found to serve the national interest and does not threaten U.S. security or welfare. Employers must obtain and retain documentation of payment before filing, and the State Department is directed to verify payment before approving the visa.

The White House cites steep drops in H-1B filings by large IT staffing and outsourcing firms as evidence the original restriction worked as intended, along with a shift toward higher-paid, higher-skilled registrants in the FY 2027 cap season. Those figures come from the administration's own account of the policy's effects and are worth reading with that in mind.

A COMPLICATED LEGAL BACKDROP

This renewal doesn't arrive on settled legal ground. The original \$100,000 fee has been through a genuinely messy run in the courts over the past several months.

Read full story at
www.theindianpanorama.news

A WORLD IN REBALANCING

Everybody is openly dealing with everybody else. That is where we are heading toward multipolarity

I.S. SALUJA
NEW YORK (TIP)

India's External Affairs Minister Dr. S. Jaishankar offered a wide-ranging assessment of a world undergoing profound geopolitical and economic change during a conversation with former U.S. diplomat Daniel Russel at the Asia Society in New York on September 28, 2026.

Speaking at the conclusion of a busy United Nations General Assembly High-Level Week, during which he said he had met 85 ministers from different countries over ten days, Jaishankar described an international system increasingly shaped by competition, interdependence, strategic autonomy and the emergence of multiple centers of power.

The old playbook, he suggested, is being rewritten.

Countries that once expected others to align themselves more rigidly with particular blocs are themselves pursuing multiple relationships. Trade arrangements are changing. Conflicts in Ukraine and the Gulf are producing consequences far beyond the countries directly involved. Developing nations are confronting pressures involving energy, food, fertilizer and finance. And governments are increasingly seeking multiple partnerships rather than placing their interests entirely in one relationship.

For India, Jaishankar argued, the answer lies neither in isolation nor rigid alignment, but in maintaining stable and reliable relationships across a broad spectrum of powers while preserving strategic autonomy.

In an engaging conversation, Russel challenged the

Minister on whether such multipolarity could deteriorate into a "Hobbesian" world dominated by raw national self-interest. Jaishankar acknowledged the risks but argued that countries' own need for stability and predictability would ultimately encourage balancing arrangements and new partnerships.

The discussion also turned candidly to India-U.S. relations. Jaishankar identified trade, terrorism and mobility among issues affecting the relationship, while expressing hope that bilateral ties would return to an upward trajectory. On China, he said relations had improved as the border situation moved toward greater normalcy, although he stopped short of describing the change as structural. With Japan, he saw considerable potential in investment, technology, defense, supply-chain diversification and greater societal exchanges.

EDITED EXCERPTS FROM THE CONVERSATION FOLLOW:

BHARAT KHERA

DANIEL RUSSEL: Minister, welcome back to Asia Society. In your opening remarks you spoke about the competitive spirit colliding with the realities of interdependence and weaponization.

When we spoke on this stage two years ago, I asked you about the paradox of India dealing simultaneously with Washington, Beijing, Moscow and others. You explained that one could "walk and chew gum at the same time."

Looking at the world you have described today, I would like a piece of that gum.

Let me begin with the United States. You have spoken previously about consequential changes in the international system and an erosion of established rules. What changes do you see, what has been their impact, and who have been the winners and losers?

S. JAISHANKAR: That piece of gum is now in pretty big supply in Washington.

This was a question people normally asked us: How are you dealing with China, Russia, Ukraine, other parts of Asia and Europe simultaneously?

Today Washington itself is practicing that approach with a great deal of gusto.

There was a time when the narrative was: "We don't like you having too many options. We want you to focus your relationship on us"-even though the United States, being a global power, kept more of its own options open.

Today that pretense has dropped for everybody.

Everybody is openly dealing with everybody else. That is where we are heading toward multipolarity.

Everybody is going to try to get the best deal possible from a given situation based upon a sharper definition of national interest. We may like it or not, but once Washington takes the lead in that direction, it becomes something of a global fashion.

On rules, however, I think there may be some confusion. I did not say that the United States was primarily responsible for departing from the rules.

My point has been that rules-particularly economic rules-have been continuously eroded over time.



India's External Affairs Minister Dr. S. Jaishankar in conversation with former U.S. diplomat Daniel Russel at Asia Society, New York on September 28, 2026.
-Photo: Jay Mandal-on assignment

We have trading structures based on market assumptions, while trading practices have departed sharply from those assumptions. A great many non-market practices entered the trading system, and for whatever reasons the world looked away.

So the observance of rules was gradually corroded rather than simply rejected.

Now we are seeing new positions from the world's largest economy and a different trading template based increasingly on one-to-one deals. That strikes at some of the assumptions underlying the earlier system.

We are therefore seeing greater realism, a different template and a renegotiation of many arrangements.

What emerges will be a new set of bargains, understandings and possibly relationships. Countries will agree on some issues and cooperate to different

degrees on others.

We have to throw away the old playbook and start writing a new one. That will not happen overnight.

RUSSEL: The postwar international system rested, at least in principle, on the strongest country accepting that rules were binding on it as well. That provided predictability and safeguards, particularly for smaller countries.

If the major powers are no longer prepared to accept broadly common rules, what prevents multipolarity from becoming a Hobbesian jungle-a survival-of-the-fittest, dog-eat-dog environment?

JAISHANKAR: From the perspective of a country such as India, there is another problem.

Complaints about the trading system may arise from the behavior of one country, but the reactions are then

visited upon us as well. That is rather unfair.

There is one conversation about how the trading system was gamed, how trading practices evolved, how surpluses were created, market shares increased and production shifted.

But what has now happened is something closer to the United States versus everybody else-including countries that had no role in gaming that system.

Whether we like it or not, that is American policy today.

How do we prevent this from becoming utterly Hobbesian? We will have to see whether checks and safety nets emerge that limit the competition, or whether the United States deals individually with 190-odd countries and the aggregate of those bilateral arrangements itself becomes the system.

CONTD FROM PAGE 11

We could end up much more in the direction you describe.

If you are negotiating in today's world, you need that sense of realism.

RUSSEL: Then what would a healthier version of multipolarity look like-one that respects, for example, the interests of developing countries? How can the self-interest of major powers be tempered into something more stable and equitable?

JAISHANKAR: That is really at the heart of the foreign-policy thinking of countries of our size and range of interests.

First, you build a reputation for being stable, consistent and reliable, so that in a dynamic and volatile world others see you as a steadying factor. Partners then tend to gravitate toward you.

Second, the more you diversify relationships and identify common interests and common ground, the greater the possibility of creating a balancing structure.

We need to temper self-interest with long-term predictability and stability-which are themselves part of intelligent self-interest.

Take India. We would ask: how do we achieve the right balance in our relationships with the United States, Europe, Japan, China, Russia, the Gulf, ASEAN and the Global South?

It is almost a portfolio-management approach.

The Hobbesian scenario you describe is extremely volatile and risky. Countries will not want to expose their trade and economies indefinitely to that degree of volatility.

They will seek relationships offering stability and predictability, even where the immediate returns may be lower.

I am therefore not pessimistic.

The world is becoming more competitive. It is tough. A new dynamic and a new culture will emerge. New negotiations will take place and new bargains will be struck.

When the smoke clears, the different points will be joined by lines of different lengths, and a new geometry will emerge.

RUSSEL: There are at least two forces complicating that vision. One is the ripple effect from conflicts-whether Ukraine or the Gulf-which creates enormous consequences for energy, grain and other necessities in countries far removed from those wars.

The second is the increasing extraterritorial application of sanctions and rules by major powers, which can force third countries to choose sides.

How does India view those pressures?

JAISHANKAR: They are a major concern for us.

The Ukraine conflict and now the Iran-Gulf conflict have had a devastating impact on Global South economies.

Energy markets are already extremely tight. If politics is added to the security-of-supply problem, prices rise precisely when countries should be trying to stabilize them.

Food is another concern. Major grain exporters may be unable to send shipments, particularly through the

Black Sea. We are also looking at significant fertilizer shortages because important producers are located in Russia and the Middle East and production has been affected.

If you combine an energy crunch with pressures involving food, fertilizer and finance-because money moves toward safe havens whenever conflict erupts-the result is extraordinarily stressful for developing economies.

Policymakers cannot simply say these consequences were unintended.

They have a responsibility to consider the impact their decisions will have on other countries.

Countries cannot be so self-centered that they make decisions entirely within their own world and then tell everyone else: "It wasn't my intention to make your life difficult."

We also cannot allow countries to be left behind.

We have seen at great cost to global security what happens when governance breaks down across significant geographies. We should not repeat that mistake.

Concern for the Global South is therefore not a platitude or merely a humanitarian appeal. It is sound common sense.

As a post-colonial society, India naturally feels a degree of solidarity. But I would argue that it is also in the self-interest of developed countries not to allow widespread distress and instability.

On pressure upon countries to choose sides, yes, that is a reality.

Some countries will be able to maintain greater independence and autonomy. Others will find that more difficult.

Those of us who are autonomous would like to see more countries remain autonomous.

But it will not be black and white. Much will depend upon the particular issue and the stakes involved. In some cases countries will adjust; in others they will push back.

RUSSEL: Let us turn to India-U.S. relations. A year or so ago expectations were quite high, but not everything has proceeded as anticipated. The trade agreement remains unfinished and tariffs have complicated matters.

What needs to happen to put the relationship on a better track?

JAISHANKAR: If I stand back and look at the relationship, I would first note that much of the world has had a more difficult relationship with the United States. That may not be much consolation, but it is a reality.

In India's case, there are several specific issues.

The first is the trade negotiation.

India is a society of small producers-small agricultural producers and small factories. Apart from the large per-capita income gap between India and the United States, the nature of production and society is very different.

A trade negotiation therefore requires patience and considerable attention to detail.

The expectation that it could move forward very rapidly was tested against a much more complicated ground reality.

Today, there is more or less an understanding on the trade agreement. The question concerns developments on the American side and the basis upon which tariffs will now be imposed.

The agreement is very far advanced. If it can be concluded, that would certainly contribute to a better relationship.

The second issue concerns the sensitivities of each country.

For India, terrorism is particularly important.

There are perhaps very few countries that have been subjected to the kind of terrorism we have faced from a neighbor as part of a deliberate and conscious policy over many decades.

If something that matters so deeply to us does not receive sufficient understanding, appreciation or empathy, that creates a problem.

If one of my primary concerns is not fully appreciated by my partner, clearly that has an impact upon the relationship.

Another issue is mobility.

For many years mobility was regarded principally as an economic gain. Today, in some quarters, the economics of mobility and the politics of mobility are at odds.

We also have to recognize that foreign policy is no longer conducted solely by governments, leaders, ministers or diplomats. In the age of social media, public opinion has become an important factor, particularly in democratic societies.

We certainly hope and expect the India-U.S. relationship to return to an upward trajectory. But we also have to be realistic about the issues confronting us.

Progress on those issues will produce a better relationship.

RUSSEL: Let us apply that lens to India-China relations. Compared with two years ago, there are more flights, greater diplomatic engagement and considerable disengagement along the border.

Are we seeing structural improvement in the relationship?

JAISHANKAR: Compared with 2025, is the relationship better today? I would say yes. Compared with 2024, even more so.

But I would not describe it as structural change.

Part of the reason relations have improved is simply that they had gone so badly off track.

After what happened in 2020 and the prolonged border standoff, the relationship was deeply affected. Most normal contacts between the Indian and Chinese systems came to a halt. Trade continued, but official exchanges, visas, flights and other interactions were affected.

Once the border standoff was resolved, it was natural for those things to begin improving.

We had also consistently told the Chinese that a prolonged standoff between us did not benefit either country. In fact, third parties could benefit from it.

There is a very elementary principle of statecraft here: do not remain locked into a problem that benefits others.

For India, the fundamental principle has been that the state of the border determines the state of the relationship.

You cannot have tension-or worse-on the border and simultaneously say that the broader relationship should be normal.

As the border moves toward normalcy, the relationship moves toward normalcy. And if the relationship becomes more normal, that benefits both countries.

RUSSEL: Finally, let us turn to Japan, a country in which both of us have served. What role can the growing India-Japan partnership play in Asia and the Indo-Pacific?

JAISHANKAR: I would make four points.

First is the economic relationship.

Many relationships are predominantly trade-centered. India's relationship with Japan is much more investment-centered, and investment is growing fairly rapidly.

There is increasing recognition in Japan that it is in its interest to have multiple sources of production. This is part of diversifying supply chains, and we are seeing Japanese companies becoming more interested in India.

Second is technology-semiconductors in particular, but also chemicals and other areas of advanced manufacturing.

Japanese companies increasingly recognize the value of establishing operations in India and working with Indian talent and Indian companies.

Third is security and defense.

India and Japan are both maritime and Indo-Pacific powers, and we have a long and positive history.

The historical dimension of the relationship is sometimes underappreciated. Japan has been consistently well regarded in India across the political spectrum.

Given that history, the political consensus and the challenges emerging in the region, our defense and security relationship is growing.

We are conducting more exercises and more shared activities. These are significant developments by Japanese standards.

Japan also increasingly recognizes the value of having more partners in addition to its traditional partner. The Quad provides a useful institutional framework within which this can develop.

Fourth is societal interaction.

We are trying to promote more exchanges and more students. The number of Indian students in Japan remains very low, while demand for Japanese-language education in India is growing.

I expect that human connection to expand as well.

RUSSEL: Minister, we have covered only a fraction of the subjects everyone here would like to discuss. But you have given us an opportunity to look through your very clear and logical eyes at a world that is undergoing rebalancing-a world certainly in considerable churn. Thank you very much for your time.

JAISHANKAR: Thank you.

Romania's Five-Month Political Stalemate Deepens as US Envoy's Remarks Stir Controversy

I.S. SALUJA
OCTOBER 1, 2026
BUCHAREST/WASHINGTON (TIP)

Romania's political crisis, which began with the fall of Prime Minister Ilie Bolojan's government in May, has entered its sixth month, with Parliament again failing to approve a new government even as controversial remarks attributed to U.S. Ambassador to Greece Kimberly Guilfoyle have raised questions about possible American involvement in the political developments surrounding the government's collapse.

The controversy has now reached Washington, where senior Democratic members of the Senate and House foreign-affairs committees have called for scrutiny of Guilfoyle's conduct following reports about her diplomatic

confidence.

The parliamentary arithmetic therefore provides a clear constitutional explanation for the government's collapse.

However, developments subsequently reported concerning U.S. diplomatic activity in the region have introduced another-and more controversial-dimension to the story.

US ENVOY'S REPORTED REMARKS

According to a Wall Street Journal investigation cited in subsequent reports, U.S. Ambassador to Greece Kimberly Guilfoyle made extraordinary remarks during a private dinner in Athens on March 18, several weeks before Bolojan's government fell.

While discussing the developing political situation in Romania, Guilfoyle

But Romania is in an unusual position because it produces most of the natural gas it consumes and expects production from its Black Sea fields to increase substantially.

Bolojan said this week that Romania currently produces more than 80 percent of its gas requirements domestically and is expected to become a gas exporter as Black Sea production increases.

"Romania does not need gas; Romania will be a gas exporter," the interim prime minister said, while emphasizing that there was no disagreement between Bucharest and its American partners.

The distinction is significant. Romania supported the infrastructure necessary for the Vertical Corridor but did not see an economic need to become a major purchaser of imported

Foreign Affairs Committee, raised concerns arising from the Wall Street Journal investigation.

Meeks specifically cited the reported statement concerning America's ability to influence political change and its reference to Romania.

In a letter to Secretary of State Marco Rubio, Meeks said the allegation had caused concern in Greece and Romania about possible U.S. interference in the democratic governments of NATO allies.

The lawmakers' concerns extend beyond Romania. They have also questioned Guilfoyle's promotion of energy projects involving Greek commercial interests, her interactions with a registered lobbyist associated with a Greek construction and energy company, and the use of private aircraft.

The U.S. Embassy has maintained that Guilfoyle followed applicable ethical requirements.

Meeks has asked the State Department for answers and said the ambassador should be removed if the allegations concerning her conduct prove accurate.

POLITICAL UNCERTAINTY CARRIES ECONOMIC COST

Meanwhile, Romania's inability to establish a government with full parliamentary authority is beginning to have consequences beyond politics.

The country's currency has fallen to record lows, local bond yields have risen sharply and pressure is increasing on Romania's investment-grade sovereign credit rating.

S&P Global is scheduled to review the country's rating, which already stands at the lowest investment-grade level with a negative outlook.

Romania is also struggling with rapidly accumulating public debt and the need to continue reducing a budget deficit that exceeded 9 percent of gross domestic product in 2024.

President Nicu?or Dan must now resume consultations with political parties in search of a prime minister capable of assembling the required parliamentary majority. If repeated attempts fail, pressure for early parliamentary elections could increase.

Five months after Bolojan lost the confidence of Parliament, Romania therefore remains caught between political fragmentation, mounting economic pressures and increasingly contentious questions about foreign influence.

What is established is that Bolojan's government was constitutionally removed by 281 Romanian lawmakers after its coalition fractured.

What remains unestablished is whether foreign pressure played any role in producing the political circumstances that preceded that vote.

The reported words of the U.S. ambassador-and the questions now being asked about them in Bucharest, Athens and Washington-have ensured that the issue is unlikely to disappear while Romania searches for a government capable of ending its prolonged political stalemate.



activities in southeastern Europe.

Romania's latest attempt to end the political deadlock failed on September 30 when Prime Minister-designate Siegfried Mure?an's proposed center-right government received only 182 votes in Parliament, well short of the 233 required for approval.

The defeat prolonged a crisis that began on May 5, when Bolojan's pro-European government was ousted in a parliamentary vote of no confidence. The motion received 281 votes, comfortably exceeding the 233 needed.

COALITION COLLAPSE BRINGS DOWN BOLOJAN

The immediate cause of Bolojan's fall was the withdrawal of the Social Democratic Party (PSD), Romania's largest parliamentary party, from the governing coalition.

The PSD subsequently joined the nationalist Alliance for the Union of Romanians (AUR) and other lawmakers in moving the no-confidence motion against Bolojan.

The Social Democrats had sharply criticized Bolojan's economic policies, including austerity measures introduced to tackle Romania's large fiscal deficit. The government had defended the measures as necessary to restore fiscal stability and retain market

was reported to have suggested that the United States possessed the ability to bring about political change in other countries, including Greece.

"We can do that to any country we want. We can do that here," she was reported as saying.

The account has been disputed. Guilfoyle's lawyer has challenged the characterization of the conversation, while Greek government officials who attended the dinner have denied that the ambassador threatened the Greek government.

No publicly established evidence has demonstrated that the United States engineered the fall of Bolojan's government.

The reported remarks have nevertheless attracted particular attention because of their timing and because they came amid American efforts to expand the movement and sale of U.S. liquefied natural gas in southeastern and central Europe.

THE LNG CONNECTION

Washington has strongly promoted the Vertical Gas Corridor, an energy route intended to move gas arriving in Greece northward through Bulgaria and Romania toward Ukraine and other parts of central and eastern Europe.

Bolojan supported the corridor itself.

American LNG.

Reports concerning Guilfoyle have drawn attention to American efforts at the time to encourage greater LNG purchases and energy agreements in the region.

The ambassador subsequently travelled to Bucharest and held meetings with Romanian political figures, including representatives of the PSD. Weeks later, the PSD withdrew from Bolojan's coalition and joined the parliamentary move that brought down his government.

Those events have inevitably generated political questions in Romania. But their sequence does not, by itself, establish that Washington orchestrated Bolojan's removal, and Romanian political figures have denied allegations of collusion with the United States.

CONTROVERSY REACHES WASHINGTON

The issue acquired greater significance on October 1 when leading Democrats in Congress sought a State Department review of Guilfoyle's conduct.

Sen. Jeanne Shaheen, the ranking Democrat on the Senate Foreign Relations Committee, and Rep. Gregory Meeks, ranking Democrat on the House

Ambassador's Visit to Târgoviste and Gorj County Strengthens India-Romania Cooperation in Critical Minerals, Energy, Technology and Education



Ambassador participation to Cultural Exchange and People-to-People Connections in Târgoviste

Dr. Manoj Mohapatra, Ambassador of India to Romania, undertook an official visit to Târgoviste and Gorj County on 28-29 September 2026. During the visit, the Ambassador held meetings with local and regional authorities, university representatives and business stakeholders to explore opportunities for strengthening India-Romania cooperation in critical raw materials, energy, advanced manufacturing, technology, research and innovation, investment and technical education. The visit also included a cultural engagement highlighting the importance of people-to-people contacts in further strengthening bilateral relations.

CULTURAL EXCHANGE AND PEOPLE-TO-PEOPLE TIES IN TÂRGOVISTE

On 28 September, the Ambassador attended a cultural programme in Târgoviste in the presence of Mr. Daniel-Cristian Stan, Mayor of Târgoviste; Mr. Corneliu Stefan, President of the Dâmbovită County Council; and Mr. Ioan Corneliu Salisteanu, Rector of



Ambassador's meeting Mr. Cosmin Mihai Popescu, President of the Gorj County Council; Mr. Marcel-Laurentiu Romanescu, Mayor of Târgu Jiu; and Mr. Dumitru Turbaceanu, Mayor of Baia de Fier.

Valahia University.

Indian exchange students participated in the programme and presented traditional Indian dances, providing an opportunity for the local community and Indian students to interact through cultural exchange. The programme highlighted the contribution of academic and student exchanges to promoting greater mutual understanding and strengthening people-to-people ties between India and Romania.

The Ambassador appreciated the support extended by the local authorities and the university community towards promoting cultural and educational exchanges alongside the expanding economic and institutional partnership between India and Romania.

COOPERATION IN CRITICAL RAW MATERIALS AND INVESTMENT IN BAI DE FIER

During his visit to Baia de Fier, the Ambassador met Mr. Dumitru Turbaceanu, Mayor of Baia de Fier, and discussed the economic potential of the area and avenues for cooperation with India. The discussions included the potential of the region's graphite resources in the context of growing global attention to critical raw materials. Opportunities for Indian investment, technology cooperation and engagement between Indian companies and local stakeholders were also discussed.

The Ambassador highlighted India's interest in strengthening cooperation with Romania in critical raw materials and associated value chains, including processing, technology, manufacturing and investment. The meeting also provided an opportunity to discuss strengthening institutional and people-to-people linkages between India and Baia de Fier.

ADVANCING INDIA-GORJ COOPERATION IN STRATEGIC SECTORS

On 29 September, the Ambassador continued his engagements in Târgu Jiu and met Ms. Luminita Georgeta Popescu, Rector of Constantin Brâncuși University; Mr. Cosmin Mihai Popescu, President of the Gorj County Council; Mr. Marcel-Laureniu Romanescu, Mayor of Târgu Jiu; and Mr. Dumitru Turbaceanu, Mayor of Baia de Fier.

The discussions covered opportunities for India-Gorj cooperation in strategic sectors, including energy, critical raw materials, advanced



Ambassador's meeting with Mayor of Baia de Fier Mr. Dumitru Turbaceanu

manufacturing, technology, research and innovation, investment and technical education. The participants explored possibilities for greater engagement between Indian companies, Romanian institutions and businesses in Gorj County.

The discussions also focused on leveraging the industrial capabilities and natural resources of Gorj County through partnerships with Indian companies and institutions. The participation of business representatives provided an opportunity to identify potential avenues for business-to-business cooperation.

The Ambassador highlighted the scope for strengthening cooperation between universities and technical institutions in India and Romania, particularly in research and innovation, skills development and technical education. Such cooperation could contribute to capacity building and the development of skills and technological capabilities relevant to the region's future industrial development.

The Ambassador thanked Ms. Ana Maria for facilitating the Embassy's engagement with Gorj County and for her contribution towards strengthening institutional and people-to-people linkages between India and the region.

STRENGTHENING REGIONAL AND ECONOMIC PARTNERSHIPS

The Ambassador's engagements in Târgoviste, Baia de Fier and Târgu Jiu highlighted the potential for strengthening India-Romania cooperation at the regional level through greater engagement among local authorities, academic institutions, businesses and other stakeholders.

The visit focused on practical opportunities for cooperation in critical raw materials, energy, advanced manufacturing, technology, research and innovation, investment and technical education, while also underscoring the importance of cultural and educational exchanges in deepening bilateral relations.

The Embassy of India will continue to engage with Romanian regions and institutions to facilitate partnerships and promote greater cooperation in areas of mutual interest, including investment, technology, innovation, skills development and people-to-people exchanges.

Embassy of India in Bucharest Organises Viksit Bharat Run

SEPTEMBER 27, 2026
BUCHAREST (TIP)

The Embassy of India, Bucharest organised a Viksit Bharat Run on Sunday, 27 September 2026, at Floreasca Park, Bucharest, at 0900 hrs, as part of its outreach initiatives highlighting India's vision of Viksit Bharat @2047.

