



Chief Election Commissioner Gyanesh Kumar with Election Commissioners Sukhbir Singh Sandhu and Vivek Joshi during a press conference regarding the 2025 Bihar Assembly elections, in New Delhi on Monday.

243-member Bihar assembly to go to polls in two phase, counting on Nov 14

New Delhi, Oct 6 (UNI) : Bihar will go to polls in two phases on November 6 and November 11 to elect the 243 member state legislative assembly, Chief Election Commissioner Gyanesh Kumar said today.

Counting of votes will take place on November 14, the Chief Election Commissioner announced at a press conference here. Election Commissioners Vivek Joshi, Sukhbir Singh Sandhu and other officials were also at the press conference. In the first phase, elections will be held in 121 assembly constituencies, while the second phase will cover 122 constituencies. The Gazette notification for the first phase will be issued on October 10 and the last date for filing nominations will be October 17. Nominations will be scrutinised on October 18 and candidates can withdraw their nominations until October 20. For the second phase, the Gazette notification will be issued on October 13, with October 20 as the last date for filing nominations. The scrutiny of nomination will take place on October 21, while the deadline for withdrawal of nominations is October 23. With the announcement of the election schedule, the Model Code of Conduct has come into immediate effect across the state.

For the conduct of free and fair elections in Bihar, Gyanesh Kumar said directions have been issued to District Magistrates, police authorities and enforcement agencies to ensure "zero tolerance" against any violence". There will be no scope for any kind of intimidation or threat to voters and candidates.

He said the Special Intensive Revision was carried out for the purification of electoral roll in Bihar to ensure no eligible elector was left out and no ineligible person was included. He thanked the people for actively participating in this process.

He said that for the first time there will be one general observer for each constituency who will act as the eyes and ears of the Election Commission.

Mumbai corporation polls: State EC approves ward boundaries

Mumbai, Oct 6 (UNI) Marking a major step toward conducting the much-delayed Bombay Municipal Corporation election, the Maharashtra State Election Commission (SEC) gave its final approval to the revised ward boundaries for the upcoming civic polls.

The final ward structure was officially published in the Maharashtra government gazette and uploaded on the BMC's official website this morning.

In a post shared on X, the BMC announced, "The State Election Commission has approved the ward formation for the Brihanmumbai Municipal Corporation (BMC) general elections 2025. The finalized ward structure was published in the government gazette and on the BMC's official website on October 6, 2025."

The approval of ward boundaries paves the way for the much-anticipated civic elections, which have been pending for nearly three years. The polls for the BMC, India's richest municipal body, are likely to be conducted in mid-January 2026, with the Supreme Court's extended deadline for completing local body elections in Maharashtra set to end on January 31.

The process follows months of public consultation and scrutiny. The SEC had earlier released a draft delimitation notification on August 22, detailing the proposed geographical boundaries for all municipal wards.

Citizens were invited to submit their feedback, and a total of 492 suggestions and objections were received by the September 4 deadline. Hearings on these objections were held between September 11 and 13, after which the final ward map was approved.

The BMC's election department has appointed 6,500 Booth Level Officers (BLOs) to oversee the voter lists and polling arrangements. Additionally, recruitment for more than 4,000 supporting staff for election management is currently in progress.

According to civic officials, nearly 70,000 personnel, including staff from the state government, will be deployed for various election-related duties on polling day.

Heavy rains lash Marathwada, Parbhani worst hit by flooding

Ch. Sambhajinagar, Oct 6 (UNI) Heavy rains lashed several districts of the Marathwada region early this morning, causing severe disruption, particularly in Parbhani district, which was the worst affected.

The downpour occurred between 4 am and 7 am, with the India Meteorological Department (IMD) having earlier predicted heavy rainfall for the region.

After Parbhani, heavy showers were also reported from parts of Dharashiv and Beed districts. In Parbhani, torrential rain led to waterlogging in low-lying areas, with rainwater entering several houses and affecting hundreds of families. From about 4 am to 5 am, Parbhani city and its surrounding areas experienced an intense spell of rain that caused hardships for residents.

Many low-lying localities were completely inundated, with substantial water ingress into homes in neighbouring settlements. Roads and major intersections in central parts of the city, including the Four-Way Square area, were submerged under knee-deep water, paralysing morning traffic.



India will work with any government that emerges ...

India said today that it will work with any government that emerges through the mandate of the people of Bangladesh, in the elections slated for February 2026. Foreign Secretary Vikram Misri, (See on page 8)

Delhi govt will urge SC to allow use of green firecrackers on ...



Delhi Chief Minister Rekha Gupta today said the government, respecting the sentiments of the residents of the national capital, will request the Supreme Court to grant permission for the use of certified green crackers during the upcoming Diwali festivities. (See on page 4)

Government of India Ministry of Road Transport and Highways

Driving license holders and registered Vehicle owners are urged to ensure that their mobile number is updated in the Vahan and Sarathi portal. This will help them in ensuring that the details are complete, accurate, and up to date. Online facility has been provided to update mobile number in the portal without visiting RTOs.

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Bye-polls to be held in seven Assembly constituencies on November 11: EC

New Delhi, Oct 6 (UNI): Bye-elections in eight Assembly constituencies across six states and one union Territory will be held on November 11 to fill vacancies arising due to resignations, deaths or disqualification of sitting MLAs, Chief Election Commissioner (CEC) Gyanesh Kumar said here today.Counting of votes will be done on November 14.In the union Territory of Jammu and Kashmir, bye-elections will be held in Budgam following the resignation of former Chief Minister Omar Abdullah and in Nagrota due to the death of sitting MLA Devender Singh Rana.

In Rajasthan the bye-election in Anta has been necessitated by the

disqualification of sitting MLA Kanwarlal while Jharkhand will see a poll in Ghatsila (ST) following the death of sitting legislator Ramdas Soren. In Telangana the seat of Jubilee Hills has fallen vacant due to the death of sitting MLA Maganti Gopinath.

In Punjab, bye-elections will be held in Tam Taran. The seat fell vacant due to the death of sitting MLA Dr. Kashmir Singh Sohal. Similarly, Dampa (ST) in Mizoram and Nuapada in Odisha have fallen vacant following the deaths of sitting MLAs Lalrintluanga Saila and Rajendra Dholakia, respectively.

Schedule for these bye-elections will be announced shortly, said the CEC.

BJP slams Mamata over attack on party leaders

New Delhi, Oct 6 (UNI) : The Bharatiya Janata Party (BJP) today condemned the alleged attack on its leaders Khagen Murmu and Shankar Ghosh in West Bengal, accusing Chief Minister Mamata Banerjee of having “crossed all limits” and dismantling law and order since assuming power.

Speaking at a press conference here, BJP MP and National Spokesperson Sudhanshu Trivedi criticised the Mamata government for its alleged negligence in addressing the severe floods and landslides in North Bengal, pointing out the Chief Minister’s attendance at a Tollywood

music carnival in Kolkata instead of focusing on the crisis.

“Violence and the breakdown of law and order have become normal in West Bengal since TMC came to power. The insensitivity of the West Bengal Government and Mamata Banerjee has crossed all limits,” said Trivedi.

“While much of North Bengal is grappling with floods, there are videos of the Chief Minister dancing at a carnival in Kolkata. These contrasting images are heart-wrenching. The attack on our leaders is both dangerous and unfortunate.”

Three scientists including two from US and one from Japan awarded 2025 Nobel Prize in Physiology or Medicine

New Delhi, Oct 6 (UNI) The Nobel Committee has decided to award the 2025 Nobel Prize in Physiology or Medicine to three scientists including two from the United States and one from Japan for discovering how the immune system is kept in check, the Nobel Committee announced today.

Mary E. Brunkow of the Institute for Systems Biology, Seattle, Fred Ramsdell of the Sonoma Biotherapeutics, San Francisco and Shimon Sakaguchi of Osaka University, Osaka, Japan, were awarded the Nobel Prize for their “discoveries concerning peripheral immune tolerance. They discovered how the immune system is kept in check,” the Nobel Committee said in a statement.

The body’s powerful immune system must be regulated, or it may attack our own organs, it said.

Every day the immune system protects from thousands of different microbes trying to invade human bodies. These all have different appearances and many have developed similarities with human cells as a form of camouflage. So how does the immune system determine what it should attack and what it should defend?

The laureates identified the immune system’s security guards, regulatory T cells, which prevent immune cells from attacking our own body.

“Their discoveries have been decisive for our understanding of how the immune system functions and why we do not all develop serious autoimmune diseases,” says Olle Kämpe, chair of the Nobel Committee.

Shimon Sakaguchi was swimming against the tide in 1995 when he made the first key discovery. At the time, many researchers were convinced that immune tolerance only developed due to potentially harmful immune cells being eliminated in the thymus through a process called central tolerance. Sakaguchi showed that the immune system is more complex and discovered a previously unknown class of immune cells, which protect the body from autoimmune diseases.

Mary Brunkow and Fred Ramsdell made the other key discovery in 2001, when they presented the explanation for why a specific mouse strain was particularly vulnerable to autoimmune diseases.

They had discovered that the mice have a mutation in a gene that they named Foxp3. They also showed that mutations in the human equivalent of this gene cause a serious autoimmune disease, IPEX.

Two years after this, Shimon Sakaguchi was able to link these discoveries. He proved that the Foxp3 gene governs the development of the cells he identified in 1995. These cells, now known as regulatory T cells, monitor other immune cells and ensure that our immune system tolerates our own tissues.



Mr Jitender Kumar Tiwari, CTI, CSMT, Central Railway, being honoured with the Mahatma Gandhi Ratna Award 2025 by Krishna Chavan Foundation for his exemplary service and dedication.

Special Train services between Muzaffarpur - SSS Hubballi and Danapur - Yesvantpur : SWR

(Standard Post Bureau)

Mumbai, Oct 6 :East Central Railway has notified the operation of weekly special trains between Muzaffarpur–SSS Hubballi and Danapur–Yesvantpur to clear the extra rush of passengers during the upcoming Deepavali and Chhath festivals.

