STANDARD POST

www.standardpost.in

ENGLISH DAILY

Simultaneously Published from MUMBAI, DELHI, HYDERABAD, GUNTUR, PUDUCHERRY & VISAKHAPATNAM

Vol.12. No.336

MUMBAI

Tuesday, October 14, 2025

Pages: 8 Rs.1

IN BRIEF

Ex-serviceman arrested for cheating job seekers of Rs **34.6 lakh in** Nagpur

Nagpur, Oct 13 (UNI) Nagpur Police (rural) have arrested a former Army personnel for allegedly defrauding several job aspirants of around Rs 34.6 lakh on the pretext of providing them government employment.

The accused has been identified as Purushottam Gyandev Bilewar (42), a resident of Kuhi in Nagpur district.

According officials, Bilewar used his YouTube channel to attract unemployed youths and collected money from them, promising jobs in the Army, Railways and other government departments.

Police said he took varying amounts from 11 job aspirants, assuring them of quick appointments. However, after continuous delays and false assurances, the victims realised they had been deceived and filed complaints at Kuhi Police Station.

Police subsequently arrested Bilewar and several seized documents related to the fraud. The total amount he collected is estimated to be Rs 34.60 lakh.

"A case has been registered under relevant sections of the Indian Penal Code (IPC) for cheating and criminal breach of trust," police said, adding that efforts are on to trace more victims involved in the case.

Farmers block Jalgaon-**Aurangabad** highway Jalgaon

Jalgaon, Oct 13 (UNI) Hundreds of farmers in this North Western Maharashtra town today blocked the Jalgaon-Aurangabad highway leading to the proposed site of the Maharashtra Industrial Development Corporation (MIDC) complex to protest the acquisition of 268 hectares of agricultural

They raised slogans like "Our agriculture is our life, how can we live without land" The farmers surrounded the revenue and MIDC officials who came to measure the land. This led to the stoppage of the work.

As the situation became tense, the police rushed to the spot and pacified the farmers. After this, the farmers withdrew the protest.

Minister Samant questions MNS-Shiv Sena alliance

Mumbai, Oct 13 (UNI) Minister Uday Samant today advised Maharashtra Navnirman Sena (MNS) chief Raj Thackeray to reconsider his decision before forming an alliance with the Shiv Sena (Uddhav Thackeray faction).

Samant said, "The Congress party has become so selfrighteous that it does not respect freedom fighter Veer Savarkar. Not only that, the Congress government in Karnataka also refuses to honor Chhatrapati Shivaji Maharaj. How can a leader like Raj Thackeray, who follows Hindutva ideology, accept this?."

It is almost certain that the MNS and Shiv Sena (Thackeray faction) will form an alliance. Though the state leadership of the Congress opposes including the MNS in the Maha Vikas Aghadi (MVA), the Thackeray faction is reportedly trying to convince the party's central leadership.

Against this backdrop, Minister Samant issued his statement.Samant further alleged that the Congress and its top leadership have consistently insulted Veer Savarkar, and the Karnataka Congress government has shown disrespect toward Chhatrapati Shivaji Maharaj while continuing to oppress Marathi-speaking people in the border areas. He urged Raj Thackeray to carefully consider these issues before joining hands with parties like the Congress.

CM rejects call to ban RSS activities

ban the RSS had failed, purposes. consider it necessary to to Kharge's appeal, motivated and irrelevant in even respond to such endorsing the demand for the current context.

Speaking to media Kharge requested that the ideological promotion. persons, Fadnavis ridiculed organisation's activities be the Congress party's barred from public parks and media questions, said the stance, remarking, "Who Muzrai endowment temples, Congress leadership should listens to them?" He recalled arguing that state premises introspect instead of making that former Prime Minister should not be used for statements that revive Indira Gandhi's attempt to political or ideological outdated debates. He

forcing her to step down Meanwhile, Nationalist long history of contributing from power. The Chief Congress Party (Sharad to social and national Minister asserted that his Pawar faction) MLA Rohit causes and described government does not Pawar extended his support Kharge's demand as politically

prime piece of land in Patna

was sold by the Kochhar

brothers to a company

managed by a close aide of

Sabha MP Prem Chand

Gupta. This company and

the valuable land were

later acquired at a

significantly low price by

Lalu Prasad Yadav's

family members through a

firm called Delight

Marketing Company

While the accused,

Mumbai, Oct 13 (UNI): remarks. The controversy restricting RSS activities in Chief Minister Devendra arose after Kharge educational institutions. Fadnavis dismissed the addressed a letter to Pawar maintained that demand made by Karnataka Karnataka Chief Minister "politics and education Minister Priyank Kharge to Siddaramaiah on October should remain separate Rashtriya 12, urging him not to permit domains" and stated that Swayamsevak Sangh (RSS) RSS programmes in government schools must activities within government government schools and serve as neutral spaces for colleges. In his letter, learning rather than

> Fadnavis, responding to reiterated that the RSS has a

Yadav to contest from Mahua on Jan Shakti Janata

Patna, Oct. 13 (UNI) In a significant political development ahead of the Bihar Assembly elections, Tej Pratap Yadav, elder son of Rashtriya Janata Dal (RJD) chief Lalu Prasad Yadav, today announced to contest from the Mahua Assembly constituency in Vaishali district on the ticket of his newly floated party, Jan Shakti Janata Dal (JSJD).

Tej Pratap, who was expelled earlier this year from both his family and the RJD following a controversy, has now formally stepped into the electoral arena under his new banner.

The Jan Shakti Janata for the upcoming Bihar polls, naming Tej Pratap Mahua. The list was released in Patna by the party's state president, Madan Yadav.

The expulsion of Tej Pratap from the RJD and his family took place on May 25, this year after a photo and video of him with a woman went viral himself from the RJD and launched his own party, aiming to create what he alternative" in Bihar.

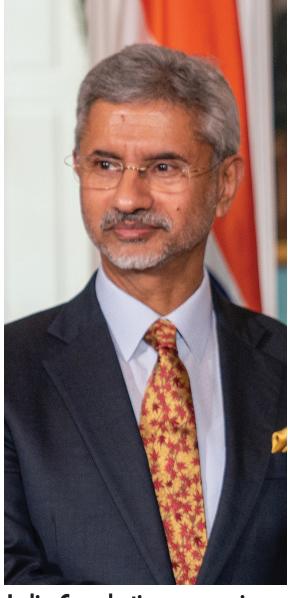
spotlight in 2015, when he won the Mahua candidate, marking the beginning of his legislative career. In the 2020 Assembly elections, won. He had served as later as Minister for Environment, Forest and Climate Change in the

Tej Pratap Lalu Prasad Yadav, Rajya Dal ticket

Dal released its a list of 22 candidates during the day Yadav as its candidate from

on social media. Following the incident, Tej Pratap distanced called a "new political

Tej Pratap Yadav first Assembly seat as an RJD he shifted to Hasanpur and Bihar's Health Minister and Nitish Kumar government.



India-Canada ties progressing steadily: Jaishankar

Canadian Foreign Minister Anita Anand met with External Affairs Minister S Jaishankar in New Delhi on Monday, as both sides reaffirmed their intent to rebuild trust and strengthen bilateral relations across multiple sectors. Speaking during the meeting, EAM Jaishankar said that India's approach is to move forward with a "positive mindset, and that bilateral relations between India and Canada have been steadily progressing over the last two months". (See on page 8)

Jan Suraj to contest based on capability, not just caste ...



Suraaj founder Prashant Kishor today reiterated the party's promise of proportional representation for all social groups based on their population share, stating that candidates were being selected not merely on caste lines, but by identifying capable people from every community. (See on page 2)

Uddhav Sena in talks with Congress to include Raj ...



Uddhav Thackeray-led Shiv Sena Rajya Sabha MP and chief party spokesperson Sanjay Raut said today that his party is in talks with top leaders of the Congress, exploring the possibility of including Raj Thackeray and his Maharashtra Navnirman Sena (MNS) in the Congress-led opposition Maha Vikas Aghadi (MVA)

(See on page 3)

Watkins withdraws from England squad



England striker Ollie Watkins has been ruled out of Tuesday's World Cup qualifier against Latvia due to injury. The 29-year-old was substituted at half-time during England's 3-0 victory over Wales at Wembley, having earlier scored his team's second goal.

(See on page 7)

Charges framed against Lalu Prasad Yadav, family in IRCTC Scam; trial set to begin



In a major political and legal development, a special CBI

New Delhi, Oct 13 (UNI) scam, paving the way for the alleges that Lalu Prasad start of the trial.

Yadav entered into a criminal The case pertains to conspiracy with the owners a strong case. court today framed charges allegations of corruption in of Sujata Hotels, Vijay and

including Lalu Prasad Yadav and his family, have previously argued that the CBI lacks evidence, the agency has maintained it has The court has now

Private Limited.

against RJD chief Lalu the awarding of railway Vinay Kochhar, to grant scheduled the case for the Prasad Yadav, his wife Rabri tenders during Lalu Prasad them favourable contracts recording of prosecution Devi, son Tejashwi Yadav, Yadav's tenure as the for two IRCTC hotels in evidence, which will be and 11 others in the IRCTC Railway Minister. The CBI Ranchi and Puri. In return, a conducted on a day-to-day basis.

Shiv Sena (UBT) leader slams govt over discontinued Shinde schemes

Mumbai, Oct 13 (UNI) Ambadas Danve, a leader of the Uddhav Thackeray-led Shiv Sena, today accused the Devendra Fadnavis government of discontinuing welfare schemes which were started by Deputy Chief Minister Eknath Shinde. Tweeting from his X account, Danve alleged: "By closing down schemes that were expected to bring a modicum of benefit to the common man, the Devendra Fadnavis government has flouted the decisions of its own cabinet colleagues."

Danve listed the schemes allegedly shut down, including the 'Anandacha Shidha Yojana' (Ration of Happiness), 'Majhi Sundar Shala Yojana' (My Beautiful School), 'One Rupee Crop Insurance Yojana', and others. He vowed: "We will definitely expose this to the public before the local body elections."

Danve highlighted the 'Anandacha Shidha' ration scheme, launched three years ago, for the poor to celebrate festivals. He alleged that due to the state's current financial crisis, the scheme is "now only on paper." Despite hopes of receiving benefits ahead of Diwali, no action has been taken at the government level due to a lack of funds, he

claimed. Danve also pointed to the financial strain caused by the 'Laadki Bahin Scheme', recalling that Minister of Social Justice Sanjay Shirsat had previously stated that funds from many departments were diverted to the Ministry of Women and Child Development to implement the votecatcher scheme. Danve's accusation follows an earlier admission by Shirsat, a leader of the Shinde faction, on May 5. Shirsat had told the media that due to the prevailing fund crunch, it would not be possible to increase the monthly cash payment under the 'Laadki Bahin Yojana' from Rs 1,500 to Rs 2,100, as promised in the Mahayuti alliance's election manifesto.Later today, Maharashtra Deputy CM Ajit Pawar, who also serves as the state's finance minister, reacted to Danve's charges.

Pawar defended the government, stating: "Some schemes are ongoing, but not all of them run forever."

He explained that changes are made "keeping in mind the situation of that time." Pawar added that if the objectives behind some schemes are not achieved, the government makes modifications or discontinues them, entered the political noting that this has been the practice since Independence.