The event witnessed enthusiastic participation of over 100 people, including members of the Indian community, Friends of India and Romanian participants. The enthusiastic participation reflected the growing people-to-people connect between India and Romania and provided an opportunity for the participants to come together in a spirit of fitness, community participation and friendship.

The event was inaugurated by Ambassador Dr. Manoj Kumar Mohapatra, who also addressed the participants on the occasion. In his remarks, the Ambassador highlighted India's rapid transformation and its journey towards becoming a developed nation by 2047, under the leadership of Hon'ble Prime Minister Shri Narendra Modi. He emphasised that the vision of Viksit Bharat encompasses not only economic



Remarks by the H.E. Dr. Manoj Kumar Mohapatra to the participants



participation and contribution of every citizen. Referring to the Prime Minister's emphasis on "Sabka Prayas", he noted that the journey towards a developed India can be achieved through collective efforts and active participation of people across different sections of society. The Prime Minister has similarly described

humanity to progress together towards a shared future.

The Ambassador further encouraged the participants to view the Run as a celebration of health, fitness, discipline, energy and togetherness, while carrying forward the message of a confident, progressive and forward-looking India. He noted that initiatives such as



Running participants during the Viksit Bharat Run

development but also social progress, innovation, technology, infrastructure, health, sustainability and overall human development.

The Ambassador highlighted that the vision of Viksit Bharat @2047 is a national endeavour that calls for the



Kicking off for the Viksit Bharat Run by all the participants



Photograph with Winners and participants

Viksit Bharat as a national vision requiring the active participation and collective efforts of citizens.

The Ambassador also underscored the importance of India's civilisational philosophy of "Vasudhaiva Kutumbakam", the world is one family. He observed that the participation of Romanian friends alongside the Indian community in the Viksit Bharat Run reflected this spirit of friendship, inclusiveness and shared well-being. The principle of Vasudhaiva Kutumbakam has also been highlighted by Prime Minister Shri Narendra Modi as an all-embracing outlook that encourages

the Viksit Bharat Run also contribute to strengthening the bonds of friendship and mutual understanding between India and Romania.

The event concluded with the presentation of trophies to the first three winners, recognising their performance and participation in the Run. The winners were felicitated by the Ambassador.

Following the Run, light refreshments were served to the participants, providing an opportunity for members of the Indian community, Romanian participants and Friends of India to interact and further strengthen the spirit of camaraderie.

The Viksit Bharat Run formed part of the Embassy's continuing efforts to promote awareness of India's development journey and to engage the Indian diaspora, Romanian friends and the wider community through initiatives combining fitness, community participation and public diplomacy.

The event was marked by enthusiasm and active participation, reflecting the shared values of friendship, wellness and cooperation between India and Romania. The Mission would also like to organize a series of Viksit Bharat Runs in collaboration with the Municipalities of Craiova, Bârlad, and Suceava in October. The initiative would further promote community engagement, fitness, and the spirit of a Viksit Bharat among local communities.

Photographs from the Viksit Bharat Run were also shared on the Embassy's social media platforms and are reproduced below for reference.



Group photographs of the participants

Indian MSME Secretary Bharat Khera visits Canada



PRABHJOT SINGH
SEPTEMBER 29, 2026
TORONTO (TIP)

As part of their concerted efforts to sign a free trade agreement, India and Canada have now begun exchanging secretary-level visits to work out the modalities to boost business ties. After the prime ministers of India and Canada exchanged visits and several other ministerial delegations met, talks have now moved down to the secretaries' level.

Earlier this month, Canada's International Trade Minister, Maninder Sidhu, was in India before he visited some ASEAN countries. Maninder Sidhu is expected to take a strong Canadian delegation to India next month.

Following Maninder Sidhu's visit, India's Secretary of the Ministry of Micro, Small & Medium Enterprises (MSME), Bharat Khera, was in Toronto last week. He led an Indian delegation that held a series of meetings in the Greater Toronto Area aimed at the exchange of best practices and technical know-how in the domain of online dispute resolution and strengthening cooperation in the MSME sectors of the two nations. Consul General of India in Toronto, Mahaveer Singhvi, accompanied the Indian delegation in various meetings.



The visiting Indian delegation met Michael Schafner, president of the ADR Institute of Canada (ADRIC), and his team. The discussions focused on sharing best practices in alternative dispute resolution, strengthening legal pathways and grievance redressal mechanisms, and exploring ways to ensure faster and more effective resolution of commercial disputes. Both sides underlined that robust, accessible, and efficient dispute-resolution frameworks are central to improving the ease of doing business, enhancing investor confidence, and supporting the growth and internationalization of MSMEs.

The delegation also called on Nina Tangri, Associate Minister of Small Business, Government of Ontario. The meeting explored avenues for deeper India-Ontario cooperation in the small business space, including policy support frameworks,

market access, and institutional mechanisms. Both sides agreed that a conducive regulatory environment and strong government-to-government engagement are key to unlocking cross-border opportunities for MSMEs and small businesses in India and Ontario.

At the Legal Innovation Zone, Toronto Metropolitan University, the delegation met Dr Sasha Saunders, Director, and her team. Discussions centered on how legal technology and startup-driven solutions are reshaping access to justice, from digital



dispute resolution tools to simplified legal services for small enterprises. It was noted that such innovations hold strong potential to reduce costs and delays for MSMEs, making legal support more affordable, effective, and accessible.

The delegation also visited the IDEA Innovation Unit of the City of Mississauga, where discussions focused on the use of innovation, data, and collaborative approaches to support local entrepreneurs. Both sides exchanged best practices on city-led innovation and entrepreneur support programs and explored opportunities for cooperation in knowledge-sharing, capacity building, and institutional partnerships to strengthen small business ecosystems.

The engagements form part of the Ministry's continued efforts to learn from global best practices, strengthen institutional linkages, and create an enabling environment for Indian MSMEs to grow, access new markets, and integrate with global value chains.

Kiran M. Ali Khan: Advancing Cultural Journalism, Interfaith Harmony and Global Punjabi Dialogue

BY DR.
DEVINDER PAL
SINGH



The conferment of the "Best Magazine" Award on Kiran M. Ali Khan, Editor-in-Chief of International Culture & Art Magazine, Lahore, Pakistan, on 25 September 2026, recognizes her sustained contributions to cultural journalism, artistic expression and humanitarian initiatives. The award was presented by Punjab Governor Sardar Saleem Haider Khan at Governor's House, Lahore, in appreciation of her dedication and service to art, culture and relief efforts through the magazine.

A VISION FOR CULTURAL JOURNALISM

Kiran M. Ali Khan launched International Culture & Art Magazine, a monthly magazine based in Lahore, Pakistan, in 2019. She has successfully sustained its regular publication. Under her editorial leadership, the magazine has developed into a platform for promoting artistic creativity, cultural heritage, intellectual exchange and social awareness. Its coverage encompasses visual arts, literature, music, architecture, history, tourism, environmental sustainability, science, technology and contemporary social issues.



Her editorial philosophy is rooted in the belief that art and culture are subjective, diverse and reflective of the rich tapestry of human experiences. She views artistic expression as a powerful medium of communication, a reflection of societal values and a bridge connecting people across cultural, geographical and social boundaries. Through the magazine, she seeks to highlight the beauty of creativity, the significance of storytelling and the capacity of art to transcend differences.

Khan recognizes that the appreciation of art and culture fosters empathy, mutual understanding and a sense of

shared humanity. Artistic diversity encourages exploration, dialogue and respect for different perspectives, enriching collective human experience. In this context, art and culture are not merely forms of aesthetic expression but dynamic forces that shape identities, challenge established perspectives and contribute to the continuous evolution of societies.

PROMOTING SIKH HERITAGE AND INTERCULTURAL DIALOGUE



A particularly noteworthy aspect of Khan's editorial contribution is her regular publication of articles on Sikh history, art and culture. By providing space for Sikh heritage within an international cultural publication, she contributes to the wider recognition of Sikh historical, religious and artistic traditions.

Her editorial initiative has particular significance for fostering cultural connections between East Punjab (India) and West Punjab (Pakistan), whose shared history, language, literature, music and artistic traditions continue to transcend political boundaries. The magazine also provides opportunities to engage the worldwide Punjabi diaspora, for whom Punjab remains an important source of cultural identity, historical memory and collective heritage.

Through its coverage of Sikh and Punjabi subjects, the magazine contributes to interfaith and intercultural dialogue among diverse communities. Punjab's composite heritage has evolved through centuries of interaction among Sikh, Hindu, Muslim and other religious and cultural traditions. Presenting these interconnected histories and cultural expressions in an inclusive framework can promote mutual respect, historical understanding and peaceful coexistence.

In this respect, Khan's editorial vision extends beyond conventional cultural journalism. By connecting communities across religious, geographical, and national boundaries, her publication provides a platform for cultural exchange and helps strengthen relationships between the two Punjabs and their global diaspora.

ART, CULTURE AND CONTEMPORARY SOCIETY



Another significant dimension of Khan's editorial approach is its interdisciplinary perspective. The magazine explores the relationship between cultural heritage and contemporary developments, including environmental conservation, sustainable tourism, technological advancement and social transformation.



Cultural heritage is not simply a record of the past; it is a living resource that informs contemporary identities, educational perspectives and societal aspirations. By highlighting historical monuments, traditional artistic practices and modern creative expressions, the magazine encourages greater public appreciation of cultural preservation and sustainable development.

Khan's approach also reflects an understanding of the transformative potential of artistic expression. Art can challenge conventional thinking and stimulate intellectual curiosity. It can also communicate complex social realities and inspire constructive engagement with contemporary challenges. By bringing diverse cultural perspectives together, the magazine encourages readers to appreciate the role of creativity in shaping a more inclusive and culturally informed society.

HUMANITARIAN COMMITMENT AND EDITORIAL LEADERSHIP



The humanitarian dimension of Khan's work further enhances the significance of the award. The recognition specifically acknowledges her dedication to art and culture relief efforts through the magazine. Cultural journalism can serve society beyond reporting and documentation by highlighting charitable initiatives and supporting cultural practitioners. It can bring public attention to communities experiencing social and economic difficulties. During the COVID-19 pandemic, she used her platform to strengthen the government's relief initiatives by disseminating information to the public.

Her commitment illustrates how cultural publications can combine artistic promotion with social

responsibility. By providing visibility to social initiatives and humanitarian activities, the magazine offers opportunities to connect creative expression with community engagement and public welfare.

Sustaining a monthly cultural publication also requires editorial vision, organizational commitment, effective coordination and perseverance. Khan's continued leadership in publishing International Culture & Art Magazine reflects her dedication to maintaining a platform for artists, writers, scholars and cultural enthusiasts to share their work and perspectives with a wider readership.

RECOGNITION AND CULTURAL LEGACY

The "Best Magazine" Award, presented at the Governor's House in Lahore on 25 September 2026, marks an important milestone in Kiran M. Ali Khan's editorial journey. It recognizes both her individual commitment and the broader contribution of cultural journalism to intellectual development, artistic appreciation and social cohesion.

Her work demonstrates how a cultural magazine can serve simultaneously as a repository of heritage, a platform for creative expression and a bridge between diverse communities. Its emphasis on Sikh and Punjabi heritage, international cultural exchange, interfaith understanding and humanitarian engagement gives it a distinctive role in contemporary cultural discourse.

At a time when societies face increasing polarization and rapid technological and cultural change, publications dedicated to artistic creativity and intercultural understanding are particularly relevant. Through her sustained editorial leadership, Kiran M. Ali Khan has sought to advance the ideals of cultural diversity, mutual respect, intellectual dialogue and shared humanity.

Ultimately, the award celebrates her contribution to a broader vision of journalism in which art and culture transcend boundaries, preserve collective heritage, foster interfaith harmony and strengthen human connections. Her achievement underscores the enduring importance of cultural journalism in building bridges between communities and enriching the global cultural landscape.

(Dr. Devinder Pal Singh is a teacher-researcher with over 35 years of experience in education and advocacy on scientific, environmental and religious issues. He, a Founder-Director of the Center for Understanding Sikhism in Ontario, Canada, specializes in writing on scientific and theological topics. He has authored 24 books and published over 1000 articles in the fields of Science, Environment and Sikhism. He is the Editorial Advisory Board Member for prominent journals like The Sikh Review, Kolkata, India, and Studies in Sikhism and Comparative Religion, New Delhi, India)



RESTORING VISION, TRANSFORMING LIVES

43rd Free Eye Checkup and Cataract Surgery Camp September 13-21, 2026

SEPTEMBER 29, 2026

NEW DELHI / CHICAGO (TIP)

Alongside the spiritual celebrations of the 30th Global Conference on Mysticism, another beautiful expression of love and selfless service unfolded at Kirpal Bagh, Delhi, as the 43rd Free Eye Checkup and Cataract Surgery Camp was organized to bring the gift of sight and compassionate medical care to those in need.

While thousands of seekers from across India and around the world had gathered at Kirpal Bagh to listen to the spiritual message of the Masters, participate in meditation, and celebrate the 80th Birth Anniversary of Sant Rajinder Singh Ji Maharaj, another gathering was taking place within the same sacred precincts - one in which people had come seeking relief from impaired vision and the hope of seeing the world clearly once again. The camp became a deeply moving expression of the spirit of selfless service that lies at the heart of the teachings of Sant Rajinder Singh Ji Maharaj.

Amidst the festive decorations, devotional programs, and jubilant atmosphere of the 30th Global Conference on Mysticism, doctors, medical professionals, and dedicated volunteers quietly devoted themselves to serving hundreds of patients, demonstrating in a practical and compassionate way that spiritual life finds one of its noblest expressions in caring for others. At a gathering dedicated to the inner journey, hundreds of people were helped to experience the outer world with greater clarity. The spiritual and humanitarian dimensions came together wonderfully, reminding all that love must find expression not only in words, but also in compassionate action. The two were not separate. They were, in essence, two manifestations of the same ideal: love for God expressed through love and service to humanity.



CATARACTS - A CHALLENGE ROBBING PEOPLE OF THEIR FREEDOM

Cataract, a condition in which the natural lens of the eye becomes cloudy, remains a major cause of avoidable visual impairment for millions in India. As the condition progresses, everyday activities that most people take for granted - reading, walking safely, recognizing loved ones, working, travelling, or carrying out household tasks - can become increasingly difficult. For those who lack access to timely and affordable medical care, the gradual loss of vision can have consequences extending far beyond eyesight itself. It can affect a person's independence, livelihood, confidence, and ability to participate fully in family and community life. But with appropriate diagnosis and timely surgical treatment, sight can often be restored, allowing individuals to return to many of the activities they once enjoyed. It was with this understanding and with a spirit of compassion for those facing such challenges that Science of Spirituality/Sawan Kirpal Ruhani Mission continued its ongoing humanitarian initiative of providing free eye examinations and cataract surgeries to those who might otherwise find such treatment difficult to afford.

THE 43RD FREE EYE CHECKUP AND CATARACT SURGERY CAMP

The 43rd Free Eye Checkup and Cataract Surgery Camp was held at Kirpal Bagh, Delhi, as part of the selfless service activities associated with the 30th Global Conference on Mysticism. Continuing a noble



tradition during a particularly significant year for the Mission, as devotees from around the world had gathered in Delhi not only for the Conference but for the 80th Birth Anniversary celebrations of Sant Rajinder Singh Ji Maharaj, the eye camp helped bring the physical light of sight to those in need while the Conference celebrated the Light of spiritual wisdom guiding humanity for eight decades.

The successful execution of the camp was made possible through dedicated partnership between Science of Spirituality/Sawan Kirpal Ruhani Mission and ICARE Eye Hospital in Noida, which provides the transport and medical equipment necessary for cataract screening and surgeries. Skilled ophthalmologists from the ICARE Eye Hospital and those visiting from the US carry out the surgeries. Doctors from the US bring with them eye-lenses donated by the corporations there, while the ICARE Eye Hospital provides lenses for surgeries done by the ICARE doctors. Through this collaborative effort twice a year, SOS/SKRM has restored the eyesight of more than 25,000 people till date.

From the early hours of September 13, people began arriving from nearby villages, towns, and surrounding areas to Kirpal Bagh for eye examinations. 1,987 people underwent eye screening by doctors and trained medical staff. Following detailed assessments, 860 patients received cataract-removal surgery during the next week at the ICARE Eye Hospital in Noida.

COMPASSION AND CARE

The camp also brought together a large team of SOS/SKRM volunteers who worked tirelessly behind the scenes and on the ground. From helping patients with registration and guiding them through the screening process to coordinating transportation, maintaining orderly movement, assisting medical teams, and attending to the many practical requirements of the patients, the volunteers performed their duties with patience and loving care. For many patients, particularly those who may have felt anxious or uncertain about undergoing medical procedures, the reassuring presence of volunteers offered comfort throughout their journey. Their seva reflected the principle taught by the spiritual Masters of Sant Mat that true service asks for neither recognition nor reward. It simply sees a need and responds with love.

VOICES OF PATIENTS

The true impact of the Eye Camp could be seen in the heartfelt experiences shared by those who came



seeking relief from impaired vision. For 56-year-old Surrender Chander, the Eye Camp provided an opportunity for vision repair after he learned about it through his family. Sharing his experience, he said that he was feeling "very good" after coming to the camp. Reflecting on what restored eyesight could mean for him, he said with touching simplicity, "When the eyes will change, there will be change all around." Anita Sharma, 65, said that her children had seen information about the camp on Instagram and told her about it. She spoke warmly about her experience, repeatedly saying that it was "very good."

72-year-old Charanjeet Singh had come to the SKRM Eye Camp with complete faith, saying, "Maharaj Ji's grace is here; they will not give bad treatment." Asha Sachdeva, 47, shared that her eyesight had deteriorated to the point where she was unable to see properly. Grateful for the opportunity to receive treatment without financial burden, she said, "Maharaj Ji has provided this free service; otherwise, it would cost a lot outside." Her words reflected the profound difference that free medical care can make for those who might otherwise struggle to afford treatment.

VOICES OF DOCTORS

A volunteer ophthalmologist explained, "When you arrive, you meet people who have lived in darkness for years simply because they didn't know help existed or couldn't afford it. Coming back every six months lets us follow up, improve how we organize the camp, and make sure these families know they aren't forgotten."

Another explained that for them, patient safety remains paramount: "We operate inside a proper hospital setup, which means the sterilization, the medicines, and the protocols are non-negotiable. Our



patients receive top-tier implants regardless of the cost."

"In these families, when an elder loses their sight, they lose their independence," another doctor shared. "Often a child or grandchild has to stop working or leave school just to take care of them. When the bandage comes off the next morning and they can see clearly again, the relief is overwhelming. They can walk on their own, earn their living, and take care of their families again. You give them their dignity back."

THE GUIDING LIGHT BEHIND THE GIFT OF SIGHT

The driving force behind this noble and far-reaching effort is the timeless principle of selfless service, so beautifully taught and exemplified by Sant Rajinder Singh Ji Maharaj. He reminds us that a truly spiritual life is one in which we look beyond ourselves and reach out to ease the suffering of others. As he says, "Love is translated into thoughts, words, and deeds that are expressed in kindness to others. It is expressed in how much we care about others. It is demonstrated by how much we give of ourselves to help or serve others."

At Kirpal Bagh, this ideal could be seen in action throughout the camp. Doctors offered their professional expertise; medical staff devoted their time and skills; volunteers worked long hours to manage the many practical requirements; and patients were welcomed with care and compassion. Each person played a part in an effort whose ultimate purpose was beautifully simple - to help another human being see and live more clearly.

(Based on a Press release issued by Renee Mehrra)



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‘One Nation, One Election’: Top court ‘declines’ parliamentary panel visit; committee claims meet ‘shelved’

OCTOBER 2, 2026

NEW DELHI (TIP): A parliamentary panel examining the ‘One Nation, One Election’ Bills has shelved its proposed visit to the Supreme Court on October 6 for an interaction with judges on the legislation, committee chairman PP Chaudhary said on Thursday amid concerns raised by Opposition leaders over separation of powers. Chaudhary said the visit had been put off due to scheduling conflicts.

The proposed visit had drawn objections from the Opposition, with at least one member of the joint committee writing to Chaudhary seeking its cancellation, it is learnt. However, sources said the Supreme Court had declined the committee’s proposal for a meeting. “No meeting is happening with the Supreme Court on ‘One Nation, One Election’,” a source said. Earlier in the day, Rajya Sabha MP Kapil Sibal raised objections to the proposed visit, calling it “unconstitutional” and contrary to the concept of separation of powers.

Sibal, a senior advocate, said he had never come across a parliamentary panel holding an interaction with Supreme Court judges over proposed legislation that could later come before the court for adjudication. He claimed a programme circulated by the Chaudhary-led committee listed a “local study visit” to the Supreme Court on October 6, including an informal discussion with the CJI and other judges on simultaneous polls.

OCTOBER 2, 2026

NEW DELHI (TIP): In the first appearance after saving over 170 lives with quick thinking aboard FlyDubai’s Dubai-Tel Aviv flight on Wednesday, Captain Smit Machchhar told Prime Minister Narendra Modi in a video call that he was constantly reciting the Hanuman Chalisa for courage.

“I have been a pilot for 11 years. After I was attacked and fell down, I knew exactly what was going on and also that I had only a few seconds to act. I was constantly reciting the Hanuman Chalisa, gathered the energy to open the cockpit door and other passengers rushed in,” Smit told Prime Minister Modi who made a phone call to him on Friday, Oct 2.

After receiving initial medical treatment in a hospital in Tabuk, Saudi Arabia, Captain Smit was shifted to Abu Dhabi for continued medical attention and recovery. The call was made at this facility and the PMO released its video footage.

Prime Minister Modi’s first response to

India counters China, maps 28 landmarks in Ladakh with official names

OCTOBER 2, 2026

NEW DELHI (TIP): After Arunachal Pradesh, the Centre has formally named and mapped 28 places and features in Ladakh, the Ministry of Home Affairs said on Tuesday.

The MHA said that identifying these places formally on the Survey of India’s map of Ladakh “is aimed at facilitating their accurate recognition and better awareness among the public at large”. It said that the exercise has been done in consultation with the Ladakhi administration.

The MHA also released a map marking these places.

Earlier in August, the MHA had similarly standardised names of 27 places and features in Arunachal and published a map showing them.

The development comes as China has stepped up the ‘cartographic aggression’ by assigning Mandarin names to places in Arunachal and Ladakh to press its territorial claims — China says that Ladakh and Arunachal are part of Tibet and lays claims to these Indian territories.

In an earlier interview, China expert Anushka Saxena said that China has indulged in the renaming exercise first and foremost to rewrite history to solidify claims over territories it says are disputed — even though they may not be actually disputed.

“Moreover, the idea is to insert Chinese names in the usage of other countries and governments, so that associated territories only seem to be remembered as a part of the mainland. China also uses the renaming exercises as a response to actions that violate its so-called red lines,” said Saxena, an Associate Fellow with Takshashila Institution’s Geostrategy Programme.

China’s usage of Mandarin names for places outside of its borders is not limited to India. It has also used these internally, renaming Tibet as Xizang and East Turkmenistan as Xinjiang, as part of the ‘Sinicisation campaign’ in which the Communist Party’s Han leaders imposed the Han identity and culture on minorities, systematically erasing their native culture.

As part of such a campaign, China refers to Arunachal as Zangnan — southern Tibet. The naming and mapping of places in Arunachal and Ladakh is part of broader efforts to tackle such cartographic aggression.

When MHA announced the names of places in Arunachal in August, an official told Hindustan Times: “There has been a lot of ambiguity regarding the maps. China uses this to give fictitious names to Arunachal Pradesh’s territories, which are part of sovereign India. Putting these 27 locations on the



Survey of India map provides clarity, makes our claim status strong and strengthens the official documentation of geographical features.”

Tawang chosen as venue for tourism meet, China invited

The government is set to hold a mega international event in Tawang in Arunachal Pradesh towards the end of this month.

The International Tourism Mart, being organised by the Ministry of Tourism from October 27 to November 1, will bring together delegates from around 20 countries.

Delegates from China have also been invited to the annual event which is held, by rotation, in one of the North-Eastern states. The 2025 edition of the event was held in Sikkim, and was attended by government representatives and industry stakeholders from over 19 countries.

Sources maintained it is a routine rotational event, but the decision to hold the event in Tawang is significant, coming as it does weeks after the government identified 27 places/features in Arunachal Pradesh by standard place and feature names on the official maps of Survey of India for “their accurate recognition and better awareness among the public at large”. Tawang in the eastern sector is a primary bone of contention in the boundary dispute between India and China.

