



# THE MILEAGE

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## BJP attacks INDIA Bloc over Badlapur encounter

**Badlapur:** Reacting to the INDIA bloc's attack over the encounter killing of the Badlapur sexual assault accused, the Bharatiya Janata Party on Tuesday called the opposition's group "Balatkari bachao alliance" The accused, Akshay Shinde, was shot dead by the police on Monday night after he allegedly snatched a policeman's gun and fired at them. The opposition has called for a probe into the encounter. "Badlapur sexual assault accused Akshay Shinde died after being shot at by police in retaliatory firing. On one hand, Maharashtra and Badlapur have taken a sigh of relief whereas on the other hand, parties of the INDI alliance are mourning the death of a rapist. Is this a 'balatkari bachao alliance'?" said BJP spokesperson Shehzad Poonawalla. Attacking the Mamata Banerjee government, he said the INDI alliance tried to save the accused in the RG Kar Medical College and Hospital rape-murder.

## Indian Govt denies PM Modi's meeting with Trump

# PM Modi meeting Trump or Harris was never on his itinerary

**New Delhi:** Even though Republican Presidential candidate Donald Trump claimed that Prime Minister Narendra Modi was meeting him in New York during his three day US visit, the Indian leader never had meetings with either Trump or Democrat Presidential candidate Kamala Harris on his agenda. PM Modi is on his way back home after attending the QUAD summit and speaking at "Future of UN" summit. While pro-Democrat media has tried to make this into 'PM Modi snubs Trump campaign', the fact is that Trump's claim of meeting Modi caught the Prime Minister's Office and the Ministry of External Affairs by surprise as the Indian leader had sought no meeting with either Trump or Vice President Harris.

"India is absolutely comfortable with either Democrats or Republicans coming to power. This is a bipartisan relationship since



the time of Bill Clinton and the two countries are constantly in touch with each other with deep convergence on bilateral issues. PM Modi has no desire to promote one candidate against the other as this would be construed as election interference in a poll bound country," said a former foreign secretary. The Indian response was totally opposite from behavior of US diplomats who landed in Srinagar to meet Opposition party leadership in the

poll bound UT. Just as the left-liberal media has made an issue out of non-existent Trump-Modi meeting, another issue was made out after National Security Advisor Ajit Doval dropped out of PM Modi's delegation to US due to legal threats from a rabid Khalistani based in New York. Fact is that NSA Doval did not go with the PM as the prime focus of the visit would be deliberately changed by the liberal media with the Khalistani agenda coming on the front

burner.

There are no less than half a million Sikhs in the US and the majority of them are Democrat voters in stronghold states of California, Washington and New York. The NSA on his part was involved in monitoring the Sri Lankan elections and the crisis in Bangladesh. While External Affairs Minister S Jaishankar will take up the disrespect shown by rabid Khalistanis to Indian flag and leadership during PM Modi visit when he visits Washington after addressing UNGA on September 26, the Indian national security planners are not at all perturbed by these legal threats and it is business as usual.

The Modi government is clear that India's rise will be contested by all powers including those who are called strategic partners, but New Delhi is not cowed down by few rabid protestors and will respond in kind at time and place of its choosing.

## BRIEF NEWS

### Badlapur rape accused's body taken to Mumbai

■ **MUMBAI:** Akshay Shinde's body is being taken to Mumbai. The autopsy will be conducted in a hospital in Mumbai. He was shot dead by police on Monday after he snatched an officer's weapon and opened fire at the cops. Two police officials were also injured in the incident. Police said the accused was being taken in a vehicle when he snatched Assistant Police Inspector Nilesh More's pistol and fired at the escorting police team, injuring three cops. Shinde, who worked as a sweeper in the Badlapur school where he sexually abused two girls.

### Modi meets Zelensky in US

■ **New York:** Prime Minister Narendra Modi met Ukrainian President Volodymyr Zelenskyy in New York on the sidelines of UNGA and reiterated India's support for the early resolution of the conflict in Ukraine and the restoration of peace and stability in the region.

### 3 railway employees arrested

■ **Surat:** Three railway employees were arrested on Monday for allegedly sabotaging rail tracks in Gujarat's Surat district. The employees later alerted the authorities about the incident. They wanted a night shift so that they could spend more time with their families during the day, the police said. They also wanted felicitation from their seniors. The three employees allegedly conspired to derail a train near Kim railway station by removing fishplates and keys from a railway track. The attempt was thwarted.