Tiger killed in train accident in Chandrapur

(UNI) A tiger, identified as Ballarshah passenger train was T-40, died after being struck passing through the by a train while crossing area. Preliminary reports indicate railway tracks Maharashtra's Chandrapur known as "Bittu," who was markings. Experts urged railway authorities to district. forest officials around 14 years old, in the highlighted his key role in introduce safety measures, confirmed today. The accident Sindewahi forest region, sustaining biodiversity in occurred late last night near the roughly two kilometres from the region. The accident

in that the train hit T-40, popularly size and distinctive Sindewahi-Alewahi railway the railway station. Bittu was occurred on the Ballarshah-

Wildlife Sanctuary and was widely known for his large

Chandrapur, Oct 13 crossing when the Gondia- the son of Jai, the legendary Gondia railway line, a stretch tiger of Umred Karandla infamous for tiger deaths, with at least 18 tigers having lost their lives there so far. Environmentalists have long including speed limits and wildlife corridors, but no action has been taken so far.



Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu, Congress MPs Sonia Gandhi, Priyanka Gandhi Vadra and other leaders during the statue unveiling ceremony of former state CM Virbhadra Singh, in Shimla on Monday.

Jan Suraj to contest based on capability, not just caste, says Prashant Kishor

Patna, Oct 13 (UNI): Jan are 31 from the Extremely Suraaj founder Prashant Kishor today reiterated the party's promise of proportional representation for all social groups based on their population share, stating that candidates were being selected not merely on caste lines, but by identifying capable people from every community.

Speaking to news persons here on the occasion of the release of its second list of 65 candidates for the upcoming Assembly elections, Kishor said that Jan Suraaj has so far announced 116 candidates. This includes 25 from reserved constituencies and 91 from general seats. Among those nominated

Backward Classes (EBC), 21 from the Other Backward Classes (OBC), and 21 Muslims, he informed.

Kishor emphasised that no other political party has given such significant representation to the EBC community, adding that social justice has often been reduced to slogans by other parties. "While others have played caste politics, Jan Suraaj has ensured that more than one-third of our candidates come from the most backward sections," he said.

Meanwhile, veteran Bhagalpur-based lawyer Abhay Kant Jha (74) has joined Prashant Kishor's Jan Suraaj movement ahead of the elections.

New Delhi Oct 13 (UNI): The Aam permission to hold their panchayat at the

Aadmi Party (AAP) has accused the market. The farmers then moved their

hold a farmers' Mahapanchayat in the state that over 250 people were detained, with

leader Gopal Rai during a press conference observed a 'Black Day' across Gujarat today.

the Botad marketing yard to protest against the farmers' voice." Gopal Rai warned that

an alleged exploitative system called 'Karda' if the state government fails to address the

AAP alleges police brutality

against farmers in Gujarat

Bharatiya Janata Party (BJP) government

in Gujarat of unleashing "unprecedented

brutality" on farmers, announcing that its

national convenor, Arvind Kejriwal, will

on October 31 coinciding with Sardar Patel

on Monday, following a series of incidents

in the Botad area of Gujarat over the

conflict began when farmers gathered at

Pratha', which they claim forces them to

sell a portion of their crop at a lower price.

The police reportedly denied them statewide movement.

According to the AAP's account, the

The announcement was made by AAP

Jayanti.

weekend.

courageous stand of Jha during the 1989 Bhagalpur riots, describing it as one of Bihar's darkest chapters.

Speaking at the event, Kishor said that Jha had selflessly defended hundreds of victims from the Muslim community at a time when few dared to stand with them. "He fought the cases of almost all riot victims without charging any fee. Over the last three decades, he helped rehabilitate around 850 Muslim families, secured government compensation for them, and arranged for the return of those who had fled to places like Meerut," Kishor claimed.

Kishor recalled that during those turbulent Kishor lauded the times, leaders of the Vishwa

gathering to Hadad village. AAP claims that

police surrounded the village and brutally

lathi-charged the assembly, used tear gas,

and made mass arrests. Gopal Rai alleged

police forcibly entering homes and

In protest, the AAP and farmer groups

The party also claimed that the BJP

government had pre-emptively arrested

several AAP leaders, including its Gujarat

president Isudan Gadhvi and farmer leader

Rajubhai Karpada, in an attempt to "crush

farmers' demands for dignity, justice, and

fair crop prices, the AAP will launch a

misbehaving with women.

Hindu Parishad questioned Jha for defending Muslims despite being a Brahmin. "But he never wavered from his principles. He stood firm on his belief in justice and humanity," Kishor remarked, comparing Jha's

Mahabharata. Welcoming Jha into Jan Suraaj, Kishor said, "He has kept himself away from active politics for 75 years, but now joined the movement for transformation. His decision strengthens the mission of creating a just and inclusive Bihar."

commitment to that of

Bhishma Pitamah in the

Kishor also welcomed Ramchandra Sahni, an EBC leader from Sugouli, East Champaran, who recently joined Jan Suraaj.

Health Ministry launches CPR awareness week

New Delhi, Oct 13 (UNI) The Health Ministry today launched Cardiopulmonary Resuscitation (CPR) awareness week with a mission to train one individual in every household with this life-saving technique. Underlining

the

अ.

importance of CPR as an emergency procedure to prevent the sudden cardiac arrest cases, Health Secretary Punya Salila Srivastava said, "The simple act of performing hands-only CPR can sustain blood flow and oxygen to vital organs until professional help arrives increasing survival chances manifold."She urged mass public participation for the ongoing nationwide awareness drive until October 17 stating that nearly 70 per cent of deaths due to heart failure occur outside the hospital settings where immediate medical assistance is often unavailable."In these critical moments, timely administration of CPR by a bystander can significantly improve survival outcomes," Srivastava remarked. The event featured a live demonstration of handsonly CPR conducted by medical experts, showcasing the simple steps that can be performed by anyone to save a life during a cardiac emergency. The inaugural ceremony of the five-day campaign witnessed 15,000 participants from the health sector, along with representatives from medical institutions and civil society from across the country, noted the officials from the Ministry.

Police step up vigil in markets ahead of Diwali, appeal to people to remain alert

New Delhi, Oct 13 (UNI) In a bid to ensure a safe and secure festive season for citizens, Special Commissioner of Delhi Police (Law and Order Zone- II) Madhup Kumar Tewari, and Joint CP New Delhi Range, Deepak Purohit, today visited the Sarojini Nagar Market to review the security preparedness in the southwest district.Delhi Police have stepped up vigil amid the festive season and senior officers are overseeing the deployment of staff, foot patrolling and anti-sabotage measures to ensure that the festivities go on in a smooth manner.

The focus of the police force remains on maintaining high visibility, public confidence and robust policing in all major markets, malls, religious places and crowded areas with an aim to prevent any untoward incident. The South-West District police has intensified checking, patrolling, picket deployment surveillance at all sensitive locations, adopting measures to ensure smooth festive celebrations.

The police have urged citizens to stay alert and report any suspicious person, object, or activity, at 112, or contact the nearest police station.

Stronger ties between India & Nepali

(Standard Post Bureau) Mumbai, Oct 13: Indonepal cultural Fest was organised in Bangalore, Dr. Ambedkar Stadium.... It

was an exchange of culture and Stronger ties between

India & Nepali.... Nepali Actor Paul Shah, Singer Ram Chandra Kafle & Mrs. Kafle, From Assam came Binita Chatre super Dancer, Siver from Darjeeling came Surekha

From Bollywood, Kannada & Nepali Films KAMAL GHIMIRAY was invited as Guest of Honor

It was jam packed with 6000 people who came to see the Stars.



Defence Ministry utilised over 50 pc of capital outlay by September in FY 2025-26

New Delhi, Oct 13 (UNI) The Ministry of Defence (MoD) has recorded a significant pace in capital spending for the current financial year 2025– 26, having utilised more than half of its allocated capital outlay by the end of September 2025.

In absolute terms, the capital expenditure stands at Rs 92,211.44 crore (51.23 per cent) out of the total allocation of Rs 1,80,000 crore. The MoD had utilised 100 per cent of capital expenditure amounting to Rs 1,59,768.40 crore in the last financial year, a Defence Ministry statement said.

The utilisation of over 50 per cent of capital outlay will result in ensuring the timely delivery of vital platforms such as aircraft, ships, submarines, weapon systems, etc, required for the modernisation of the Armed Forces in the coming year. Majority of the expenditure has been on aircraft and aero engines, followed by land systems, electronic warfare equipment, armaments,

Capital expenditure is crucial for the defence sector as it funds the acquisition of new assets, research and development, and infrastructural development in the border areas, which are all essential for the country's national security. Moreover, capital expenditure has a multiplier effect on economic growth employment generation.

WESTERN RAILWAY SIGNALLING WORK

Senior Divisional Signal & Telecon Engineer (South), 2nd Floor, Divisional Railway Manager's Office, Mumbai Central, Mumbai-400 008, invites E-Tender No: W_931_2024_466_ 2025_SG_WA Dated: 08/10/2025. Name of Work: - Signalling Work in connection with (i) Churchgate-Virar-TTR (FS + TWS + WCMSC) - 80 sets,TTR (CMSC)-71 sets, TTR (CS)-49 sets & SEJs-62 Nos (ii) Churchgate-Virar TRR(P) 16.501 Tkm & TSR (P) 24.645 Tkm Mumbai Divisior Western Railway. Approx. Cost of Work: ₹58,34,203.30. **EMD:** ₹1,16,700/-. **Time** & Date for Closure for Submission of E-Tender Documents: Till 30.10.2025,15:00 hrs. Time & Date for Opening of E- Tender: at 15:30 hrs. on 30.10.2025. The tender can be viewed at web site www.ireps.gov.in Like us on: f facebook.com/WesternRly



विभाग

वसई-विरार शहर महानगरपालिका

प्रभाग समिती डी आचोळे, नालासोपारा (पु)

दुरध्वनी क्रं. ७२१९३७०००६/७२१९३७०००९

जावक क्रं. वविशम/कवि/३०४४/२०२५-२०२६ दिनांक : १३/१०/२०२५

खरीददाराचे किंवा अभिहस्तांकन

सही /-

सहा. आयुक्त

प्रभाग समिती ''डी'', आचोळे

वसई-विरार शहर महानगरपालिका

जाहिर नोटीस

महाराष्ट्र मुंबई प्रांतिक महानगरपालिका अधिनियम १९४९ चे कलम ४६९ अन्वये जाहिर नोटीस खालील मालमत्तेच्या हस्तांतरण संबंधाने वसई-विरार शहर महानगरपालिका प्रभाग समिती डी कार्यालय आचोळे नालासोपारा येथे प्राप्त झालेल्या मालमत्ता धारकांच्या प्रकरणपरत्वे नोटीसीनसार सदर हस्तांतरण संदर्भाने कोणत्याही हितसंबंधाने हरकत अगर आक्षेप असल्यास ही नोटीस प्रसिद्ध झाल्यापासन् ७ दिवसाच्या आतं हितसंबंधाच्या व हरकतीच्या लेखी पराव्यासह वसई-विरार शहर महानगरपालिका प्रभाग समिती डी कार्यालय आचोळे नालासोपारा येथे लेखी स्वरूपात हरकत नोंदवावी अन्यथा करवसुलीच्या सोयीसाठी सदर हस्तांतरण करून महानगरपालिका दप्तरी याबाबतची नोंद घेतली जाईल.