Beijing refers to Arunachal Pradesh as Zangnan or South Tibet and claims that it belongs to China. New Delhi strongly rejects China’s territorial claim, reiterating that Arunachal Pradesh is an “inalienable and integral part of India”.

Tawang is a primary bone of contention between India and China. Beijing refers to Arunachal Pradesh as Zangnan or South Tibet and claims it belongs to China. Delhi rejects China’s claim, reiterating that Arunachal Pradesh is an “inalienable and integral part of India”.

‘Was reciting Hanuman Chalisa, had seconds to act’, Capt Smit tells PM Modi over video call



Smit was that he had saved lives with his courage, bravery and presence of mind and had shown the world that Indians “do not take lives, Indians save lives.”

PM Modi also spoke to Smit in Gujarati and earlier told him how revered shrines, including Somnath and Kashi Vishwanath, besides many others, were holding prayers for his speedy recovery.

Smit, while recalling the moments which could have proved tragic and fatal for the passengers of the flight, said all he could think after being stabbed by his co-pilot was “what best to do to save lives.”

Smit also told the Prime Minister that he recited the Hanuman Chalisa daily and although he resides outside India, he still lived Indian values and culture.

Meanwhile, the PM told Smit that he has spoken to his parents.

“I was overwhelmed to see Geeta Ben (Smit’s mother) speak with such composure. I had not thought she could hold her nerve on such an occasion but she did. Salute her for imbibing you with religious values and for making you live the real lessons of Shrimad Bhagvad Gita,” PM

told Smit. The Prime Minister, while lauding the Captain who was nearly fatally stabbed by his Omani co-pilot on the flight, told Smit, “the whole world wants to speak to you and India is waiting to welcome you.” Smit’s first remarks to the PM were, “I had never thought I would ever get to speak to you. You are my ideal.”

The Government of India is continuing to closely follow the health condition of Captain Smit Machchhar, the Indian national and the brave pilot of FlyDubai flight FZ 1073. The MEA said, “After receiving initial medical treatment in a hospital in Tabuk, Saudi Arabia, Captain Smit has now been shifted to Abu Dhabi for continued medical attention and recovery.”

India, Brazil aim to broaden trade agreement beyond current tariff categories

OCTOBER 2, 2026

NEW DELHI (TIP): Brazil and India are working to significantly enhance their current preferential trade agreement with Mercosur, as both parties finalise the terms of reference that may lead to discussions on a more extensive trade deal.

Brazil's Minister of Development, Industry, Trade and Services, Márcio Fernando Elias Rosa stated that the existing agreement is quite restricted, encompassing merely about 450 tariff lines.

After meeting with Commerce and Industry Minister Piyush Goyal during the G20 Trade Ministers' Meeting in Milwaukee, Rosa stated that the finalised framework would enable both parties to start creating solid proposals.

Goyal mentioned in an X post that he had a meeting with Brazilian Foreign Affairs Minister Mauro Vieira and Rosa during the G20 summit. He mentioned that the talks involved broadening the India-Mercosur PTA, boosting sectoral collaboration and investment relations, and improving coordination at the G20 and WTO (World Trade Organization).

India and Mercosur, consisting of Brazil, Argentina, Uruguay, Paraguay, and Bolivia, declared on 14 September 2026 the



In this image posted on October 1, 2026, Union Commerce and Industry Minister Piyush Goyal during a meeting with the Brazilian Minister of Foreign Affairs Mauro Vieira and Minister of Development, Industry, Trade and Services Marcio Fernando Elias Rosa on the sidelines of the G20 Trade Ministers Meeting, in Milwaukee, Wisconsin, USA. @PiyushGoyal/X via PTI

commencement of talks to enhance their current Preferential Trade Agreement (PTA), which has been in effect since June 2009.

The existing PTA offers preferential tariff reductions on 450 tariff lines from India and 452 from Mercosur, with decreases in tariffs varying between 10 per

cent and 100 per cent. The suggested expansion aims to surpass the restricted product coverage and may ultimately evolve into an extensive Free Trade Agreement (FTA) that includes goods, services, and investment.

Rosa mentioned that both parties had 'just completed drafting a terms of reference' and that, after the framework is established, they could develop detailed proposals. He also stated that additional efforts would persist in the coming months.

The discussions on expansion also encompass steps to enhance trade. On September 14, India and Mercosur signed the First Additional Protocol to the PTA, enabling the acceptance of electronic Certificates of Origin to simplify customs processes and promote paperless trade. The wider discussions happen as India aims to widen its export markets in light of global economic instability, whereas Brazil strives to enhance trade connections beyond current tariff advantages.

During Brazilian President Luiz Inácio Lula da Silva's trip to India in February 2026, both nations agreed to aim for a doubling of bilateral trade to USD 30 billion by 2030.

OCTOBER 2, 2026

NEW DELHI (TIP): Prime Minister Narendra Modi and Congress leaders on Friday paid homage to Mahatma Gandhi on his birth anniversary, recalling his ideals of truth, non-violence, compassion and service and their relevance in guiding society.

PM Modi said Gandhi's entire life was a beacon of truth, non-violence, compassion and service and that his timeless message would continue to guide humanity.

"May Bapu's timeless message keep guiding us towards a better society and a 'Viksit Bharat'," Modi said in a post on X.

In a video message, the prime minister said the significance of Gandhi Jayanti for the nation was known to everyone and noted that Gandhi's ideology had inspired the entire world.

"Mahatma Gandhi is such a personality that, even though he was far away from power, he continues to remain in the hearts of millions of people," Modi said.

He said Gandhi's ideology would continue to guide and inspire humanity in the years to come.

"Mahatma Gandhi always encouraged everyone to adopt 'Swadeshi'. In this process, Khadi remains a top priority. I appeal to everyone to buy at least one Khadi product on October 2 and proudly say that it is 'Swadeshi'," he said.

Congress leaders Rahul Gandhi and Mallikarjun Kharge also paid rich tributes at Gandhi's memorial at Rajghat.

In his post in Hindi on X, Rahul said, "Truth, non-violence, and fearlessness - these are Bapu's greatest legacy. They taught us never to bow before injustice."

PM Modi, Congress leaders pay homage to Mahatma Gandhi on birth anniversary



PM Narendra Modi and Congress leader Rahul Gandhi pay tribute to Mahatma Gandhi at Rajghat on his 157th birth anniversary in New Delhi on Friday, October 02, 2026. Tribune Photo

In a post in Hindi on X, Kharge said, "The Father of the Nation, Mahatma Gandhi, who gave strength to truth, courage to non-violence, and made Satyagraha the most powerful weapon against injustice, not only guided India's freedom struggle but also showed the entire world the path of humanity, compassion, and peace."

Today, when new challenges stand before his thoughts and values, remaining steadfast on Bapu's principles of truth, non-violence, harmony, and justice is the true tribute to him, the Congress chief said.

Gandhi was born on October 2, 1869, in Porbandar and was assassinated on January 30, 1948, in Delhi.

The Congress also remembered former

prime minister Lal Bahadur Shastri on his birth anniversary and former Congress leader K Kamaraj on his death anniversary.

Kharge said, "A symbol of simplicity, integrity, and national service, the life of former Prime Minister Lal Bahadur Shastri ji is an extraordinary example of dedication to India."

From land reforms to strengthening the foundations of the Green and White Revolutions, from abolishing third-class travel in railways to arranging seats for women in buses, and providing steadfast leadership to the country in the 1965 war; his contribution to nation-building is unforgettable, Kharge said.

"His simple life, imbued with Gandhian

values and lofty ideals, will continue to inspire us forever; 'Jai Jawan, Jai Kisan'," the Congress chief said.

Paying tributes to Kamaraj, Kharge said, "We pay our respectful tribute to Bharat Ratna, K. Kamaraj, one of India's distinguished nation-builders, remembered for his simplicity, integrity and unwavering commitment to public service."

"His pioneering initiatives, including the Mid Day Meal scheme, helped bring education within the reach of millions of underprivileged children," he said.

His vision of inclusive progress, compassionate governance and service to the nation continues to inspire generations, Kharge said.

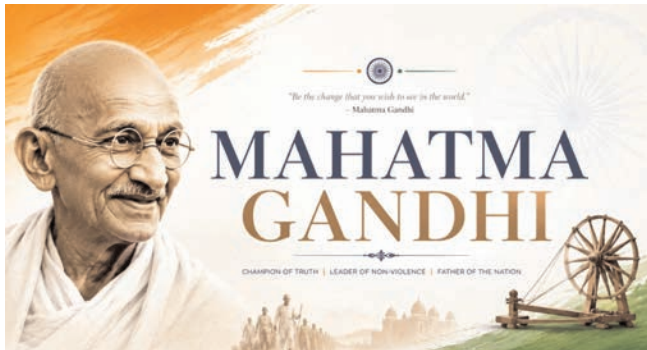


India in history this Week

OCTOBER 2 TO OCTOBER 8

OCTOBER 2

1869 - Mahatma Gandhi born



Mohandas Karamchand Gandhi was born at Porbandar in Gujarat. His leadership of the Indian freedom movement was closely associated with non-violent resistance, civil disobedience and Satyagraha. October 2 is observed as Gandhi Jayanti and, since 2007, as the UN's International Day of Non-Violence.

1904 - Lal Bahadur Shastri born



India's second prime minister was born at Mughalsarai, Uttar Pradesh. He became prime minister in 1964 and led the country during the 1965 India-Pakistan war. He is particularly remembered for the slogan "Jai Jawan, Jai Kisan."

1951 - Bharatiya Jana Sangh founded

Syama Prasad Mukherjee founded the Bharatiya Jana Sangh, which later became part of the political lineage associated with the Bharatiya Janata Party.

1955 - First railway coach manufactured at Integral Coach Factory

The Integral Coach Factory in Perambur, Chennai, produced its first railway coach, marking an important step in India's indigenous railway manufacturing.

1961 - Shipping Corporation of India established

The Shipping Corporation of India was established in Mumbai, becoming a major state-owned player in India's maritime sector.

OCTOBER 3

1831 - British forces took control of Mysore

The British East India Company assumed direct control of the administration of Mysore following the removal of Maharaja Krishnaraja Wadiyar III.

1880 - First Marathi musical play staged

Annasaheb Kirloskar's Sangeet Shakuntal was staged in Pune, marking an important moment in the development of Marathi musical theatre.

1977 - Indira Gandhi arrested

Former prime minister Indira Gandhi was arrested by the Janata Party government on allegations connected

with the use of government machinery during the 1977 election campaign. She was released shortly afterwards.

1992 - Geet Sethi wins world billiards title



Indian cueist Geet Sethi won the World Professional Billiards Championship, recording a world-record break of 1,276 under the three-pot rule.

2010 - Commonwealth Games open in Delhi

The 19th Commonwealth Games opened in New Delhi, bringing athletes from across the Commonwealth to India.

OCTOBER 4

1857 - Shyamji Krishna Varma born

Freedom fighter and revolutionary Shyamji Krishna Varma was born at Mandvi in present-day Gujarat. He later founded the India House in London and the Indian Sociologist, becoming an important figure in the overseas Indian independence movement.

1884 - Ramchandra Shukla born

Acharya Ramchandra Shukla, one of the major historians and critics of Hindi literature, was born. His Hindi Sahitya Ka Itihas became an influential work in the study of Hindi literary history.

1977 - Indira Gandhi released after arrest

Indira Gandhi, who had been arrested the previous day over allegations relating to a government jeep procurement case, was released after a magistrate found insufficient grounds to continue her detention.

1977 - Atal Bihari Vajpayee speaks in Hindi at UN

As external affairs minister, Atal Bihari Vajpayee addressed the United Nations General Assembly in Hindi, an important moment in India's diplomatic history.

OCTOBER 5

1524 - Rani Durgavati born

Rani Durgavati, the Gond queen of Garha-Katanga, was born at Kalinjar. She later ruled Gondwana and became known for her resistance against Mughal expansion.

1864 - Calcutta cyclone

A devastating cyclone struck Calcutta and the surrounding region. Contemporary historical accounts record enormous loss of life, making it one of the major natural disasters in 19th-century India.

1878 - Indian circus tradition takes shape

Vishnu Moreshwar Chhatre's circus performance in Sangli is regarded as an important early milestone in the development of India's indigenous circus tradition.

2011 - Aakash tablet launched

India unveiled the low-cost Aakash tablet, designed to make computing and internet access more affordable for students.

OCTOBER 6

1860 - Indian Penal Code passed

The Indian Legislative Council passed the Indian Penal Code on October 6, 1860. The code subsequently came into force in 1862 and remained the principal criminal law framework in India for more than 160 years.

1893 - Meghnad Saha born

Astrophysicist Meghnad Saha was born near Dhaka, then part of British India. His work on the Saha ionisation equation helped explain the physical conditions of stars through the interpretation of stellar spectra.

1983 - President's Rule imposed in Punjab

President's Rule was imposed in Punjab amid a period of escalating political and social unrest.

2008 - RBI cuts cash reserve ratio

The Reserve Bank of India announced a reduction in the cash reserve ratio as part of measures responding to the global financial crisis.

OCTOBER 7

1907 - Durgawati Devi born

Revolutionary Durgawati Devi, popularly known as Durga Bhabhi, was born in Allahabad. She worked with revolutionaries including Bhagat Singh and Chandrashekhar Azad.

1914 - Begum Akhtar born

Legendary ghazal and thumri singer Begum Akhtar was born in Faizabad, Uttar Pradesh. She went on to become one of India's most celebrated voices in Hindustani light classical music.

1950 - Missionaries of Charity established

Mother Teresa received permission to establish the Missionaries of Charity in Calcutta. The organization began with a small group and subsequently expanded its charitable work in India and abroad.

1992 - Rapid Action Force established

The Rapid Action Force was created as a specialized force of the Central Reserve Police Force to respond rapidly to communal and other forms of civil unrest.

OCTOBER 8

1932 - Indian Air Force established

The Indian Air Force (IAF) was formally established on October 8, 1932. It was initially known as the Indian Air Force and was later called the Royal Indian Air Force between 1945 and 1950. After India became a republic, the word "Royal" was dropped. October 8 is observed as Air Force Day.



NEW JERSEY SYMPHONY PREPARES FOR 2026-2027 SEASON

BY MABEL PAIS

New Jersey Symphony prepares for the 2026-2027 season from Opening Weekend featuring Beethoven and Schubert to Special Events like “Hollywood Hits” and Rick Steve’s “Europe” to Holiday Concerts like Handel’s “Messiah.”

Events featured here are until December 2026.

EVENT DETAILS

Hollywood Hits: From “West Side Story” to “Spirited Away”



Keitaro Harada, conductor, Hollywood Hits.

Credit : <https://njsymphony.org>

OCTOBER 10-11, 2026

Concert Information
A Celebration of the Best Orchestral Music in Cinema

Keitaro Harada conductor
New Jersey Symphony

Rising-star conductor Keitaro Harada leads a program of thrilling orchestral music from classic movies. Movie-musicals “West Side Story” and “An American in Paris,” with their timeless tunes, are heard alongside Joe Hisaishi’s score to the Studio Ghibli masterpiece “Spirited Away.” This festive performance with music dazzles and delights — the perfect way to celebrate the start of the season.

Paul Dukas “The Sorcerer’s Apprentice”
Leonard Bernstein Symphonic Dances from “West Side Story”

Joe Hisaishi Suite from “Spirited Away”
George Gershwin “An American in Paris”
Performed in Red Bank and Newark
Sat, Oct 10 - 7:30 pm - Count Basie Center for the Arts, Red Bank

Sun, Oct 11 - 2:00 pm - New Jersey Performing Arts Center, Newark

Instrument Discovery Zone
Sunday, October 11, at 1 pm at NJPAC in Newark

New Jersey Symphony musicians will showcase an Instrument Discovery Zone in NJPAC’s lobby for patrons to explore making music with various instruments. Patrons are encouraged to try out an instrument for themselves before the performance!

Next Gen After Party
Sunday, October 11, at 4:30 pm at Newark Local Beer in Newark

Next Gen members can continue their symphonic experience on Sunday, October 11 with a social Happy Hour at Newark Local Beer following the concert. For patrons between the ages of 21 and 40, stay for snacks, games, and a chance to meet some of the musicians of the New Jersey Symphony. For more information and to register for the program, visit njsymphony.org/nextgen.

OCT 23 - 25, 2026

Opening Weekend | New Jersey Symphony Classical



Xian Zhang, NJ Symphony Director-Conductor.

Credit : <https://njsymphony.org>

EVENT DETAILS

Concert Information
Xian Zhang conductor
George Li piano
New Jersey Symphony
Ludwig van Beethoven Piano Concerto No. 5, “Emperor”
Franz Schubert Symphony No. 9 in C Major, “The Great”
Fri, Oct 23 - 7:30 pm, Richardson Auditorium, Princeton

Sat, Oct 24 - 7:30 pm, New Jersey Performing Arts Center, Newark

New Jersey favorite George Li returns with Beethoven’s final and most epic piano concerto, a work of uncommon power and passion, both heroic in scope and striking in its intimacy.

Franz Schubert Symphony No. 9 in C Major, “The Great”

Schubert was classical music’s original tunesmith — his melodies rival Paul McCartney, Richard Rodgers, and even Taylor Swift. His songful gift is heard to maximum effect in the “heavenly lengths” of his final symphony, never performed during his lifetime.

Instrument Discovery Zone
Saturday, October 24, at 6:30 pm at NJPAC in Newark

New Jersey Symphony musicians will showcase an Instrument Discovery Zone in NJPAC’s lobby for patrons to explore making music with various instruments. Patrons are encouraged to try out an instrument for themselves before the performance!

Rick Steves’ Europe: “A Symphonic Journey”

EVENT DETAILS

Rick Steves host
Morristown - Saturday, Nov 7, 2 pm & 7:30 pm
New Brunswick - Sunday, Nov 8, 2 pm
 Usually you’ll find Rick Steves touring the great destinations of Europe. Now concertgoers can join him on a different journey: “A Symphonic Journey.” In this unique concert, Rick Steves teams up with New Jersey Symphony for a performance that combines Europe’s most stirring Romantic era anthems with beautiful high-definition cinematography and Rick’s insights into European history.

HOLIDAY CONCERTS



Rick Steves.

Credit : <https://njsymphony.org>

EVENT DETAILS

Handel’s “Messiah”
Kedrick Armstrong conductor
Jessica Rivera soprano | **Kelley O’Connor** mezzo-soprano
Martin Bakari tenor | **Adam Lau** bass-baritone
Montclair State University Singers | **Heather J. Buchanan**, director
Princeton - Friday, Dec 18, 7:30 pm
Newark - Sunday, Dec 20, 7 pm (Cathedral Basilica of the Sacred Heart)
George Frideric Handel Messiah
 “For unto us a Child is born.” The Symphony’s glorious holiday tradition returns with this iconic masterpiece, a classical rendition of the greatest story ever told. The majestic music — including the triumphant “Hallelujah Chorus” — rekindles the spirit of the holidays for first-time listeners and those who return each season.

TICKETS AND MORE INFORMATION

For tickets to any of the events, visit <https://njsymphony.org> or njsymphony.org/specials2627 or by phone at 1.800.ALLEGRO (255.3476). Tickets may be purchased for events at the New Jersey Performing Arts Center in Newark, State Theatre New Jersey in New Brunswick, Mayo Performing Arts Center in Morristown, Richardson Auditorium in Princeton, Count Basie Center for the Arts in Red Bank, and Cathedral Basilica of the Sacred Heart in Newark. Tickets can be purchased for individual concerts or by selecting a series package, which offers 20% savings. Complete details about same-seat packages and create-your-own options can be found at <https://njsymphony.org/concerts-and-events/season-tickets/subscriptions>

NEW JERSEY SYMPHONY

New Jersey Symphony is a GRAMMY and Emmy Award-winning orchestra. Under the direction of Music Director Xian Zhang, the Symphony performs more than 55 mainstage concerts across the state at venues in Newark, Princeton, New Brunswick, Red Bank, and Morristown, as well as at schools and public spaces statewide.

Programming at the Symphony reflects an unwavering commitment to diverse communities throughout the state, while providing students unparalleled opportunities to achieve musical excellence through its Youth Orchestra and other education programs.

In 2024, the Symphony announced it would continue to deliver its statewide activities from a new, permanent office, rehearsal, and concert space in Jersey City, set to open in 2027.

For more information about the New Jersey Symphony, visit the website at njsymphony.org.

CONNECT WITH NJ SYMPHONY

Follow NJ Symphony on Facebook, Instagram, LinkedIn, TikTok, X, and YouTube

Mabel Pais writes on The Arts and Entertainment, Social Issues, Education, Spirituality, Health and Wellness, Business, and Cuisine.



The Great Indian Kapil Show 5: The Vvaan: Force of the Forrest cast to grace the show

The laughter is set to continue on Netflix with the upcoming episode of The Great Indian Kapil Show Season 5, which will feature the cast of The Vvaan: Force of the Forrest. The episode will bring together Sidharth Malhotra, Tamannaah Bhatia, Shweta Tiwari, Anup Soni and Maniesh Paul for an evening of candid conversations, comedy and playful banter.

The second episode of the new season is scheduled to premiere on Saturday, October 3 at 8 pm on Netflix. The episode is part of the show's festive-season lineup and will see the cast promoting the supernatural thriller while joining Kapil Sharma and his comedy team for a family-friendly roast.

One of the highlights is expected to be the camaraderie between Kapil Sharma and Maniesh Paul, with the two entertainers taking playful digs at each other. Their banter adds another layer of comedy to an episode already packed with celebrity interactions.

Tamannaah Bhatia and Sidharth Malhotra also have plenty of praise for Kapil and Maniesh. Tamannaah describes their style as clean comedy that has entertained audiences across generations, while Sidharth applauds their ability to roast guests without crossing the line or offending them.

Sidharth also opens up about his association with Kapil's show, recalling that he has appeared on the comedian's platform for film promotions since his debut in Student of the Year. He says the show remains a stop he looks forward to because of the fun and warmth on the sets.

Kapil, meanwhile, wastes no opportunity to turn the conversation into a joke. He makes a playful reference to Sidharth finally getting his "Tamannaah" after getting the opportunity to work with Tamannaah Bhatia. The conversation also takes a humorous turn towards Sidharth's wife Kiara Advani, with Tamannaah praising Sidharth and Kiara as one of the country's loved couples and calling them "couple goals."

After Hanuman Ansh's success, Sony TV announces new Neem Karoli Baba series

After the grand success of Hanuman Ansh, Neem Karoli Baba's mystical tales are heading to television. Sony Entertainment Television and SonyLIV have announced a new mytho-fiction series inspired by the revered saint's life, teachings and the extraordinary experiences associated with him.

The first promo keeps things deliberately mysterious. There's no cast or storyline reveal yet, but a voiceover hints at a world filled with mystical tales linked to Neem Karoli Baba. His trademark shawl appears in the visuals, along with a reference to Lord Hanuman, offering the first glimpse of the spiritual world the series plans to explore.

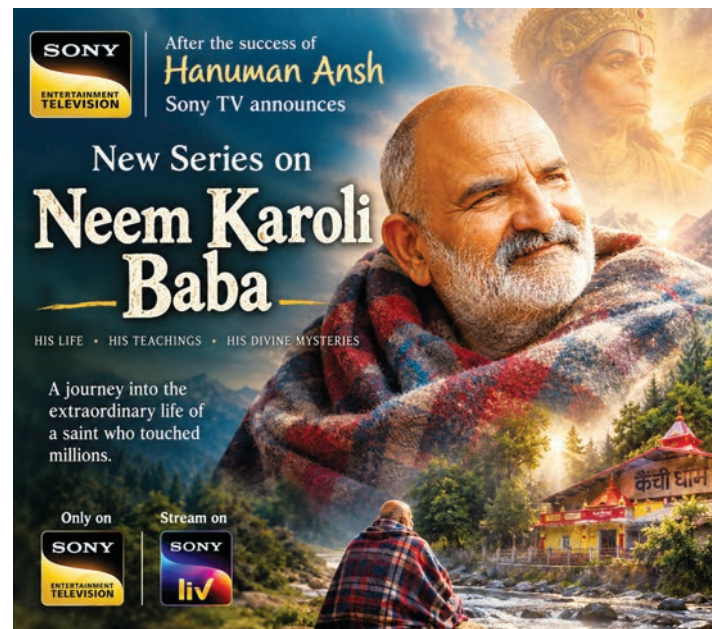
SonyLIV shared the promo on social media with the caption, "Coming soon on Sony Entertainment Television and Sony LIV."