1. Train No. 05543/05544 Muzaffarpur–SSS Hubballi–Muzaffarpur Special (06 trips):

Train No. 05543 will depart from Muzaffarpur at 12:45 hrs every Friday from 10.10.2025 to 14.11.2025 and will arrive SSS Hubballi at 12:20 hrs on Monday. In the return direction, Train No. 05544 will leave SSS Hubballi at 09:00 hrs every Tuesday from 14.10.2025 to

18.11.2025 and will reach Muzaffarpur at 05:00 hrs on Friday. Both trains will make six trips in each direction.

The train will have stoppages at Motipur, Chakia, Bapudham Motihari, Sagauli Jn., Bettiah, Narkatiaganj Jn., Bagaha, Kaptanganj Jn., Gorakhpur Jn., Gonda Jn., Aishbagh, Kanpur Central, Orai, Virangana Lakshmibai Jhansi, Bina Jn., Bhopal Jn., Itarsi Jn., Amla Jn., Nagpur, Chandrapur, Balharshah, Ramagundam, Kazipet Jn., Kacheguda, Mahabubnagar, Dhone, Dhamavaram Jn., Hindupur, Yelahanka Jn., Tumakuru, Arsikere Jn., Birur Jn., Chikjajur Jn., Davangere, Ranibennur, and SMM Haveri stations

in both directions.

The train will consist of 22 coaches, including 2 AC 2-Tier, 2 AC 3-Tier, 12 Sleeper Class, 4 General Second Class, and 2 Second Class Cum Luggage-cum-Brake Vans with Divyangjan Coach.

2. Train No. 03261/03262 Danapur–Yesvantpur–Danapur Special (12 trips):

Train No. 03261 will depart from Danapur at 10:00 hrs every Saturday from 11.10.2025 to 27.12.2025 and will arrive Yesvantpur at 21:30 hrs on Tuesday.

In the return direction, Train No. 03262 will leave Yesvantpur at 07:00 hrs every Tuesday from 14.10.2025 to 30.12.2025 and will reach Danapur at 12:00 hrs on Thursday.

Both trains will make twelve trips in each direction.

The train will have stoppages at Ara Jn., Buxar, Pandit Deen Dayal Upadhyaya Jn., Prayagraj Chheoki Jn., Manikpur Jn., Satna, Katni Jn., Jabalpur, Narsinghpur, Pipariya, Itarsi Jn., Amla Jn., Nagpur, Chandrapur, Balharshah, Ramagundam, Kazipet Jn., Kacheguda, Mahabubnagar, Dhone, Dhamavaram Jn., Hindupur, and Yelahanka stations in both directions.

The train will consist of 22 coaches, including 2 AC 2-Tier, 2 AC 3-Tier, 9 Sleeper Class, 5 General Second Class, and 2 Second Class Cum Luggage-cum-Brake Vans with Divyangjan coach.

Putin flays protectionism, says many European countries 'eager to return' post Trump's appeal to NATO

Moscow/New Delhi, Oct 6 (UNI): Russian President Vladimir Putin has slammed the practice of protectionism, saying such an approach fosters separatism and is harmful both to those who adopt it and to the global economy as well as international trade. “It fosters separatism, both regional and national. Nothing positive comes from pursuing such a policy, as today’s world is highly interconnected and driven by possibilities and technological development,” President Putin said at the 10th Eastern Economic Forum at Russky Island in Peter the Great Gulf in the Sea of Japan.

Indirectly referring to the US trade and tariff war President Putin said

Mumbai imposes ban on sky lanterns, drones

Mumbai, Oct 6 (UNI) : Mumbai Police Commissionerate has imposed a 30-day ban on the sale, storage, and use of flying lanterns (sky lanterns) across the city from October 12 to November 10 public in view of the safety and security during the upcoming festive season.

Deputy Commissioner of Police (Operations) Akbar Pathan issued the order, stating that the release of sky lanterns poses a significant fire hazard and could endanger public safety and peace.

Isolating oneself within a purely national framework is difficult and counterproductive as it inevitably undermines competitiveness. Referring to US President Donald Trump’s appeal to NATO countries not to buy energy from Russia, President Putin said that for political reasons, many European companies had “exited – yes, at a loss to themselves.” He, however, said many European countries are “eager to return.” “Many are eager to return as soon as political restrictions are lifted. We do not turn our backs on anyone.” He said Russia had not turned away anyone or forced anyone out and those who wish to return are always welcome, but based on the conditions that are developing at the moment.

“We proceed from the fact that Russia is open to cooperation with all countries of the world, and above all with those who are willing to work with us, with our friends. At the same time, we are not shutting ourselves off from anyone,” he said. According to the Centre for Research on Energy and Clean Air (CREA), the European union spent 1.15bn euros on Russian fossil fuels in August. The five largest importers accounted for 85 percent of that total, buying 979 million euros worth of Russian oil and gas. The top buyers of Russian energy include France, Netherlands, Belgium, Hungary and Slovakia. Referring to analogy of the “dragon and the elephant dancing together,” (China and India)

and the understanding witnessed between Prime Minister Narendra Modi, Chinese President Xi Jinping and President Putin at the SCO Summit in Tianjin, the Russian President said this analogy was originally made by President Xi Jinping.

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The undersigned, on behalf of the President of India, Invites E-Tenders for the following works:

Item of work	Approx. Value
Provision of Mini IPS system to avoid blanking of signals in the face of approaching train at 22 LC gates and RTU for 21 LC gates over Hubballi Division.	[Rs. 5,32,66,048.05]

Last date for submission of bids: Upto 11:00 Hrs. on 27-10-2025

For details log on: www.ireps.gov.in

Keep visiting the website for any corrigendum till closing date

Deputy Chief Signal & Telecom Engineer
Project-II, Hubballi

PUB/521/AAF/PRB/SWR/2025-26

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४था मजला, शासकीय दंत महाविद्यालय व रुग्णालय इमारत, सेंट जॉर्जस रुग्णालय आचार, फोर्ट, मुंबई - ४०० ००१

दुरध्वनी - (०२२) - २२६२०३६२-६५

संकेतस्थळ - med-edu.in

No.:DMER/PROC-1/Tender Notice/ 9806/2025

E-Tender Notice

Dt: ०६.10.2025

Directorate of Medical Education & Research, Mumbai, hereby invites the tender in two part systems from the Only Manufacturers/ importers/Manufacturer Authorized bidder are eligible to participate in the tender. Following Project for **Various Govt. Medical Colleges & Hospitals**. The details are as follows.

Schedule

All bid related activities (process) like Tender Document Download, Bid Submission and Submission of EMD and other documents will be governed by the time schedule given under Key Dates below:

Date Of commencement of sale of Tender document/ download

Date of Tender Publish	07.10.2025 - 10.00 hrs.
Date Of commencement of sale of Tender document/ download	07.10.2025 -10.00 hrs to 29.10.2025 - 05.00 hrs.
Pre Bid Meeting	13.10.2025 at 11.30 am
Last Date and Time for the Sale & Submission of tenders	29.10.2025 - 05.00 pm...
Date and Time of Opening of Envelope No. 1	30.10.2025, 02.00 PM. onwards
Address for communication	Directorate of Medical Education Research, Mumbai Govt. Dental College Build. 4th floor St. Georges Hospital Compound, Mumbai 400 001.

Details of Equipment

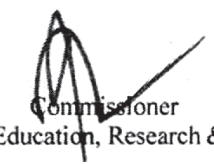
Sr. No.	E-Tender No.	Name of Item	Name of the Consignee	EMD Amount	Tender Fees
1.	E-29 (24-25)	ENT Instrument on Turnkey Project	Government Medical College and Hospital, Nagpur	11,00,000	30,000

1. The interested bidders will have to pay non-refundable tender fee will be paid Online on or before dt.29.10.2025. 05.00 hrs. The details regarding schedule, Terms & conditions are available on the website <https://mahatenders.gov.in>,

2. The Director of Medical Education & Research, Mumbai reserves the right to increase or to decrease the quantity of tendered Item & reserves the right to reject the tender without any reason there to.

Website: - <https://mahatenders.gov.in>, mail: - dmer.procurement@maharashtra.gov.in

Contact No.: 91-022-22620361-65 (Extn. 334), 022-22626838


Commissioner
Medical Education, Research & Ayush



CPI-M workers stage a protest over the death of a 12-year-old Dalit boy, who allegedly died by suicide by consuming poison after he was reportedly locked inside a cowshed by some upper caste women for entering their house, in Shimla.

Uddhav Sena and Raj Thackeray's MNS to fight municipal polls together says Sanjay Raut

Mumbai, Oct 6 (UNI) Uddhav Thackeray led Shiv Sena MP and chief party spokesperson Sanjay Raut said here today that Uddhav and Raj Thackeray have reached an understanding to fight the municipal elections together.

"Raj Thackeray and Uddhav Thackeray have reached an understanding about Maharashtra Navnirman Sena (MNS) and Shiv Sena fighting together in the municipal elections of Mumbai, Thane, Kalyan Dombivali, Pune, and Nashik. Besides these, there are many such municipal corporations where Shiv Sena is present, but MNS is present in many areas. In some places the (Sharad Pawar-led) NCP is strong, while in other places the Congress is strong. All these factors are being taken into account," Sanjay Raut told media persons.

Replying to whether the Congress-led Maha Vikas Aghadi (MVA) would open its doors to include Raj Thackeray, Sanjay Raut said, "There is a Maha Vikas Aghadi (MVA) in Maharashtra, and (Uddhav-led) Shiv Sena

is one of its main constituents. Therefore, we are considering if a new party (MNS) can be accommodated in the MVA. Let's keep a different calculation in mind for local self-government bodies. Also, I am not the only one who has the right to tell Raj Thackeray that the doors of the Maha Vikas Aghadi (MVA) are open. There are three parties in the MVA. Leaders of other MVA parties have good relations with Raj Thackeray."

"We have to sit together and decide who can be accommodated. This is not a simple process. There are different calculations in every place in Maharashtra. We will have to take the MVA along. Where only Shiv Sena, MNS, Congress, or (Sharad Pawar-led) NCP have a presence, we will have to sit down and work with each of them in that area and decide the benefits and formula," Raut said.

When asked who would keep the mayor's post after municipal elections, Sanjay Raut said, "You can be

certain that the mayor of Mumbai will be a Marathi and he will be of genuine saffron blood and of Marathi lineage. It will not be anybody from the BJP or those who carry the shoes of those in Delhi."