## Israeli PM Netanyahu urges Lebanese civilian to evacuate

**Jerusalem:** Israeli Prime Minister Benjamin Netanyahu, in a recorded message, urged Lebanese civilians to heed their calls to evacuate, ahead of its widening air campaign against Hezbollah, news agency AP reported. "Israel's war is not with you. It's with Hezbollah. For too long, Hezbollah has been using you as human shields... Starting this morning, the IDF has warned you to get out of harm's way. I urge you, take this warning seriously. Don't let Hezbollah endanger your lives and the lives of your loved ones... Once our operation is finished, you can come back safely to your homes," Netanyahu said. The warning comes after Israel unleashed its most widespread wave of airstrikes against hundreds of Hezbollah targets, killing

492 people, including 35 children and 58 women, and wounding 1,645 by Lebanese tallies, AP report stated. This marked the deadliest attack in Lebanon since 2006. The latest attacks come amid some of the heaviest cross-border exchanges of fire in almost a year of conflict, as Israel shifts its focus to its northern border, where Hezbollah has been firing rockets into Israel in support of its ally Hamas, which is fighting a war with Israel in Gaza. Just after the pager and walkie talkie attack in Lebanon that claimed the lives of some Hezbollah leaders, Israeli military launched airstrikes in Beirut last week, the most recent being the one that killed Ibrahim Aqil, a senior leader in Hezbollah's elite Radwan Force.

## Karnataka HC rejects CM Siddaramaiah's plea against Gov's sanction for probe

**Bangalore:** The Karnataka High Court has rejected a petition from Chief Minister Siddaramaiah that challenged Governor Taawarchand Gehlot's approval for prosecution against him in the Mysuru Urban Development Authority (MUDA) scam case. CM Siddaramaiah is facing investigation for alleged illegalities in MUDA allotting as many as 14 sites to his wife in the prime location of Mysuru city. The verdict was given by Justice M Nagaprasanna at 12 pm today. This comes after the High Court's interim order on August 19, which provided temporary relief to the CM by instructing a special court in Bengaluru to postpone any further action regarding the prosecution sanction granted by the Governor. Gov-



ernor Gehlot had sought a detailed report from the state government on Thursday regarding a complaint that claimed MUDA carried out projects valued at 387 crore in breach of regulations, reportedly following verbal directives from Siddaramaiah. On August 31, the Karnataka Governor's office informed the high court that the approval to prosecute Chief Minister

Siddaramaiah over the alleged MUDA scam was granted after careful consideration, based on three petitions filed by individuals T J Abraham, Pradeep and Snehamayi Krishna. Amid controversy surrounding the Governor's decision to allow the prosecution of CM Siddaramaiah, state ministers and several other Congress workers participated in a 'Raj Bhavan Chalo' protest.

## Shillong Airport Expansion Underway Amid Regulatory Challenges



**Shillong:** The Meghalaya government is driving forward with plans to upgrade Shillong Airport at Umroi, aiming to accommodate larger aircraft and boost regional connectivity. Deputy Chief Minister Sniawbhalang Dhar, in charge of transport, revealed key details following a site inspection and high-level meeting with aviation officials. A recent report from the Airport Authority of India (AAI) has identified potential for expansion, focusing on extending the runway by 900 meters to the south, avoiding environmental concerns and nearby hill cutting. However, the project fac-

es regulatory challenges, with Dhar emphasizing the need for exemptions from central government guidelines to make expansion feasible. The state cabinet will review and potentially approve the land acquisition plan. Without exemptions, costs could soar to Rs 8,000 crore, potentially derailing the project.

This development follows previous collaborations between the Meghalaya government and AAI to explore expansion possibilities. The Meghalaya High Court has also directed the government and AAI to complete inspections for runway extension.

## Nagaland police seize over 9,500 bottles of illegal liquor in state-wide crackdown



**Kohima:** In a coordinated state-wide operation aimed at curbing the sale and storage of illegal liquor, the Nagaland Police carried out surprise inspections across the state on September 21, 2024, under the provisions of the Nagaland Liquor Total Prohibition (NLTP) Act of 1989. The operation, conducted by various District Executive Forces (DEFs) and NAP/IR Battalions, resulted in the seizure of 9,583 bottles of liquor

of various brands, highlighting the ongoing issue of liquor trafficking in the state. During the two-hour drive, police registered 28 cases across multiple police stations and arrested 30 individuals under Section 44 (e) of the NLTP Act. The crackdown, which was meticulously planned and executed, was part of the Nagaland Police's broader efforts to enforce the Liquor Prohibition Act and eliminate the illegal liquor trade.

## "BJP Will form govt in Jharkhand": Sarma

# Himanta Biswa Sarma asserts BJP's readiness for Jharkhand elections

**Guwahati:** Assam Chief Minister Himanta Biswa Sarma made a key political statement regarding the upcoming Jharkhand Assembly elections. Sarma stated that while the Election Commission of India will decide the date for the elections, the BJP is fully prepared for the electoral battle.

Sarma emphasized that the BJP is ready to contest the elections and has already begun strategic discussions with regional parties like the All Jharkhand Students Union (AJSU) and



Janata Dal (United).

It is to be mentioned here that these alliances aim to strengthen the BJP's position in Jharkhand. The

Assam CM mentioned that the public sentiment in Jharkhand is leaning towards change, indicating that the BJP sees an op-

portunity to challenge the incumbent government and offer fresh leadership.

The ongoing negotiations with parties such as AJSU and JD(U) signal the BJP's intention to build a strong electoral coalition, similar to its approach in other states where regional alliances play a pivotal role.

The BJP, under Sarma's leadership, is ramping up its political efforts across various states, positioning itself as a key contender in the upcoming Jharkhand Assembly elections.