The makers haven't revealed the cast, episode structure or premiere date yet. For now, the promo is more of a mood-setter, introducing the saint and the mystical stories surrounding his life rather than giving away the plot.

The television announcement also comes at an interesting time. Neem Karoli Baba's story has been drawing attention on the big screen through Hanuman Ansh, a devotional biographical drama inspired by his life and teachings.

Hanuman Ansh released on August 7 and went on to become an unexpected box office success. The film didn't arrive as a conventional blockbuster, but its collections continued to grow as word of mouth brought more audiences to theatres.

Made on a reported budget of around Rs 1.8 crore, Dr Vishal Chaturvedi's film has crossed Rs 400 crore worldwide.



According to trade website Sacnilk, the film crossed Rs 300 crore nett in India on its 52nd day. Its India gross stood at Rs 362.70 crore, while its overseas gross had crossed Rs 38 crore. As of Day 54, its total collection stands at Rs 408 crore globally. Directed by Dr Vishal Chaturvedi, Hanuman Ansh is based on his book Divine Detour: That Changed My Life. Shobhinaw Satyaa and Chandan Anand play the lead roles in the film, which presents a dramatic account inspired by Neem Karoli Baba's life and teachings.

'Dancing with the Stars' reveals new Super Bowl theme night for Season 35

Dancing with the Stars is taking its signature ballroom competition to the gridiron. The ABC reality dance series has announced its first-ever "Super Bowl Night" for Season 35, giving contestants a chance to turn some of the biggest moments in Super Bowl entertainment history into dance performances.

The special episode will air on October 13, during the fifth week of the competition. The announcement was made by judge Derek Hough on Good Morning America on Wednesday, September 30, after the latest episode of the show.

According to ABC, the episode will celebrate the "music, spectacle and unforgettable moments" associated with the Super Bowl. The remaining couples will perform to songs that have featured in or become closely associated with some of the game's most memorable halftime performances.

While the network has not yet revealed the individual songs or dance styles, the theme opens the door to music from some of the most spectacular halftime shows of the past. USA Today noted that performances from artists such as Prince and Beyoncé could provide inspiration for the episode.

The special also comes as part of ABC and ESPN's buildup to Super Bowl LXI, which will be played at SoFi Stadium in Inglewood, California, on February 14, 2027. ABC and ESPN are scheduled to televise the game.

The Super Bowl theme fills the only previously undisclosed slot in Season 35's theme-night calendar. It follows Mariah Carey Night on October 6 and will be followed by Dedication Night on October 20 and Horror Movie Night on October 27. Disney Night and Grammy Night are also planned for



November before the competition moves into its semifinal and finale stages.

Season 35 premiered in September with 16 celebrity contestants. The competition has already seen several eliminations, including musician Taylor Hanson, who and professional partner Britt Stewart were sent home during Yacht Rock Night on September 29.

With its combination of iconic music, football imagery and ballroom choreography, Super Bowl Night is set to give DWTS one of its most distinctly American pop-culture-themed episodes yet.



Nayyi Navelli: Yami Gautam's dream bahu is hiding something sinister

Yami Gautam is walking into a Meerut household as the perfect new bahu (bride), but there's clearly more to her character Mohini than meets the eye. The trailer of Nayyi Navelli is out, and what starts as a familiar family drama soon takes a dark, fantastical turn.

Mohini arrives in the Awasthi family as a picture-perfect bride. She wins everyone over almost instantly, but her presence also raises a few eyebrows. Before long, the household's everyday wedding chaos gives way to whispers of witches, demons and something called 'Raavan Raj'.

The trailer marks a striking change of mood for Gautam, who appears to be playing a daayan at the heart of the mystery. There's plenty of humour in the mix too, as the film moves between family squabbles and supernatural mayhem.

One of the trailer's biggest clues comes through Gautam's voiceover. "In the Treta Yuga, a demon gave everything to gain his power – you must have heard the name," she says. That line sets up the film's mysterious Raavan Raj, where Indian folklore and supernatural forces appear to collide with the everyday lives of the Awasthi family. The film's makers aren't giving away too much, though. The trailer instead keeps dropping little hints about Mohini, leaving the question of whether she's really the threat everyone suspects hanging in the air. And then there's the family itself. Between wedding rituals, nosy relatives and suspicions about the new bahu, the Awasthi household seems to have enough drama even before the supernatural trouble begins.

The trailer builds on the tone established by the teaser, which was released earlier this month. The teaser introduced an otherwise ordinary family and quickly threw a supernatural accusation into the mix. A brother-in-law openly called his sister-in-law a witch, only for Gautam's character to respond with a line that summed up the film's dark sense of humour: "Just a witch? I eat two witches, three demons and four ghosts for breakfast."

The trailer now expands that world, moving beyond the family's suspicions and hinting at a much bigger fantasy story.

"Nayyi Navelli ka ho raha hai cinemas mein Griha Pravesh, 16 October, near you!" the makers announced, setting the film up as a Dussehra release.

Ahead of Drishyam 3 release, Ajay Devgn says sequels don't work, characters do

Bollywood actor Ajay Devgn has a simple theory about franchises: audiences may return for a sequel, but they stay for the character. For the actor, that is what makes Drishyam different. Vijay Salgaonkar is not a character who can simply be tweaked to fit a new story. The story has to move forward, but Vijay has to remain Vijay.

"Sequels don't work, characters work. If you pick up any sequel, I mean, you can take a Golmaal or a Singham, it's Vijay Salgaonkar or a Gopal, you know, or a Singham," Ajay Devgn said during a chat at FICCI Frames.

Devgn believes a successful first film is not enough reason to automatically make another one. The audience has to be emotionally invested in the person they are coming back to watch.

"So when the audiences start investing in the character, then you can make sequels. You can't just make a sequel because you made a great film, and, you know, it has worked, so let's make another one. They have to love the character," he said.

The writing of Drishyam 3, however, was not as straightforward as deciding to extend a successful franchise. Devgn said the team had to first find a story that could genuinely take Vijay's world forward. Talking about whether there were any disagreement over the ending, he said that it's a very difficult story to write, and they all believed that it had to conclude.

"Like I said, the story has to move forward from where it ended. You're



limited — the writers and the director are limited. You can't suddenly get into a new murder mystery or have them get stuck in a completely new situation. It doesn't work like that, so it's not very easy to write.

When you get an idea, a concept, you start thinking, 'This can become very interesting. This can become Drishyam.' And that's where you start working," he said.

Ajay Devgn said the makers had gone through around four different scripts before arriving at the one they felt was right. He explained that every new chapter had to retain the twists, turns and shock value that define Drishyam, while ensuring Vijay Salgaonkar's next move remained impossible for the audience to predict.

He said the makers wanted to end the franchise at its highest point, once they had a script with the twists, turns and shock value expected from Drishyam.

"When you get a script that really works, with the twists, turns, shock value and Vijay Salgaonkar doing something unexpected, you know you've got it right. If the audience knows what's going to happen next, then it's not Drishyam. So, when you reach the highest point, you decide not to go beyond it.

"It's always better to leave it on a higher note. If we make one more, maybe we won't be able to match the audience's expectations. With the way the film has shaped up, I don't think it can go beyond this. So, we all decided to end the franchise," he added.

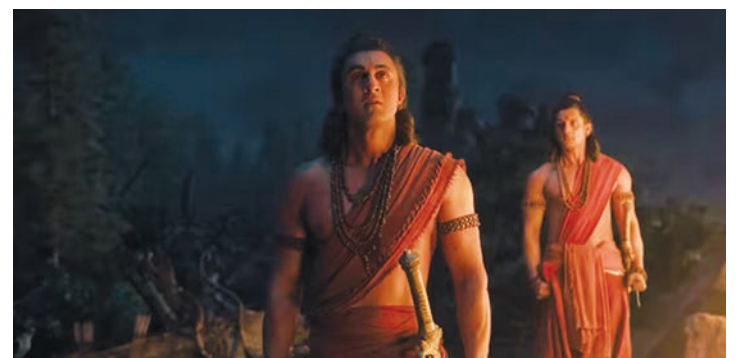
Ranbir's Ramayana Part I titled Rise of a Legend, poster confirms November 6 release

The makers of Ramayana have officially unveiled the subtitle for the epic's first instalment: Ramayana: Rise of a Legend. Confirming the film's global release timeline through a new poster drop, the producers announced that the magnum opus will arrive in theatres worldwide on November 6 in Hindi and English.

While the poster artwork was teased previously, this latest version formally introduces the film's official subtitle for the first time, moving past its working title of Ramayana: Part 1. The newly unveiled poster features Ranbir Kapoor's Lord Rama coming face-to-face with Yash's Ravana against a cosmic backdrop, accompanied by the tagline: "Mankind's greatest story comes to life (sic)."

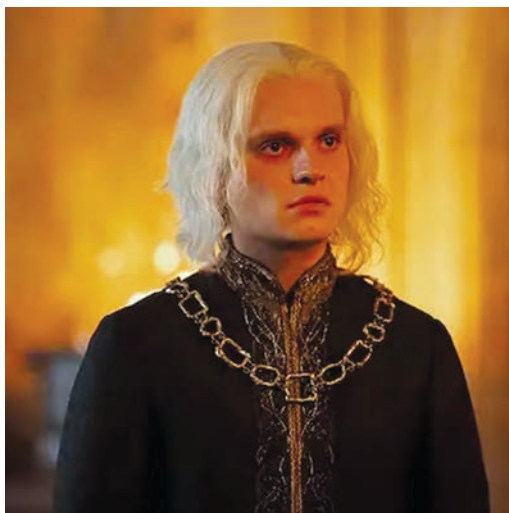
The promotional material places prominent emphasis on the film's technical scope, crediting its visual team as being "from the visual artists who brought you The Odyssey and Dune." The makers have promised 'the most immersive 3D cinematic experience ever,' with the theatrical rollout set across standard, IMAX, and Premium Large Formats.

Sharing the poster across social media platforms, the makers wrote: "From the visual artists behind The Odyssey



and Dune comes RAMAYANA: RISE OF A LEGEND - the most immersive 3D cinematic experience ever - exclusively in theatres, in IMAX and Premium Large Formats worldwide November 6 (sic)."

Directed by Nitesh Tiwari and produced by Namit Malhotra, Ramayana: Rise of a Legend also features Sai Pallavi as Goddess Sita, Ravie Dubey as Laxman, Sunny Deol as Lord Hanuman, Arun Govil as king Dashrath and Rakul Preet Singh as Suparnakha.



Winter is coming to cinemas with GOT Aegon's Conquest set for Summer 2029 release

Good news for GOT fans: The sprawling Game of Thrones universe is finally heading to the big screen. Warner Bros announced the first official movie, Game of Thrones: Aegon's Conquest, is set for a June 6, 2029 theatrical release, bringing the world of Game of Thrones to cinemas for the first time. The film will go back several centuries before the original series to tell the story of Aegon I Targaryen, the conqueror who united much of Westeros and established the dynasty that would rule the Seven Kingdoms for generations.

Directed by Owen Harris and written by Beau Willimon, the film will introduce audiences to a Targaryen ruler who has so far existed only in the history and legends of the franchise.

And there's plenty of history to unpack.

Aegon I was the first Targaryen king of Westeros and the man who began the conquest that would reshape the continent. Riding his dragon Balerion the Black Dread, Aegon set out with his sisters and wives, Visenya and Rhaenys, to bring the warring kingdoms under Targaryen rule. The film is expected to centre on that conquest, although plot details remain tightly under wraps. There's also no word yet on who will play Aegon.

His story sits at the very beginning of the Targaryen dynasty - the same family that eventually produced Daenerys Targaryen, played by Emilia Clarke, centuries later. It also means the new film is digging deeper into the history that has already powered HBO's House of the Dragon. The Targaryen family has become one of the biggest threads in the expanding Game of Thrones universe. House of the Dragon explored the civil war known as the Dance of the Dragons, while A Knight of the Seven Kingdoms has taken the story further down the timeline.

For Game of Thrones fans, Aegon's Conquest marks a significant shift. The original series, based on George R.R. Martin's bestselling fantasy novels, ran for eight seasons between 2011 and 2019 and became one of television's biggest shows, winning multiple Emmy Awards along the way. Now, its world is being given a cinematic treatment.

Digger review: Tom Cruise is wonderfully unhinged in this wild climate satire

Tom Cruise has spent the better part of the last decade running, flying, jumping, climbing and generally reminding us that movie stars are supposed to do things. Digger is everything anti-Cruise-que image that we have come to know. He stands still, puts on a prosthetic belly, grows a thinning head of hair, and plays a billionaire oil tycoon who may have helped cause the end of the world.

It is, in other words, exactly the kind of left turn that makes Cruise interesting again. Directed by Alejandro Gonzalez Iritu, Digger stars Cruise as Digger Rockwell, a powerful Texas oil magnate whose drilling operation in Greenland triggers an ecological catastrophe. When a gigantic ice mass breaks away and threatens Europe, Digger sets out to fix the disaster he helped create, while simultaneously trying to establish himself as the man capable of saving humanity. Riz Ahmed, Sandra Hüller, John Goodman, Jesse Plemons and Sophie Wilde round out the ensemble.

The premise is almost aggressively ridiculous. The fascinating part is that Iritu isn't interested in making it merely ridiculous. There is a very particular kind of arrogance to Digger. He has accumulated so much wealth and power that the consequences have become an inconvenience rather than a reality. When scientists warn him that his operations are causing catastrophic



damage, his instinct isn't remorse. It is problem-solving, preferably the kind that allows him to remain the person in charge. Cruise understands that absurdity beautifully. Digger is not a subtle man, and Cruise isn't playing him subtly. The accent is broad, the physical transformation deliberately grotesque and the performance frequently borders on caricature. Yet there is method beneath the madness. Cruise makes Digger's confidence almost childlike: he genuinely believes that every problem has a solution if you are powerful enough, rich enough or simply loud enough. It is a fascinating inversion of

the Cruise persona. For years, his screen image has been built around competence. Ethan Hunt may be battered, exhausted and occasionally terrified, but he can still fly the plane. Digger is what happens when that same confidence is attached to a man who has helped create the disaster in the first place. He wants to be the hero of a story in which he is also the problem. That idea gives Digger its sharpest comic edge. Iritu, working with Alexander Dinelaris, Nicols Giacobone and Sabina Berman, builds the film as an increasingly surreal collision of climate satire, disaster movie and dark comedy.

JLo feeds internet's obsession with her 'hunky silver fox' bodyguard, shares pics

Actor-singer Jennifer Lopez has joined the internet in noticing the man who's been keeping her safe over the years, across places and very recently in Milan, Italy. After her longtime bodyguard went viral during Milan Fashion Week over the weekend, the singer-actor has now shared a series of photos from the city featuring him - and, unsurprisingly, fans are still very interested in the silver-haired man walking beside her.

JLo carefully selected the carousel for her fans, with maximum coverage of what the internet has named the 'hunky silver fox'. For the caption, she chose nothing, but just a credit to the Italian fashion house Dolce and Gabbana.

The buzz began after recent videos showed Lopez arriving in Milan and making her way through a crowd of fans waiting for pictures and autographs. As the crowd closed in, her bodyguard stayed close, guiding her through the



chaos. At one point, Lopez held his hand as he helped her navigate the crush of people. That small moment was enough to send social media into detective mode.

Soon, the internet had found its preferred description for him: a "hunky silver fox". Videos of the older, silver-haired security man escorting Lopez from a black SUV and through the waiting crowd began making the rounds, with viewers paying almost as much attention to him as they were to the star he was protecting. And, honestly, it's not difficult to see why the moment caught people's attention. Lopez was dressed casually for the outing in a sheer top and baggy blue jeans, carrying a brown bag, while her bodyguard remained firmly in protective mode as fans gathered around her. The hand-holding moments, in particular, have become the clip everyone seemed to notice. But while social media may have had fun turning him into Milan's latest unlikely heartthrob, these scenes themselves appeared far less dramatic. He was doing his job: getting Lopez safely through a tightly packed crowd.



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BAPS says it never sought exclusion of women during Eiffel Tower visit

OCTOBER 2, 2026

PARIS (TIP): A Hindu religious group has said investigations found that it did not ask for female employees to be "hidden, removed or excluded" during its delegation's visit to the Eiffel Tower in Paris. The issue had sparked a strike by Eiffel Tower staff last month over allegations that women employees were moved away during the visit by around 100 people associated with BAPS (Bochasanwasi Akshar Purushottam) Swaminarayan Sanstha, leading to a day-long closure of the monument.

The statement by BAPS Paris came days after Societe d'Exploitation de la tour Eiffel, the company that runs the Eiffel Tower, announced that its head Patrick Branco Ruivo will step down at the end of the year. The decision followed an investigation by an independent firm, which found a series of operational failures linked to the BAPS delegation's visit on September 5. In a statement, BAPS Paris said, "From the outset, BAPS has consistently stated that it never asked for female employees to be hidden, removed or excluded." It added, "The investigation establishes this fact that BAPS made no such request for women to be excluded along the visitor route."

UN urges more US action on Marshall Islands nuclear fallout legacy

The United States needs to take additional steps to remedy the nuclear legacy in the Marshall Islands by providing healthcare and releasing secret archives, according to a UN report presented to its human rights body on Thursday, Oct 1.

The US, which administered the Pacific islands after World War Two, conducted 67 nuclear weapons tests in the Marshall Islands from 1946 to 1958, including "Castle Bravo" at Bikini Atoll in 1954.

The human cost of these tests has been "severe and lasting", the UN human rights office report said, adding that there has not yet been a just settlement of the claims.

"The damage needs to be repaired," Awa Dabo, Deputy High Commissioner for Human Rights, told the UN Human Rights Council in Geneva.

The UN cited examples of the ongoing impact, such as elevated levels of cancer, displacement from contaminated areas and lasting social stigmas affecting exposed persons who are referred to as "poison people".

The report called for the US to provide remedy in the form of healthcare and to declassify all information pertaining to the nuclear legacy.

Putin says Modi has strong ideas for mutual settlement of Ukraine war

OCTOBER 2, 2026

MOSCOW (TIP): Russian President Vladimir Putin has said Prime Minister Narendra Modi has "very good ideas" on a mutual settlement of the Ukraine conflict and raises the issue at "every meeting" they have. Putin made the remarks on Thursday at the annual meeting of the Valdai International Discussion Club, according to state-run TASS news agency.

Putin's comments came weeks after he and Modi held talks ahead of the BRICS summit in New Delhi last month, during which the Russian leader briefed the Prime Minister on the overall situation regarding the Ukraine war and ongoing peace initiatives. A few days earlier, Kremlin spokesperson Dmitry Peskov had said Russia would welcome any peace efforts by India to end the conflict.

"As for Prime Minister Modi's position on ending wars, I can say that he is one of those world leaders who, despite our very good, even friendly relations, including at the personal level, constantly raises the issue and asks questions about ending the conflict in Ukraine," Putin said.

The Russian leader said Modi "brings up these matters at every meeting we have and takes a keen interest in them". "He has very good ideas aimed at finding mutually acceptable solutions," Putin added. The Ukraine war began in



Russia's President Vladimir Putin (L) shakes hands with India's Prime Minister Narendra Modi (R) during their meeting on the sidelines of the BRICS summit in New Delhi on September 11, 2026.- AFP

February 2022. Peskov had said Moscow's strategy aligns closely with New Delhi's position that the conflict should be resolved through dialogue and diplomacy. Putin also spoke about India at the forum on Wednesday and expressed appreciation for the country's cultural diversity and unity. "India cannot fail to amaze with its scale and diversity," he said. "F

ew people know this, but Mr. [Indian Prime Minister Narendra] Modi told me that of the 1.5 billion people, 600 million Indians speak their native language,

Hindi, while most speak their own languages, and they all live together - amazing," he said.

Asserting that this cannot fail to inspire admiration, Putin said, "There is something unique about Indian culture that can certainly serve as an example of how diversity and unity can coexist. It is certainly something to learn from." In his remarks at the forum, Putin highlighted both Modi's continued interest in efforts to end the Ukraine conflict and his admiration for India's unity in diversity.

UK Says Iran Had Role in RAF Fairford Terror Plot, Iran Denies Involvement

OCTOBER 2, 2026

LONDON (TIP): British Prime Minister Andy Burnham says the U.K. has "strong indications" that Iran played a part in the incident that saw five men arrested near a U.S.-run air base in England late at night.

Burnham told British broadcasters on Sept 30 that British and American officials are carrying out a "complex and serious" investigation into how five men and three vans came to be near the perimeter of RAF Fairford.

Five British men in their 20s were arrested Sunday on suspicion of explosives offenses and planning an act of terror, before being released on bail a day later. Police say they found a quantity of an accelerant - gasoline - in the vans, but no explosives.

Burnham did not provide details about what the suspects were planning or why the U.K. thinks Iran was involved. He said he would "update people more in due course."

"There are strong indications that Iran played a part in what happened over the weekend at RAF Fairford, but of course it remains an ongoing,



Andy Burnham

complex, and serious police investigation," Burnham told the BBC in one of a series of broadcast interviews. "And of course, we are working closely with our colleagues in the United States of America."

Iran has denied involvement.

The base 100 miles (160 kilometers) west of London has been used by American bombers during decades of conflicts in the Middle East,

including this year's war with Iran.

Top U.S. officials have criticized the decision to grant the suspects bail, with President Donald Trump saying "I wouldn't have done that" and Secretary of State Marco Rubio saying a lot of people were "disturbed" by the move.

Burnham said authorities have the investigation under "the strongest grip and the closest control," and British officials had been "talking to counterparts in the United States all week to explain what is happening here, how things are being done."

"I have complete confidence in the way British security services are handling this," he told the BBC.

Laurence Taylor, the head of British counterterror policing, said Tuesday that the suspects remain under investigation and the decision to grant bail was grounded in "experience and strategy."

He said a line of inquiry is whether the suspected offenses were committed by "proxies or individuals, either knowingly or unknowingly, working on behalf of a foreign state."

Egypt arrests entire Matsadaash newsroom in major crackdown on independent media

OCTOBER 2, 2026

CAIRO (TIP): Egyptian authorities have detained the entire editorial team of Matsadaash, one of the country's few independent media outlets, accusing the six journalists of belonging to the outlawed Muslim Brotherhood and producing fabricated news for foreign funding. The arrests have drawn strong criticism from international and regional rights groups, which called them an alarming escalation against independent media and freedom of expression.

The six journalists' whereabouts remain unknown, according to the Egyptian Initiative for Personal Rights, which said they have not been allowed to contact their families or legal team. Matsadaash co-founder Abdelrahman Mansour, who is outside Egypt, rejected the allegations, saying, "The claims are false."

Egypt's Interior Ministry said on Thursday that Matsadaash was an unlicensed page run from abroad by a "fugitive Brotherhood member", referring to Mansour. It said the six detainees were part of a Brotherhood "media committee" that prepared false and fabricated news for publication, and added that only one of them is a member of the Journalists' Syndicate. The ministry said legal measures had been taken but did not specify the charges.

Mansour said the first arrest took place on Monday night, when authorities went to the home of Abdallah Qadry. The other five staff members were arrested on Tuesday, beginning with Mohamed Abu Emaira, who was taken from his home in the early hours. Mansour said Emaira's library and internet router were destroyed during the arrest. Omar Helal was arrested in Port Said, Islam Barakat in Gharbia Governorate, and Mohamed Mahmoud and Mohamed Adel in Cairo. Mansour said all of them had their mobile phones and computers confiscated. He also said two of the outlet's editors were arrested in 2023 and later released without charge after State Security investigators found no links to the Muslim Brotherhood. "It's very difficult for us to understand why this is happening," he said.

Founded eight years ago as a fact-checking platform, Matsadaash later expanded into investigative reporting in Egypt and other Arab countries. It was founded in 2018 as an online platform and has built a large following in Egypt, where independent media face heavy restrictions and state oversight of newspapers and television networks is widespread.

Saudi coalition accuses Houthis of drone attack at power station for Prophet's Mosque in Medina

OCTOBER 2, 2026

MEDINA (TIP): Yemen's Iran-backed Houthis struck an electricity distribution station in the holy city of Medina in Saudi Arabia, the Saudi-led coalition said Thursday, Oct 1, sparking strong condemnation from the Muslim world.

The alleged attack came as fighting intensifies in Yemen, where government forces said they carried out attacks on Houthi targets and AFP journalists heard explosions in the Houthi-held capital Sanaa.

The Saudi-led coalition said a drone struck Medina's Taibah electricity distribution station, which provides power to the Prophet's Mosque, as the Houthis denied involvement.

Medina, the burial place of the Prophet Mohammed and home to the Prophet's Mosque, is one of Islam's holiest cities alongside Mecca.