"The mayor will be somebody who goes to Hutatma Chowk and prostrates himself before our 105 martyrs who laid down their lives during the Samyukta Maharashtra movement agitation and raises his voice for Maharashtra. Such blood and lineage exist only in Shiv Sena and MNS. These are the two parties that were created for Marathi-speaking people and to fight for the Marathi identity," Sanjay Raut said."The mayor will be ours. I am speaking with emphasis on the word 'ours'. The Thackerays will decide who will be the mayor. Ours is not just a political alliance, but an alliance of body, mind, wealth, heart, and soul," Sanjay Raut said about the Shiv Sena-MNS alliance.

Referring to a recent meeting held in Thane,

Raut said that he discussed local civic body election strategy with Sharad Pawar led NCP's MLA Jitendra Awhad, Rajan Vichare, and Avinash Jadhav.

The existence and importance of the Maha Vikas Aghadi (MVA) were also discussed, Raut said.

Significantly, Sanjay Raut's latest statement came a day after MNS President Raj Thackeray visited Uddhav Thackeray's Bandra East 'Matoshree' residence on Sunday for the second time.

This was the fifth meeting between Raj Thackeray and Uddhav Thackeray in the last three months.

Prior to their latest meeting yesterday, the Thackeray cousins had reached Sanjay Raut's residence to attend the birthday celebrations of Raut's grandson, which was also attended by Sharad Pawar led NCP Lok Sabha MP Supriya Sule.

After the birthday celebrations at Sanjay Raut's residence, Raj Thackeray reached 'Matoshree' where he and Uddhav Thackeray held discussions yesterday.

Maratha quota: Jarange targets Pawar; says OBC leaders betrayed own community

Mumbai, Oct 6 (UNI) : Maratha reservation activist Manoj Jarange Patil has launched a sharp attack on Sharad Pawar, chief of the Nationalist Congress Party (Sharadchandra Pawar faction), alleging that Pawar had in 1994 diverted the Maratha community's rightful 16% reservation to the Other Backward Classes (OBC), depriving Marathas of their due rights.

This marks the first time Jarange has openly accused Pawar. "We will now secure our reservation with our own efforts. But the fact is we should have received it back in 1994. Sharad Pawar gave our rightful share to the OBCs. Yet the OBC community has not acknowledged his favour," Jarange said. He also accused OBC leaders of harming their own community's interests.

Jarange claimed that Minister Chhagan Bhujbal and Congress Legislature Party leader Vijay Wadettiwar held a secret meeting to plan leadership for the OBC reservation protection movement. According to Jarange, Bhujbal told Wadettiwar, "I'm trapped in this government because of Deputy CM Ajit Pawar; you should lead the movement instead."

However, Wadettiwar denied that any such meeting took place. The ongoing exchange between Bhujbal and Jarange over reservation continues to intensify.

Bhujbal recently remarked that Jarange has been unnecessarily elevated as the Maratha community's leader, asserting that he is not truly the representative of the entire Maratha community.

PM Modi, UK PM starmer to interact With Fintech Industry experts in Mumbai

Mumbai, Oct 6 (UNI) : British Prime Minister Keir Starmer, who is scheduled to arrive in India on October 8, and Prime Minister Narendra Modi will attend the sixth edition of the Global Fintech Fest in Mumbai on October 9 where they will engage with industry experts, policymakers and innovators, officials said here today.They will deliver keynote addresses at the event as part of the official engagements of the UK Prime Minister. This will be his first official visit to India from October 8 to October 9, at the invitation of Prime Minister Modi, the MEA stated.Starmer's visit to India comes two and a half months after the two countries inked a Free Trade Agreement (FTA). This will be his first official visit to India at the invitation of Prime Minister Modi.On May 6 PM Modi and his UK counterpart had announced successful conclusion of a mutually beneficial India-UK FTA after three years of negotiations. The comprehensive agreement aims to eliminate or reduce tariffs on imports and exports between the two nations.Both nations aim to increase their trade to USD 120 billion by 2030.

The FTA is expected to boost key sectors such as textiles, leather, footwear, sports goods and toys, marine products, gems and jewellery, engineering goods, auto parts and engines, and organic chemicals.It may be recalled that on July 24, the much-awaited landmark India-UK Free Trade

Agreement was signed. PM Modi called it a historic day, stating that "after years of hard work, both nations have completed the Comprehensive Economic and Trade Agreement."

Both leaders will engage with businesses and industry leaders on the opportunities presented by the India-UK Comprehensive Economic and Trade Agreement as a central pillar of the future India-UK economic partnership.During the visit, Starmer and PM Modi will also take stock of progress in various aspects of the India-UK Comprehensive Strategic Partnership, in line with 'Vision 2035', a focused and time-bound 10-year roadmap of programmes and initiatives in key pillars such as trade and investment, technology and innovation, defence and security, climate and energy, health, education, and people-to-people relations.Both leaders will exchange views on issues of regional and global importance, including the situation in the Gaza Strip following US President Donald Trump's proposed plan to end the war.Former UK Prime Minister Tony Blair, Starmer's Labour predecessor, is part of the Gaza governance body, the Gaza International Transitional Authority (GITA), which will work on rebuilding the region once the conflict ends.

Shiv Sena (Shinde) leader Rajan Teli levels allegation against Fisheries Minister

Sindhudurg, Oct 6 (UNI) Shiv Sena (Shinde faction) leader and former MLA Rajan Teli has alleged that Maharashtra Fisheries Minister Nitesh Rane is the mastermind behind the multi-crore loan scam in the Sindhudurg District Bank.

In the same case, the bank's manager Vishwanath Dorlekar lodged a complaint with the Bank Security and Fraud Department against Rajan Teli and seven others.

It is alleged that to avoid action in this matter, Teli switched allegiance from the Thackeray faction to the Shinde faction. Teli claimed that Rane, who is a director of the bank, exerts pressure on the chairman and CEO to sanction illegal loans.

Complaints have reportedly been submitted to the local police, Cooperative Registrar and NABARD, but no action has been taken so far.

He further alleged that under Rane's influence, a firm named Rockstar was granted Rs 6.5 crore initially and later Rs 10 crore in loans despite being ineligible. Similarly, a personal assistant earning just Rs 20,000 per month was sanctioned a loan of Rs seven crore.

Teli claimed that such illegal disbursement of crores of rupees has taken place under pressure and that false accusations were made against him for raising objections.



पनवेल महानगरपालिका, पनवेल
ता. पनवेल, जि. रायगड, पिन नं. ४१० २०६

कार्यालय : २७४५०८४०/४१/४२ फॅक्स नं. : ०२२-२७४५२२३३ Email ID : panvelcorporation@gmail.com



ऑफलाइन निविदा सुचना
मलनिःस्सारण विभाग

मा. आयुक्त, पनवेल महानगरपालिका यांच्या वतीने ऑफलाईन निविदा ब - १ नमुन्यातील खालील नमूद कामांची निविदा महाराष्ट्र शासनाकडील योग्य त्या वर्गातील नोंदीकृत ठेकेदारांकडून मागविण्यात येत आहे.

अ. क्र.	निविदा क्र.	कामाचे नाव	अंदाजपत्रकीय रक्कम रु. (GST सोडून)	निविदा अनामत रक्कम (रु)	कोरी निविदा किंमत (रु)
१	पमपा/मल./४०/२०२५-२६	पनवेल महानगरपालिका हद्दीतील कामोठे प्रभाग १२ मध्ये ओपन जिम बसविणे. (मा. खासदार श्री. श्रीरंग आप्पा बारणे यांच्या खासदार निधीतुन सन २०२५-२६)	६,४१,३८४/-	६,५००/-	५९०/-
२	पमपा/मल./४१/२०२५-२६	पनवेल महानगरपालिका हद्दीतील खारघर येथील प्रभाग ३ मधील सेक्टर- २७ कि स्टोन बिल्डींगच्या मागील जागेत ओपन जिम बसविणे. (मा. खासदार श्री. श्रीरंग आप्पा बारणे यांच्या खासदार निधीतुन सन २०२५-२६)	६,५४,४७२/-	६,६००/-	५९०/-

१. या कामी निविदा प्रपत्र रोख रक्कम भरणा करून दिनांक. ७/१०/२०२५ पासून दि. १४/१०/२०२५ पर्यंत सायं ३.०० वाजेपर्यंत (कार्यालयीन वेळेत) पनवेल महानगरपालिका मलनिःस्सारण विभागात उपलब्ध होतील.

२. अनामत रक्कमेचा डिमांड ड्राफ्ट निविदेसोबत, लखोटा क्रं. १ मध्ये सादर करण्याचा आहे.

३. सीलबंद निविदा दिनांक १४/१०/२०२५ रोजी दुपारी ३.०० वाजेपर्यंत पनवेल महानगरपालिकेच्या मलनिःस्सारण विभागात स्विकारण्यात येतील.

४. प्राप्त झालेल्या निविदा शक्य असेल तर दि. १४/१०/२०२५ रोजी दुपारी ३.०० नंतर शहर अभियंता यांच्या दालनात उपस्थित ठेकेदार यांच्या समक्ष उघडण्यात येतील.

५. प्राप्त निविदेतील १ अथवा सर्व निविदा कोणतेही कारण न देता मंजूर अथवा नामंजूर करण्याचा हक्क पनवेल महानगरपालिकेने राखून ठेवला आहे.

जा.क्र/पमपा/ मल. वि/३८२५/प्र.क्र.३९ व ४१/१३३०/२०२५

सही/-
शहर अभियंता
पनवेल महानगरपालिका

दिनांक - ६ /१० / २०२५

Organised Crime act slapped on Latur Gang involved in assault, extortion

Latur, Oct 6 (UNI) The Latur Rural Police have invoked the Maharashtra Control of Organised Crime Act (MOCCA) against notorious criminal Shakti alias Yogesh Ashok Gurne and his gang, who are accused in multiple serious offences, an official confirmed today.

The group, comprising Shakti Gurne, Ismail Sheikh, Kishore Maske, Akash Sakat, and others, had allegedly assaulted Avinash Boyne with iron rods and chairs at Devgiri Bar on Ausa Road over non-payment of extortion, following which a case was registered at the Latur Rural Police Station.