ज्याचे नावे मालमत्ता आहे

रिसीट

मालमत्ता

01.	1911111	411/14/11	1//110	- 11 -1 11 11 11 11 11 11 11	अराप्याराच विकास आस्तिरसायम	
क्र.		क्रमांक	नं.	त्याचे म्हणजे मालमत्ता	करदात्याचे नाव	
				विकणाऱ्या किंवा करदात्याचे नाव		
?.	आचोळे-०५	888/38	१३२६०	अनंत पांडूरंग मोरे	गणेश शंकर माटल	
٦.	आचोळे-१०	<i>३४१/१५७</i>	१३२२०	रविंद्र सुम्रा	अभय वसंत जडये	
₹.	आचोळे -१०	३३३/५३	१३२२१	वी. मिश्रा	अरविंद सरजुप्रसाद गुप्ता	
٧.	आचोळे-१०	४७५/७	१३२२४	ऑर्चिड कंस्ट्रक्शन	अपर्णा इंद्रा सिंह/अभिषेक रामप्रकाश सिंह /अभिषेक रामप्रकाश सिंह	
ч.	आचोळे -१०	३४५/३ ०	१३२२५	जोहान ब्रिट्ट	अमेय दिलीप जगताप	
ξ.	आचोळे-१०	४४१/१६०	१३२६९	ज्युली सेबेस्टीयन पोलाकल	गणेश गंगाराम जाधव	
७.	आचोळे-१०	870/979	१३२०९	विजय कुमार व सुनील कुमार	मन्सूर अली मुबारक वनू / आसिया मन्सूर अली वनू	
۷.	आचोळे-१०	४२०/१२६	१३२०७	धर्मेंद्र जितेंद्र सिंह	सेल्विन लिटो संथमनी नाथन	
۶.	आचोळे-१०	३६१/११	१३२०५	लल्लन सरजू पाल व सुशीला लल्लन पाल	साहिल सुधीर तांबे	
१०.	आचोळे -०८	<i>१९</i> /४२	१३२६६	एस. के. कंचूकर	गजानन नारायण नकाशे व कविता गजानन नकाशे	
??.	आचोळे-०८	६४/७	१३२३५	वसंत रामचंद्र विचारे व वनिता वसंत विचारे	राजेश वसंत विचारे	
१२.	आचोळे-०८	<i>\$\$\\\$\$</i>	१३२२७	आशिष डी पांचाल	विशाल बबन कडेकोट व स्वाती विशाल कडेकोट	
?3.	आचोळे-०८	६४/४८	१३२२६	सुहासीनी प्रकाश मयेकर	ज्योती रत्नदिप पडवळ	
१४.	आचोळे-०८	£3/3	१३२५९	मिनाक्षी दिनेश नाईक	विरेंद्र प्रवेश राय व पंकज प्रवेश राय	
१५.	आचोळे -०८	२०७/१९	१३२२८	जयप्रकाश गजराज यादव	भोलानाथ हरिनाथ यादव	
१६.	आचोळे -०८	६/५	१३२१२	लालजी हरी सोलंकी	अतुल एम. वाला	
<i>१</i> ७.	आचोळे-०६	२३९/८४	१३२५२	विक्की गणेश सोलंकी	सुनिता सुकुदू कुराडे	
१८.	आचोळे-९/१	६२७/११	१३८५६	मॅलिसा मरिया	घनश्याम सुरेद्रनाथ मिश्रा व निशा घनश्याम मिश्रा	
१९.	आचोळे-९/१	५५२/१५	१३८६३	असलम जािकर अंसारी व नाजिया अंसारी	भंवरी दीपराम चौधरी	
२ 0.	आचोळे -९/२	७५८/२५	१३८६४	महेंद्र सिंह व मंजुबाई राजपुत	रुक्मिणी रामा राय	

Title loving memory N.B. UNDI 1941-2021 It has been 4 years since you were taken away from us... Missing u appa



Firefighters at the site after a fire broke out in several automobile spare parts and scrap material shops in Mumbai's

Major fire in Mumbai's business park

Mumbai, Oct 13 (UNI) A major fire broke out today at a nine-storey commercial building, Golden Crush Business Park, located on LBS Marg near Ghatkopar, in Mumbai's eastern suburbs. No injuries or casualties have been reported.

The incident occurred in afternoon at around 2:35 pm, and authorities declared it a Level II fire.

According to the BMC Disaster Management Cell,

the blaze originated on the ground floor of the building situated near Shreyas Cinema on the busy LBS

A total of 10 fire engines, seven water tankers, and equipment were deployed to bring the fire under control, which was achieved by 6 pm.

The cause of the fire is yet to be ascertained, and an investigation is underway, officials said.

Uddhav Sena in talks with Congress to include Raj Thackeray's MNS in MVA: Raut

Uddhav Thackeray-led Shiv Sena Rajya Sabha MP chief party spokesperson Sanjay Raut said today that his party is in talks with top leaders of the Congress, exploring the possibility of including Raj Thackeray and his Maharashtra Navnirman Sena (MNS) in the Congress-led opposition Maha Vikas Aghadi (MVA) to fight the forthcoming local civic body elections in Maharashtra.

Replying to a question about whether Raj Thackeray and his MNS would be part of the MVA to fight the forthcoming local civic body elections in Maharashtra, Sanjay Raut told newspersons, "Raj Thackeray desires that the Congress, which is a constituent of the MVA, should be taken along. This is his stand. But this does not mean any decision has been taken about this."

Raut told media persons that he has spoken to All **India Congress Committee** (AICC) general secretary K C Venugopal about "certain

Mumbai, Oct 13 (UNI): issues" and will also talk to Lok Sabha opposition leader Rahul Gandhi Sabha. Raut also said that Shiv Sena chief Uddhav Thackeray will also talk to Congress president Mallikarjun Kharge.

> "Everyone has a place in Maharashtra state politics. (Uddhav Thackeray-led) Shiv Sena has its place, MNS also has a place, and so does Sharad Pawar-led NCP as well as the Left parties. For instance, our stand is that Congress should be part of the all-party delegation. Even Raj Thackeray is of the same opinion," Sanjay Raut said.

> However, later on Monday, MNS leaders expressed their displeasure to media persons about Sanjay Raut speaking on behalf of Raj Thackeray. "We will present our party's stand. We have not made any proposal to Congress about any alliance so far," MNS leaders said.

> Shortly after MNS leaders expressed their displeasure about Sanjay

Raut's statement to media persons about Raj Thackeray's views, Sanjay Raut issued a clarification to Raj Thackeray through a personal message that "I did not say anything like that".

Meanwhile, Ramesh Chennithala, Maharashtra in-charge of the Congress held a meeting of Congress leaders working in Maharashtra on Monday, to review preparations for the local civic and municipal body elections to be held in Maharashtra.

At the meeting, several Congress leaders from Maharashtra expressed the view that the Congress must fight the local civic body elections alone and many of them were not positive about an alliance with Raj Thackeray's MNS.

Earlier, on October 7, Maharashtra Congress state president Harshwardhan Sapkal had expressed his reservations about including Raj Thackeray's MNS in the Congress-led Maha Vikas Aghadi (MVA) opposition alliance.Speaking to media persons here, Sapkal said, "Our negotiations will be held at the local level. Therefore, our local leadership at the district, block and municipal levels will take decisions. We have left all these matters to their decision. Therefore, Congress and Maha Vikas Aghadi do not need another new constituent".

After Maharashtra Congress state president Harshwardhan Sapkal expressed his reservations about including Raj Thackeray's Maharashtra Navnirman Sena (MNS) into the Congress-led Maha Vikas Aghadi (MVA) opposition alliance, MNS leader Avinash Abhyankar has reacted by saying, "Who went to the Congress party to seek permission to include MNS in the Maha Vikas Aghadi (MVA)? Nobody from the MNS went to them, I do not know what exactly Harshvardhan Sapkal has spoken about, but as far as the MNS is concerned, Raj Thackeray alone will take the final decision".

INDIA alliance protests Wangchuk's arrest, demands release

Kolhapur, Oct 13 (UNI) activists constituents of INDIA alliance today staged a march in this town of Maharashtra demanding release of Ladakh statehood activist Sonam Wangchuk from jail.

Activists of the INDIA bloc, including Congress, Nationalist Congress Party (NCP), Shivaji Sena-UBT, CPI and CPI-M, gathered at the historic Dasara Chowk and marched to the district collector's office amidst sloganeering against the Bharatiya Janata Party and the Central government

Wangchuk was arrested on September 26 under the National Security Act (NSA). Addressing the protesters, Vijay Devne (Shivaji Sena-UBT) criticized Prime Minister Narendra Modi and Home Minister Amit Shah. He said that social workers fighting for justice are being arrested under the NSA.

Later, a delegation met district collector Amol Yedge and handed over a memorandum of their demands including release of Wangchuk.

Opp leaders to meet Chief **Electoral Officer** over civic polls

Mumbai, Oct 13 (UNI) Ahead of the upcoming civic body elections in Maharashtra, a delegation of state opposition leaders, including NCP (SP) chief Sharad Pawar, Shiv Sena (UBT) president Uddhav Thackeray, state Congress chief Harshwardhan Sapkal and MNS chief Raj Thackeray, will meet State Chief Electoral Officer S. Chockalingam tomorrow to discuss measures for ensuring transparency in the polls, including those to Brihanmumbai Municipal Corporation (BMC).Shiv Sena (UBT) MP Sanjay Raut, who announced the meeting, said the objective was to ensure "transparency and trust" in the upcoming civic elections.He also hinted that the Raj Thackeray-led party could align with the Maha Vikas Aghadi (MVA).

Nashik, Oct 13 (UNI) Maharashtra Minister for Food and Drug Administration Narhari Zirwal today asserted that public awareness and citizen participation are essential for the effective implementation of the Food Safety and Standards Act (FSSA), which regulates the quality,

The Minister was speaking at the inauguration of the 'San Maharashtracha, Sankalp Anna Surakshatecha' public awareness workshop, organised jointly by the Food and Drug Administration (FDA) Maharashtra and the Nashik Industries and Manufacturers Association (NIMA) at the NIMA House.

Prominent attendees included NIMA Chairman Ashish Nahar, FDA Joint Commissioner Dinesh Tamboli, Assistant Commissioner Manish Sanap, Vinod Dhavad, Dr. Aparna Farande of Ashwamedh Laboratory, Food Safety Officer Ashwini Patil, and several NIMA office-bearers and local entrepreneurs. Zirwal highlighted that a special campaign is being implemented during the festive season, with samples of sweets and adulterated dairy products prepared from suspicious mawa being tested. He emphasised the importance of citizens being vigilant when purchasing food and noted that most adulteration tests can be performed at the home level. He said that effective public awareness is necessary in urban and rural areas regarding identifying food

ST staff to receive Rs 6,000 **Diwali gift from govt**

Mumbai, Oct 13 (UNI) In a major pre-Diwali relief measure, the Maharashtra government announced a special financial package for around 85,000 employees and officers of the State Transport Corporation.

The package includes a Rs 6,000 Diwali gift, a monthly payment of salary increment arrears, and a Rs 12,500 Diwali advance for eligible staff. Additionally, the government has sanctioned a monthly grant of Rs 65 crore to the Corporation to facilitate payment of salary increment differences.

The decisions were finalised during a highlevel meeting held at Sahyadri Guest House, chaired by Deputy Chief Minister Eknath Shinde, and attended representatives from all ST employee organisations and action committees.

Among those present were Transport Minister and ST Corporation Chairman Pratap Sarnaik, Deputy Chief Minister's Principal Secretary Naveen Sona, Finance Department Additional Chief Secretary Om Prakash Gupta, Transport Department Additional Chief Secretary Sanjay Sethi, Corporation Managing Director Dr Madhav Kosekar, Joint Secretary Rajendra Holkar, and several employee representatives.