Coalition spokesman Major General Turki al-Maliki said a drone struck the Taibah electricity distribution station at 5:11 am (0211 GMT) on September 29.

"The investigation and evidence gathered by the competent authorities have confirmed the involvement of the Terrorist Houthi Militia in planning and executing this cowardly terrorist act, based on after-action review and the wreckage of the drone used," he said in a statement.

The coalition said one transformer was taken out of service without affecting the wider electricity network. Al-Maliki said the facility supplied electricity to the Prophet's Mosque.

"This cowardly terrorist act, targeting a civilian facility providing electricity to the Prophet's Mosque in Madinah, is a continuation of this extremist militia's attempts to target the Two Holy Mosques," he said.

The accusation came as fighting intensified in Yemen.

AFP correspondents heard loud explosions in the Houthi-held capital Sanaa on Thursday evening, while the internationally recognised government's military said it had carried out strikes on Houthi targets in Sanaa, Saada and Taiz.

A spokesman said the military had conducted a "high-value



Debris from a drone, which Saudi authorities said was launched by the Houthis, in Medina, Saudi Arabia. (REUTERS)

targeting operation" in Sanaa and struck 11 targets in Saada.

He added that 27 air strikes had targeted an "integrated military system" belonging to the Houthis in Taiz.

The Houthis, who control Sanaa and much of Yemen's Red Sea coast, have repeatedly launched drones and missiles at Saudi Arabia since the kingdom intervened in Yemen's civil war in 2015.

Attacks linked to Islam's holy cities, however, are rare.

On Thursday, a senior Houthi official again rejected accusations that the movement had targeted Islamic holy sites, according to Houthi media.

Turkey strongly condemned the alleged attack and voiced support for Saudi Arabia.

"We strongly condemn the Houthis' attack on civilian infrastructure" in Medina, the foreign ministry said.

"These provocative attacks, which threaten Saudi Arabia's sovereignty and security and target the sacred values of the Islamic world, must cease immediately and unconditionally."

Source: AFP

Amnesty says Iran must halt plans to flog singer, musicians

OCTOBER 2, 2026

LONDON (TIP): Amnesty International said Thursday, Oct 1, that Iran must halt any plans to punish a singer and eight other musicians with dozens of lashes each after they livestreamed a performance on YouTube.

The concert featured Parastoo Ahmadi singing powerful, mournful songs to an empty audience, on a dimly-lit stage adorned solely with a large Persian carpet in the grounds of a traditional caravanserai complex.

Ahmadi was backed by a pianist, drummer, guitarist and bassist and all the musicians wore black.

The singer was dressed in a long gown and wore deep red lipstick without adhering to strict Islamic dress code, in a country where women are banned from singing and must

cover their hair in public.

A court sentenced the group to 74 lashes each, a sentence that was upheld by an appeals court in the northern province of Qom on Friday, according to the US-based Human Rights Activists News Agency (HRANA) and local media.

"Iranian authorities must immediately halt any plans to carry out floggings, which amount to torture, against singer Parastoo Ahmadi and eight others in connection to a live-streamed 2024 concert in Qom province," Amnesty said in a statement posted on Instagram.

"Flogging constitutes cruel, inhuman and degrading punishment, and violates the absolute prohibition on torture and other ill-treatment.

"These flogging sentences highlight

the inhumanity and brutality of Iran's justice system and its role in the ongoing assault on women's rights."

Ahmadi livestreamed the concert on her own channel in December 2024, where it has been viewed three million times. It has also been viewed many thousands of times more on other channels.

Increasing numbers of Iranian women are appearing without hijab, especially since protests erupted following the death in custody of a woman named Mahsa Amini in September 2022. She had been arrested for allegedly violating the dress code.

Since then, Iran had once again erupted in nationwide protests, peaking in January before the United States and Israel launched a war against the Islamic republic.

Bangladesh to replace planned sculptures at historic sites

OCTOBER 2, 2026

DHAKA (TIP): The Tarique Rahman government has proposed replacing planned sculptures commemorating Bangabandhu Sheikh Mujibur Rahman's March 7, 1971 speech and the surrender of Pak forces the same year with water fountains at Suhrawardy Udyan.

The proposal is part of a plan to "rescope and repurpose" the Independence Monument project, according to sources at ministry of liberation war affairs.

Originally known as Ramna Race Course, Suhrawardy Udyan is a national memorial and public space located in Dhaka. The site, covering an area of 95 acres, is notably associated with two pivotal moments in Bangladeshi history: the historic speech by Sheikh Mujibur Rahman on 7 March, 1971, calling for struggle against the Pakistani establishment and the surrender of Pakistani forces on 16 Dec, 1971, which marked the end of the Bangladesh War of Independence.

The project, titled "Construction of the Independence Monument at Suhrawardy Udyan in Dhaka", began in 2018 and is scheduled for completion in June 2027. Its original design included sculptures at the two historic sites. Work had stalled since the change of govt in 2024.

Indonesian President Replaces Foreign Minister With Career Diplomat

Indonesian President Prabowo Subianto has replaced his foreign minister with a career diplomat, in a cabinet reshuffle that saw more than a dozen other posts change hands.

In the reshuffle, Prabowo appointed Arrmanatha Nasir, Indonesia's former permanent representative to the United Nations in New York, as the country's new foreign minister. The outgoing foreign minister, Sugiono, was shifted to the post of coordinating minister for human development.

In this latest change to his "Red and White Cabinet," Prabowo appointed three new coordinating ministers and a new minister of industry. He also reshuffled a handful of deputy ministerial posts and leadership positions at major government agencies, including the National Police and the office of the Ombudsman.

The changeover at the top of Kemlu, however, was the most significant position to change hands, and the second major cabinet change in the past few week.

Pakistan says killed 22 terrorists in airstrikes in Afghanistan

OCTOBER 2, 2026

ISLAMABAD (TIP): Pakistan says it has targeted "camps and hideouts" used by armed groups in two locations in Afghanistan, killing several fighters, while Kabul and the United Nations report civilian casualties.

Pakistan's Ministry of Information said on Thursday that it conducted "well planned and calibrated" strikes, which killed 22 fighters. Meanwhile Kabul accused Islamabad of killing civilians in attacks on its northeastern Kunar and southern Helmand provinces.

Zabihullah Mujahid, the chief spokesman for Afghanistan's Taliban government, said the attacks took place late on Wednesday and that at least nine people were killed and 11 others wounded.

In a post on X, he said the attacks destroyed three houses. "We condemn this act and consider it an aggression and crime against all accepted principles," Mujahid wrote.

The UN mission in Afghanistan said the air strikes killed at least 10 civilians in Afghanistan, mostly children, and injured nine people.

"Civilians continue to be affected by cross-border hostilities. UNAMA reiterates its call for de-escalation, dialogue, respect for international law and prevention of further civilian harm," the UN mission said in a statement.

Last week, UNAMA said it had documented over 1,100 civilian deaths and injuries in Afghanistan so far this year.



A man salvages his belongings from the debris of his house, which was damaged in an air attack in Shultan, Kunar, Afghanistan, October 1, 2026 [Reuters]

The attacks come amid an escalation in fighting between the neighbouring countries after three months of relative calm. Islamabad accuses Kabul of harbouring armed groups, including the Pakistani Taliban (TTP), and carrying out cross-border attacks on its territory.

Pakistan's Information Ministry said its attacks were based on "credible intelligence" and targeted two armed groups – the TTP and the Balochistan Liberation Army (BLA).

"Targets were destroyed with precision and initial reports suggest killing of twenty two terrorists," the ministry said in a statement on X.

"Large quantities of weapons and ammunition stored at these hideouts was

also destroyed," it said.

Reporting from Islamabad, Al Jazeera's Kamal Hyder said the BLA has been responsible for an increasing number of attacks in Pakistan's restive Balochistan province, while the Pakistan Taliban has been carrying out attacks in the Khyber Pakhtunkhwa province.

In November 2022, a brief ceasefire between the TTP and the Pakistani government, with the Taliban in Afghanistan mediating, broke down, following which armed groups have been staging an increasing number of attacks, Hyder said.

"Every time there is an attack on the Pakistani side, Pakistan then carries out air strikes," he said.

Nepal suspends search after 16 swept away by avalanche

OCTOBER 2, 2026

KATHMANDU (TIP): Dire weather has forced Nepal to suspend search operations after a Himalayan avalanche caused what is feared to be the worst expedition disaster in over a decade, the National Mountain Guide Association said.

Since the avalanche swept through the base camp of the 7,126-metre (23,345-foot) Himlung peak early on Sunday, four bodies have been recovered while 12 people remain missing.

"The conditions are very challenging," said Tul Singh Gurung, president of the Nepal National Mountain Guide Association. "The search has been paused".

The 12 missing people are all Nepali workers preparing for later expeditions on Himlung, near the Chinese border, a popular destination for mountaineers looking to begin climbing 7,000-metre peaks.

Rescue team leader Mingma G Sherpa said he had little hope of finding the missing alive.

"Looking at the bodies recovered, it would be impossible for the rest to survive," he told AFP. "The scale of the avalanche is massive, we can go back when the snow melts a bit."

The team of eight mountain guides had reached the base camp on Sunday evening to begin the search, digging through more than four metres (14 feet) of snow.

Tents were buried under deep snow.

The bodies of two mountain guides were recovered on Sunday, and those of two kitchen staff were pulled out earlier this week.

Nepal's worst mountaineering disasters in recent years



occurred in 2014, when an avalanche killed 16 people on Everest, and in 2015, when an earthquake killed 18 people, also on Everest.

Nepal is still searching for bodies from devastating floods sparked by a mountain glacial collapse on August 26 that killed more than 1,400 people and left over 6,000 missing.

Heavy rain since Thursday has triggered other floods and landslides, killing at least 21 people, according to the national disaster agency.

Home to eight of the world's 14 highest peaks, Nepal relies heavily on mountaineering and trekking tourism.

AL-NOOR INTERNATIONAL



عالم مشاعر

PRESENTS

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CHIEF GUEST



Mohammed Azharuddin

(Former Cricketer,
Minister of Minority Affairs & Public Enterprises)

DINNER
7:00 PM

MUSHAIRA START
8:00 PM

Words
Bridge
Hearts



PRESIDED BY:



Iftekhhar Shareef

(Community Leader)

Distinguished Guest Poets

CHIEF PATRON



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Let's Build a More Peaceful Tomorrow

Moringa magic: How this superfood can nourish skin & hair

Often called the "drumstick tree", moringa has been part of traditional Indian diets and wellness practices for generations. Today, its leaves are gaining fresh attention in the form of moringa powder, a convenient way to add the nutrient-rich plant to everyday routines. Packed with vitamins, minerals, plant compounds and antioxidants, moringa powder is increasingly being explored not only as a dietary supplement but also as a natural ingredient for skin and hair care. While it is not a miracle cure for skin or hair problems, its nutritional profile may support healthy skin and hair when combined with a balanced diet and sensible care.

Why moringa is attracting beauty enthusiasts

Moringa leaves contain nutrients including vitamin A precursors, vitamin C, vitamin E, calcium, iron and protein, along with various antioxidant plant compounds. These nutrients are important for maintaining normal skin, supporting tissue repair and helping the body produce proteins such as collagen and keratin. Antioxidants are particularly relevant to skin health because oxidative stress can contribute to cellular damage and premature signs of ageing. Including antioxidant-rich foods in the diet may therefore complement a broader skin-health routine.

A natural boost for glowing skin

Healthy-looking skin begins from within. Moringa powder can contribute nutrients that support normal skin function, particularly when the overall diet is varied and nutrient-rich. Vitamin C, for instance, plays a role in collagen formation and also functions as an antioxidant. Collagen helps provide skin with structure and elasticity. Moringa also contains carotenoid compounds, which the body can convert into vitamin A. Vitamin A is important for maintaining normal skin. However, simply consuming more moringa does not automatically mean clearer or younger-looking skin. Genetics, sun exposure, sleep, hydration, hormones and overall nutrition all influence skin health.

Could it help with premature ageing?

One reason moringa has become popular in natural beauty circles is its antioxidant content. Free radicals



generated by environmental exposure, including ultraviolet radiation and pollution, can contribute to oxidative stress. Moringa contains several antioxidant compounds that have been studied in laboratory and nutritional research. These may help explain its traditional reputation as a health-promoting plant.

But there is an important distinction: antioxidant activity in laboratory studies does not automatically translate into proven anti-ageing effects in humans. Moringa should therefore be viewed as a nutritious addition to a healthy lifestyle rather than a replacement for sunscreen, adequate sleep or evidence-based skincare.

What about hair growth and hair fall?

Hair is largely made of keratin, a protein, and adequate intake of protein, iron and several vitamins and minerals is important for maintaining normal hair growth. Moringa leaves provide plant protein and minerals, including iron. This has made moringa powder particularly popular among people looking for plant-based nutritional additions.

However, hair fall has many possible causes, including nutritional deficiencies, hormonal changes, thyroid disorders, stress, genetics and certain illnesses. Moringa cannot be expected to reverse hair loss caused by an underlying medical condition.

If hair shedding is persistent, sudden or accompanied by scalp changes, it is better to identify the cause rather than relying solely on supplements.

FOOD CORNER

Payyoli chicken fry

A simple fried chicken recipe with authentic Malabar flavours. The spiciness of the green chillies cuts perfectly through the juicy and tender chicken pieces. The coconut oil gives this dish a distinct flavour. Serve this dish as a starter for your house parties.

Ingredients

500 Gram Chicken, cleaned and cut into 1 inch cubes
1 tsp Garlic, minced
1 tsp Ginger, minced
2 tsp Kashmiri Red Chilli Powder
1/2 tsp Turmeric Powder (Haldi)
2 tbsp Vinegar
1 Green Chilli, slit lengthwise
1 tbsp Meat Masala
3 tbsp Fresh Coconut, grated to taste
Salt
2 sprig Curry Leaves
3 tbsp Coconut Oil
100 ml water

Method

- Marinate the chicken in minced ginger and garlic, vinegar, turmeric powder, salt, meat masala powder and Kashmiri red chilli powder.
- Keep this for an hour.
- Combine grated coconut and Kashmiri red chilli powder.
- Heat coconut oil in a pan and fry the marinated chicken along with slit green chillies.
- Add the red chilli-coconut mix and curry leaves to the semi-cooked chicken and fry it for a while.
- Pour water and let the chicken cook till the chicken completely absorbs the water.
- The Payyoli chicken fry is ready.



In the middle of busy schedules, endless notifications and crowded calendars, self-care is increasingly finding its way back into the home. You do not always need a spa appointment, an elaborate wellness retreat or hours of free time to create a moment of calm. Sometimes, it begins with something as simple as a familiar, comforting fragrance. A scented candle flickering beside the bathtub, a diffuser releasing a delicate floral aroma into the bedroom or a few drops of essential oil filling the living room can change the atmosphere of a space almost instantly. Home fragrance has become more than a decorative indulgence - it is increasingly part of the modern self-care ritual.

Why scent has such a powerful effect

Our sense of smell has a particularly close relationship with the brain areas involved in emotion and memory. This is why a particular fragrance can instantly remind us of a childhood home, a

Power of home fragrance in modern self-care



favourite holiday or even a person.

Different aromas can also influence how we perceive a space and how we feel while spending time in it. A fresh citrus scent may feel energizing, while soft floral or woody notes can create a sense of warmth and relaxation. This does not mean fragrance can treat anxiety, insomnia or other health conditions. Rather, pleasant scents can become part of a relaxing environment and help establish rituals

associated with winding down, resting or enjoying personal time.

Lavender for winding down

Lavender remains one of the most popular scents associated with relaxation. Its soft floral character works particularly well in bedrooms and evening routines. Try a lavender-scented diffuser while reading before bed, or use a lightly scented pillow or linen mist as part of your nighttime ritual. The objective is not to fill the room with an overpowering smell but to create a subtle sensory cue that signals the transition from a busy day to a quieter evening.

Citrus for a fresh start

Lemon, orange, grapefruit and bergamot bring a bright, clean quality to interiors. Their crisp aromas are particularly suited to kitchens, workspaces and living areas. A citrus

diffuser in the morning can make a room feel fresh and lively, while a bowl of fresh citrus peels can provide a simple, natural fragrance without turning the experience into a complicated wellness routine.

Woody scents for grounding

Sandalwood, cedarwood and other warm woody notes can give a room a cosy, grounded character. They work especially well in reading corners, meditation spaces and living rooms. For those who find floral fragrances too sweet, woody aromas can offer a more subtle alternative. Combined with warm lighting, soft music and a comfortable chair, they can help create an environment designed for slowing down.

Few fragrances evoke a spa quite like eucalyptus. Its cool, fresh aroma is often associated with steam rooms and wellness spaces. A eucalyptus-inspired fragrance can work well in bathrooms, particularly during a relaxing shower.

Your heart after 30: Health checks and habits that matter

Your 30s may feel too early to start worrying about heart health. For many people, however, this is precisely when daily habits begin to shape long-term cardiovascular risk. Long working hours, less physical activity, irregular meals, stress, poor sleep and increasing reliance on processed foods can gradually affect blood pressure, cholesterol, blood sugar and body weight - often without obvious symptoms.

The good news is that your 30s also offer an opportunity to make meaningful changes before risk factors become more difficult to manage.

Start with the basics

Regular physical activity is one of the most important habits for cardiovascular health. Aim for a combination of aerobic activity, such as brisk walking, cycling or swimming, and muscle-strengthening exercises. If you have a sedentary job, breaking up long periods of sitting with short bouts of movement can also help. Diet matters just as much. Build meals around vegetables, fruits, whole grains, pulses, nuts and seeds, while choosing healthier sources of protein and unsaturated fats. Limit foods high in saturated and trans fats, excessive salt, added sugars and highly processed ingredients.

Smoking and tobacco use are major cardiovascular risk factors. If you smoke, quitting is among the most significant steps you can take for your heart. Alcohol, if consumed, should be kept within recommended limits.

Don't ignore your blood pressure

High blood pressure is often called a "silent" risk factor because it may cause no noticeable symptoms. Yet persistently elevated pressure can damage blood vessels and increase the risk of heart disease and stroke. Have your blood pressure checked regularly, particularly if you have a family history of hypertension, excess weight, diabetes or other risk factors. A single high reading does not necessarily mean you have hypertension, so repeated measurements may be required.

Know your cholesterol numbers



A lipid profile measures blood fats including total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides. LDL cholesterol is particularly important because elevated levels can contribute to plaque accumulation in the arteries. The frequency of testing depends on your age, risk factors and previous results. People with a family history of premature cardiovascular disease or known cholesterol problems may need earlier or more frequent assessment.

Check blood sugar

Diabetes and prediabetes can increase cardiovascular risk. A fasting blood glucose test and/or HbA1c can help identify abnormal blood-sugar levels. This is especially relevant if you have excess weight, a family history of diabetes, high blood pressure or other risk factors. Detecting elevated blood sugar early gives you an opportunity to address diet, exercise and weight before problems progress.

Don't overlook waist circumference and weight

The number on the weighing scale is only part of the picture. Excess abdominal fat is associated with metabolic problems, including insulin resistance, abnormal cholesterol and high blood pressure.

Tracking your waist circumference alongside weight, blood pressure and laboratory results can provide a more useful picture of changing cardiovascular risk.

Hungry again by mid-morning? Your breakfast may be missing key nutrients

You finish breakfast, get on with your morning and, a few hours later, your stomach starts rumbling again. Before blaming yourself for having a "big appetite" or assuming that you lack self-control, take a closer look at what was on your breakfast plate.

Feeling hungry a few hours after eating is not necessarily a sign that you have overeaten. Hunger is influenced by several factors, including the composition of a meal, portion size, physical activity, sleep, stress and individual energy needs. A breakfast that is mostly refined carbohydrates, for example, may not keep you satisfied for as long as one that combines protein, fibre and healthy fats.

Breakfast can be filling without being excessively large. What matters is what those calories are made up of. A breakfast containing protein, fibre, complex carbohydrates and healthy fats tends to provide a more balanced nutritional profile. These nutrients can work together to support satiety and provide a steadier supply of energy through the morning.

Think of breakfast as building a team rather than choosing one "perfect" food.

Protein is particularly important for satiety. Eggs, Greek yoghurt or curd, milk, paneer, tofu, dal, sprouts and beans can all contribute protein to a morning meal. If your breakfast consists only of toast, biscuits or a bowl of refined cereal, adding a protein source may make it considerably more satisfying.

Try eggs with whole-grain toast, vegetable poha with curd, or oats topped with yoghurt and nuts.

Fiber adds bulk to food and can help you feel fuller for longer. Fruits, vegetables, whole grains, oats, beans, lentils, nuts and seeds are useful sources.

Instead of relying entirely on fruit juice, for example, eating a whole fruit provides fibre along with its naturally occurring sugars. Similarly, choosing oats or whole-grain bread over highly refined alternatives can increase the fiber content of your breakfast.

Carbohydrates often get blamed when hunger returns quickly, but they are an important source of energy. The bigger consideration is the type and overall balance of carbohydrates.

A breakfast based heavily on refined carbohydrates - such as sugary cereals, pastries or sweetened breads - may be less satisfying than one that combines whole grains with protein, fibre and healthy fats.

Whole-grain roti, oats, whole-grain bread, millets and other minimally processed carbohydrate sources can form part of a balanced breakfast.

Healthy fats can add flavour and staying power to a meal. Nuts, seeds, nut butters, avocado and certain vegetable oils provide unsaturated fats.

If you've ever pushed yourself through a hard workout, you've probably "felt the burn." It's that familiar sensation of pain and exhaustion in the muscles, where they almost feel like they're on fire.

This feeling has long been said to be caused by a build-up of lactic acid in the muscles. In fact, this remains a common explanation from recreational exercisers to elite athletes. But this belief is wrong -- and lactic acid actually has nothing to do with the burn we feel when we exercise.

The origins of the lactic acid myth go back to the early 1900s. Scientists discovered that when they electrically stimulated the muscles of amphibians, lactic acid accumulated. This happened both when the muscles lacked oxygen and when they were stimulated until they fatigued.

Feeling the burn? It's not lactic acid

Based on this, and the understanding of biochemistry at the time, it was concluded that when muscles work hard and they aren't getting enough oxygen, lactic acid accumulates and muscle fatigue develops. However, this early work never explicitly said that lactic acid caused muscle fatigue. Rather, it said that muscle fatigue is accompanied by increases in lactic acid. Just because two things happen at the same time does not mean one thing causes the other. But the misapplication of cause-and-effect led to the birth of the lactic acid theory of muscle fatigue.

Lactic acid accumulation was thought to cause muscle pain and fatigue in two main ways: by impairing some of the processes

involved in muscle contraction, and by reducing the muscles' ability to generate energy. Both effects were thought to be due to lactic acid making our muscles more acidic, which could also cause sensations of pain and burning.

But as our knowledge of biochemistry improved, by the end of the 20th century we discovered some things that cast doubt on the lactic acid theory.

First, the normal pH of our body tissues means that lactic acid actually cannot exist in our bodies; nearly all of it is broken down into lactate and hydrogen. These chemicals are produced in our bodies all the time, but in much larger amounts when we do hard exercise.

Source: PTI

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DR. SATISH AND GITANJLI ANAND



DR. SATISH ANAND
Former Chairman, Board of Trustees, AAPI National
E-Mail: sanandmd@gmail.com

GITANJLI ANAND
Former President, India Association of Long Island (IALI)
E-mail: gitanjliand@gmail.com

Google launches Gemini 4 Argon, its most powerful AI model yet

Google has finally released its next-generation frontier AI model, called Gemini 4 Argon. According to the company, Argon brings in major improvements in various tasks such as coding, professional work, and cybersecurity compared to its previous AI models.

Gemini 4 Argon's release comes at a time when rumours emerged that Google was falling behind rivals, including OpenAI and Anthropic, in the AI race after reportedly delaying Gemini 3.5 Pro. On X, Google CEO Sundar Pichai addressed such speculation. "Lots of discussion out there about our next model(!), so I wanted to give an early look as soon as possible," he wrote. "Introducing Gemini 4 Argon! It shows frontier performance in complex workflows, cyber defense and software engineering."

Sundar Pichai added that teams within Google were already using Gemini 4 Argon for different tasks including coding and quantum computing. It is also the first time Google has used the term Argon for an AI model.

Google describes Gemini 4 Argon as a frontier AI model built for deep reasoning across complex workflows. Argon's output token limit stands at 1 million tokens, which Google says, allows it to think more deeply and generate hundreds of thousands of tokens in a single trajectory for longer and more complex use cases.