During the investigation, the police recovered an iron rod used in the assault. The gang already has 11 serious criminal cases registered against it, including charges of robbery, extortion, forcible theft, and assault with deadly weapons. Based on the investigation, police have filed an 860-page charge sheet against the accused under Sections 3(1)(ii), 3(2), and 3(4) of the MOCCA Act before the Special MOCCA Court in Latur. The action was initiated under the guidance of Superintendent of Police Amol Tambe and Additional Superintendent of Police Mangesh Chavan, and led by Sub-Divisional Officer Sahebrao Narwade and Police Inspector Arvind Pawar.

PUBLIC NOTICE
My client says that on 20th September 2025, my client was suddenly attacked by some unknown people in Mira Road, whom my client does not know.
And a few years ago, the mother of my client **Pinha kausar Shaikh** was also suddenly attacked and injured by some such people.
J. P. TRIPATHI (Advocate High Court)
Office: Abdul Aziz Chawl, 24, Room No.4, L.B.S. Marg, Navpada, Kurla (W), Mumbai- 400 070.

**CENTRAL RAILWAY
RENOVATION/REHABILITATION
OF PPIO MEETING ROOM**
"Renovation/rehabilitation of PPIO meeting room with total floor area of approximate -250 Sq. meter". Dy. Chief Electrical Engineer (EMU), 2nd floor, New Admn. Bldg., Carriage Workshop, Central Railway, Matunga, Mumbai- 19, invites Single e-tender for the work of "Renovation/rehabilitation of PPIO meeting room with total floor area of approximate -250 Sq. meter." **Approx. Cost of work:** ₹48,09,842.84/-, **EMD:** ₹96,200/-, **tender Document Cost:** Rs. Nil, **Completion Period:** 06 months, **Closing date/time:** 31.10.2025 up to 15:00 hrs., Tender shall be accepted only in E-Tendering format through the website **www.ireps.gov.in**. Tender document is available in website. **Tender No. EMU/WKS/PPIO/ Rehab- Renovate/ 08/07-25.** **518**
अनुमति तथा अनाधिकृत रूप से रेल लाइन के पास कार्य करना दंडनीय अवधि है

SOUTH WESTERN RAILWAY
OPEN TENDER NOTICE No. B-E-TLAC- Noncore-2025 Dt. 26.09.2025 (through E-Tendering)
The undersigned, on behalf of the President of India, invites E-Tender for the following work.

Name of Work	Approx.Value
Outsourcing of Non-core activity for ICF & LHB coaches at Train Lighting Maintenance Depots and repair of Pantry equipment in Air conditioning depots over Bengaluru division for two years	Rs. 5,50,05,802.95

Last date for Submission of bids :
Upto 16:00 hrs on 17.10.2025
For details log on : **www.ireps.gov.in**

Senior Divisional Electrical Engineering/ Bengaluru
PUB/525/AD360/PRB/SWR/2025-26

Download the UTS Mobile App from **Google Play Store** for ease of booking of unreserved tickets

South Western Railway - SWR SWRILY SWRAILWAYHQ @sw_railways



**BRIHANMUMBAI
MUNICIPAL CORPORATION**

TREE AUTHORITY
- PUBLIC NOTICE -
In accordance with the provision under section 8 (3) (C) of the Maharashtra (Urban Areas) Protection & Preservation of Trees Act 1975 (As modified upto January 2018), 02 Proposals from 'N' Ward, 01 proposals from 'S' Ward & 01 proposal from 'T' Ward in in Zone - VI i.e. **Total - 04** approval are received for getting approval of Tree Authority/ Municipal Commissioner, Chairman, Tree Authority for removal of affected tree.

The information of the trees for cutting/ Transplanting in above mentioned proposals is available on BMC website → **https://portal.mcgm.gov.in/** → About us wards/ Department → Department Manuals → Gardens & Tree Authority → Tree Auhtority → 72 Public Notice 7 days.

Objections / suggestions from citizens for aforesaid proposals, if any are invited in prescribed format within 7 days from the date of published of this notice in the office of Supdt. of Gardens & Tree Officer.

You can also submit your suggestions / objections in prescribed format on **dysg.ta@mcgm.gov.in** this email-ID. Your suggestions/Objections in prescribed format received in stipulated time will be noted. Emails or written suggestions / Objections received after the said date will not be entertained. Hearing for objections/ suggestions obtained will be given on **16-10-2025 at 04.30 p.m. to 05.00 p.m.** at the office of Supdt. of Gardens & Tree Officer. Those who find it necessary to attend this hearing can remain present with a copy of their e-mail, suggestions/ objections.

Supdt. of Gardens & Tree Officer
Office of Supdt. of Gardens & Tree Officer, 2nd Floor, Humboldt Penguin Building, Veermata Jijabai Bhosale Udyan & Zoo Sant. Savta Mali Marg, Byculla (East), Mumbai - 400 027.
Tel No : 23742162
Email : **dysg.ta@mcgm.gov.in**

PRO/1815/ADV/2025 - 26
Avoid self medication.

**Sd/-
Supdt. of Gardens
& Tree Officer**

STANDARD POST

WHO issues new guidelines to tackle deaths from excessive bleeding after childbirth

The World Health Organization (WHO) has issued new guidelines to prevent, diagnose, and treat postpartum haemorrhage (PPH), which causes excessive bleeding after childbirth, to millions of women across the globe.

The maternal health guidelines, co-published with the International Federation of Gynecology and Obstetrics (FIGO) and the International Confederation of Midwives, highlight the urgent need for earlier detection and faster intervention to prevent death among new mothers.

PPH is one of the leading causes of maternal mortality globally, causing nearly 45,000 deaths due to excessive bleeding after childbirth.

Even when not fatal, it can lead to lifelong physical and mental health impacts, from major organ damage to hysterectomies, anxiety, and trauma.

“Postpartum haemorrhage is the most dangerous childbirth complication since it can escalate with such alarming speed. While it is not always predictable, deaths are preventable with the right care,” said Dr Jeremy Farrar, Assistant Director-General for Health Promotion and Disease Prevention and Care.

“These guidelines are designed to maximise impact where the burden is highest and resources are most limited -- helping ensure more women survive childbirth and can return home safely to their families,” Farrar added.

The guidelines, launched at the 2025 FIGO World Congress in Cape Town, South Africa, also introduced new objective diagnostic criteria for detecting PPH.

While PPH has typically been diagnosed as a blood loss of 500 mL or more, the guidelines advise clinicians to act when the blood loss reaches 300 mL, and in case of any abnormal vital signs.

To diagnose PPH early, doctors and midwives are advised to monitor women closely after birth and use calibrated drapes -- simple devices that collect and accurately quantify lost blood -- so that they can act immediately when criteria are met.

The guidelines recommend the immediate deployment of the MOTIVE bundle of actions once PPH has been diagnosed. This includes: Massage of the uterus; Oxytocic drugs to stimulate contractions; Tranexamic acid (TXA) to reduce bleeding; Intravenous fluids; Vaginal and genital tract examination; and Escalation of care if bleeding persists.

In rare cases where bleeding continues, the guidelines recommend effective interventions such as surgery or blood transfusion to safely stabilise a woman’s condition until further treatment becomes available, the WHO said. The guidelines also emphasise the importance of good antenatal and postnatal care to mitigate critical risk factors such as anaemia, which is highly prevalent in low- and lower-middle-income countries. Anaemia increases the likelihood of PPH and worsens outcomes if it occurs. Recommendations for anaemic mothers include daily oral iron and folate during pregnancy and intravenous iron transfusions when rapid correction is needed, including after PPH, or if oral therapy fails.

Robotic Era Redefines Urological Surgeries: Global Experts at "Robo-Lap" Conference by AINU

One of India’s largest Urology Conferences dedicated to advancing excellence in urological laparoscopy and robotics surgery



(Standard Post Bureau)

The era of robots in urological surgeries has arrived, and patients, whether from urban or rural areas, increasingly demand minimally invasive surgeries with smaller incisions. International medical experts noted that the perception of robotic surgery as less painful and offering faster recovery is now widely accepted. Asian Institute of Nephrology and Urology (AINU), India’s largest single-speciality hospital chain for urology and nephrology, successfully hosted the Robo-Lap 2025 conference—one of the country’s most significant gatherings dedicated to robotic and laparoscopic advancements in uro care. More than 1,000 Urologists across India, the England, USA, Belgium, Bangladesh, Nepal, Sri Lanka attended the conference, where complex urology cases were

discussed with the esteemed panel of experts. This unique conference led by AINU became a vibrant hub for exchanging clinical knowledge, future-ready surgical practices, and global perspectives to redefine patient outcomes in this specialty.

The two-day academic exchange featured complex case discussions, workshops, and high-level deliberations on future technologies shaping urology and nephrology.

Speaking about the conference, Dr. Mallikarjuna C, Managing Director & Chief Consultant Urologist, AINU, said, “At AINU, we have always believed that advancing patient care begins with advancing clinical knowledge. Robo-Lap 2025 was not just about showcasing surgical innovations—it was about creating a forum where specialists from across the

globe could engage, share insights, and collectively reimagine the future of Urology care. By curating platforms of this scale, we ensure that the urology community has access to the latest breakthroughs in robotics and minimally invasive surgery. Clinical knowledge exchange lies at the heart of AINU’s mission, and this conference reaffirms our commitment to shaping the future of care in India and beyond. A trailblazer in laparoscopic and robotic urological surgery.”

“Today, whether—urban or rural—patients are asking for smaller incisions, because they know it reduces pain, ensures faster recovery, and helps them return quickly to normal life. However, training in such procedures, particularly in the urology field, has not traditionally been part of medical college education.

For this reason, the conference proved extremely useful to practitioners who enhanced their knowledge and skills and are now better equipped to return to their states or countries and provide satisfactory treatment to patients there.” He added.

Sandeep Guduru, Chief Executive Officer at AINU, said, “The ‘Robo-Lap’ initiative reflects AINU’s commitment to clinical excellence, continuous learning, and technological innovation in the fields of urology. At AINU, we believe in pushing the boundaries of innovation, and Robo-Lap is a shining example of that spirit.”