Deputy Chief Minister Eknath Shinde stated that widespread despite difficulties caused by recent heavy rains affecting farmers and economically weaker sections, the government wished to ensure that ST employees enjoy a happy and

He added that efforts were underway to strengthen the financial stability of the ST Corporation through public-private partnership (PPP) development of its properties and depots to generate additional revenue.During meeting, it was decided that the government would provide an immediate grant of around Rs 10 crore, while an additional Rs 51 crore proposal remains under consideration. The Rs 65 crore monthly allocation will cover arrears of salary increments for the 2020-24 period. Furthermore, the ST Corporation has requested an additional Rs 54 crore from the state government to facilitate the Rs 12,500 festival advance for

employees, Transport

Minister Pratap Sarnaik

prosperous Diwali this year.

Mumbai Police clarify viral video not in their jurisdiction

Mumbai, Oct 13 (UNI) After a video showing a Maharashtra Navnirman Sena (MNS) worker allegedly slapping a non-Marathi woman has gone viral that sparked widespread outrage and debate on social media, the Mumbai Police clarified that the incident did not occur within their jurisdiction, stating that it took place in Thane's Kalwa area, which comes under the Thane Police Commissionerate.

numerous online complaints, Mumbai Police said the relevant local unit had been notified to take necessary action. However, Thane Police have not yet released any official statement on the matter. The altercation

Responding to

reportedly occurred yesterday following an argument between the woman and the husband of the MNS worker, identified as Arjun Kate, at Kalwa railway station.

In the video, which has since been widely

circulated, the woman is seen offering an apology to Swara Kate, her husband, and other MNS members present at the spot.Speaking before the camera, she says, "Something happened to me today at Kalwa station. I hurt someone, a Maharashtrian man. I abused him, even raised my hand on him, for which I apologise to all of Maharashtra and the Maharashtrian people. Thank you."Despite the woman's public apology, Swara Kate suddenly slaps her and warns in Marathi, "Never say such things again to the people of Maharashtra. Do you understand?" The shocking video concludes with the woman standing silent as several individuals look on.

Another MNS worker, Vinayak Bitla, later posted the video on his Facebook page, providing his version of events. According to Bitla, the confrontation began when Arjun accidentally brushed past the woman,

Tender Notice

BRIHANMUMBAI MUNICIPAL CORPORATION

prompting her to allegedly use abusive language against Marathi people and physically struck him. Swara Kate defended her action by arguing that the woman had been "hitting and abusing" her husband for nearly half an hour before she intervened. She stated that she considered filing a police complaint but refrained after seeing the woman's daughter and family members.Bitla further issued a warning to non-Marathi residents through his social media post, writing, "I am giving understanding to all non-Marathi people that if you live in Maharashtra, stay with love. Don't mess with Marathi people. Jai Maharashtra."

confirmed that no formal First Information Report has vet been filed, but a preliminary inquiry has been initiated to verify the incident's timeline and determine whether legal action is warranted under sections pertaining to assault and provocation.

Police sources

भिवंडी निजामपुर शहर महानगरपालिका, भिवंडी बांधकाम विभाग



ई-निविदा सुचना क्र. ९५ सन २०२५-२६

खालील काम करण्यासाठी सक्षम व अनभवी ठेकेदारांकडन ई-निविदा मागविण्यांत येत आहे.

अरमर नम्म नर्भाता त्रिम न अनुभाव अनुभाव है। मानव भागान नात नात आहे.							
अ.	अंदाजित खर्च/निविदा	अंदाजपत्रकिय	निविदा				
क्र.	फॉर्म फी/कामाचे स्वरुप	रक्कम	विक्री व				
			स्विकारण्याची				
			अंतिम दिनांक				
?.	वॉर्ड क्र. ७ मधील आजमीनगर व दिवानशाह दरगाह	१४,९९,२९७/-					
	येथे गटार व पेव्हरब्लॉक बसविणे. (खासदारांचा		दिनांक :-				
	स्थानिक विकास कार्यक्रम निधी सन २०२५–२६)		१४/१०/२०२५				
٦.	वॉर्ड क्र. १९ क मधील रोशनबाग येथील आर.पी.	१४,९९,६२६/-	दिनांक :-				
	आय. गल्ली या ठिकाणी पेव्हरब्लॉक बसविणे.		२१/१०/२०२५				
	(खासदारांचा स्थानिक विकास कार्यक्रम निधी		.,,,-,				
	सन २०२५-२६)						

सदर निविदा बाबतची माहिती www.mahatenders.gov.in या संकेतस्थळावर दि. १४/१०/२०२५ ते दि. २१/१०/२०२५ रोजी पर्यंत उपलब्ध आहेत. ऑनलाईन निविदा संकेतस्थळावर दि. २१/१०/२०२५ रोजी दु. ३.०० वाजे पर्यंत स्विकारण्यात येतील.

> शहर अभियंता भिवंडी नि. शहर महानगरपालिका. भिवंडी

Minister stresses public awareness on Food Safety Act

production, and sale of food.

adulteration and the importance of the FSSA.

2025 MCGM 1228308 1 Tender Document No. Subject Hiring the services of road washer (water tanker vehicle with jetting machine arrangement) for washing of roads and foothpaths in R Cenral ward. Rs 1,452/- + 18% GST Tender Fee Bid Security Deposit / EMD Rs. 10,000/-11-10-2025 from 12.00 Hrs Date of Issue and sale of tender Last date & time for Sale of tender 16-10-2025 upto 12.00 Hrs. & Receipt of Bid Security Deposit Submission of Packet A, B 16-10-2025 upto 12.00 Hrs. & Packet C (Online) **Prebid Meeting** Opening of Packet A, B & C 17-10-20255 after 09.00 Hrs. Asst. Engineer, R/Centralward, Address for communication Ground Floor, FP No.44, TPS 1, Chandavarkar Road,

This tender document is not transferable.

BMC reserves the right to accept any or all the application received for above subject without assigning any reason thereof.

PRO/1888/ADV/2025-26

Venue for opening of bid

Keep the terraces clean, remove odd articles/junk/scrap.

Sd/-Asst. Eng. (SWM) R/Central

Borivali (W), Mumbai - 400092.

Online in Asst. Eng. (SWM)

R/Central's office.

Shaadi ke side effects

For most women, not getting their husbands' time is a major issue. Men need their space, and they love it too. Here are tips that might help make things better

espite the picture-perfect impressions we get from upbeat Facebook posts or boastful holiday letters, even the healthiest marriages aren't 100 percent free of conflict. At some point, virtually everyone feels wronged by a romantic partner. Bob Navarra, PsD, a Licensed Marriage and Family Therapist (LMFT), says that those feelings aren't what throw a marriage off course - it's how couples handle them.

"While it may be frustrating that the toothpaste cap was left off, happy couples talk about these small things," he says. But when those emotions are swept under the rug, a more toxic variety of negativity begins to fester: resentment. Here, marriage experts share some of the most common reasons husbands resent their wives and how to protect your relationship.

Not fighting fair

Happy couples don't necessarily fight less, Dr Navarra says; they just fight better, by "describing their own feelings and needs rather than labeling their partner as faulty." And the ball is probably in your court for that. Research shows that wives are more likely to bring up problems for discussion, while husbands are more likely to withdraw at the first sign of an argument. When this keeps happening, women tend to start conversations on a negative note, which only makes things worse. Instead of resorting to personal attacks - "you're such a slob!" "We're going to be late because of you!" - Which lead to defensiveness, Dr Navarra recommends sticking to "I-statements," such as "When (this happens), I feel (frustrated, angry). What I needed was...'



Treating him like a child

"A big issue I see in couples is a man resenting his partner because he feels she talks down to him," says Mary Kelleher, LMFT. This can leave him feeling "less-than," and nothing triggers resentment faster than inadequacy. So avoid threatening his independence - the way pressuring him to go for a promotion so he'll bring home more money may be perceived suggests couples therapist Vagdevi Meunier, PsyD. "No one wants to feel 'managed' by a spouse," Dr Meunier says.

ple in your marriage What you might think of as harmless complaining to friends and family can actually break your husband's trust. It threatens the safety of the "couple bubble" you've created together. "Men find this humiliating and hurtful," Norene Gonsiewski, Licensed Clinical Social

Worker

(LCSW), a cou-

ples' therapist

Involving

other peo-

at the Portland Relationship Center in Oregon. If you really need to vent, consider talking to a doctor or therapist to keep things confidential.

Withholding sex as punishmenť

men express emotional intimacy through sex, says Marla Taviano, author of Is That All He Thinks About? When a wife turns down sex, in her husband's mind, "she's turning him down as a person," explains Taviano. Using sex as a bargaining chip to get your needs met isn't negotiating - it's emotional blackmail, which can

While woman generally need

emotional intimacy to make love,

alienate him. "Withholding may sex make your partner feel love less from you and give you less love in return," says · Haltzman.

Trying to change him

"Every person can change, but it's better to focus on our own changes, rather than our spouse's behaviors," says Anne Ziff LMFT, author of Marrying Well. And yet, some women see marriage as a starting point for a "husband makeover." This isn't all bad - studies show that married men tend to eat healthier and have fewer with drugs and alcohol than single guys - but avoid creating a relationship in which your husband can't be himself. "When a man feels his home is not his castle, and he can't just be a guy - whether it's walking around in his boxers of letting out a burp - he'll feel like he's been put in a box where he has to act prim and proper all the time," Dr Meunier says. Sometimes, it's smarter to let the little things slide.

Making important decisions without his input

Money is a top source of disagreements among married couples, even those with bigger budgets. In a lot of ways, money equals power, and balancing power is important to harmonious relationships. Whether you're considering booking a vacation or buying a dishwasher, your partner deserves a say. The same goes for decisions that affect how you and your husband spend your time, such as inviting company over for dinner or signing up your kids for soccer. Although it may seem simpler to beg for forgiveness instead of getting him on board, unilateral decision making can drive you two apart.

The science of stress

Job strain linked to mental health and sick leave

igh job demands combined with low levels of social support at work put employees, women, at increased risk of sick leave due to mental disorders, new research has found.

"Interventions to reduce sick leave due to mental disorders that focus on improving the psychosocial work environment, especially reducing high psy-chosocial job demands, may prove effective," said one of the researchers Lisa Mater from the Karolinska Institutet in Sweden.

The researchers used data from a Swedish national study to examine how rates of sick leave for mental health reasons are affected by psychosocial factors at work.

After a five-year followup of nearly 12,000 work-

ers, the rate of sick leave due to mental disorders was about eight percent.

Three-fourths of workers with mental health sick leave were women, showed the findings published in the Journal of Occupational and Environmental Medicine.

Workers with multiple unhealthy behaviour also had higher rates of mental health sick leave. While smoking was a significant risk factor, high physical activity level was a protective factor, the researchers found.

However, researchers pointed out that efforts aimed at improving health behaviour only -- without also addressing the work environment -- may be less likely to reduce mental health sick leave.



Cleaning up

Here are a few smart ways to stretch your cleaning products. Because you deserve to save your cash for something more fun than laundry

on't automatical-ly fill both disdishwasher.

recommends it, but it's better to adjust the amount of detergent to the soil level of the load and the hardness of your water. Start by filling each cup halfway, adding a bit more for extra dirty dishes and hard water. Plus, using too much detergent can leave a filmy residue your glasses and flatware.