The company claims that Argon can match or outperform some of the most advanced AI models – such as GPT-6 Astra, Claude Fable 5.1 – in certain tasks. In benchmark scores posted by the company, Gemini 4 Argon scores higher in multiple tests. In the knowledge work benchmark Vals, the Google model scores 68.9 per cent, compared to 63.1 per cent for GPT-6 Astra and 65.8 per cent for Fable 5.1.

In coding too, Gemini 4 Argon can outperform rivals. On Vibe Code Bench, Argon managed to get a score of 91.9 per cent. On the other hand, Claude Fable 5.1 stood at 90.3 per cent with GPT-6 Astra scoring 89.6 per cent. Though in certain cases Argon was a bit behind other models such as Terminal-bench 4.0.

As a new generation frontier model, Gemini 4 Argon comes with advanced cybersecurity capabilities. Google says Argon



was trained to be "highly capable at cybersecurity defense" and can autonomously find, validate and patch critical software vulnerabilities.

Wiz, a Google-owned cybersecurity firm, is already using Argon through its Scan for Good initiative. In an early demonstration at Wiz, Argon found a critical vulnerability exposing sensitive personal information across healthcare software used by hospitals worldwide that previous frontier models had missed.

Argon's release comes at a time amid growing talk about AI safety. Google says it is releasing the model to a set of trusted cyber defenders through Google's Fairwind programme and the US government for now. Similar to OpenAI's Daybreak or Anthropic's Project Glasswing.

"Importantly Argon has frontier safeguards and we are rolling it out responsibly - it's with the US govt and going to a set of trusted cyber defenders through our Fairwind Program today," Sundar Pichai wrote on X. "We're going to make it available as soon as we can and as safely as we can. So hold tight, lots more coming, and you're going to see us iterating rapidly." Google is one of the big tech firms that signed US President Donald Trump's AI accords.

OpenAI is taking on Mark Zuckerberg's Muse with Dots

OpenAI made a bunch of announcements during DevDay 2026. However, the one thing that caught everyone's eye was Dots – the company's new always-on AI agent that seems to be a real competitor to Meta's Muse.

Muse, launched earlier this month, has gone viral in the US as a personal AI agent that can do different tasks for you, such as booking a ticket or shopping online. The Muse app even took the number 1 spot on US app stores, leaving behind the likes of ChatGPT and Claude. OpenAI is now doubling down on AI agents with Dots, its version of customisable AI avatar.

OpenAI says Dots are always-on assistants that can "do nearly anything" for you while using a cloud computer and connected apps. You can set up your own Dot agent and then talk to them via text or voice on ChatGPT. Once connected, these Dots can do things for you, such as browsing the web or over 4,000 supported apps. Dots are powered by OpenAI's frontier AI model GPT-6 Astra. Dots can also carry context from different apps or devices and help you with research or tasks work like software development.

Once you give Dot a task, it can work around the clock and send you updates as it continues. Currently, every paid ChatGPT user gets one Dot. Though OpenAI says soon you may have multiple Dots working for you.

As mentioned earlier, OpenAI has announced Dots at a time when Meta's Muse has only grown in popularity. And the two products do have some similarities. Like Dots, Muse is also designed to be an AI agent that works on your behalf in the background.

Both AI agents are also represented by customisable avatars and use a text-message-style interface. Although Dots does not get a separate app. Dots and Muse both can learn from the way you use them and adapt their behaviour too. There are some differences though. While Muse leans towards personal AI use, such as reservations or shopping, Dots is more focused towards work. The OpenAI agent can connect to your work apps, help prepare documents, and do other tasks. And while Muse does get a free tier for users, Dots is only available to Pro and Business Premium for now.

OpenAI seems to be quite focused on rivalling Muse with Dots. So much so that OpenAI's chief financial officer Sarah Friar accidentally called Dots "Muse" during an interview on DevDay. While discussing improvements in ChatGPT's memory, she misspoke.

"(ChatGPT) knows the types of conversations you've had, how you like to show up in the world, Muse is going to benefit. Sorry, not Muse. Dots is going to benefit from that as well," Friar told CNBC.

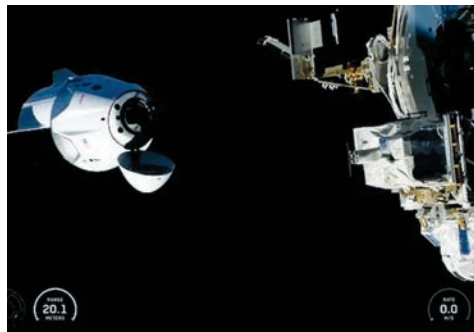
SpaceX Crew-13 reaches ISS in record 7 hours 55 minutes for a US spacecraft

SpaceX's Crew-13 mission for NASA reached the International Space Station (ISS) on October 2, setting a new record for the fastest an American spacecraft has travelled from launch to docking with the orbiting laboratory.

The Crew Dragon spacecraft docked with the ISS at 4:35 a.m. IST, just 7 hours and 55 minutes after lifting off from Florida's Space Coast.

NASA officials said the mission broke the previous US record of 12 hours and 33 minutes, set by SpaceX's robotic Dragon cargo spacecraft during the CRS-31 resupply mission in November 2024. The fastest journey by astronauts aboard a US spacecraft had been Crew-11's 14-hour-43-minute trip in August 2025.

Julianne Scheiman, director of NASA science and Dragon programs at SpaceX, said the unusually quick journey was largely due to the ISS being in an "opportune spot in space" at the



time of launch.

"The orbital mechanics, the physics of it all, worked out for it to be the shortest launch-to-docking time we've had to date," Scheiman said, adding that the mission's timing was close to the fastest possible.

However, Crew-13 did not break the overall record for reaching the ISS. That mark belongs to a Russian Soyuz spacecraft, which carried three astronauts to the station in just 3 hours and 3 minutes in May 2020.

The difference is largely due to the

flight paths selected by mission controllers. Russia has traditionally used more aggressive "fast-track" trajectories to reach the ISS, rather than the spacecraft itself being inherently faster.

Crew-13 carried four astronauts to the space station — NASA's Jessica Watkins and Luke Delaney, Joshua Kutryk of the Canadian Space Agency and Sergey Teteryatnikov of Roscosmos.

The four astronauts are expected to spend about six months aboard the ISS, where they will conduct scientific research and support station operations.

They will replace the four members of SpaceX's Crew-12 mission, which launched in February. Crew-12 astronauts Jessica Meir, Jack Hathaway, European Space Agency astronaut Sophie Adenot and Roscosmos cosmonaut Andrey Fedyaev could return to Earth as early as October 5, NASA officials said.

Dollar at 17-month high as bond rout, French fiscal worries weigh on euro

OCTOBER 2, 2026

SINGAPORE (TIP): The US dollar headed for its third straight week of gains on Friday, as a bond market rout in the face of inflationary fears over higher oil prices and concerns over French fiscal health kept the euro rooted near its lowest in 17 months.

Investors were reeling from a steep global bond selloff on Thursday that sent yields on benchmark US 10-year Treasuries to 5.344%, their highest since 2002, before bargain hunters stepped in to help stabilise the market.

The 10-year yield was last at 5.247% on Friday while the rest of the bond market also steadied as traders braced for US jobs data that could influence the near-term policy outlook after a soft inflation report dented October rate hike bets.

The euro was at \$1.1237, hugging its lowest level since May 2025. The yen firmed a bit to 157.84 per US dollar after data showed annual core inflation in Tokyo accelerated in September at the fastest pace in 10 months.

The dollar index, which measures the US currency against six rivals, was at 101.93, set for a 1% gain this week, its third consecutive weekly rise, a run it last had in May 2025.

Moh Siong Sim, currency strategist at OCBC in Singapore, said the initial move higher in yields was because of rising energy prices, but that was overshadowed by European fiscal risk concerns.



"The underperformance of French and Italian government bonds relative to US Treasuries and German Bunds points to a flight into the most liquid and defensive sovereign markets," he said.

"The dollar strength is mostly skewed towards European currencies with the exception of the Swiss franc, which has seen a bit of revival in its safe haven status."

The Swiss franc was 0.17% firmer at 0.8293 per US dollar. It was last at 0.9333 per euro after rising more than 1% in the previous session.

The dollar strength pushed sterling and the Australian dollar to their respective three-month lows before steadying a bit. The New Zealand dollar was 0.14% firmer at \$0.5614 after hitting its lowest level since November 2025.

Prashant Newnaha, senior rates strategist at TD Securities, said the dollar strength was a "flight-to-safety move"

spurred on by developments in Europe. "In this scenario expect the dollar index and the yen to strengthen at the same time," he said.

Investor focus will be on the US payroll report due later in the day, with data expected to show that job growth slowed in September. The unemployment rate is forecast to have been 4.1% for a third straight month.

The report comes after data on Wednesday showed US consumer prices rose less than expected in August, along with downward revisions to July's figure, leading traders to rein in wagers of a rate hike from the Federal Reserve later this month.

Two of the Fed's top policymakers this week staked out an unusually clear case for taking in more data before deciding about another hike.

Traders are pricing in a 72% chance of the Fed standing pat in October compared to 36% a week earlier, the CME FedWatch tool showed. They still expect a rate hike by the end of the year.

Charu Chanana, chief investment strategist at Saxo, said investors are confronting the uncomfortable mix of sticky inflation, heavy government borrowing and large bond supply.

"The fact that long-end yields are pushing higher even as expectations for an immediate Fed hike have eased suggests this is increasingly about the term premium and fiscal risk, not just the next Fed decision," she said.



Coca-Cola plans India bottling unit IPO, may file draft papers in December: Report

OCTOBER 2, 2026

NEW DELHI (TIP): Coca-Cola is considering filing a draft prospectus in December for the proposed initial public offering (IPO) of its Indian bottling business, Hindustan Coca-Cola Beverages Pvt, Bloomberg reported, citing people familiar with the matter.

The Atlanta-based drinks company has also added Axis Capital and IIFL Capital Services to the group of banks working on the IPO, the people said. They asked not to be identified as the discussions are private.

The IPO is expected to largely involve existing investors selling their shares, according to the people cited in the report. Coca-Cola is looking at a valuation of around \$10 billion for the bottling business.

Bloomberg News had earlier reported that the IPO could raise around \$1 billion.

However, discussions are still ongoing and details such as the timing, valuation and structure of the IPO could change.

Coca-Cola is also working with Kotak Mahindra Capital, Citigroup, JPMorgan Chase and Morgan Stanley on the proposed IPO, local media reports have said.

A listing would help Coca-Cola tap strong investor demand for new offerings in India and unlock value from one of the country's largest bottling operations.

India's IPO market has seen strong activity in recent months. IPO proceeds reached almost \$10 billion between July and September, the highest amount raised in any quarter, according to Bloomberg data.

The strong fundraising was helped by blockbuster offerings from the National Stock Exchange of India and SBI Funds Management.

More than \$13 billion has already been raised through nearly 250 IPOs in India, the report mentioned, putting the country on track for one of its strongest years for IPO fundraising.

Asian shares fall after wild swings in bonds, FX; US jobs data looms

OCTOBER 2, 2026

SYDNEY (TIP): Asian shares fell on Friday as investors grappled with wild swings in bond and currency markets ahead of key US jobs data, while a widening US military buildup in the Gulf kept oil prices elevated and inflation risks alive.

European bourses are set for a higher open, with pan-region stock futures up 0.2% after losses overnight. Nasdaq futures rallied 0.5% and S&P 500 futures gained 0.3%. Much is riding on US nonfarm payrolls due later in the day. Forecasts are centred on a gain of 90,000 jobs in September, while the unemployment rate is expected to be steady at 4.1%.

A hot print could revive bets on a second rate rise from the Federal Reserve this month, currently priced at just 25% after two top policymakers said this week they wanted more data before deciding what to do next with interest rates. A move in December is still fully priced in.

That would also push Treasury yields higher again, ending a brief respite overnight after the benchmark 10-year



yield hit a 24-year high of 5.34% following its biggest quarterly rise in 32 years. The US ISM Manufacturing PMI showed a huge jump in the prices paid component, pointing to more cost pressures.

"With the Fed now myopically focused on inflation and price pressures, a hot wages print could prove particularly influential for US rates, Treasuries and the USD," said Chris Weston, head of research at Pepperstone.

"Risk assets have so far absorbed the rise in US real yields, and long-end nominal Treasury yields remarkably well. However, a sustained increase in term premium could be far more problematic." nIn Asia, MSCI's

broadest index of Asia-Pacific shares outside Japan fell 0.3% and was on track for a weekly decline of 1.5%. Japan's Nikkei dropped 1.1% but was set for a gain of 2.8% for the week.

Mainland Chinese markets are closed through next Wednesday for a public holiday. Hong Kong's Hang Seng index slid 2.6% on Friday after returning from a holiday.

PROBLEMS IN EUROPE

Dovish comments from Fed officials drove a big rally in 2-year Treasuries overnight, with the yield curve bull steepening as short-end yields fell. The 2-year yield was last up 1 basis point at 4.7934%, after falling 10 bps overnight.

The 10-year Treasury yield rose 2 bps to 5.2495%, having dropped 6 bps overnight to ease from a 24-year high of 5.3445% as the brutal selloff finally tempted some buyers back into the market. The rout in European bonds, with French yields hitting 14-year highs, may have also helped drive safe-haven flows back to US Treasuries, the dollar and the Swiss franc.



BEJAN DARUWALLA AND CHIRAG DARUWALLA

ARIES



Ganesha says this week, Aries natives will see excellence in various aspects of life. This is the time for you to understand yourself better and uncover your inner talents. You will take more interest in social activities, which will strengthen your friendships and relationships. The results of the efforts you make will be positive. Sweetness will be added to family and friendly relationships, which will increase your mental peace. This is a time when you will recognize opportunities to keep yourself and your loved ones happy. Positive communication, clarity, and empathy will deepen your relationships. Take advantage of opportunities that can lead you to new friendships or possibilities of relationships. This week do not hesitate to share your feelings; this can be a chance for you to strengthen a special relationship. Overall, this week will be highly beneficial for you.

TAURUS



Ganesha says the overall situation is going to be a bit challenging for Taurus natives this week. Many types of stress and troubles may arise in your life. This is the time to keep negativity away from yourself. Try to maintain balance in your life. Openness and honesty in communication will support you, especially when it comes to interacting with friends and family members. This week is all about trying to create harmony in your social circle. Make efforts to strengthen your relationships, even if the situation is difficult. Avoid negative thinking during this period and try to adopt positivity. People around you will be inspired by your strength and stability. Although this week may not bring good experiences for you, you can show your ability to self-analyze and reorganize yourself. Note that every challenge also brings an opportunity, and this is your time to recognize it.

GEMINI



Ganesha says the overall macro outlook for this week is excellent for Gemini natives. You will be able to use your thinking and communication skills to the fullest during this time. People around you will enjoy your energy and versatility. There will be a special strength in establishing communication, which will enable you to present your ideas in a better way in society. This week will also bring positivity in your relationships. There will be openness and honest communication in relationships, which

WEEKLY HOROSCOPE - OCT 5, 2026 TO OCT 11, 2026

BY ASTROLOGER CHIRAG DARUWALLA

will further increase your closeness. This is the right time to share your feelings with clarity, which can make your relationship even stronger. Your creativity will be at its peak during this time, which will inspire you to start new ideas and projects. Actively pursue your hobbies and interests, as this time will help you move towards new possibilities. Overall, this week will prove to be positive and inspiring for you. Share happiness with people around you and increase your social presence.

CANCER



Ganesha says this week brings mixed results overall for Cancer natives. You may face some challenging times in various aspects of your life. There may be instability and confusion in relationships, which will require you to increase communication with people close to you. This week, you should try to explain yourself and your loved ones. Your sensitive nature can help you at this time, but you may feel difficulty in expressing yourself. An excess of emotion may overwhelm you, causing you to experience anxiety and sadness. It is time for you to understand that even though circumstances may be difficult, it will be necessary to maintain self-motivation and positivity. This week, prioritize communication and express your thoughts clearly. Your empathy and understanding will prove to help strengthen your relationships. Finally, this week will also provide you with an opportunity to recognize your inner strength.

LEO



Ganesha says the general situation appears a little challenging for Leo natives. Your energy may drop, and the environment around you may be tense. You may feel some turmoil in your relationships. If you are more restrained and patient while communicating with others, you can deal with this difficulty better. This situation is also an opportunity to bring stability within you. If you learn from your past mistakes and maintain your composure, you will be able to overcome the difficulties. This week, it will be most important to control your emotions and try to make informed decisions while reacting to small things. Have open dialogues with your contacts and try to understand each other. Remember, this time will also pass, and your relationships can grow stronger if you maintain a positive attitude. Take this conflict as a lesson and recognize the power within you.

VIRGO



Ganesha says this week is a great period for Virgo natives. Harmony and understanding will increase in relationships. This is a great time to spend with your loved ones, when you will express your feelings more openly. You will be able to bring depth and strength to your relationships.

Understanding each other's thoughts and feelings will bring you closer. Your social activities will increase, which will give you a golden opportunity to meet new people and make new connections. Move forward with your confidence, as your positivity and charisma will attract others. This week, goodness will be abundant in your relationships, which will make you feel that friendship and love have a new color. Overall, this week is best for love and relationships. You will feel energetic and happy by getting love and support from the people around you. Pay attention to the tunes of your heart and enjoy harmonious relationships.

LIBRA



Ganesha says harmony and balance will be of special importance in your life this week, as you will bring a lot of positivity to your relationships by understanding the energy around you. Moments spent with friends and family will double your happiness. You will share your thoughts with them, which will strengthen mutual relations. Openness and honesty in mutual conversations will help you find true friends and partners. This is the time to resolve any old disputes, so that you can resolve your love-related issues. This week is also favorable for those entering new relationships; the relationship can grow rapidly. Listen to your heart and plan to spend time with a loved one. Your sensitivity will help you form a deeper connection with others. Focusing on your relationships will be beneficial for you this week. Overall, this period will prove to be very good and satisfying for you.

SCORPIO



Ganesha says this week, the overall situation is not going to be favorable for Scorpio natives. During this time, you may face problems in your relationships. Tension is possible in communication with family and friends. This is the time to consider the issues that have bothered you. You need to understand your feelings and accept them, so that you can understand your situation better. The feelings of people around you can also be sensitive towards you. In such a situation, you have to maintain patience and discipline. This can be a time of mistrust and suspicion, so communicate honestly with those close to you. This is the time to break free from negativity and process your feelings. Meditation and spiritual practice can ease your worries. Engage in creative activities to keep yourself positive and happy. Remember, every difficulty is an opportunity, and you can turn this week's challenge into a part of your growth.

SAGITTARIUS



Ganesha says this week may prove to be somewhat dull and challenging for Sagittarius. Overall, you may face various kinds of difficulties during this

period. There may be a feeling of inequality in relationships, which will make the environment around you a little volatile. Lack of communication and mutual understanding in personal relationships may create tension. This is the time when you will need to talk openly with your loved ones to deal with any negativity. This week, it is important to be patient in whatever you do. Keep yourself calm and try to bring positivity into your relationships. Difficulties are not permanent; it is important to keep yourself strong and try to face the problems. Remember, every challenge also brings an opportunity; you just need to recognize it. If you adopt the right approach, you will be able to get some happy moments this week too.

CAPRICORN



Ganesha says this week is a great time for Capricorn natives. Positivity will flow in your personal and social life. You will feel more confident and energetic. Spending time with your family and friends will make you happy, and these relationships will strengthen. Love relationships will also be in a very good position this week. If you are eligible, new relationships can be formed, and if there is already a relationship, it can become even deeper. Your feelings will be clearly expressed, which will improve communication and mutual understanding. This is a good time to share your feelings with your loved ones, which will strengthen mutual bonds. This week, you will experience joy and satisfaction in your life. The communication of positivity and love in relationships will inspire you to move forward, making this week memorable for you. Overall, this period will prove to be pleasant for you.

AQUARIUS



Ganesha says this week is going to be very positive for Aquarius natives. Your social life and relationships will be especially strong at this time. You will be able to establish deep emotional connections with others, which will be very satisfying for you. You will get an opportunity to spend time with family members, which will increase mutual understanding. Your creativity and imagination will be at their peak during this period, allowing you to express your thoughts without any social restrictions. Friends and loved ones will appreciate your ideas and perspectives, which will strengthen your relationships. This week, you may participate in some new activities, which will make your heart happy as well as expand your social circle. Keep your enthusiasm intact and try to work together with others. Your activeness and positivity will make your relationships even better. Overall, this week will be good in all aspects of your life, especially in your relationships. Cherish your relationships and feel their depth.

BIRTHDAY HOROSCOPE : OCTOBER 5 TO OCTOBER 11 BY ASTROLOGER CHIRAG DARUWALLA

OCTOBER 5

Ganesha says as the sun shines brightly on your special day, the stars predict a day of personal growth and self-discovery. You'll find that you're drawn to new experiences, and your spirit of adventure will drive you to places that have not been explored before. Accept the uncertainty that lies ahead and have faith that the universe has your back.

OCTOBER 6

Ganesha says today, the heavens are aligned to bring you good fortune. This day is going to be characterized by increased intuitive capacity as well as emotional sensitivity. You'll develop deeper ties with the people in your immediate environment, and your capacity for empathy will become one of your greatest strengths. Do not forget to

make time for your care; your well-being is of the utmost importance.

OCTOBER 7

Ganesha says the planets align in a way that suggests a day of creativity and innovation. Whether it is in your personal life or your professional life, you'll find that you're brimming with unique ideas. Do not let fear prevent you from pursuing your goals and aspirations. Your endeavors have the backing of the cosmos.

OCTOBER 8

Ganesha says as you celebrate your birthday, the stars promise you a day filled with equilibrium and harmony. You'll find yourself in predicaments that require you to act as a mediator, bringing about harmony and comprehension between two parties. Your capacity for

diplomacy will be recognized, and it will be appreciated. Strive for a state of equilibrium in every facet of your life.

OCTOBER 9

Ganesha says it seems that today will be a day filled with leadership and initiative. You'll find yourself in positions where you can guide and motivate people around you. Take advantage of these opportunities and don't forget that genuine leadership is about serving the needs of others.

OCTOBER 10

Ganesha says on this very unique day, the cosmos hushes its voice and reveals secrets of love and ardor. Whether or not you are currently in a romantic partnership, today will be rife with tender and romantic moments. Keep an open heart to both giving and receiving



love in its many guises. Honor the connections you already have while also remaining open to forging new ones.

OCTOBER 11

Ganesha says as you cross another day off your calendar, the stars predict that you will have some time for introspection and self-reflection. Now is the time to focus within, reevaluate your objectives, and readjust your course of action. You'll have significant new insights into the things you truly want and strive for in life. Have faith in your intuition, and allow it to direct your actions.

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PISCES

Ganesha says this week may be full of some challenges for Pisces natives. There will be some lack of compatibility in the overall situation. This time shows normalcy in relationships, but there may also be some small conflicts. People around you may be unable to understand your feelings,

which may create tension. Lack of communication in family relationships can not only increase differences, but it can also disappoint you. This week, try to express your thoughts and feelings clearly. During this time, try to spend time with your loved ones, so that you can strengthen each other's relationship. This will give you mental peace, and you will be able to stay away from worries. This week can also allow you to develop a new idea, so that you can improve your

relationship. Remember, stay calm and patient, so that you can improve the

situation in the coming time.

AUTHOR BIO

Chirag Daruwalla is the best astrologer and one of the most famous names in the astrology world. He has more than 18 years of experience. Readers may seek his advice related to career, health, finance, business, money, love and marriage. He has complete knowledge, solutions, and guidance to all the problems related to life. Visit his website chiragdaruwalla.com. He is available for consultations on WhatsApp number +91 8141566266 or by email: info@chiragdaruwalla.com

|| SHREE GANESHAY NAMAH ||



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Sikh History This Week

OCTOBER 2 TO OCTOBER 8

OCTOBER 2

1926 - SGPC formally adopts its name



A general meeting of the members of the Shiromani Gurdwara Parbandhak Committee (SGPC), constituted under the Sikh Gurdwaras Act of 1925, was held. At the meeting, the name Shiromani Gurdwara Parbandhak Committee (SGPC) was formally approved through a resolution. Baba Kharak Singh was elected president, while Master Tara Singh became vice-president. The development was part of the institutional consolidation of Sikh gurdwara management following the Gurdwara Reform Movement.

OCTOBER 3

1710 - Victory at Rahon

The Sikh forces successfully drove out the Mughal Faujdar (commander) Shams Khan's forces from Rahon, bringing the Sikh uprising in the Jalandhar Doab to a triumphant fruition.

1926 - First General Meeting of the SGPC

The first meeting of the general members of the Shiromani Gurdwara Prabandhak Committee (SGPC) under the guidance of the Gurdwara Act of 1925 was held. During this meeting, the name SGPC was officially approved unanimously, Baba Kharak Singh was elected President, and Master Tara Singh became Vice President.