The conference also served as a vital knowledge-sharing platform on the management of advanced uro-oncology surgeries, reconstructive surgeries, complex pediatric surgeries. Renowned experts deliberated on surgical solutions for challenging cases, demonstrating how robotic and laparoscopic techniques are transforming precision, reducing invasiveness, and enabling faster patient recovery.

Robo-Lap 2025 stands as a testament to AINU’s thought leadership in fostering collaboration, innovation, and academic rigor for the benefit of the global urology and nephrology community.

Delhi govt will urge SC to allow use of green firecrackers on Diwali: CM

New Delhi, Oct 6 (UNI) Delhi Chief Minister Rekha Gupta today said the government, respecting the sentiments of the residents of the national capital, will request the Supreme Court to grant permission for the use of certified green crackers during the upcoming Diwali festivities.

Gupta, while replying to a question while speaking to reporters at the secretariat on Monday, said that the government believes that there must be a balance between environment protection and public sentiments.

Gupta said that she feels that the public should get the permission, be it in the form of green crackers, so that they can celebrate the festival with enthusiasm, and accordingly the government will express in writing its intention, that it is responsible for the pollution control, and will abide by its responsibility.

She said that the objective of this initiative is to further strengthen the government’s commitment towards controlling pollution, while also respecting the traditions and sentiments of the people.

CM said that it will also ensure that all green firecrackers are manufactured only by authorized institutions, and certified and tested by competent and concerned departments.

She reiterated that the Delhi government is fully committed to environmental protection and pollution control, adding that the apex court will be assured that the government will fully comply with its directions and standards. Gupta said that the government’s aim is to ensure that the festivities are full of happiness, while the environment also stays safe and clean.

The CM has said that Diwali is the most significant festival in the country’s culture, deeply rooted in the emotions of the people.

She added that based on past experience, a complete ban on firecrackers has not yielded the desired results, and despite restrictions, violations have continued, which led to the use of highly polluting firecrackers and worsened Delhi’s air quality. Therefore, the government wishes to allow the use of green firecrackers in the city.

She also reaffirmed that the Delhi government remains unwavering in its commitment to environmental protection and will assure full cooperation with the central government and the SC to implement any directions issued in this regard.

Gupta also mentioned that allowing green crackers would also help the city’s economy, with regard to the small traders, while art and culture will also flourish together.

Presently, due to the pollution issue there has been a ban on firecrackers since a while, and it is said that if effective anti-pollution measures had been taken during the past, such a situation could have been avoided. During the past, due to lack of a proper system for identification, certification, and distribution of green firecrackers in the national capital, the complete ban on the use continued.

SC issues notice to Centre on plea challenging Constitutional validity of STT

New Delhi, Oct 6 (UNI) The Supreme Court today issued notice to the Central government on a writ petition challenging the constitutional validity of the Securities Transaction Tax (STT), which is levied on the buying and selling of stocks and other securities on Indian stock exchanges under the Finance Act, 2004.

A Bench comprising Justice J.B. Pardiwala and Justice K.V. Viswanathan issued the notice, returnable in four weeks.

“The principal argument canvassed before us is that the Securities Transaction Tax is the only tax levied in the country on the mere act of carrying out a profession and is sought to be levied irrespective of whether a profit is derived or not.

This, according to the petitioner, renders the levy almost punitive or deterrent in nature.

Otherwise, all other taxes in India are levied on profits at the year-end, but the STT is imposed even if the stock market trader operates at a loss.

Issue notice, returnable in four weeks,” the Court recorded.

The writ petition, filed by stock market trader Aseem Juneja, seeks a declaration that STT is unconstitutional as it violates Articles 14, 19(1)(g), and 21 of the Constitution.

In the alternative, Juneja has sought a direction to allow adjustment of STT paid during a financial year against short-term or long-term capital gains tax liability, similar to how Tax Deducted at Source (TDS) is adjusted for salaried individuals.

The petitioner has argued that STT amounts to double taxation, since traders pay capital gains tax on profits while also being charged STT on every transaction.

He pointed out that while short-term or long-term capital gains taxes are levied on profits, STT currently 0.1 percent on both buy and sell sides for delivery trades, is imposed regardless of whether profit or loss is made.

Juneja further contended that STT is unique because it applies even when a trader incurs losses, making it punitive in nature.

“STT is applicable to

the rupee value of shares bought or sold, not on actual profits. There is no other tax in India where a professional is taxed despite making a loss. Such a levy on transactions rather than profits is arbitrary and violates Articles 14, 21, and 19(1)(g),” the plea states.

Drawing an analogy, the petitioner compared STT to taxing a doctor on every consultation fee received even if the practice ultimately incurs a loss.

The petition notes that while STT was introduced in 2004 to curb tax evasion and function like TDS, it lacks any mechanism for adjustment or refund against final tax liability, effectively forcing traders to pay both STT and capital gains tax.

The plea also highlights that major global financial markets such as the United States, Germany, Singapore, and Japan do not impose such a tax.

The petitioner has urged the Supreme Court to either strike down the STT as unconstitutional or direct that it be adjusted against capital gains tax liability.

Darasing Khurana Hosts Heart-stirring Donor–Recipient Meet In Pune, Calls For More Blood Stem Cell Donors

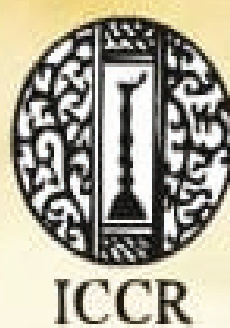


(Standard Post Bureau)

Actor, emcee, and philanthropist Darasing Khurana, Brand Ambassador for DATRI Blood Stem Cell Donors Registry, led an emotional donor–recipient meet organized by DATRI in collaboration with Sahyadri Hospital. The highlight was a rare reunion where twin sisters Shaurya and Aarya, both diagnosed with Acute Lymphoid Leukemia at three-and-a-half, met their lifesaving donor Mr. Meeneshwar of Hyderabad, who had donated his blood stem cells and “gave them a second chance at life.” Addressing attendees, Khurana saluted the resilience of the twins’ parents and urged more Indians to register as voluntary blood stem cell donors, noting that each new registration can be a potential match for a patient fighting a fatal blood disorder. His appeal aligns with his long-running advocacy as DATRI’s Brand Ambassador, a role publicly featured by the organization. The Sahyadri medical team, led

by Dr. Kannan Subramanian with guidance from Dr. Shashikant Apte, performed the unique transplants and emphasized the critical need for expanding India’s donor base. “With every new donor, we increase the chance of saving lives,” said Dr. Subramanian.

For the family, the meet was profoundly personal. “We could never imagine that one person’s selfless act would give us back our children,” the parents shared, thanking DATRI, Sahyadri Hospital, and the donor. Mr. Meeneshwar called the reunion “the most emotional moment” of his life. Since inception, DATRI has facilitated more than 1,645 blood stem cell donations and built a registry of over six lakh donors, underscoring the momentum behind such lifesaving matches. About Darasing Khurana: Winner of Mister India International 2017, Khurana is a known advocate for youth and health causes and frequently fronts DATRI’s awareness efforts across events and campaigns.



Directorate of Art and Culture
Government of Goa

in collaboration with

Indian Council for Cultural Relations
(Ministry of External Affairs, Government of India)

Cordially invites you for the

9th INDIA
INTERNATIONAL

F O L K

FESTIVAL

on Tuesday, 7th October 2025
from 5.00 p.m. to 7.30 p.m.
at Master Dinanath Mangeshkar Kala Mandir,
Kala Academy, Panjim - Goa.



Health

Are you chained to your office desk for long hours at a stretch with little to no daily exercise? Does your life circle around your laptop?

Is typing while hunched over a tiny desk how you spend each day? If the answer is yes, then you need to get proactive about your mental and physical state of being. To help you achieve just that, here are eight yoga asanas for the office that will help you combat mental and physical stress by increasing your concentration levels and relaxing any muscle tensions. Read and practise right away!

1: Wrist Stretches– Perform these simple stretches as a warm up exercise before starting your work and you'll never complain of wrist pain. (1) Extend and stretch both wrist and fingers acutely as if they are in a hand stand position and hold them up for a count of 5. (2) Make a tight fist with both hands and then bend wrist down while keeping the fist and hold it for a count of 5.

2: Neck Asana– Breathe in as you bend your head in the right direction. Try and aim at a point where your shoulder touches the ear.



Bring back your childhood Exercises

The fun, excitement, fights and the boisterous yelling of childhood is etched in all our hearts.

We all share a similar memory, returning from school, indulging in snacks and hustling down to play with your friends. Most of us knew ourselves to be strong, agile and energetic back then. Then why is that the very activities that worked for us and made us fit as kids are relegated to 'childhood' memories alone? We take a look at childhood activities and exercises that can help us shape up through adulthood. Begin today!

Skiing rope: How do you reduce body fat and build stamina in a short period of time? Skiing rope is your answer; you can skip at home, it doesn't cost much, is convenient and a great exercise if you are on the run. Take notes: It will help you increase your cardio vascular capacity and lung capacity, also builds your agility, speed, balance, and coordination. You can burn roughly 1,000 calories per hour. But remember -skiing rope for an hour is stuff athlete workouts are made of.

Monkey bars: You want to build your strength, get primitive, well not literally. Most playgrounds and schools have monkey bars and kids love it. It helps in back development and is a great addition to any upper body workout. It gives a whole new meaning to hanging around with friends.

Cycling: All of us have fallen off a bicycle, but



that didn't deter us from cycling around and popping a wheely. But now a car or a bike is the most preferred mode of transport. Well yes, it is convenient but doesn't make us sweat. Cycling is a full body workout, builds your cardio respiratory health, also muscle and strength. Whatever the problem-stress, weight loss, heart disease or shaping your body cycling is perfect for you.

Running: From the time we are toddlers to adulthood we are always running. It comes naturally to kids but it's a stretch for adults. Run if you want to be fit, lose weight, increase stamina, tone your body and the list goes on. But a word of caution, running can cause certain injuries.

Hula hoop: A baby of the 60s, hula hoops are evergreen with young girls. Once you get the rhythm of the twirl, you can sweat out 100 calories in ten minutes. Hula hoop wards off cardiovascular illness; it improves your co-ordination and helps in

muscle tone. But if you're going to hula hoop for fitness, check on workout hula hoops meant for exercise. They are different from the ones available in stores.