Always measure laundry detergent

I know the numbered lines inside detergent caps are impossible to see, but with today's 2x and 3x concentrated detergents, a full cap is too large a dose for most loads. Adding more detergent won't get clothes any cleaner; instead, laundry can still be soapy at the end of the cycle and frontloading washers that are sensitive to excess suds may shut down.

Spray the cloth, not the surface

When cleaning mirrors, polishing furniture, and shining stainless steel appliances,

spray the cleaner directly on the rag. pensers in your Spritzing the surface ishwasher. often wastes product The detergent box and leaves behind requires more wiping and extra buffing to remove needs that?

> Choose a foaming bathroom tub and tile cleaner

> These cling to verti-cal surfaces better than thin sprays do, so you'll get more muscle from less product. After spraying a small section of tile, use your sponge or cloth to spread it around. Wait a few minutes for the formula to penetrate the soil, then wipe or rinse the

surface clean. Use multitasking products

Products like Good Housekeeping Sealholder Simple Green All-Purpose Cleaner and OxiClean Versatile Stain Remover can be used for around-thehouse cleaning jobs and for laundry stains. You'll not only save money with these workhorse products, but storage space, too.

REKINDLE OLD FLAMES

n your 50s and miss Silversurfers.com, your old flame? You quoted as saying. could probably try your luck on Facebook as a survey suggests

Many senior British people are already searching for girlfriends of their younger days on the social networking site.

The survey from the Britain - based Silversurfers.com, website for the over 50s, found that one in six Britons over the age of 50 are logged on to Facebook to find old flames and upload selfies to show how well they have aged, the Daily Mail reported.

Nearly half of the people over 50 on Facebook think they will use the site more and more as this will help them stay in touch with their girlfriends.

"Over 3,000 people completed our survey and the message is clear: Facebook is king of social media for the over-50s," Martin Lock, CEO of

"Our research also revealed that the over-50s use Facebook to check out old flames and show off," he added.

The survey also revealed that the most popular type of Facebook posts for people over th age of 50 are nostalgia, human interest photos and handy tips. Nearly 81 percent said that they check Facebook more than once a day while 37 percent stated that they often check what friends are up to on Facebook.

Being comfortable using Facebook will help older people stay connected to their families and friends and may help alleviate loneliness in later years,

the findings showed. Facebook is by far the most popular social networking site - among others such as Twitter, Pinterest, Instagram and Google+ - for people over the age of 50, it said.

Life and migraine

Some headache treatments are available in your own home. Learn more about home remedies to ease your migraine pain, from lavender oil to flaxseed

f you suffer from migraines, you know how debilitating they are. ■ Some people get between 6-10 migraines a year, each time lasting anything from 1-3 days, and they make us physically sick. Generally the solution is to take best rest for at least a day but at other times, depending on the severity. Here are some of the natural ways to ease migraines, with varying degrees of success.

LAVENDER OIL

Lavender smells great. Lavender soothes your nerves. And, lavender headaches, including migraines. You can apply this medicinal oil topically or inhale it for pain relief. Simply boil a couple of cups of water and add four drops of lavender oil to it. Take slow, deep breaths to inhale lavender oil vapors that will help ease your migraine.

PEPPERMINT OIL

This essential oil serves as one of the best home remedies for migraine because it has a soothing effect on your nerves. Thanks to its vasodilating and vaso-constricting properties, it works amazingly well to improve blood flow in your body. Poor blood flow may well be the reason behind your headache, so freshsmelling peppermint oil will work wonders to improve your condition. Inhaling peppermint oil will also open up your sinuses and improve your oxygen intake, which will again make you feel relaxed.

Yes, you're right - feverfew is a remedy for fever, but it's in this list for a reason. It works like your OTC pain relievers. Several studies have found it an effective herbal headache treatment as well. It proves even beneficial when used in combination with white

willow, which has properties similar **DIET FIXES** to aspirin.

BASIL OIL

Basil is an essential ingredient in pastas and pizzas, but its oil is exactwhat doctor ordered for someone having a hard time dealing with migraine. It serves as a muscle relaxant and is therefore a great remedy for headaches caused by tight muscles and tension.

FLAXSEED

Inflammation is sometimes the underlying cause of your headache, and the best solution is to increase your intake of omega-3 fatty acids. Flaxseed can help in this regard since it's a rich source of omega-3s. You can take it in the form of oil or as whole seeds.

ROSEMARY OIL

Rosemary oil contains a substance called carvacrol that works as a COX-II inhibitor and creates an effect similar to non-steroidal antiinflammatory drugs. Simply dab a couple



to reduce migraine attacks. **GINGER TEA**

One of many effective home remedies for migraine is to steep fresh ginger root to make a tea. Ginger proves effective against migraines because it inhibits prostaglandin synthesis. It also works amazingly well to quell the nausea that usually accompanies migraines. Take 2 cups of water and add three quarter-sized slices of gingerroot to it. Now, simmer it for half an hour. Strain and drink to ease that pesky migraine.

Making careful changes to your

diet will also help reduce headaches

and migraine. You need to avoid cer-

tain foods that trigger migraine - the

list includes dairy; certain fruits, like

bananas, avocado, and citrus; meats

with nitrates, such as hot dogs and

bacon; onions; fermented foods; and

foods that contain monosodium glu-

tamate (MSG). Some experts believe

that low levels of magnesium in your

brain may cause headaches, so you

may consider adding foods like

mackerel, pumpkin seeds, dark

chocolate, and dried figs to your diet

BUCKWHEAT

The presence of a flavonoid called rutin makes buckwheat effect migraine pain. Flavonoids are phytochemicals and contain antioxidant properties, which help reverse damage to cells and reduce inflammation as well.



Travel

With a coastline of 485 km along the Bay of Bengal, Odisha is home to some of the best beaches in India. From Balasore to Ganjam, these pristine and beautiful beaches have everything to offer to a visitor from a clean sea bed to turquoise blue waters to golden sparkling sand. Travellers can lie back and witness sea waves crashing melodiously on the shore or engage in fun-filled activities, including fishing with the local fishermen, besides uninterrupted sunbathing. Many of the beaches are surrounded by casuarina vegetation and palm trees, which add to the beauty. Almost all the unspoilt beaches are perfect destinations for travellers looking for tranquillity as well as adventure. Here's a look at the most scenic beaches of Odisha.

Paradip Beach

Paradip Beach in Jagatsinghpur district offers a gorgeous view of the Bay of Bengal. In fact, the beach is located on the confluence of the Mahanadi River and the Bay of Bengal. It has clear blue water, large stones on the shore and a good marine drive road. The place is ideal for a family trip, where one can go swimming or enjoy a stroll by the shimmering water. It is 94 km from Cuttack and 125 km from Bhubaneswar and connected by good roads. Although beautiful, the beach is rough many a times, particularly the two km stretch from Hanuman Temple to Sandakhuda in Paradip and the one km shoreline at Siali. These beach stretches have been identified as Scritically-

Astaranga Beach

destination for Puri

district.

Astaranga Beach is another popular beach

resort near Puri. The beach offers an

enchanting view of the horizon which

becomes uncommonly colourful during

sunset. In fact, the name Astaranga is a

combination of two Odia words-asta

(sunset) and ranga (colourful)—and this is

why it's also called a photographer's delight.

The beach is also a popular fishing

vulnerable zones and are very risky for sea bathing. There is a lighthouse near the beach, which is armed with the latest differential global positioning system. There are several other attractions nearby. Visitors can relax at the sylvan gardens of Smurti Udyan, a place dedicated to the people who lost their lives in the 1999 Super Cyclone. The musical fountain inside the park is worth a watch. Odisha's biggest aquarium, the Paradip Marine Aquarium, is also located in the Paradip city. It has 28 tanks with different species of fish. Paradip is also famous for its port, one of the oldest in the world. It stands testimony to the rich maritime heritage of the region.

Gopalpur Beach

Situated 16 km away from Berhampur, Gopalpur-on-Sea is a splendid retreat for avid beach lovers. From golden sands to clear blue waters, the beach has everything that can entice visitors. Besides a sunkissed beach, Gopalpur-on-Sea offers glimpses of its past glory as a commercial port. The crumbling walls and pillars of an ancient jetty can still be found on the beach. In fact, Gopalpur was once a bustling maritime zone in Odisha and a sea port through which early settlers of Southeast Asia sailed off. Established during the British rule, the port stopped functioning in 1942 during the Second World War. There are ruins of several bungalows and mansions belonging to the European merchants, which give it a colonial look. A red-and-white striped lighthouse also stands on the popular beach. Commissioned in 1871, it is one of the oldest lighthouses in the state. Every year during Kartika Purnima, people sail tiny boats made of banana stems and paper, with lamps, betel leaves, crackers, fruits and coins in them, to mark the rich maritime history of Gopalpur-on-Sea. The beach is well connected by an excellent allweather road which branches off from NH-5 on the outskirts of Berhampur. Regular bus services, taxis and auto rickshaws are also available.

10 enchanting beaches in

Puri Beach

This destination certainly needs no introduction. This beach in the pilgrim city of Puri is the most popular beach in Odisha and the largest in the country. The splendid beach stretches up to seven km and is a round-theyear destination for both domestic and international travellers. Visitors can enjoy both the sunrise and the sunset, sunbathe, sit back on the beach and watch local fishermen pulling their catch or

mending their nets play with the waves, along with listening to the melodious rendition of the striking waves. Compared to other beaches in the country, the Puri Beach is

dered to be safer as it does not face

high tide and undercurrent very often. High

tides occur only during full moon, so taking a

bath in the sea is an enjoyable experience. The

area near the beach is dotted with hotels and

lodgings for travellers of all categories. For

food lovers, there are several shacks along the

beach selling fried and grilled seafood like

prawns, crabs and pomfrets, freshly caught

from the sea, along with vegetable pakodas.

There are also many shops selling Odisha

handlooms and seashell handicrafts. Like

Chandrabhaga, Puri also has a lighthouse

which remains open from 4 pm to 6 pm. One

can get a spectacular view of the sea and the

beach from the top of the lighthouse.

Chandrabhaga Beach

13th-century Sun Temple at Konark, a UNESCO World Heritage Site. According to historians, the ships took the Sun Temple as a reference point in the sea during the maritime trade between Odisha (Kalinga), Bali, Java and Sumatra, Later, a lighthouse was constructed on Marine Road in 1967 to guide the ships. As there are several mythological tales associated with the beach, a week-long Chandrabhaga Mela is organised here every year to honour the Sun god. Every year during December and January, the Tourism Department of the Government of Odisha hosts an annual International Sand Art Festival on the sidelines of the popular Konark Dance Festival at the World Heritage Site. The Chandrabhaga Beach can be visited anytime during the year and there are a lot of luxury and budget accommodations near the beach and the Sun Temple. There are also many restaurants and refreshment stalls near the beach. Visitors can purchase beautiful seashell handicrafts from stalls on the beach at afforda ble prices. People can hire

taxis from Bhubaneswar or Puri to reach the destination.

Baliharchandi Beach

Swaying casuarina trees, an unending stretch of golden sand and the turbulent sea form the picturesque landscape of Baliharachandi Beach, Located 27 km away from Puri, the beach is a popular round-the-year picnic spot. A swim in the tumultuous sea is a delight for those seeking adventure. temple of goddess Harachandi

close by. The temple's sanctum sanctorum houses an asta bhuja (eight-armed) Mahisamardini Durga, who is worshipped as goddess Harachandi. She is regarded as the goddess of water and navigation who protects fishermen. All tourists coming to the beach make it a point to pay obeisance to the deity. A small river flows into the sea just 200 m away from the temple, and can be crossed in a boat for just Rs 5. On the other side of the river, there is a massive sandy dune with casuarina trees that makes for an ideal picnic spot for travellers.