1892 - Birth of Bhagat Singh Thind

Dr. Bhagat Singh Thind was born on October 3, 1892. He was an Indian-American Sikh writer, lecturer on spiritual science, and a central figure in a historic legal battle for the rights of Asian Indians to obtain United States citizenship.

OCTOBER 4

1708 - Banda Singh Bahadur entrusted with leadership of the Khalsa



Guru Gobind Singh, during his final days at Nanded, appointed Banda Singh Bahadur to lead the Sikh struggle in Punjab. Historical accounts record that Banda Singh was given a group of leading Sikhs, including Binod Singh, Kahan Singh, Bhagwant Singh,

Koer Singh and Baz Singh, to assist him. This marked an important transition in Sikh history, as Banda Singh Bahadur subsequently led campaigns against Mughal authority in Punjab.

OCTOBER 5

1708 - Guruship of Sri Guru Granth Sahib



According to historical sources cited in Sikh historiography, Guru Gobind Singh transferred spiritual Guruship to Sri Guru Granth Sahib and corporate leadership to the Khalsa Panth during his final days at Nanded. Sangat Singh's *The Sikhs in History* places this event on October 5, 1708. The development established the scripture as the eternal spiritual Guru and the Khalsa Panth as the collective body of the Sikhs.

A note on dates: Sources differ on the Gregorian date assigned to the Guruship ceremony, with some accounts placing it on October 6 or October 7. The underlying historical tradition—that Guru Gobind Singh ended the line of personal Gurus and vested authority in the Guru Granth Sahib and the Khalsa—is consistent across Sikh historical accounts.

OCTOBER 6

1506 - Birth anniversary of Baba Buddha Ji



Baba Buddha Ji, one of the most revered figures of early Sikh history, is traditionally recorded as having been born on October 6, 1506, at Katthu Narigal near Amritsar. He became closely associated with Guru Nanak and successive Sikh Gurus.

Baba Buddha Ji served the Sikh community across the formative period of the first six Gurus. He was associated with the installation of the Adi Granth at Harmandir Sahib in 1604 and was appointed its first granthi. He also participated in the establishment of the Akal Takht under Guru Hargobind.

1708 - Final days of Guru Gobind Singh

Accounts of Guru Gobind Singh's final days at Nanded place the transfer of Guruship to the Guru Granth Sahib during this period. Some Sikh sources

specifically date the ceremony to October 6.

OCTOBER 7

1708 - Joti Jot of Guru Gobind Singh



Guru Gobind Singh passed away at Nanded in present-day Maharashtra in October 1708. Sikh historical works commonly give October 7, 1708, although some accounts describe his passing as occurring during the night of October 7-8.

His passing marked the end of the line of human Sikh Gurus. The Guru's final instructions established the Guru Granth Sahib as the eternal spiritual Guru and affirmed the collective Khalsa Panth.

A defining moment in Sikh history: Guru Gobind Singh's legacy included the creation of the Khalsa in 1699, the defense of religious freedom and the transformation of the Sikh community into a disciplined and organized Panth.

OCTOBER 8

1745 - Bhai Taru Singh's martyrdom



October 8 is traditionally associated in Sikh historical calendars with the martyrdom of Bhai Taru Singh, who was subjected to extreme torture under the orders of Mughal governor Zakaria Khan after being accused of supporting Sikhs. Historical accounts describe the removal of his scalp while he remained steadfast in his faith. Bhai Taru Singh is remembered in Sikh tradition as a symbol of steadfastness, courage and commitment to faith despite persecution.

1839 - Maharaja Kharak Singh dethroned

Maharaja Kharak Singh, successor to Maharaja Ranjit Singh, was removed from effective power amid the political intrigues that followed Ranjit Singh's death. Sardar Chet Singh Bajwa, an important adviser, was also killed during this period. The episode marked the beginning of a turbulent phase in the Lahore Darbar.

Indira Ekadashi: A sacred day for ancestral liberation and devotion

Among the many Ekadashi observances in the Hindu calendar, Indira Ekadashi holds a special place because of its association with ancestors, devotion and the belief that sincere prayers and spiritual discipline can benefit departed family members. Observed during the waning phase of the Moon in the month of Ashwin, the day falls during Pitru Paksha, the traditional period dedicated to remembering and honoring ancestors.

For devotees, Indira Ekadashi is not simply a day of fasting. It is an opportunity to turn inward, practise self-restraint, remember one's lineage and offer prayers for the peace of departed souls.

Why Indira Ekadashi is significant

Ekadashi, the 11th lunar day of each fortnight, is traditionally associated with spiritual discipline and devotion to Lord Vishnu. Devotees observe fasting, prayer, meditation and the chanting of Vishnu's names as part of the day's observance.

Indira Ekadashi is particularly significant because it occurs during Pitru Paksha. Devotees believe that prayers, charity and religious observances performed on this day can help bring spiritual merit to ancestors.

The observance therefore combines two important themes of Hindu tradition: devotion to Vishnu and reverence for one's forefathers.

The story of King Indrasena

The significance of Indira Ekadashi is described in the Brahma Vaivarta Purana, where Lord Krishna narrates the observance to King Yudhishtira.

According to the traditional story, King Indrasena of Mahishmati was a righteous and prosperous ruler devoted to Lord Vishnu. One day, the sage Narada visited him and told him that the king's deceased father was suffering in the realm of Yama because of past deeds.

Narada advised the king to observe Indira Ekadashi with sincerity and devotion. He explained that the merit earned through the observance could be offered for the spiritual benefit of his father.

The king followed the prescribed rituals, observed the fast and performed acts of charity and devotion. According to the legend, his father was freed from his suffering and attained a higher spiritual state.

The story forms the heart of Indira Ekadashi's religious significance: devotion and remembrance can become acts of love extending beyond generations.

How devotees observe the day

The observance traditionally begins with purification and a resolve to follow the Ekadashi fast. Devotees wake early, bathe and offer prayers to Lord Vishnu.



A typical puja may include an image or idol of Vishnu, flowers, incense, lamps and offerings of fruits. Devotees may recite Vishnu prayers, chant his names or listen to passages associated with Ekadashi.

Fasting practices vary. Some devotees observe a complete fast, while others consume water, fruits, milk or permitted fasting foods. Those unable to undertake a strict fast may follow a simpler form of dietary restraint.

The emphasis is traditionally placed not merely on avoiding food but on discipline of the body, speech and mind.

A day for remembering ancestors

Because Indira Ekadashi falls during Pitru Paksha, remembrance of ancestors is an important part of the observance.

Families may offer prayers for departed relatives and perform charitable acts in their memory. Food, clothing or other necessities may be donated to those in need. In Hindu tradition, such acts are seen as expressions of gratitude towards previous generations.

The deeper message is one of continuity. Every generation inherits something from those who came before it - not only family ties, but values, traditions, memories and responsibilities.

The spiritual meaning of fasting

Fasting has a deeper purpose in many Hindu traditions. By temporarily reducing attention to physical consumption, devotees seek to create



more space for prayer, contemplation and self-discipline.

Indira Ekadashi encourages devotees to look beyond material concerns and reflect on impermanence, gratitude and the consequences of one's actions.

The observance also reminds devotees that spirituality is not limited to personal well-being. It can involve remembering those who came before us and cultivating compassion towards others.

Charity and compassion

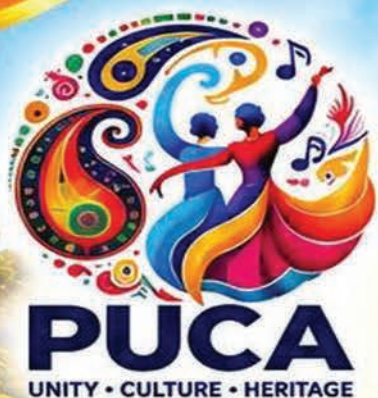
Charity is traditionally regarded as an important element of Ekadashi observance. Giving food, clothing or other useful items to people in need is considered a meaningful way of expressing devotion.

The practice also shifts the focus of the festival from ritual alone to compassion.

A prayer becomes more meaningful when accompanied by an act of kindness.

The message of Indira Ekadashi

At its heart, Indira Ekadashi is a festival of faith, remembrance and responsibility. Its story connects an individual's devotion with the well-being of ancestors, while its observances encourage self-control, prayer and generosity. For families observing Pitru Paksha, the day offers a particularly poignant opportunity to pause and remember loved ones who have passed away. Whether expressed through fasting, prayer, charity or quiet remembrance, the observance carries a simple spiritual message: gratitude for those who came before us can become a source of compassion and spiritual reflection in the present.



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Andaman & Nicobar Islands: Where turquoise seas meet history

Turquoise waters, powder-soft beaches, colorful coral reefs and a history etched into the walls of an old colonial prison - the Andaman & Nicobar Islands offer a holiday that combines tropical beauty with stories from India's freedom struggle. Tucked away in the Bay of Bengal, around 1,400 km from the east coast of mainland India, this island territory feels like a world apart.

Port Blair, the principal gateway to the islands, is connected to mainland India by air and sea. From here, ferries connect travelers to some of the most popular tourist destinations, including Swaraj Dweep (Havelock Island) and Shaheed Dweep (Neil Island). With their white-sand beaches, lush greenery and inviting waters, these islands have become favorites with travelers looking for both relaxation and adventure.

The Andaman & Nicobar Islands comprise hundreds of islands and islets, though only a small number are inhabited and fewer are accessible to tourists. This limited accessibility is also part of their appeal: many corners remain relatively untouched, offering visitors a chance to experience tropical landscapes away from the bustle of conventional beach destinations.

A holiday begins in Port Blair

Most journeys begin in Port Blair, which serves as the main transport hub for exploring the islands. While many travellers move onward soon after arriving, the city deserves at least a day or two. Its most significant landmark is the Cellular Jail, a powerful reminder of India's struggle for independence. Beyond the jail, visitors can explore nearby beaches and take boat trips to islands such as North Bay and Ross Island. Depending on the itinerary and weather, excursions to places such as Baratang and Jolly Buoy Island can add another dimension to the trip.

Beaches made for adventure

For those drawn to the sea, the Andamans offer an impressive range of activities. Scuba diving, snorkelling, sea walking, kayaking, swimming and boat rides allow visitors to experience the islands from both above and below the water. North Bay near Port Blair, Elephant Beach on Swaraj Dweep and Bharatpur Beach on Shaheed Dweep are among the well-known spots for water-based activities. Beneath the clear waters, coral reefs and marine life create an underwater landscape that is as captivating as the beaches themselves.

Places to visit

Cellular Jail: A reminder of India's freedom struggle

The Cellular Jail, popularly known as Kala Pani, is perhaps the most



historically significant attraction in the islands. Built by the British colonial administration in Port Blair, the prison was used to incarcerate and exile Indian political prisoners during the freedom struggle. The prison housed several freedom fighters, including Vinayak Damodar Savarkar, Batukeshwar Dutt and Yogendra Shukla. Its architecture was designed around individual cells, reflecting the harsh isolation imposed on prisoners. Today, the Cellular Jail is preserved as a national memorial. Walking through its corridors and cells offers visitors an opportunity to understand the difficult conditions faced by prisoners during the colonial period.

The evening light-and-sound presentation further brings the history of the jail and the stories of its inmates to life. A visit here provides an important counterpoint to the carefree beach holiday elsewhere in the islands. The Andamans are not only about sun, sand and sea; they are also connected to one of the most difficult chapters of India's journey towards independence.

Elephant Beach: An underwater playground

Located on Swaraj Dweep, Elephant Beach is known for its clear cyan waters, coral reefs and water-sport opportunities. It is particularly popular among travellers looking to add adventure to

their island holiday.

Snorkelling and scuba diving offer opportunities to explore the marine world, while activities such as sea walking, kayaking, banana-boat rides and speedboat excursions appeal to those seeking a more active experience.

The beach can be reached by boat from the main jetty or by a trek through the island's forested landscape. The journey itself can become part of the experience, particularly for travellers who prefer exploring on foot.

Those looking for a slower afternoon can simply settle on the sand, enjoy refreshments and take in the surrounding tropical scenery. The combination of dense greenery, bright blue water and coral-rich shallows gives Elephant Beach much of its distinctive character.

Shaheed Dweep: Slow island living

Formerly known as Neil Island, Shaheed Dweep is part of the Ritchie's Archipelago and is known for its laid-back atmosphere and beautiful beaches. It is often included in itineraries covering Swaraj Dweep and Port Blair.

The island's best-known beaches include Bharatpur, Sitapur and Lakshmanpur. Each has its own character, from the relatively active Bharatpur Beach, known for water activities, to the quieter stretches that invite visitors to simply sit back and watch the sea. Shaheed Dweep is also associated with agriculture, particularly vegetable cultivation, and supplies produce to other parts of the Andaman Islands. Its compact size makes it easy to explore, and cycling or walking can be a pleasant way to experience the island beyond its beaches.

Radhanagar Beach: The island classic

Few places capture the postcard image of the Andamans quite like Radhanagar Beach on Swaraj Dweep. Famous for its broad sweep of white sand and clear blue-green waters, the beach has long been one of the islands' signature attractions. In 2004, TIME magazine named it among Asia's best beaches, further adding to its international profile. The long shoreline makes Radhanagar ideal for leisurely walks, while the surrounding tropical vegetation adds to its sense of seclusion. Visitors can spend hours swimming, relaxing by the sea or simply watching the changing colours of the water and sky. Sunset is particularly memorable here, when the beach takes on a different character as the light softens over the Bay of Bengal.

For travellers seeking adventure, the area around Swaraj Dweep provides opportunities for diving and other water-based activities. For everyone else, Radhanagar offers something simpler - space to slow down, breathe deeply and enjoy the natural beauty of the islands.

CONTD FROM PAGE 1

UN Must Adjust to Changing Global Realities, Says Jaishankar

others saw their relative influence decline.

"The UN has entered its ninth decade," he said, asking whether an organization "invented with 51 members in a very different balance" could remain unchanged or would adjust to contemporary realities.

Jaishankar was in New York for the annual high-level meetings of the United Nations General Assembly. He said he had met close to 85 counterparts during an exceptionally busy period of diplomacy, and that those conversations had given him a sobering view of the international situation.

"The state of the world looks pretty grim," he said.

He pointed to two major ongoing conflicts with worldwide repercussions, continuing instability in West Asia, conflicts in Africa, particularly Sudan, and growing economic pressures upon developing countries.

A large part of the world, he said, was confronting what he described in his UN General Assembly address as the "4F crisis" - food, fuel, fertilizers and finance.

Supply-chain vulnerabilities were also increasing, progress toward the Sustainable Development Goals was falling behind, and technological change was generating new anxieties.

"It's a tough world, getting tougher by the day," Jaishankar said, adding that the major powers were increasingly setting the tone.

Competition and interdependence

The External Affairs Minister described what he called one of the central paradoxes of the present international system: intense competition among countries exists alongside ever-deepening economic and strategic interdependence.

"Interdependence is the reality. Competition is the sentiment," he said.

Countries, he argued, increasingly find themselves caught between their desire to compete and the constraints imposed by their dependence upon one another.

That contradiction has produced another troubling development - the increasing "weaponization" of interdependence.

Where one country possesses leverage over another through finance, trade, technology, energy, market access or geography, he said, there is a growing temptation to use that leverage strategically.

Jaishankar pointed to the emergence of what he called "choke points" - geographical, financial and economic pressure points that countries with influence can use against competitors or adversaries.

These could include geographical choke points such as the Strait of Hormuz, financial restrictions through sanctions, as well as constraints involving travel and market access.

The growing use of such instruments, he said, had made diplomacy considerably more difficult.

Diplomats today require two seemingly contradictory qualities: the patience and fortitude to endure long

periods of turbulence, and the ability to remain nimble and responsive when circumstances change rapidly.

World cannot be divided into neat compartments

Jaishankar also cautioned against viewing regions and international problems in isolation.

In an increasingly interconnected world, he said, developments in one region quickly influence another. Traditional habits of dividing the world into countries, regions and continents and then attempting to find solutions within those compartments were becoming less effective.

The international landscape, he suggested, was becoming increasingly indivisible.

At the heart of the present turbulence, Jaishankar argued, is a rebalancing of power among nations.

Some economies are expanding in absolute or relative terms while others are declining relatively, changing perceptions of national influence and generating political anxieties.

Rising powers increasingly expect international institutions to recognize their growing weight, while countries accustomed to greater influence must adjust to changing circumstances.

That process, Jaishankar suggested, inevitably raises questions about institutions created for a very different distribution of global power - including the United Nations.

Rules and assumptions under strain

The External Affairs Minister said the difficulties facing the international system went beyond shifting national power.

Some of the basic assumptions upon which the postwar economic order was constructed were also being challenged.

Much of that system, he noted, had been built upon market assumptions. But when those assumptions were "gamed" and economic distortions became deeply embedded in the global economy, new stresses followed.

At the same time, countries possessing economic, technological or military advantages were becoming increasingly willing to exercise them.

The result, he suggested, was a departure from an earlier international environment in which deterrence and caution were often the preferred approach.

The world had become more impatient, and possessing capabilities increasingly created a temptation to use them.

From bipolarity to multipolarity

Looking at the evolution of the international order since the creation of the United Nations, Jaishankar recalled that the world had passed through distinct phases.

There had first been a bipolar world dominated by the United States and Soviet Union, followed by a unipolar period after the Cold War.

The international system, he argued, was now moving "quite visibly" toward greater multipolarity.

Countries around the world were consequently reassessing their relationships, diversifying partnerships and seeking ways to reduce excessive dependence upon any single power or economic source.

Governments were asking themselves how they could "de-risk," where they could find new partners, and how they could obtain greater value from existing

partnerships.

Despite his somber assessment of present conditions, Jaishankar did not suggest that the international system was incapable of adapting.

Countries, he said, respond to changing circumstances by calculating their interests, adjusting policies, finding new accommodations and developing new solutions.

That process of adjustment, he said, is how international orders evolve.

The United Nations today is both a witness to that transformation and an institution confronted by it.

The question posed by Jaishankar's remarks was therefore larger than whether the UN continues to have relevance. It was whether an institution conceived for the balance of power of 1945 can adjust sufficiently to reflect the balance of power of the 21st century.

INDIA bloc to launch 'Save Democracy' protests from October 2 over CEC, SIR

against the Election Commission over the Special Intensive Revision (SIR) of electoral rolls and their demand for action against Chief Election Commissioner Gyanesh Kumar.

The campaign was announced after a meeting of INDIA bloc leaders in New Delhi on September 30. The opposition parties have decided to hold marches from October 2 to 8 and organize demonstrations outside district magistrates' offices. Youth organizations and NGOs will also be involved in the mobilization, Congress president Mallikarjun Kharge said.

"We have decided that, involving young people and NGOs, 'Save Democracy' marches will be taken out from October 2 to 8 and demonstrations will be held before the district magistrate's office," Kharge said.

The second major component of the campaign will be a march by opposition MPs to the Election Commission on October 6. Kharge said MPs from different parties would be invited to participate in the protest.

"All Rajya Sabha members and Members of Parliament, irrespective of which party they belong to, and those who want to protect democracy in the country, will be invited to join this march," Kharge said.

The INDIA bloc also plans to seek an appointment with President Droupadi Murmu in the second week of October to submit a representation on issues concerning electoral rolls and the functioning of constitutional institutions. Five major rallies are also planned, with their dates and venues to be announced later.

Leader of Opposition Rahul Gandhi said the campaign was about protecting democratic institutions rather than any individual. He described opposition leaders as "collective defenders" of the Constitution and stressed that "democracy is bigger than any individual."

West Bengal Chief Minister and Trinamool Congress chief Mamata Banerjee also called for united action by opposition parties. She said the INDIA bloc was "very much united" and demanded the removal of CEC Gyanesh Kumar amid the continuing dispute over the electoral-roll revision exercise.



The Opposition has raised concerns over the SIR exercise, alleging that the revision process could result in eligible voters being excluded. It has also sought greater transparency in electoral-roll data and faster hearings in cases related to SIR before the Supreme Court. These are opposition allegations and demands; the Election Commission has defended the revision exercise as part of efforts to clean electoral rolls.

The October 2 campaign comes alongside separate protests by student and civil-society groups in Delhi, Mumbai and other parts of the country seeking action against the CEC. In Delhi, authorities imposed security restrictions around Jantar Mantar ahead of a proposed protest, while police said permission had not been granted for the gathering. Maharashtra Chief Minister Devendra Fadnavis, answering questions from the media, said protesters had a right to protest peacefully. CJP has given a call for protests in Mumbai for the resignation of Chief Election Commissioner Gyanesh Kumar.

Governor Hochul appoints NY State Attorney General Letitia James as special prosecutor in alleged sexual assault case at Cornell University

Hochul said the attorney general would oversee the investigation and, if warranted, present evidence to a grand jury.

"The young woman at the center of this case deserves to know that every fact will be examined and justice pursued. This action will ensure that the matter is fully and thoroughly investigated without conflict or bias, and handled independently with the rigor that this matter demands."



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History This Week OCT 02 - OCT 08

OCTOBER 2

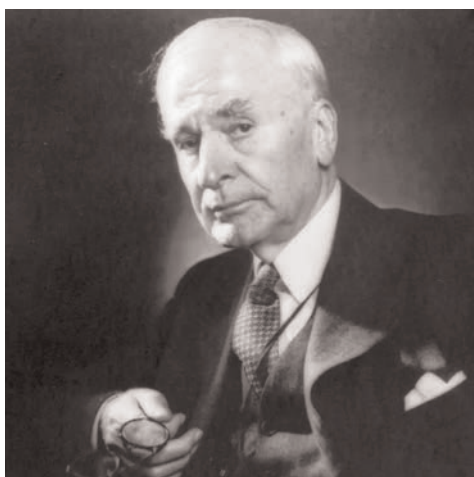
October 2, 1935 - Mussolini's Italian troops invaded Abyssinia, beginning an occupation lasting until 1941.

October 2, 1967 - Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court. He served until 1991 and was known for opposing discrimination and the death penalty, and for championing free speech and civil liberties.

October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

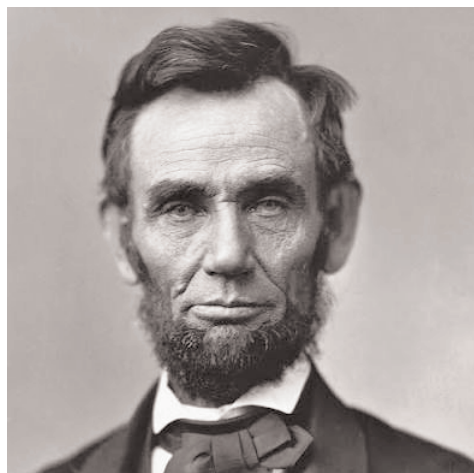
October 2, 1975 - Japanese Emperor Hirohito made his first-ever visit to the White House.

Birthday - Indian political and spiritual leader Mohandas (Mahatma) Gandhi (1869-1948) was born in Porbandar, India. He achieved worldwide fame for his devout lifestyle and nonviolent resistance which ended British rule over India. He was assassinated by a religious fanatic in the garden of his home in New Delhi on January 30, 1948.



Birthday - American statesman Cordell Hull (1871-1955) was born in Pickett County, Tennessee. He served in both houses of Congress, as Secretary of State, and was instrumental in the establishment of the United Nations.

OCTOBER 3



October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 3, 1929 - Yugoslavia became the official name of the Kingdom of Serbs, Croats and Slovenes.

October 3, 1932 - Iraq gained independence from Britain and joined

the League of Nations.

October 3, 1974 - Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

October 3, 1990 - After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.

OCTOBER 4

October 4, 1582 - The Gregorian Calendar took effect in Catholic countries as Pope Gregory XIII issued a decree stating the day following Thursday, October 4, 1582, would be Friday, October 15, 1582, correcting a 10-day error accumulated by the Julian Calendar. Britain and the American colonies adopted the Gregorian Calendar in 1752.

October 4, 1830 - Belgium gained its independence, after having been a part of the Netherlands since 1815.

October 4, 1943 - The Island of Corsica became the first French territory in Europe freed from Nazi control as Free French troops liberated the city of Bastia.

October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

October 4, 1965 - Pope Paul VI became the first Pope to visit the U.S. and the first to address the United Nations.

October 4, 1993 - Russian tank-soldiers loyal to President Boris Yeltsin shelled the Russian White House, crushing a hard-line Communist rebellion. Yeltsin then fired Vice-president Alexander Rutskoi and jailed other opposition leaders.