Climbing: As kids we have scaled walls and climbed trees; now that you're an adult you can't do the exact same thing, but you can still engage in rock climbing. Along with the above activities, climbing also improves cardiovascular health, weight loss and improves muscle tone. This common trend running through childhood games makes you want to go back to the past.

Swimming: This is one activity we wish was included in our school curriculum. Swimming is the best activity during summers. Besides, swimming can do wonders to your body mentally and physically. It builds muscles, improves strength, and you are guaranteed a healthy heart and powerful lungs. A full body workout, swimming improves co-ordination, posture, and is a great way to bust stress.

Outdoor sports: As Indians, sport is the last thing we want to engage in unless it plays on the tube. But if we did engage in sports we wouldn't be obese, sluggish, or have a string of ailments. They say laughter is the best medicine, but outdoor sports can beat it any day. It's beneficial for heart problems and other diseases, co-ordination, conditioning, and builds you mentally. Keeps you alert and is a lot of fun.



8 yoga asanas for the Office

Exhale as you bring your back to the normal position. Make sure you keep your neck and spine long. Now do the asana on the left side. Perform five breathing cycles on each side.

3: Reversed Shoulder Rotation and Thoracic Wave–

Inhale as you move your shoulders in an upward and backward direction. Exhale as you move them in a downward and frontward direction. Pay key attention to the breathing cycle and keep your neck and spine comfortably straight. Perform eight to ten rotations on each side.

4: Cow Face Pose for your upper back–

Take both your hands and clasp your hands behind your back. If you are unable to clasp, don't try too hard, comfortably stretch your fingers towards one another. Release with an exhalation. Now shake your arms for about 30 seconds and repeat.

5: Cat Asana for the lower back–

While exhaling, bend your back in a backward direction creating a sharp curve in your spine.

Now bend in a forward direction with the point between the shoulder blades and inhale. Do it for 5 breathing cycles to relieve your body of long hours at the desk.

6: Konasana for toned arms–

Stand straight with legs wide apart. Now bend forward from your waist. Try and touch the ground with the tips of your fingers, if possible place both your hands on the ground while standing. Your upper body should be in a straight line. Look ahead by about 3 inches. Perform konasana for 10 to 30 seconds and breathe normally throughout the asana.

7: Bhastrika for your abdomen–

Sit in a comfortable position with your back straight. Close your eyes and start exhaling and inhaling via nose by focusing on the abdominal muscles. As soon as you release your abdominal muscles you'll realize that your diaphragm contracts before you start to inhale. Hear the sound of your breath and perform this asana 5 times at a stretch. Give it a pause. Breathe normally. And start again. Complete one to two rounds on a daily basis and increase the number of your breaths by 5, each week.

8: Leg Extension Asana–

Sit in a comfortable position with one leg bent and placed on a chair or desk in front of you. Place both your hands on your feet. Keeping your spine straight, inhale and extend your leg



outward while holding it with your hands. Stay in this position for 3 to 5 breaths. Exhale as you come back to the normal position, while moving your hands and placing them on your waist. Stay in this position for 3 to 5 breaths. Relax. Perform 5 to 10 rounds like this. Read more Personal

In today's fast paced world, stress and running around are an inevitable part of most peoples lives. And while lethargy and tiredness are commonplace, if you find yourself constantly thinking of doing nothing but just lying down, you may have a problem on your hands.

While there may be several underlying issues when it comes to feeling drained out, some of the most common ones include...

- An iron deficiency or anaemia is one of the first things that your doctor will check for when you complain of frequent tiredness. A lack of iron in your diet will result in lethargy after some time. While anaemia is more prevalent among women, men also get affected. And doctors say that an increasing number of young women today are suffering from this ailment (menstruating women are most prone to anaemia). One of the best ways to keep this ailment at bay is to eat a diet rich in

Reasons why you

feel tired most of the time

iron — think green, leafy vegetables.

- Chronic Fatigue Syndrome (CFS) is another common ailment that makes one feel constantly exhausted, which eventually affects the quality of one's life. Patients often complain that in spite of sleeping for the stipulated

hours daily, they still end up feeling tired the next day. While doctors say that it is difficult to pinpoint what exactly causes CFS, some reasons include a hormonal imbalance, a viral infection, low immunity or even stress. Treatment differs from patient to patient and include a range of therapies.

- Another reason could be fluctuating blood sugar levels. Diabetes may have different symptoms and one common one happens to be often feeling exhausted. Other symptoms include

frequent trips to the washroom and feeling thirsty. A simple blood test will help you figure out if your blood levels are in control.

- Feeling depressed or anxious about something? This could cause to to feel tired often, worsening other symptoms. Don't hesitate to visit a mental health care expert for treatment.



Should you eat curd at night?

The hot season is here and so is the urge to consume foods that cool down your system. Curd, evidently, stands on top of the list. And why not. Curd is an excellent source of good bacteria and aids digestion. It is good for your teeth and bones. But as with most of the foods, there are some rules that you need to follow for consuming curd. One of the most commonly heard rules is to avoid eating it at night. But is it valid for everyone. Here are some of the rules:

- Do not eat curd at night, especially if you are prone to cough and cold. Ayurveda explains that curd consumption at night is not good as it leads to mucus development. But if you can't do without it, opt for buttermilk instead. - If you are eating curd during the day, have it without sugar but if you are eating curd at night, add sugar or

some black pepper. It will assist in digestion and calm your digestive system.

- Never have hot curd.

While the basic rules apply, if you are a curd lover, we bring you some easy options to include it in your diet, anytime of the day:



Curd rice: This is very good for the stomach and a light option for the summers too.

Curd with sugar: Add a spoonful of sugar to your curd and you are good to go.

Buttermilk/ Lassi: Ditch aerated drinks for these two options.

Raita: A common Indian side dish, you can add onion, cucumber, tomato to your curd with some herbs and a healthy option is all set.

Kadhi: Mixing gram flour (besan) with buttermilk makes for an appetizing curry called Kadhi. It is mostly eaten with rice (you might want to opt for brown rice).

Babulal Marandi criticizes Hemant Soren govt for inaction in Dhanbad cough syrup case

Ranchi, Oct 6 (UNI) : Jharkhand BJP president and former Chief Minister Babulal Marandi has strongly criticized Chief Minister Hemant Soren, accusing his government of inaction in the Dhanbad cough syrup case and claiming that such negligence is putting the future of the state’s youth at risk.

Marandi said that despite the CID taking over the case of the banned cough syrup consignment seized from Barwadda in Dhanbad last year, not a single arrest has been made even after 14 months.

He questioned the government’s silence, pointing out that everyone knows the seized Phensedyl syrup is used as an intoxicant, yet no action has followed.

“This is not only an administrative failure but also amounts to handing over our children and youth

to a deadly addiction,” Marandi said.

Accusing the Chief Minister of prioritizing financial interests over the well-being of young people, Marandi said, “Hemant Soren is putting the future of our youth at stake in the blind race for money.”

He also took to his social media account on ‘X’, asserting that the BJP had repeatedly warned the Chief Minister about the deep roots of corruption in his administration and highlighted the questionable functioning of the CID.

Marandi recalled that the cough syrup consignment was seized in Dhanbad following a tip-off from Gujarat Police, yet the illegal sale of the banned substance continues unchecked.

He wrote, “Chief Minister, are we so greedy that we will not even spare our children? The hunger

for money has locked your tongue while our youth are being pushed into drugs.”

Further criticizing the state government, Marandi pointed out that Chief Minister Hemant Soren also holds charge of the Home Department, but agencies like the CID and ACB have failed to submit timely chargesheets and conduct impartial investigations.

He alleged that the CID has consistently been found shielding paper leak accused, protecting drug traders, and facilitating land scams, leading even the courts to doubt its credibility.

Calling for decisive action, Marandi demanded a public inquiry into the extortion and corruption activities allegedly carried out by CID officials over the past year.“The people of Jharkhand are watching everything. The time has come for concrete action, not empty words,” Marandi said.

Bukhari alleges BJP-PDP political understanding; PDP hits back

Srinagar, Oct 6 (UNI) Jammu and Kashmir Apni Party president and former minister Altaf Bukhari today claimed that the BJP and PDP have a political understanding, saying the two parties “always play a fixed match.”

“PDP is a unit of BJP and they (PDP) walk on their (BJP) strength. ...Some parties openly say that they have a relationship with someone (BJP) and some parties don't say that,” Bukhari told reporters in Srinagar.

Bukhari, who was a minister in the PDP-BJP government, praised Chief Minister Omar Abdullah for demonstrating a “political honesty” by not joining hands with the BJP.

“Omar had taken votes on the promise of not aligning with the BJP, and now that he has repeated that stand, it shows political honesty,” he said.

Reflecting on past

political decisions, Bukhari said that in 2014, the PDP had promised to keep the BJP away but later joined hands with them.

“Mehbooba became Chief Minister with BJP support. By the grace of Allah, I told them to keep the BJP out. I was the only person. Allah has given us the courage to speak the truth. And this is the truth. It was the wrong decision of PDP, and you will see that PDP will suffer for a long time,” Bukhari said. “Omar learnt a lesson from that, and his latest statement reflects that.”

The PDP, however, hit back at Bukhari, accusing him of seeking a “backdoor route” to the Rajya Sabha through the National Conference.“After being rejected by the people and left politically orphaned, Altaf Bukhari is targeting PDP only to seek a backdoor route to Rajya Sabha through NC.

Assam CM inaugurates 5th Assam Police Commando battalion in Biswanath

Guwahati, Oct 6 (UNI) : In a major boost to the manpower and connectivity of Assam Police, Chief Minister Himanta Biswa Sarma today inaugurated the headquarters of the 5th Assam Police Commando Battalion at Pabhoi in Biswanath district.

Spread over 218 bighas, the battalion is equipped with modern facilities for an elite commando force.