While the summer in Baliharchandi is extremely humid and hot, the beach experiences a tropical monsoon climate. The best time to plan a visit to Baliharachandi Beach is between the months of October and

enjoy deep fried seafood at shacks on the beach. Other attractions near the beach are the Balihirana Deer Sanctuary, where visitors can spot the endangered Balihirana antelope and Indian blackbucks; the Sea Turtle Research Centre, and small temples like Barahi, Lakshminarayan and the Amareshra. In fact, the temple of goddess Barahi dates back to the 9th century and is related to early forms of tantric worship. There are very few accommodations in the area, except for some luxury resorts in the Konark-Puri Marine Drive road. Visitors can stay in Puri and hire a taxi to reach the beach. The best time to visit the beach is between October and March.

Aryapalli Beach

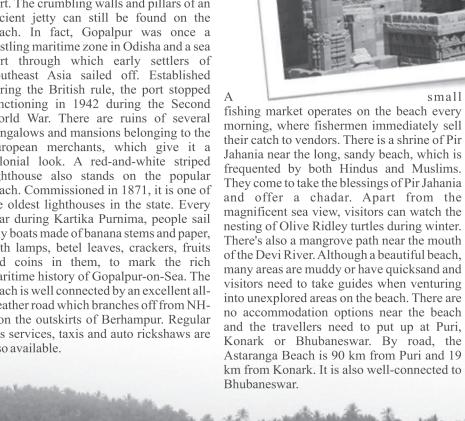
Far from the hustle and bustle of city life, the silvery, quiet beach of Aryapalli is ideal for unwinding. At a distance of 30 km from Berhampur, the golden beach is surrounded by casuarina plantations and crystal-clear blue waters. While the weather is a little humid in the noon, it is pleasant towards early morning and evening. During the sunrise and the sunset, the azure sky offers an amazing colour play. Unlike other beaches, Aryapalli does not have many vendors on the shore to hound visitors. After sunbathing at the beach, visitors can go round the hamlets nearby, inhabited by Telugu-speaking fishermen, and know the socio-cultural aspects of their lives. The Sand Mineral Project lies in the vicinity, and is another attraction that cannot be missed. The area near the beach has a number of resorts and sea-facing hotels that are equipped with all amenities. The ideal time to visit Aryapalli is between the months of October and June, when the weather is at its best. Travellers can reach Arypalli beach through a taxi or an auto-rickshaw after getting down at the Chatrapur railway station in Ganjam district. The beach is just eight km from the railway station. One can also hire a taxi from Berhampur city as the National Highway passing through the beach is also well-maintained.

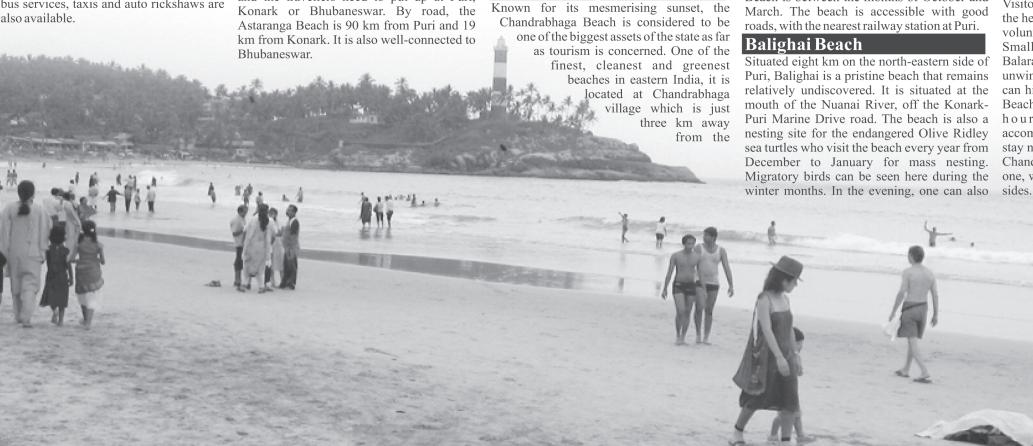
Chandipur Beach

Chandipur beach in Balasore district is the only beach in the eastern India where the sea recedes up to five km daily at low tide and returns during high tide, offering a truly unique sight. Adding to the beauty are the casuarina trees dotting the area. When the tide returns, fishermen rush to collect the small fishes that the waves leave behind at the shore. The beach is replete with small red crabs that emerge from tiny holes on the sea bed and rush towards the vanishing water during low tide. It is equally captivating to watch the sunrise and sunset at the beach. Touted as one of the finest beaches of Odisha, Chandipur is just 16 km east of Balasore and easily accessible by road. A visit to the beach is not complete without a stroll on the dry sea bed with a packet of jhalmuri Besides the clean and coconut water in hand. After reaching blue sea, the beach Balasore, visitors cab hire an autois famous for the rickshaw or taxi to reach Chandipur. There are plenty of accommodations near the beach. The Tourism Department of Odisha has a Pantha Nivas. Other places of interest like Remuna, Panchalingeswar, Aradi and Chandaneswar also lie close by.

Balaramgadi Beach

Soak up the sun at the wonderful beach of Balaramgadi, which lies at the convergence of the Budhabalanga River with the Bay of Bengal in Balasore district. Calm and clean, the beach is just two km away from Chandipur Beach. Here, a tourist can enjoy the sun, surf and the sand amidst casuarina plantations. While a walk on the beach in the evening is rejuvenating at any time of the day, the sunrise and sunset cast an especially magical spell. Besides swimming in the turbulent yet clean waters, one can take part in adventure sports, fishing and boat rides. Visitors wishing to fish in the sea can seek the help of local fishermen who will readily volunteer to take their boat for a small price. Smaller in comparison to Chandipur, Balaramgadi Beach is for those who want to unwind away from the cacophony. Visitors can hire an auto-rickshaw from Chandipur Beach to Balaramgadi, which is roughly an hour away. There are limited accommodations here and visitors have to stay near Chandipur Beach. The drive from Chandipur to Balaramgadi is a beautiful one, with green casuarina trees on both the





To celebrate 100 years in a sport is great achievement, says Ashok **Kumar, World Cup winner in 1975**



New Delhi, Oct 13 (IANS) : : For many decades, early in the last century, Indian hockey was considered to be the gold standard. With a tally of eight gold medals, six of them in a row, one silver, and four bronze, totalling 13 medals at the Olympic Games, India has well and truly set the standards.

And someone who watched it from very close quarters for a long time is Ashok Kumar, an Olympic medallist in 1972 in Munich and a World Cup winner in 1975, and also the son of the legendary Dhyan Chand.In 1928, the Indian men's hockey team won its

Watkins withdraws from **England** squad

London, Oct 13 (UNI) England striker Ollie Watkins has been ruled out of Tuesday's World Cup qualifier against Latvia due to injury.

The 29-year-old was substituted at half-time during England's 3-0 victory over Wales at Wembley, having earlier scored his team's second goal. Watkins collided with the post late in the first half after missing a chance and did not return for the second period. Although manager Thomas Tuchel initially said the Aston Villa forward was "OK," Watkins has since returned to his club and will miss the trip to Riga.A win against Latvia would see the Three Lions secure qualification for next summer's World Cup with two games to spare. Captain Harry Kane, who missed the Wales match, is expected to return. The Bayern Munich striker trained with the squad at Tottenham's training ground on Monday, and Tuchel said he was "convinced" Kane would be available.

With Watkins sidelined, Anthony Gordon could once again move into a central role after impressing there in the second half against Wales. Marcus Rashford, currently on loan at Barcelona, is another option. The Manchester United owned player prefers to play from the left but has experience leading the line and has 18 goals for England, second only to Kane in the current squad.

first Olympic gold medal, and until 1960, the Indian Men's Hockey Team remained unbeaten at the Olympics, winning six gold medals on the bounce.

Looking back, Ashok

Kumar said, "Even before the 1928 Olympics, the Indian men's hockey team was playing good hockey, and the very first time that we played the Olympics, Dhyan Chand was a part of the team. From there, the glorious journey of hockey in India began as we showed the world, with our skill and flair. And to be at a point where we are celebrating 100 years in the sport, it is a great

achievement for Indian hockey. Ashok Kumar was part of the Indian team that won their last World Cup title in 1975 in Kuala Lumpur, where he scored the winning goal against Pakistan in the Final. He also has a bronze from the 1971 World Cup in Barcelona and a silver from the 1973 edition in Amsterdam.

While the 1975 title is India's only World Cup title, Ashok Kumar is one of the few players to have all three World Cup medals. Taking a walk down memory lane, Ashok Kumar, who was known for his exceptional ball control and

skills, said, "There was a time when the interest in hockey was the way it is in cricket now. India has had some incredible players who have left a strong legacy. The likes of Dhyan Chand, KD Singh 'Babu', Balbir Singh Sr, and many more players. The whole country would follow Indian hockey very closely, and in that era, everyone played hockey."

He further added, "The records that India has in hockey, the double hat-trick of medals, and the craze that was seen for the Indian hockey team were incredible. Doing so well at the Olympics, which is the pinnacle of sports, tells a

After the 1980 Olympic Games in Moscow, India had to wait another four decades before a medal came by, in the form of a bronze at the 2020 Tokyo Olympics. And four years later, there was another bronze, at the 2024 Paris

Ashok Kumar believes that the current Indian team definitely has what is needed to succeed at the highest level, and he said, "Our present team, they are playing with a lot of confidence, and they are not lacking in anything. Whether it be the preparation or the execution, it is a very strong team. The Indian Men's and Women's Hockey Teams are both doing well, and it is their time to perform and shine at the

India hold Indonesia to 1-1 draw

Jakarta, Oct 13 (UNI): Muhammad The India U23 men's Hannan's shot was Suhail's attempt was football team were held to a comfortably saved by India blocked by the Indonesian 1-1 draw by Indonesia in their second friendly at the Gelora Bung Karno Madya Stadium here today.

After a goalless first half, Korou Singh Thingujam (47') put the Blue Colts in the lead, but Dony Tri Pamungkas (71') equalised for the hosts.

India had defeated Indonesia 2-1 in their first friendly, after which head coach Naushad Moosa made six changes to the starting lineup.

pressed Indonesia aggressively from the start, seeking revenge for their earlier defeat, but India's defence held firm throughout the first half. In

Rayhan substitute Muhammed goalkeeper Chauhan. Later, Kakang Rudianto's header from a set-piece was tipped over the bar by Chauhan, keeping the match scoreless.India looked for counter-attacking opportunities, with Ricky Meetei's long-range shot narrowly missing the and Vibin target, Mohanan's effort from the edge of the box being saved just before half-time.