Birthday - St. Francis of Assisi (1181-1226) was born in Assisi, Umbria, Italy (as Giovanni Francesco Bernardone). He renounced his family's wealth and founded the Friars Minor (Franciscan Order).

Birthday - Rutherford B. Hayes (1822-1893) the 19th U.S. President was born in Delaware, Ohio. He served from March 4, 1877 to March 3, 1881. He was a Republican best known for his much-quoted statement, "He serves his party best who serves his country best."



Birthday - Artist Frederic Remington (1861-1909) was born in Canton, New York. He studied at Yale Art School then traveled extensively throughout the

American West in the late 1800s sketching cowboys, Native Americans, frontiersmen, and soldiers. He also created lively sculptures featuring bucking broncos.

OCTOBER 5

October 5, 1813 - Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. Regarded as one of the greatest American Indians, he was a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a brigadier general and was killed at the Battle of the Thames in Ontario.

October 5, 1877 - Following a 1,700-mile retreat, Chief Joseph of the Nez Perce Indians surrendered to U.S. Cavalry troops at Bear's Paw near Chinook, Montana. "From where the sun now stands, I will fight no more forever," he declared.

October 5, 1908 - Bulgaria proclaimed its independence from the Ottoman Empire.

October 5, 1910 - Portugal became a republic following a successful revolt against King Manuel II.

October 5, 1938 - Czech President Dr. Eduard Benes resigned and fled abroad amid threats from Adolf Hitler.

October 5, 1964 - The largest mass escape since the construction of the Berlin Wall occurred as 57 East German refugees escaped to West Berlin after tunneling beneath the wall.

October 5, 1986 - Former U.S. Marine Eugene Hasenfus was captured by Nicaraguan Sandinistas after a plane carrying arms for the Nicaraguan rebels (Contras) was shot down over Nicaragua. This marked the beginning of the "Iran-Contra" controversy resulting in Congressional hearings and a major scandal for the Reagan White House after it was revealed that money from the sale of arms to Iran was used to fund covert operations in Nicaragua.

Birthday - Theologian Jonathan Edwards (1703-1758) was born in East Windsor, Connecticut. He led the "Great Awakening" religious revival in the American colonies and later became president of Princeton.

Birthday - Chester A. Arthur (1830-1886) the 21st President of the U.S. was born in Fairfield, Vermont. He succeeded to the presidency following the assassination of James A. Garfield. He served from September 20, 1881 to March 3, 1885, but was not nominated by the Republican Party for a second term.



Birthday - "Father of the Space Age" Robert Goddard (1882-1945) was born in Worcester, Massachusetts. During his lifetime he was ridiculed by the public

and the press over his idea of constructing a space flight machine. In 1926, he launched the world's first liquid-fueled rocket on a farm near Auburn, Mass. In 1935, his liquid-fueled rocket surpassed the speed of sound. Other developments included a steering apparatus for rocket machines, staged rockets to reach high altitudes, rocket fuel pumps, and a self-cooling rocket motor.

Birthday - Czech playwright and political leader Vaclav Havel was born in Prague, October 5, 1936. He spent over 5 years in prison for speaking out against government abuses. He went on to lead the peaceful "velvet revolution" which ended Soviet-style Communism in Czechoslovakia in 1989.

OCTOBER 6

October 6, 1949 - "Tokyo Rose" (Iva Toguri d'Aquino) was sentenced in San Francisco to 10 years imprisonment and fined \$10,000 for treason. She had broadcast music and Japanese propaganda to American troops in the Pacific during World War II. She was pardoned by President Gerald Ford in 1977.

October 6, 1973 - The Yom Kippur War started as Egypt and Syria launched attacks on Israeli positions on the East Bank of the Suez and the Golan Heights.

October 6, 1978 - Iranian religious leader Ayatollah Khomeini was granted asylum in France after being expelled from Iran for his opposition to the Shah.



October 6, 1981 - Egyptian President Anwar Sadat (1918-1981) was assassinated in Cairo by Muslim fundamentalists while watching a military parade. He had shared the 1978 Nobel Peace Prize with Menachem Begin of Israel. He had signed an American-sponsored peace accord with Israel, but had been denounced by other Arab leaders.

OCTOBER 7

October 7, 1765 - The Stamp Act Congress convened in New York City with representatives from nine colonies meeting in protest to the British Stamp Act which imposed the first direct tax by the British Crown upon the American colonies.

October 7, 1940 - During World War II in Europe, German troops invaded Romania to take seize strategic oil fields.

October 7, 1949 - The German Democratic Republic came into existence in East Germany. Dominated by Soviet Russia, it lasted until German reunification in 1990. October birthstone jewelry



BY
PRABHJOT SINGH

SEPTEMBER 30, 2026

AICHI-NAGOYA (TIP): Luck has started smiling on the Indian contingent as it has its best day of the games so far with archers completing a hat-trick of gold medal triumphs in team events. Shooters also contributed their mite by adding the third gold to the Indian kitty.

Incidentally, all, but one gold medal for India have come in team events. Only individual gold came from Neeru Dhanda in shooting. Besides her individual gold, she was also a member of the team that finished runners-up in the team event.

As the Games entered the final week, India improved its position and moved to seventh spot in the medals tally with an aggregate of 59 medals, including 10 gold, 21 silver and 28 bronzes. Chinese supremacy remained unassailable. On Wednesday, it had touched 268 medals, including 149 gold, 66 silver and 53 bronzes while the hosts Japan were placed second with 190 medals - 45 gold, 74 silver and 71 bronzes. Korea, Uzbekistan and Thailand with 24, 14 and 12 gold medals each placed third, fourth, and fifth, respectively. Bahrain with 11 golds was placed a notch above India.

Earlier, India had completed a golden "double" in Kabaddi, besides finishing at the top of the podium in women's cricket. Shooters also had a team gold in 10 m Air Rifle Mixed team (Kamaljeet and Inder Singh Suruchi). In the track and field, Indian women's quartet of Kiran, Prachi,

Aichi Asian Games 2026: Sun smiles and Indian athletes start shining



The golden sweep was completed by the men's team of Kushal Dalal, Sahil Jadhav and Ganesh Mani Ratnam Thirumuru, who staged a dramatic comeback to defeat China 238-237 in the final. Image: PTI

Vithiya Ramraj and Poovamma Machettira, won the gold in 4x400 m relay.

Indian Trap shooters put aside the challenge of Qatar and China to win gold with an aggregate of 34. Qatar finished second two points behind while China, though placed third, finished with a total of 23. At the end of the day, the shooters' contribution stood at three gold, eight silver and four bronze medals.

Though India wrapped up its athletics campaign with a gold in 4x400 m relay for women, its tally did not boast of any other top of the podium finish. Of 24 medals athletes contributed to the nation's medal count, there were nine silver and 14 bronze medals.

The brightest spot of the day was archery in which India reiterated its supremacy in Compound Team events - women, men and mixed. In the women's section, Indian archers edged out Korea 234-233 in the semis before taking on China in the gold medal match. The final, however, saw the Indian dominance as they had two rounds of maximum 60 arrows on target and the remaining two returning a score of 59 each. Korean women took the bronze defeating Taipei in a nail biting 229-228 finish.

In the mixed teams' event, Thailand put up a good fight before bowing out at 155-156. The final of the event had the spectators on the edge of their seats as the

teams ran neck and neck and ended in a tie at 157 points each. India, however, got the gold for it had two rounds of maximum 40 shoots each against one by Korea. For the bronze medal, China beat Thailand 158-154.

Indian boxers are also hopeful of wresting a good crop of medals in the finals tomorrow. They already have won three bronze medals while Lovlina Borgohan has qualified for the gold medal match in the 75 kg category. Priya in the 60 kg category lost her semifinal bout to Chengya Yang of China 1-4 to end with a bronze along with Narender and Kapil Bokhariya.

In squash, Indians teams, both men and women, made the last four round with identical 2-0 wins over their opponents - Singapore and Kuwait.

Indian tennis players had mixed luck as Sumit Nagal moved up with a straight set 6-3, 6-2 win over Sergey Fomin of Uzbekistan in the third round. His teammate, Suresh Dakshinewsar, however, went down fighting to Chun-Hsien Tseng of Taipei 3-6, 4-6.

In the men's doubles Anirudh Chandrasekhar and Balaji Narayanaswamy lost to the Chinese pair of Fumin Jiang and Tianhui Zhang at 7-6, 6-7, 8-10 in a game of fluctuating fortunes.

In women's hockey, China and Japan, after playing a goalless draw, were locked in a penalty shootout. China won the penalty shootout 4-2 to book a place in the gold medal match to be played on Friday.

BY
PRABHJOT SINGH

SEPTEMBER 30, 2026

AICHI-NAGOYA (TIP): Cheers, smiles, and celebrations were galore in the Indian camp on the 10th day of the Aichi Asian Games. On the 10th day, as the 500-plus-strong contingent got its fifth gold, intriguingly, the Games leader, China, is now hovering around the 250-medal mark with 233 already in its kitty.

India may be the world's second, third, and fourth largest growing economic power, but unlike other Asian economic powerhouses like China, Japan, and Korea, its benchmarks in prosperity, health care, and sports come nowhere near its other competitors. Midway on the 10th day of the elite sporting extravaganza, India's medal tally had swelled to 47 with five gold and the rest equally divided between silver and bronze.

On a rain-marred day again, India finally got past its four-gold barrier, with shooter Neeru getting a podium finish in the Trap event for women to give her country its second shooting gold in the Aichi 2026 Asian Games.

In the final shootout, Neeru set a new Asian record of 28 while getting past her nearest rivals Sun Yoong (China) and Hajar Abdulmalik of Kuwait. Sun Yoong got silver with a score of 26 while Hajar recorded a score of 21 to take the bronze.

With Neeru's gold, India has taken its shooting tally to 14, including two gold and

Neeru gets India its 5th and second gold in shooting



IMAGE: Neeru Dhanda, a Naib Subedar in the Indian Army, is the first Indian woman to claim an individual trap shooting gold at the Asian Games. Photograph: NRAI

eight silvers. Indian hopes of now getting its gold medal haul into double figures have brightened after good showing by boxers.

Festivities returned to India's camp after boxers Parveen (64 kg) in the women's section and Ankush in the 80 kg category made the gold medal round, while Narender (+90 kg) lost his semifinal bout to Aibek Oralbay on points to end with a bronze.

Three other Indian boxers-Priya (60 kg) and Lovlina Borgohain (75 kg) in the women's section and Kapil Pokhariya (90

kg)-will have their semifinal bouts tomorrow.

India's men's hockey team stormed into the Asian Games final after edging arch-rivals Pakistan 4-3 in a thrilling semifinal on October 1. India had raced to a 3-0 lead before Pakistan fought back to level the score, but Abhishek struck with just 49.2 seconds remaining to seal the victory. India will face Malaysia in the gold-medal match on October 3 after Malaysia defeated South Korea 2-1 in the other semifinal. The Indian women's team has also reached the final after beating South Korea 2-0 in their semifinal. Ishika opened the scoring in the third quarter before captain Salima Tete added a second in the final quarter. India will face defending champions China in the women's final on October 2. China defeated hosts Japan in a shootout after their semifinal ended goalless.

In the absence of defending champion Neeraj Chopra, India had the consolation of winning both a silver and a bronze medal in the men's javelin throw. Though the gold went to Rumesh Pathirage of Sri Lanka with a throw of 88.55 m, India's Yashvir Singh, with his personal best of 85.72 m, won the silver. His teammate Rohit Yadav was third as he hurled the javelin to a distance of 84.35 m.

Long-distance runner Gulveer Singh completed a rare silver "double" by

finishing second in 1500 m. Earlier, he had taken the silver medal in the grueling 10,000 m. Another Indian athlete to bag a double, this time of bronze medals, has been Parul Chaudhary. In the women's events, Parul had won bronze medals in the 3000 m steeplechase and 5000 m run.

After 14 medals in shooting, India, even without winning a single gold, got 19 medals in athletics so far. Nine of these have been silver and the rest bronze medals. Track and field events would end late in the evening, as there was no let-up in the spell of inclement weather hitting the games.

In cricket, a record number of five matches-Bangladesh vs Malaysia, Pakistan vs Hong Kong, China vs India, Afghanistan vs Japan, and Malaysia vs Oman-were cancelled because of rain. Going by the ICC rules, based on their ICC rankings, India, Pakistan, and Bangladesh were declared winners of their abandoned games.

The situation was no different in softball, where the rains played spoilsport.

Other than Kabaddi and cricket, teams of Indian shooters have given a good account of themselves. Besides winning a gold in the 10 m air rifle mixed team, shooters have contributed 14 medals to the Indian tally so far. The shooting teams won medals in all three team events in skeet-women, men, and mixed-groups.



BY
PRABHJOT SINGH

SEPTEMBER 29, 2026

AICHI-NAGOYA (TIP): Raincoats and umbrellas are out everywhere in Nagoya, Gifu, and other cities playing host to the ongoing Aichi 2026 Asian Games. With inclement weather refusing to abate, some of the events, especially those held outdoors, have already seen plenty of cancellations and abandonments, thus taking away some of the sheen of the prestigious continental sporting extravaganza.

These are not only raincoats of various shapes, colours and sizes, but also a variety of umbrellas, which are captivating both participating athletes, officials, and members of the media in the Games cities.

Interestingly, umbrellas are freely available at all outdoor venues. To match the generous offer of the organisers, even some of the taxi operators have simple umbrellas available on board their vehicles for use by their customers or passengers. It is left to the discretion of passengers or spectators visiting the outdoor venues to return these umbrellas or not.

"It does not cost much to get a simple see-through umbrella that is being freely used in Nagoya and other cities. Though rain is common, this time of the year is considered the best part of the year with little to moderate rain, says a taxi driver who claims he has already given away 10 umbrellas to his customers. "I do not expect them back," he adds.

Five important games of cricket, including all the quarterfinals, have been

MY ASIAN GAMES DIARY

Raincoats and umbrellas at outdoor venues and streets in Nagoya



cancelled or abandoned due to incessant rains. The weather is generally two to four degrees cooler than the temperatures at this time of the year.

Because of inclement weather, the performance of some of the athletes, especially in outdoor events, has been impacted. Track and field, for example, has been hit the most after cricket and softball.

Raincoats and umbrellas apart, my interest also veered around the Indian

community in the Nagoya and Osaka area. The other day, as we were travelling by train from our Airbnb to Nagoya, we met Raghav, a research scholar from Trichur in Kerala, now living in Osaka.

Raghav has been in Japan for a couple of years and completed his doctorate in quantum mechanics in Osaka, where he is currently employed as a research associate by a private university in Osaka.

"For the past few days, I have been on

holiday to watch the Asian Games. My interest is in individual events. The other day, I saw Indian shot putters Tajinderpal Singh Sidhu and Manpreet Kaur winning medals in their respective events. After watching gymnastics, swimming, and some other events, I will go back to Osaka.

"In Osaka University, there are about 50 Indian students, while in my university, I am the only one," says Raghav, claiming that he has started loving Japan. People are disciplined and respectful.

Raghav says that there are some Indian restaurants in Osaka and Nagoya, and interestingly, the majority of them are run by Nepalese.

The other day, while looking for a media shuttle to Gifu, the hockey venue, we came across a Pakistani engineer, Zishan Khan, working for a French event company. Zishan Khan says that his loyalties remain divided between India and Pakistan.

"My grandmother moved from Bhopal in India to Pakistan in 1960. Our family continued to visit India for many years. My father always enjoyed cordial relations with Sikhs. I come from the Chitral area, and we know many Sikhs in Peshawar," says Zishan Khan, who was specially employed for the Asian and Para Asian Games by the French company.

Zishan Khan has been working at some of the venues that have been hosting football matches of both the Asian and Para Asian Games.

Return of sunny day brings cheers to the Aishi Asian Games camp

BY
PRABHJOT SINGH

SEPTEMBER 30, 2026

AICHI-NAGOYA (TIP): Organizers besides participants, conduct officials, spectators and media personnel associated with the day-to-day developments in the Aichi 2026 Asian Games, must have heaved a sigh of relief after Sun made its appearance after several days of wet and windy weather.

Continuous spell of inclement weather not only led to cancellation of several competitions but also curtailment and postponement of some of the competitions. The Indian cricket team which is here to defend its gold returned to the practice this afternoon before its semi final against Sri Lanka on Thursday afternoon. In the first semifinal, Pakistan is taking on Bangladesh in the morning.

According to weathermen, the next three days are expected to be bright and sunny.

Return of sunshine may also augur well for the organizers as the response to various competitions has mostly remained lukewarm. Of 2.5 million tickets, they put on sale, less than 50 percent have been sold till now.

Contrary to expectations, the India-



Pakistan semi final on Thursday has evoked only a limited response as tickets for this game are still available. Many members of the South Asian Diaspora in Japan and nearby Asian countries were hoping for a bigger turnout. The inclement weather for the whole of last week has taken away some of the glamour of this game. Even the size of the Indian Diaspora in Japan is not even comparable to other Asian countries like Malaysia, Thailand

and Singapore.

Escalation in airfares because of the ongoing conflicts in Europe and elsewhere, is another factor that restricted the number of sports enthusiasts expected for the Games.

Though there is no official comment or explanation, spreading of competitions to various cities and increasing the number of disciplines, including some new indigenous South and Southeast Asian

sports have also been a contributing factor for the rapidly declining popularity of the games. Many people in various host cities were not even aware that the competitions of this elite Continental sports extravaganza were being held in their city.

When you move around in Nagoya, Gifu or other cities, what you miss is the excitement, fervour and celebrations associated with the conduct of the Games. Though most of the trains - metro and other local networks - carry banners and posters announcing the Games being held in their city, enthusiasm and gusto normally witnessed in host cities are missing here.

Not many political heads of various member nations of the Olympic Council of Asia have evinced any interest in the Games so far. The closing ceremony, however, is expected to be both exciting and captivating that would bring down the curtain on this event being organised by Japan for the third time.

(Prabhjot Singh is a Toronto-based senior journalist who writes on Sports, politics and community. He can be reached at prabhjot416@gmail.com)

Abhishek's last-minute goal rescues India in thriller vs Pakistan

OCTOBER 2, 2026

AICHI-NAGOYA (TIP): With just 49 seconds left on the clock and the threat of a catastrophic collapse staring them in the face, Abhishek conjured a moment of pure brilliance which salvaged the Indian hockey team.

His desperate, blistering strike from inside the circle took a fateful deflection off Sufyan Khan and nestled into the back of the net, sealing a heart-pumping 4-3 victory for India over rivals Pakistan in an extraordinary Asian Games semi-final in Kakamigahara on Thursday, Oct 1. It was a contest that transcended tactical plans of the strategy board, a volatile emotional roller-coaster that swung from effortless elegance to sheer panic before ending in euphoria for the Harmanpreet Singh-led side.

The razor-thin escape propelled India into the gold medal showdown against Malaysia, who beat South Korea in the other semi-final, extending their formidable decade-long unbeaten run against Pakistan to 22 matches.

Yet beneath the wild celebrations and high-octane relief lies a wake-up call for chief coach Craig Fulton and his team. India had built a commanding, seemingly unassailable 3-0 cushion, only to watch their defensive composure evaporate into thin air as a spirited Pakistani side punished every shred of India's complacency.

Gill hits 223 not out as India chase down Windies' record total

SEPTEMBER 30, 2026

GUWAHATI (TIP): Shubman Gill produced one of the finest innings of his ODI career, smashing an unbeaten 223 off 133 balls as India chased down West Indies' mammoth 405 for seven with eight wickets and 39 balls to spare in the second ODI on Wednesday, Sept 30.

The eight-wicket victory gave India an unassailable 2-0 lead in the three-match series and saw the hosts complete the second-highest successful chase in ODI history. India became only the second team to successfully chase a target of more than 400 in men's ODIs, after South Africa's 438 against Australia in 2006.

Gill's extraordinary knock contained 26 fours and eight sixes and was his highest ODI score. He reached his century in 62 balls before accelerating further, bringing up his double century from just 117 deliveries - the fastest 200 in men's ODI cricket. He also became only the second batter after Rohit Sharma to register more than one ODI double century.

The Indian captain received superb support from Rohit Sharma, who scored 101 from 75 balls. The opening pair added a remarkable 255 runs from 158 deliveries, effectively taking the game away from the West Indies before Rohit was dismissed after reaching his century.

Virat Kohli contributed 29 before falling, but there was little pressure on India by then. Gill continued his assault and finished the match alongside Ruturaj Gaikwad as India reached 406 for two in 43.3 overs.

West Indies' huge total overhauled Earlier, West Indies had appeared to put



Ruturaj Gaikwad of India and Shubman Gill of India during the 2nd ODI match between India and West Indies at the ACA Stadium, Barsapara, Guwahati, India on September 30, 2026. Photo: Pankaj Nangia / CREIMAS for BCCI

the game beyond India's reach after posting 405 for seven, their first 400-plus total in ODI cricket.

The visitors produced an extraordinary batting display of their own, with John Campbell (101), Shai Hope (104) and Amir Jangoo (114) all scoring centuries. It was only the sixth time in ODI history that three batters from the same team had scored hundreds in an innings.

Campbell struck 101 from 68 balls, Hope made 104 from 94 and Jangoo's 114 came off 77 deliveries. India's bowlers struggled to contain the West Indies batsmen, with Kuldeep Yadav and Ravindra Jadeja

taking two wickets each.

But what looked like a daunting target was made to appear surprisingly straightforward by Gill and Rohit. Their 255-run opening stand provided India with the perfect launchpad before Gill took complete control of the chase.

The match produced five centuries in all, with three from West Indies and two from India, while the combined total of 811 runs underlined the extraordinary batting conditions at the Barsapara Cricket Stadium.

Gill was named Player of the Match for his record-breaking 223.

OCTOBER 2, 2026

AICHI-NAGOYA (TIP): India's medal campaign gathered fresh momentum on Day 14 of the Asian Games as boxer Lovlina Borgohain celebrated her 29th birthday with a historic gold medal, while the women's recurve archery team added another title to take India's overall gold tally to 12.

India's medal count climbed to 70 - 12 gold, 24 silver and 34 bronze - lifting the country to sixth place in the overall standings.

Lovlina produced a commanding performance against China's Bao Ziyi, winning the women's 75kg final by a unanimous 5-0 decision at the Nishio Gymnasium. The Tokyo Olympic bronze medallist became only the second Indian woman boxer after Mary Kom to win an Asian Games gold.

The Assamese boxer started strongly, edging the opening round 3-2 before taking control of the contest. She won the second and third rounds 4-1 to complete a convincing victory. Four judges scored the bout 29-28 in her favor, while the fifth gave her a 30-27 verdict.

Lovlina had reached the final after a hard-fought 3-2 semifinal victory over Kazakhstan's Natalya Bogdanova. She had earlier defeated South Korea's Seong Suyeon 5-0 in the quarterfinals.

Historic archery gold

Earlier, India's Ankita Bhakat, Kirti Sharma and Kumkum Anil Mohod created history by defeating 10-time Olympic champions South Korea 5-3 in the women's recurve team final.

Birthday girl Lovlina gifts India 12th gold; archers complete historic triple medal haul



Lovlina Borgohain

The victory gave India its first-ever Asian Games gold in the women's recurve team event. The Indian trio held their nerve in windy conditions after the opening two sets were shared. South Korea then faltered in the third set, hitting three consecutive 8s, allowing India to take a 55-52 lead.

The Korean team scored 54 in the fourth set, while Kirti's opening 8 was subsequently changed to a 9, giving India the

points needed to level the set and seal the title.

India had earlier beaten China 5-1 in the semifinal to reach the final for the first time.

The archery success has been particularly significant for India. The country had already swept the men's, women's and mixed compound team gold medals, with the mixed team also securing an LA28 Olympic quota place.

Kumkum has now added multiple medals to her collection at these Games. She and Dhiraj Bommadevara won silver in the mixed recurve team event, while the women's recurve team's gold completed another major milestone for Indian archery.

More medals in the offing

India's medal rush is not over: Parveen Hooda and Ankush are also competing in boxing finals, giving the contingent further opportunities to add gold medals. The women's hockey team is taking on defending champions China in the final, with the match also carrying significance for qualification to the 2028 Los Angeles Olympics.

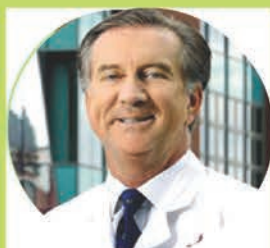
India has also added medals in sailing and wrestling, with Nethra Kumanan winning bronze in the women's dinghy event, her first Asian Games medal in her fourth appearance.



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Best Wishes, Peter



Peter J McDonnell, MD Director Wilmer Eye Institute, Johns Hopkins



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