It may be noted that on July 18, 2022, during a Cabinet meeting, the Government of Assam decided to set up five Assam Police Commando Battalions in Biswanath, Hailakandi, Karbi Anglong, Sivasagar, and Tinsukia. Subsequently, on December 10 the same year, the Chief Minister laid the foundation stone of the battalion at Pabhoi in Biswanath. Within a span of three years, its infrastructure has been completed, and the Chief Minister today dedicated it to the service of the people.

The battalion has modern facilities, including residential accommodation for 400 commando personnel, advanced security with boundary fencing, nine watchtowers, underground bunkers with magazine vaults, barracks for 256 commandos, and 144 residential quarters for officers and staff. It also has extensive training and operational infrastructure such as a parade ground, drill shed, obstacle course, shooting range and classrooms with computer facilities. With these features, the Pabhoi Commando Battalion is expected to emerge as a centre of excellence for commando training and operations.

Speaking on the occasion, Sarma said that ever since the present state government assumed office, decisive steps taken by Assam Police have led to a remarkable reduction in the crime rate across the state. Referring to the development that has taken

place in Biswanath over the past few years, he said the district has been one of the most inspired recipients of the government’s vision for progress.

He further highlighted that a medical college is being established in the district, a stadium has been constructed, and new buildings for the District Commissioner’s office and the Circuit House have been completed. The inauguration of the Pabhoi Commando Battalion marks another milestone.

Although Biswanath is a newly created district, it has managed to surpass many others in terms of development, the Chief Minister remarked, adding that the progress achieved there is commendable.

Sarma pointed out that until 2016, there were very few paved roads in Biswanath.

However, now all roads in the district have been blacktopped. Roads inside tea garden lines have also been constructed.

Speeding car kills three women during morning walk, driver fled the scene in Ghaziabad

Ghaziabad, Oct 6 (UNI) : A speeding car ran over three women who were out for a morning walk in the Rakesh Marg area under the Sihani Gate police jurisdiction today.

The collision was so intense that the women were thrown several feet into the air. Two women died on the spot, while the third succumbed to her injuries at the hospital. Another man sustained injuries in the incident.

The accident occurred reportedly due to the driver dozing off behind the wheel. Eyewitnesses estimate the car’s speed to be around 100 km/h. The impact was so severe that the bonnet of the car was nearly torn off after it rammed into the road divider. The crash caused a massive traffic jam and drew a large crowd to the scene.

Police teams from Dial 112 and Sihani Gate police station quickly arrived at the location. Authorities have identified the car as a white Toyota Glanza registered in Ghaziabad. The driver, identified as Manjul, a resident of Nehru Nagar, is currently on the run.

He was reportedly returning from Bulandshahr at the time of the accident. Initial investigations suggest that he fell asleep while driving, leading to the fatal crash. Police confirmed that he also sustained injuries.

The deceased women have been identified as Kamlesh (55), wife of Dayanand; Meenu Prajapati (56), wife of Bhakt Singh; and Savitri (60), wife of Dariyab, all residents of New Kotgaon. They were walking near a cut on Rakesh Marg when the speeding car hit them from behind. Another local resident, Vipin Sharma from Shyam Bihar Colony, was also injured.

Left Front stages protest rally in Kolkata against Israeli actions in Gaza

Kolkata, Oct 6 (UNI) : Kolkata witnessed a massive rally on Saturday as the Left Front and its affiliated organisations marched from Rabindra Sadan to Lenin’s Statue at Esplanade, raising their voice against the recent Israeli attack on a humanitarian aid flotilla bound for Gaza.

The protesters also demanded the immediate release of internationally renowned activists, including environmentalist Greta Thunberg, who have reportedly been detained for standing in solidarity with the Palestinian cause. The rally, called by Left parties, was marked by a sea of banners, posters and placards condemning Israel’s actions. The demonstrators carried slogans demanding an immediate end to what they described as “genocide in Gaza” and condemned the United States for providing continuous support to what they termed “war crimes” by Israel. Senior Left leaders, including Left Front chairman Biman Bose, CPI(M) central committee member Suján Chakraborty, and Students’ Federation of India (SFI) general secretary Srijan Bhattacharya, were present at the forefront of the rally.

They walked shoulder to shoulder with a large number of activists, students, workers, and common citizens who had gathered in solidarity with the people of Palestine.

Speakers at the rally strongly criticised the Israeli government for launching repeated assaults on civilian populations in Gaza, as well as the attack on the flotilla carrying humanitarian aid. “The attack is not only an assault on the people of Gaza but also on international humanitarian principles,” Suján Chakraborty said. He further alleged that such actions were possible only because of unconditional backing from the United States, which continues to shield Israel on international platforms.

The rally reiterated the student community’s solidarity with the Palestinian people and demanded the immediate release of Greta Thunberg and other activists who had stood up against what they called “ecological destruction and human rights violations in the name of war.”

The rally saw hundreds of participants chanting slogans such as “Stop genocide in Gaza,” “Free the detained activists,” and “Down with US-backed Israeli war crimes.” The protest concluded at Lenin’s statue in Esplanade, where participants took a pledge to continue mobilising public opinion in support of Palestine.

The leaders announced that similar rallies and meetings would be held across districts in West Bengal in the coming days to sustain the momentum.

LG Kavinder Gupta reviews security situation in Ladakh

Leh, Oct 6 (UNI) : With life gradually returning to normalcy in Leh town, Lieutenant Governor of Ladakh Kavinder Gupta today reiterated that maintaining peace, safety, and stability across the union Territory remains the administration’s top priority.

The Lieutenant Governor chaired a high-level security review meeting to assess the prevailing situation in Ladakh.

During the meeting, senior officials of the UT

Administration, Ladakh Police, the Army, and Central Armed Police Forces briefed the Lt Governor on the current security scenario, an official spokesperson said.

“The administration is committed to maintaining peace, safety, and stability across Ladakh. Vigilance and preparedness remain key to addressing any emerging challenges,” the Lieutenant Governor said.

The meeting also discussed a roadmap for the phased relaxation of

BJP invites public suggestions for Bihar Assembly Election manifesto

Patna, Oct 6 (UNI) The Bharatiya Janata Party (BJP) will launch a statewide campaign from October 5 to collect public suggestions ahead of the upcoming assembly elections.

Senior leader and manifesto committee member Prem Kumar told reporters that the party is preparing a roadmap for the next five years and seeks public input before finalizing its election manifesto.

The campaign will run until October 20, during which BJP aims to gather suggestions from over one crore people across the state.

He said that around 3,000 suggestion boxes will be placed at prominent locations in all 243 assembly constituencies, including markets, bus stands, railway stations, and public squares.

Inputs will also be collected via missed calls, emails, WhatsApp, and a dedicated website. BJP spokesperson and committee member Suresh Rungta added that suggestions are also being invited from organisations such as the Bihar Chamber of Commerce, Bihar Industries Association, tempo drivers’ unions, washermen’s associations, and others.

restrictions.

Gupta emphasised that any easing of measures would be carried out carefully, balancing public safety with the resumption of routine socio-economic activities.

The Lt Governor lauded the people of Ladakh for their exemplary restraint and cooperation, stating, “The cooperation and resilience of the people have been instrumental in restoring normalcy in the region.”

He also stressed the need for continued



Border Roads Organisation (BRO) personnel pose for a photograph after the construction of the world's highest motorable road at Mig La Pass (19,400 ft) under 'Project Himank', in Ladakh.

BJP govt in UP acting undemocratic, anti-constitutional: Akhilesh Yadav

Lucknow, Oct 6 (UNI) Samajwadi Party National President Akhilesh Yadav has charged that the BJP government in Uttar Pradesh is murdering democracy and is carrying out anti-constitutional and undemocratic actions.

“Stopping of the Samajwadi Party delegation traveling to Bareilly by police at the behest of the government is condemnable. The BJP government is resorting to dictatorship to hide its failures. With its authoritarian attitude, the government is attacking the very spirit of the Constitution,” he said here in a statement on Saturday.

Akhilesh said a few days earlier, a delegation led by senior Samajwadi Party leader and Rajya Sabha MP Ramji Lal Suman was stopped. “The repeated stoppage of the delegation traveling to Bareilly, is a failure of the BJP government,” he said. Akhilesh said the Samajwadi Party delegation was to meet with the DIG and Commissioner of Bareilly to work towards restoring peace there.

“Surprisingly, the Bareilly District Magistrate, citing prohibitory orders, prevented the opposition leader and the Samajwadi Party

delegation from traveling to Bareilly. The police also confined all members of the delegation, including Mata Prasad Pandey, as well as Harendra Malik, MP, Iqra Hasan, MP, Ziaur Rahman Barq, MP, Mohibullah Nadvi, MP, Neeraj Maurya, MP, former MP, Veerpal Singh Yadav, former MP, Praveen Singh Aron, District President Shivcharan Kashyap, Metropolitan President Shamim Khan Sultani, MLA and State General Secretary of Samajwadi Party, Uttar Pradesh, Shahjil Islam Ansari, MLA, Bhagwat Sharan Gangwar, former Minister of Uttar Pradesh Government, and State Secretary of Samajwadi Party, Uttar Pradesh, to their homes. This is

condemnable and shameful,” he said. The SP president said, “The BJP government’s behavior is completely undemocratic and an abuse of power. Following the incident that occurred after Friday prayers on September 26, numerous houses and shops were bulldozed, with innocent people being arrested.

By preventing the opposition from accurately assessing the situation there and meeting the families of the victims, it has been demonstrated that the BJP government is taking all these actions to conceal its misdeeds.” He further said the BJP government must understand that it will achieve nothing by repressing the people of Bareilly. “

Printed, Published and Owned by
Mohammed Shafi
Printed at Modi Print & Co.,
Gala No. : MFL-IF, Devidayal Industrial Estate,
Near Brittanias 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

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Western Railway continues Swachhata Pakhwada 2025 with focus on clean stations and clean trains



(Standard Post Bureau)
Mumbai, Oct 6 : Western Railway is observing Swachhata Pakhwada 2025 from 1st to 15th October, 2025 to promote cleanliness, hygiene, and environmental awareness across stations, offices, workshops, and trains. Building on the launch and initial activities, the campaign progressed with focused initiatives on Swachh Stations and Swachh Railgadi during Days 3rd, 4th and 5th.