The Blue Colts started the second half brightly and took the lead within two minutes. Harsh Palande's low cross from the left found Korou unmarked in the box, and he tapped in

defence.Indonesia earned a free-kick outside the India box after a foul by Sumit Sharma, which Dony Tri Pamungkas converted in the 71st minute to level the score. Towards the end, Moosa introduced further substitutes, including Priyansh Dubey in goal, who made a stunning save from Rifqi Ray Farandi's long-range effort.India U23 lineup: Dipesh Chauhan (GK), Muhammed Saheef, Sharma Sumit Brahmacharimayum, Ricky Meetei Haobam, Bikash Yumnam (C), Ayush

Chhetri, Lalrinliana Hnamte,

Mohammed Aimen, Vibin

Mohanan, Sreekuttan MS, to score. Minutes later, Channelise the pain from last match to attain peak performance: coach to his players

towards a strong performance against same here tomorrow" India tomorrow.

don't lose it, use it as a fuel for the next unable to defeat a 10-man India. match," Lee told his charges.

in the 90th minute of the game.

pre-match press conference today at the couch would be very proud of," he said.

Madgaon, Oct 13 (UNI) Singapore Jawaharlal Nehru stadium, appeared very head coach Gavin Lee today admitted that satisfied about his team's defensive his players were distraught after the last formation"Last game was a testament to our India versus Singapore AFC Asian Cup back line, the way we managed football, we 2027 qualifier match and said that he conceded very few set pieces, which is the advised his players to channel that regret key threat from India, we will try to do the

He did not think that he erred tactically "Don't waste that pain, remember it, during the last match, as Singapore was

"Tactics is something that is defined Lee was speaking about Singapore's across the 90 minutes and we created several home match against India on October 9 chances, we could have killed the game much where they were leading until India earlier, that one single error at the end does capitalised on a defensive error to equalise not define our entire performance," he said.

He noted that India showed spirit during India and Singapore are set to clash in the last game, playing with 10 men." What the second leg of that AFC Asian Cup we saw on the pitch was the never-stopqualifier 2027 here on Tuesday. The fighting approach. I think that is a testament Singapore coach, while addressing the to their culture and something that every

IOA felicitates India's Paris 2024 Olympic medallists

New Delhi, Oct 13 (UNI) The Indian Olympic Association (IOA), on Monday, held a special felicitation ceremony at the Taj Man Singh Hotel in New Delhi to honour India's medallists from the 2024 Paris Olympic Games.

The event was graced by Dr P.T. Usha, President of the IOA, the Minister of Youth Affairs and Sports, Dr. Mansukh Mandaviya, senior government officials, sponsors, and members of the sporting fraternity. The ceremony celebrated India's athletes

who brought pride and inspiration to the nation through their remarkable performances at the Games.

India finished its Paris 2024 campaign with six medals - one silver and five bronze. Neeraj Chopra added to his Tokyo glory with a silver in men's javelin throw, reaffirming his dominance on the world stage. Shooter Manu Bhaker claimed two bronze medals — one in the women's 10 m air pistol event and another in the mixed team category with Sarabjot Singh.

Swapnil Kusale made history with a bronze in the men's 50 m rifle 3 positions event, while young wrestler Aman Sehrawat secured bronze in men's freestyle 57 kg, becoming one of India's youngest Olympic

medallists. The Indian men's hockey team also returned to the podium, winning bronze after a strong campaign that ended with a 2–1 victory over Spain in the third-place

At the ceremony, the IOA presented cash awards to all medallists and their coaches in recognition of their contribution to India's success. Neeraj Chopra received ?75 lakh, Manu Bhaker ?50 lakh and ?37.5 lakh, Sarabjot Singh ?37.5 lakh, Swapnil Kusale ?50 lakh, Aman Sehrawat ?50 lakh, and the Indian men's

team ?10 lakh (main squad) and ?5 lakh (reserve

Their coaches including Dr Klaus Erich Bartoneitz, Jaspal Rana, Abhishek Rana, Deepali Deshpande, Ali Shabanov, and Craig Fulton — were also felicitated for their pivotal roles in preparing India's champions.

Tryon's blitz powers **SA Women** to nail-biting win

Africa to the brink of

victory. She had earlier

scored a boundary in the

same over, demonstrating

exceptional timing and

composure under pressure.

Tryon's 62 featured a crucial

six and several well-placed

fours, shifting momentum

after a tense phase where

Bangladesh seemed in

control.Key moments

included Marizanne Kapp

being dismissed by Nahida

Akter at a critical stage, and

run-outs of Laura

Wolvaardt and Tryon that

briefly brought Bangladesh

back into contention. The

match showcased a

rollercoaster of emotions,

breakthroughs and South

Africa responding with

fearless batting in the final

overs.De Klerk's match-

winning six epitomised the

triumph: "Superwoman!" –

as she cleared the fence

under pressure, sending

South Africa fans into

celebrations while leaving

the Bangladesh camp

underscores South Africa

Women's depth and

composure in crunch

moments, keeping them in

strong contention in the ICC

Women's World Cup 2025.

victory

Bangladesh

with

celebrating

heartbroken.

This

Visakhapatnam, Oct 13 (UNI): Chloe Tryon's blazing 62 powered South Africa Women to a thrilling 3-wicket victory over Bangladesh Women in the 14th match of the ICC Women's World Cup 2025 at the ACA-VDCA Cricket Stadium here today.

Batting Bangladesh posted a competitive 232 for 6 in their 50 overs. Sharmin Akhter (50) and Shorna Akter (51 not out) provided solid middle-order contributions, while captain Nigar Sultana added 32.Fargana Hoque scored 30, but wickets at regular intervals restricted Bangladesh from accelerating in the final overs. Nonkululeko Mlaba was the pick of the South African bowlers, taking two wickets. Chasing 233, South Africa produced a remarkable counter-attack under pressure. Anneke Bosch (28) and Marizanne Kapp (56) laid the foundation before Tryon's sensational innings, supported by Nadine de Klerk (37 not out), turned the match in South Africa's favour. The final overs were electrifying.

In the 49th over, de Klerk smashed a decisive six off Nahida Akter, lifting South

at 2025 World

Mark Williams crowns

Snooker Xi'an Grand Prix

Xi'an, Oct 13 (UNI) Mark Williams saw off Shaun

Williams, who was one step away from becoming the

Murphy 10-3 in a best-of-19 game here today, winning the

Xi'an Grand Prix and moving himself above Ronnie

oldest ranking event winner in snooker history ahead of

the final, taking a 4-0 lead before the first intermission.

O'Sullivan into the fourth spot on the world rankings.

Gauff beats Pegula to claim **Wuhan Open** title without dropping a set

Wuhan, Oct 13 (UNI): Third seed Coco Gauff captured her first Wuhan Open title, defeating fellow American Jessica Pegula 6-4, 7-5 in the final to claim her third WTA 1000 crown.

Gauff made a fast start, winning the first three games of the match. Pegula, seeded sixth, held serve in the fourth game, but Gauff extended her advantage to 4-1. Pegula then found her rhythm, winning three straight games to level at 4-

The 21-year-old Gauff held serve in a tense ninth game before breaking Pegula in the next to seal the opening set 6-4.

Pegula opened the second set strongly, racing to a 3-0 lead. Gauff responded with a flurry of aggressive returns and sharp net play, winning three games in succession to draw level. The pair exchanged breaks over the next four games to reach 5-5, before Gauff broke once more to close out the match

At the award ceremony, Gauff paid tribute to Pegula, who had battled through four three-set matches to reach the final. The 21year-old joked that the outcome might have been different if the match had gone the distance. "It's great to finally play in the final against you, and I hope for many more," Gauff

Gauff also thanked her Chinese supporters. "I want to give a huge, huge, huge thank you to all my Chinese fans and everyone supporting me here and also in Beijing. You've gone beyond my expectations. I literally had to bring an extra suitcase home Murphy pulled one back in the fifth frame after a break because of all the gifts I received. Why

> I have good results here? Because of the good

Gauff did not drop a set throughout the tournament, winning all five matches in straight sets. The Wuhan victory marked her third WTA 1000 title, following triumphs at the 2023 Cincinnati Open and the 2024 China Open in Beijing.

In the women's doubles final, Storm Hunter and Katerina Siniakova lifted the title with a 6-3, 6-2 victory over Anna Danilina and Aleksandra Krunic.

scheduled on afternoon session, extending his lead to six frames before the final session. Williams kept moving in the ninth frame before Murphy won two in a row and made it 8-3. However, Murphy had a frame-winning opportunity but couldn't convert it in the 12th, seeing his

of 69, while Williams took all four rest three frames

rival take a runaway 9-3 lead before another intermission. Then Murphy could have kept his hope of turning the game around in the 13th frame, but he made a howler, handing the chance to Williams to conclude the final.

"I thought he (Williams) was very tough today and he was very good. He was the better man on the day. I missed a few shots. You always miss a few shots, but Mark punished me severely," said Murphy.

"Maybe I should start patting myself on the back a little bit more because what I am doing now," Williams told Xinhua."At 50 years of age, it is incredible really to just be competing with these top boys and to get a torment under my belt. It is unbelievable," he added.

India in must win situation against Singapore

Madgaon, Oct 13 (UNI) : India will have their task cut out when they face Singapore on Tuesday at Jawaharlal Nehru stadium here in the AFC Asian Cup 2027 qualifiers.India would consider themselves to be extremely lucky as they escaped with a draw in their away match against Singapore played on October 9 at the Singapore National Stadium, Kallang.

Besides leading one-nil throughout the match, Singapore totally dominated against a 10-man India as defender Sandesh Jhingan was given his marching orders at the 47th minute when he collected his second yellow card.

Even prior to Jhingan's sent off, Singapore dominated possesion and created more chances.

It was substitute Rahim

Ali who capitalised on goalkeeping error by Izwan Mahbud to equalise for India in the 90th minute. Ali was rewarded for his high press style of play and hard

Mohun Bagan Super Giant players defender Subhasish Bose and midfielder Lalengmawia Ralte have been recalled for the match by head coach Khalid Jamil.

Experienced Bose is likely to start in lieu of suspended Jhingan. Ralte too could get a game in a holding role in the midfield. Skipper Hariss Harun

with his long passes, nippy Ikhsan Fandi who was on the score sheet on October 9,and Kyoga Nakamura who controlled the game very well in mid field will be some of the main threats for India.India will hope that Sunil Chhetri who was recalled out of international retirement by coach Khalid Jameel for the qualifiers, is at his best against a wellorganised Singapore defence tomorrow.

Singapore have five points from three matches and sit in second place below Hong Kong. While India just have two points from three matches in the must win situation. As India are currently third on the points table in Group C, they need to win all their remaining matches and depend on results of other countries as well. India's best chance of qualifying is apart from willing all their matches if Hong Kong loses to Singapore at home next month.

points table and are in a

Printed, Published and Owned by **Mohammed Shafi** Printed at Modi Print & Co., Gala No.: MFL-IF, Devidayal Industrial Estate, Near Brittania Factory, Darukhana, Reay Road (E), Mumbai - 400 010. Maharashtra and Published from # Room No: 106, Ground Floor, Flat No.40, Malvani Gate, Near Collector Compound, Near Quadri Masjid, Malad (W), Mumbai-400 095

> **Editor: Mohammed Shafi** R.N.I.No.: MAHENG/2014/59632 Cell: 9849881368

Email: standardpostmumbai@gmail.com

Ashwini Vaishnaw grace the RPF raising day Parade at Valsad and felicitiates award winning RPF personnel for exemplary services



(Standard Post Bureau) Mumbai, Oct 13: Mr Ashwini Vaishnaw, Minister for Railways, Information Broadcasting Electronics & Information Technology, graced the Raising Day Parade of the Railway Protection Force (RPF) as the Chief Guest at the RPF Zonal Training Centre, Valsad, on 13th October, 2025. During the event, the Union Minister felicitated 41 RPF personnel who were awarded the prestigious Presidents Medals for Meritorious Service, Jeevan Raksha Medals etc, for their courageous efforts in saving passengers' lives. These awards reflect the exemplary service of the RPF in safeguarding the nation's railway network and are set to inspire other members of the force to continue their dedicated efforts with renewed

The Union Minister also took the ceremonial salute during the RPF parade, marking a significant display of discipline and commitment. The Minister appreciated the high standard of discipline, precision, and dedication displayed by the personnel during the

In his address, Shri Vaishnaw extended warm greetings to the RPF personnel on their Foundation Day and commended unwavering dedication and commitment in ensuring the safety and security of passengers and railway property. The Minister appreciated the RPF's remarkable service during the recent Mahakumbh, ensuring the security and safe & smooth travel of millions of devotees. The Union Minister highlighted Diwali and Chhath,

that Indian Railways is undergoing a historic transformation under the leadership of Hon'ble Prime Minister, Shri Narendra Modi. In the past 11 years, nearly 35,000 km of new railway tracks have been laid, and 99% of the railway network (around 60,000 km) has been electrified. At present, almost 150 Vande

1300 stations have been taken for redevelopment under the Amrit Bharat Station Scheme, with 110 stations already inaugurated and work on the remaining is being done at a fast pace.