According to press release issued by Chief Public Relations Officer of Western Railway, Shri Vineet Abhishek, intensive cleanliness drives were carried out at more than 80 major stations, covering platforms, circulating areas and passenger facilities. At 31 stations, cleaning machines, tools, plants and protective gear were inspected to ensure proper working conditions. Dustbins and their maintenance were verified at 123 stations, while 37 stations received comprehensive cleaning of

drains, toilets, approach roads, foot over bridges and waiting halls. Additionally, inspection and proper stacking of hydrant pipes to support ongoing sanitation operations were carried out at stations.

On the fourth day, 4th October, cleanliness drives were carried out and measures to discourage plastic usage were implemented, accompanied by passenger awareness campaigns. Eight Plastic Bottle Crushing Machines (PBCMs) were installed

under CSR funding to promote eco-friendly disposal and recycling of PET bottles. Functioning and maintenance of solar power equipment were checked to ensure green energy utilization. Segregated dustbins for biodegradable and non-biodegradable waste were installed and comprehensive cleaning of drains and toilets were carried out at stations, to maintain hygiene and prevent foul odours.

On the fifth day, 5th October, the focus was on

Swachh Railgadi (clean trains). Intensive cleanliness drives were conducted at train washing lines, focusing on toilets, gangways, and vestibule areas, with 27 trains thoroughly cleaned. About 20 important trains were inspected by officers, verifying adequate OBHS staff, linen quality and pantry car cleanliness. Passenger awareness campaigns were held at several locations to educate passengers on proper use of bio-toilets, flushing systems, and anti-littering practices both on trains and at stations.

Through these sustained efforts, Western Railway reiterates its commitment to the Swachh Bharat Mission, ensuring cleaner, safer and healthier stations and trains for passengers and communities across its network.

Vijay Kumar, GM, Central Railway, visits Bharat Ratna Dr. Babasaheb Ambedkar Memorial Hospital, Byculla



(Standard Post Bureau)
Mumbai, Oct 6 : Vijay Kumar, General Manager, Central Railway, visited Bharat Ratna Dr. Babasaheb Ambedkar Memorial Hospital, Byculla, on 05.10.2025, to review ongoing activities and discuss planned enhancements to the hospital's infrastructure and healthcare services.

During the visit, he engaged in detailed discussions on proposed improvements aimed at strengthening medical facilities and elevating the standard of patient care.

In his address, the General Manager stated that enhancement of hospital

facilities and staff benefits are of top priority and assured his wholehearted support for improvement in hospital services. He assured the provision of adequate funds for the overall development of the hospital, including the procurement of high-quality medical equipment and the upgradation of hospital buildings. "Dr. Mamta Sharma, Principal Chief Medical Director (PCMD), Central Railway, Shri Hiresh Mina, Divisional Railway Manager (DRM), Mumbai Division along with Doctors and Officers from various departments were present on the occasion.

A Few WR trains affected due to upgradation work at Virangana Lakshmibai Jhansi station

(Standard Post Bureau)
Mumbai, Oct 6 : In view of the ongoing work of upgradation at Virangana Lakshmibai Jhansi station over Jhansi division of North Central Railway from 25th November, 2025 to 08th January, 2026, a few Western Railway trains will be affected.

According to a press release issued by Chief Public Relations Officer of Western Railway, Shri Vineet Abhishek, the details of the trains which will be affected are as under:-

Cancellation of Trains:

1. Train No.09043

Bandra Terminus – Barhni Special, Journey commencing from 30th November, 2025 to 04th January, 2026.

2. Train No.09044 Barhni – Bandra Terminus Special, Journey commencing from 01st December, 2025 to 05th January, 2026.

3. Train No.05560 Udhna – Raxaul Special, Journey commencing from 30th November, 2025 to 04th January, 2026.

4. Train No.05559 Raxaul – Udhna Special, Journey commencing from 29th November, 2025 to 03th January, 2026.

Diversion of Trains:

1. Train No. 09189 Mumbai Central – Katihar Special, Journey commencing from 29th November, 2025 to 03rd January, 2026 will be diverted via Prayagraj Chheoki – Manikpur – Katni Murwara - Bina stations.

2. Train No. 09190 Katihar – Mumbai Central Special, Journey commencing from 25th November, 2025 to 06th January, 2026 will be diverted via Bina - Katni Murwara – Manikpur - Prayagraj Chheoki stations.

3. Train No. 04156

Udhna – Subedarganj Special, Journey commencing from 25th November, 2025 to 06th January, 2026 will be diverted via Itarsi – Satna- Manikpur - Prayagraj stations.

4. Train No. 04155 Subedarganj – Udhna Special, Journey commencing from 01st December, 2025 to 05th January, 2026 will be diverted via Prayagraj – Manikpur – Satna – Itarsi stations.

5. Train No. 09465 Ahmedabad – Darbhanga Special, Journey commencing from 28th

November, 2025 to 02nd January, 2026 will be diverted via Guna – Gwalior – Etawah – Kanpur Central stations.

6. Train No. 09466 Darbhanga – Ahmedabad Special, Journey commencing from 01st December, 2025 to 05th January, 2026 will be diverted via Kanpur Central – Etawah – Gwalior – Guna stations.

7. Train No. 14320 Bareilly – Indore Express, Journey commencing from 26th November, 2025 to 07th January, 2026 will be diverted via Gwalior – Guna – Bina stations.

RPF, NDRF and IRIDM sign MoU to strengthen railway disaster response and “Golden Hour” readiness

(Standard Post Bureau)
Mumbai, Oct 6 : A tri-party Memorandum of Understanding (MoU) was signed today among the Railway Protection Force (RPF), National Disaster Response Force (NDRF) and the Indian Railway Institute of Disaster Management (IRIDM), Bengaluru, at the Panchvati Conference Room, Railway Board, Rail Bhawan, New Delhi.

The MoU was executed by Shri B. V. Rao, IG (Training), RPF; Shri Narendra Singh Bundela, IG, NDRF; and Shri Srinivas, Director, IRIDM, in the presence of Shri R. Rajagopal, Member (Traction & Rolling Stock), Railway Board; (MTRS); Ms. Aruna Nayar, DG/HR; Shri Piyush Anand, DG/ NDRF; Ms Sonali Mishra, DG/RPF; and other senior officers of NDRF and RPF. The partnership establishes a clear institutional framework for integrated relief operations and capacity building tailored to railway accident scenarios, with a focused emphasis on saving lives during the Golden Hour.

Director General, Railway Protection Force, Ms Sonali Mishra stated that, there should be effective collaboration and coordination among all stake-holders and SOPs must be framed in this regard.



In his address, Shri R. Rajagopal, Member (Traction & Rolling Stock), Railway Board asserted that apart from man-made distress, focus should also

be on natural disasters like cyclones downpours and heat-waves. He appreciated the initiatives of JRRPF Academy and IRIDM in capacity building related to

rescue and relief operations with special focus on the golden hour.

In his address, Shri Piyush Anand, DG/NDRF emphasized that all agencies

involved in mitigation of disaster effect should make as a team. Other agencies of Railways should also be involved in capacity building efforts.

This collaboration operationalizes a scalable, repeatable ecosystem to enhance national railway disaster readiness - delivering faster, safer and more coordinated relief to passengers and staff when every minute counts

Key Highlights

- Prime Focus on Golden-Hour Rescue outcomes: Every drill and protocol is aimed at cutting critical minutes for faster access, triage and evacuation from coaches.
- Railway-specific first response: RPF will build sharper, coach-and-track oriented capabilities - especially confined-space rescue - so the very first actions at site are the right ones.
- Standard, shared coach-extrication SOPs: IRIDM will align entry sequencing, stabilization, cutting plans, patient packaging and hand-over
- Interoperability by design: Common radio etiquette, shared checklists and joint scene-coordination drills ensure agencies operate as one integrated unit during rescue & relief operations

India will work with any government that emerges through the people's mandate in Bangladesh: FS Misri

New Delhi, Oct 6 (UNI) India said today that it will work with any government that emerges through the mandate of the people of Bangladesh, in the elections slated for February 2026.

Foreign Secretary Vikram Misri, interacting with a group of journalists from the Diplomatic Correspondents Association, Bangladesh (DCAB), also said that regarding former PM Sheikh Hasina's extradition, that there is a judicial and legal process involved which involves consultations between the two governments and New Delhi is looking into the issue.

"We will work with any government that emerges through the mandate of the people of Bangladesh, and there is no doubt that a certain mandate will be expressed through the election," he said.

Regarding the ban on the Awami League, the party of former PM Sheikh Hasina, he said: "When it comes to some of the conditions that shape that mandate, India will not get into that; That is something the people of Bangladesh should be more invested in that decision and in those circumstances."

He said the people and

civil society in Bangladesh will have to make their own assessment of how these elections are viewed both domestically and internationally, if the AL is kept out of participating in the elections.

"We will work with the government that is sworn in and enters into office following the elections," FS Misri said, pointing out that even after the events of July-August last year when Hasina was forced to quit and flee to India, New Delhi has continued to work with the authorities in Dhaka.

He also reiterated that India firmly supports "free, fair, inclusive, and participatory elections" in Bangladesh at the earliest possible time.

On Hasina's presence in India and Dhaka's request for her extradition to face charges, the FS said: "On the impact of her presence on the bilateral relationship, all I will say is this is a judicial and legal process, and it requires engagement and consultations between the two governments. We are examining this issue and we look forward to working together with the Bangladesh authorities on these issues. Beyond that I don't think it will be constructive to say anything at this point."

On several members of the interim government, including the Chief Advisor, accusing India of sheltering Hasina and towing a pro-Hasina line, the FS said: "There mustn't be an attempt to shift blame because we are overwhelmed by a problem or an issue, and we are not immediately able to find a solution. And the answer to that is to double down and try and find solutions, and it is not that there are no solutions. And in fact, there are solutions on the table, and what it will take is to shed the models and templates of the past and look to the future of our relationship."

He also termed the bilateral relationship as mutually beneficial, and said they are working to expand it. "And we have made very good progress over several years. It would be a pity to let the gains be frittered away over what I feel are transient issues at the present moment. There may be some different approaches that may be taken in the present moment, and I hope that we can look beyond these."

"What I mean is that we should set a future-oriented relationship rather than look at it from the lens of the past," the FS said.