Bharat and 30 Amrit Bharat

Express trains are

operational, offering world-

class travel experiences to

He further stated that to cater to the festive season demand, a record number of over 12,000 special trains are being operated for



ensuring convenient travel for all passengers.

Vaishnaw Mr emphasized that the KAVACH system is being rapidly deployed on major routes such as Delhi-Howrah and Delhi-Mumbai and is at an advanced stage. KAVACH has been installed on 1200 locomotives. He also stated that about 7000 coaches are being manufactured every year, while 3500 general coaches have been added for the convenience of people.

He further said that Modern Technology is being used at a massive scale in the Railway Protection Force and necessary training is also being imparted in this direction.

Mr Dhaval Patel, Member of Parliament, Valsad; Shri Bharatbhai Patel, MLA, Valsad; Shri Jitubhai Chaudhari, MLA,

Kaprada; Shri Ramanlal Patkar, MLA, Umargam; Smt Sonali Mishra, Director General RPF: Shri Vivek Kumar Gupta, General Manager, Western Railway; Shri Ajoy Sadany, IG Cum Principal Chief Security Commissioner. Western Railway; Shri Pankaj Singh, Divisional Railway Manager, Mumbai Central Division and other Senior Officers from Headquarters and Division of Western Railway were present at the event.

The RPF Raising Day Parade is celebrated by the RPF members and their families. It is a day to reaffirm their commitment to the public.

The RPF has emerged as a force with compassion as it has been helping women, children, sick, elderly, differently abled and others in need of care and protection coming in contact with railways. The comfortable including in maintenance of law &

"Attain Glory"

to support seamless train

operations. Additionally, he

stressed the importance of

maintaining accurate data

on locomotives, rolling

stock, power systems, etc.,

to elevate safety standards.

meeting, the General

Manager called for

intensified field-level

supervision and timely

resolution of safety-related

issues and accident

enquiries. He advocated for

regular training and

sensitization of safety

category staff through

Srivastava reiterated that

safety is a continuous

responsibility and must be

embedded in daily

operations across the zone,

fostering a proactive and

refresher courses.

Concluding

force has been working round the clock for providing safe, secure and travel experience to Railway passengers. It has become a crucial stakeholder in the national security grid by playing an important role in transport security, taking preventive action against acts of terror, fighting crime Human Trafficking and smuggling, helping police and other Law Enforcement Agencies in detection of crime, aiding

The Railway Protection Force has dedicated itself to the service of the nation and its citizens with utmost dedication, sincerity and hard work to realise the objective of "Sewa Hi Sankalp" leaving no stone unturned in working towards their motto-"Yasho Labhaswa" or

Central Railway Commissions Modern Route Relay Interlocking with completion of Yard **Remodelling Work**

(Standard Post Bureau)

Mumbai, Oct 13: Central Railway has successfully commissioned the long-awaited Karjat Yard Remodelling and New Route Relay Interlocking (RRI) system at Karjat Central Cabin on 12th October 2025 at 18:30 hrs, marking a major milestone in its ongoing efforts to modernize and enhance operational efficiency.

The ? 74.53 crore project, replaces one of the oldest operational RRI system on Central Railway with a new make RRI, bringing safer, faster, and more reliable train operations.

Key Benefits and Improvements

New Fourth Line Between Karjat–Palasdari:

The new line separates Khopoli branch movements from the main ghat section, improving throughput, punctuality, and safety by eliminating conflicting movements. This improves the suburban movement.

Enhanced Handling:

Up and Down reception lines have been extended and standardized, allowing full-length goods trains to be received and dispatched on proper signals. This ensures safer, smoother train operations and saves up to 10 minutes per train.

Increased Capacity:

By remodelling and extending multiple lines and adding a new bi-directional line, the yard can now handle 25% more train movements, including direct reception of freight trains from Panvel without crossing main lines.

Signalling Telecommunication System" The new RRI features: 487 routes, 46 main

signals, 39 shunt signals Dual detection system (MSDAC + AFTC) for added safety

Automatic Block Signalling between Karjat-Bhivpuri

Efftronics Data logger for real-time monitoring Fire alarm, fuse alarm,

and advanced safety systems for reliability This upgrade enhances

signalling precision, minimizes human intervention, and ensures faster train operations.

Engineering & Electrical Works

Alongside signalling modernization, massive civil and electrical works were executed, including:

8 bridge extensions, 2 FOB extensions, and 4.9 km of new track linking

9 TKM of new OHE wiring, 350 masts erected, and complete yard electrification

A total of 20 new turnouts were inserted and 8 old turnouts dismantled, along with extensive Dswitch replacements, earthwork, ballasting, and foundation strengthening.

Major Works Executed utilising the shadow of Karjat Block on 12th October 2025

While the Karjat interlocking work was underway, Central Railway effectively utilized the shadow block period for several key infrastructure upgrades across the Karjat-Lonavala ghat section: Key works included

launching of new Foot Over Bridge (FOB) girders at Khandala, replacement of old steel bridges with new PSC slab bridges near Tunnel No. 51, track welding and tamping over 3.5 km, and rehabilitation of major tunnels with steel arch ribs and shotcreting, including the landmark double-track construction of Tunnel No. 48. Extensive OHE maintenance and upgrades were also carried out, including replacement of insulators, X-feeder adjustments, and span realignment for new bridges and FOBs.

These extensive works have improved track strength, safety, and train handling capacity, better punctuality, and enhanced reliability for both suburban commuters and long-distance passengers, especially through the challenging ghat section.

A Step Toward Safer and Smarter Operations

The commissioning of the new RRI at Karjat marks a significant leap in railway modernization, improving operational efficiency, train punctuality, and passenger safety. The coordinated efforts of Engineering, S&T, and Electrical departments ensured seamless completion of this complex project within the scheduled block.

Sanjay Kumar Srivastava, GM, SCR holds Safety Review Meeting

(Standard Post Bureau)

Hyderabad, Oct 13: Mr Sanjay Kumar Srivastava, General Manager, South Central Railway held a detailed review meeting on Safety of train operations across the Zone today i.e., 13th October, 2025 at Rail Nilayam, Secunderabad along with Shri Satya Prakash, Additional General Manager, SCR and Principal Heads of Departments. Divisional Railway Managers (DRMs) of all the six divisions viz., Secunderabad, Hyderabad, Vijayawada, Guntur, Guntakal and Nanded Divisions participated through video conference.

Mr Sanjay Kumar General Srivastava, Manager led a focused safety review meeting

major stations under

with the objective of

smooth passenger

movement within

station premises.

Mumbai Central Division,

regulating crowding on

platforms and ensuring

According to a press

release issued by Shri



Temporary restriction on sale of

platform tickts at major station of

Distribution (TRD) staff to prevent electrocution Manager also highlighted the need for vigilant Hinged Scotch blocks at monitoring of open road traffic at level crossing stations and stressed strict gates and called for optimal adherence to safety

protocols by Traction deployment and utilization of gatemen and manpower. Mr

multiple sectors.

Srivastava incidents. The General appreciated the swift response of officials in addressing signal cable cuts caused by miscreants and urged expedited handling of cattle run-over

cases. He directed the installation of CCTV cameras at goods sheds and private sidings to enhance surveillance and emphasized the operational readiness of Fog Safe Devices and GPS trackers,

ensuring their functionality

accountable safety culture. India-Canada ties progressing steadily: Jaishankar

WR's Mumbai Central Division Vineet Abhishek, Chief (Standard Post Bureau) **Public Relations** Mumbai, Oct 13:In view of the anticipated Officer of Western heavy passenger rush Railway, the restriction during the forthcoming on the sale of Platform festive season, Western Tickets will remain in Railway has decided to force from 15th October 2025 to 31st impose temporary restrictions on the sale of October 2025 at the **Platform Tickets at select** following stations:

> **Bandra Terminus** Vapi Udhna Surat Mr Vineet further informed that necessary exemptions will be permitted in genuine cases such as for individuals

assisting senior citizens, women passengers, illiterate, Divyangjan or passengers requiring special care, so as to ensure ease of travel and avoid inconvenience. Western Railway

appeals to passengers to plan their travel accordingly and to kindly cooperate with the railway staff by adhering to the temporary restriction in the larger interest of safety and orderly crowd management during the festive period.

New Delhi, Oct 13 (UNI) marked "an important step in addressing our security : Canadian Foreign Minister concerns.""When we look Anita Anand met with at Canada, we see a External Affairs Minister S complementary economy, Jaishankar in New Delhi on an open society, and a Monday, as both sides shared commitment to reaffirmed their intent to diversity and pluralism—all rebuild trust and strengthen of which form the basis for bilateral relations across close cooperation," he said.

"Both sides have Speaking during the outlined an ambitious meeting, EAM Jaishankar roadmap for cooperation in said that India's approach various domains, including is to move forward with a trade, investment, civil "positive mindset, and that nuclear collaboration, bilateral relations between artificial intelligence, and India and Canada have energy," Jaishankar added. been steadily progressing

over the last two months". He highlighted that recent interactions between the National Security Advisors of both countries

Commonwealth.

Emphasizing shared global objectives, he noted, "India and Canada have a long tradition of active engagement in world

affairs. We are members of the G20 and convergence in the Indo-Pacific is notable. We are strong proponents of effective multilateralism, climate action, and the 2030 Sustainable Development Goals agenda.""We seek to de-risk the international economy by forging strong partnerships of growing range and depth," he said.

"Our responsibility as Foreign Ministers is to shepherd the process of rebuilding our cooperation and to ensure that it delivers on expectations of our Prime Ministers and serves the interests of our people."

Women stage protest in Jharkhand

Bokaro, Oct 13 (UNI) Hundreds of women in Bokaro district took out a protest march demanding a complete ban on liquor in the region.

According to police, the protest was triggered by the rampant illegal production and sale of liquor in the locality. The women alleged that several mini-factories were operating in Chandankiyari, producing illicit liquor that was being sold in almost every neighbourhood. Despite repeated complaints, they claimed, no concrete action had been taken by the excise department or the police.

The protesters said that the illegal liquor trade had led to serious social problems and public nuisance, affecting families and youth. Women from adjoining areas also joined

During the protest, several women raided illegal liquor outlets, destroyed liquor stock and dismantled brewing setups and equipment.