## Arunachal Pradesh Governor adopts two tuberculosis patients

**Itanagar:** Arunachal Pradesh Governor Lt. General KT Parnaik (Retd.) has taken a personal stance against tuberculosis by adopting two patients from the remote Kra Daadi District. During his landmark visit to the area, Governor Parnaik interacted with one of the patients in Tali, committing to provide monthly food baskets as part of the Pradhan Mantri TB Mukta Bharat Abhiyan. The governor's visit marked the first time a state governor has reached the remote administrative circles of Pipsorang and Tali. He used this opportunity to review development programs and engage directly with villagers from Vibrant Border Villages. Emphasising the importance of community involvement, Governor Parnaik appealed to the public, especially those with the means, to adopt TB patients. He reminded listeners of Prime Minister Narendra Modi's goal to eliminate TB in India by 2025, five years ahead of the global target. The governor stressed the need for health officials to conduct door-to-door awareness campaigns and urged government officials to motivate public participation in the TB eradication initiative. He also highlighted the potential of using drones to deliver medicines in remote areas like Pipsorang. During his tour, Governor Parnaik re-



viewed progress on various development projects, focusing on four priority sectors: health, education, infrastructure, and tourism. He called for the presence of at least four basic specialists in district hospitals and advised education officials to address the issue of school dropouts.

The governor promoted the idea of adopting a Bhutanese model of tourism to encourage entrepreneurship and self-employment among youth. He also emphasised the importance of technology and automation in improving project planning and execution.

## CM Manik Saha Announces New Rubber Park In Santirbazar

**Agartala:** During the Tripura Rubber Conclave-2024 in Agartala, Chief Minister Manik Saha announced plans to create a new rubber park in Santirbazar, located in South Tripura District. This new park aims to support the state's industrial growth and enhance its position as the second-largest rubber producer in India, contributing 9% of the country's rubber output. The park will complement the existing facility in Bodhjunnagar. The conclave highlighted Tripura's high-quality rubber and the potential for various industries, particularly in rubber wood furniture manufacturing, which is increasingly popular in local and export markets. To promote the state's industrial opportunities, Chief Minister Saha also introduced a booklet.

## Meghalaya youth named among India's top 30 Climate Champions by UNICEF

**Shillong:** Meghalaya's Rakesh Saha has earned a spot among the 30 Climate Champions of Young India, a recognition bestowed by UNICEF India and YuWaah. Saha, hailing from the West Garo

Hills District, emerged from a competitive pool of 1,200 applicants nationwide. The accolade comes with a six-month fellowship at the National Youth Climate Consortium. During this period, Saha

will focus on promoting climate education among Meghalaya's youth, aiming to raise awareness and drive action on pressing environmental issues. Saha's academic background includes a Bachelor's de-

gree in Zoology from Don Bosco College, Tura, and a Master's degree from Mizoram University. His formal education is bolstered by significant contributions to wildlife conservation efforts.

## Tata AIA introduce Tata AIA NIFTY Alpha 50 Index Fund

**Mumbai:** Tata AIA Life Insurance Co. Ltd. (Tata AIA), one of India's leading life insurers, has introduced Tata AIA NIFTY Alpha 50 Index Fund through its unit linked insurance products, which is an open-ended New Fund Offering (NFO) with an alpha investing strategy to benefit from potential growth while securing their loved ones with the protection of a life insurance cover. The NFO will remain open until September 30th, 2024, with units offered at an NAV of Rs. 10 per unit during the NFO period. The fund will focus on high performing stocks i.e. the top 50 performing stocks that constitute the Nifty Alpha 50 index. Enabling long-term life coverage with the potential for growth by in-

vesting in unit linked insurance plans. In addition to the market linked returns, consumers to benefit from life cover and health & wellness benefits.

Harshad Patil, Executive Vice President, and Chief Investment Officer (CIO) of Tata AIA said, "With India's economy expanding multifold over the next few decades, the Indian equity market presents significant wealth creation opportunities. As a result, businesses will be able to grow their revenues, multiply their earnings, and provide policyholders with sustained returns."

Tata AIA has built a strong track record with its funds outperforming the respective benchmarks over multiple time periods.

## Dyson unveil the Dyson OnTrac™ headphones in India



**Shillong:** Dyson unveiled its first high-fidelity, audio-only headphones: the Dyson OnTrac™ headphones in India. The much-anticipated product was introduced at a launch event in New Delhi by Jake Dyson, Chief Engineer alongside India's Dyson OnTrac™ headphones Ambassador and music icon Badshah. Additionally, they premiered the trailer of the upcoming OTT show 'Ontrac to Stardom' which offers viewers an inside look at Badshah's creative process in making music. The Dyson OnTrac™ headphones offer best-in-class noise cancellation<sup>1</sup> and deliver up to 55 hours<sup>2</sup> of immersive listening. With over 2,000 customisable colour combinations for outer caps and ear cushions, each ear cushion is crafted from ultra-soft microfiber and high-grade foam for superior comfort and acoustic seal.

Best-in-class noise-cancellation: Noise cancelled 384,000 times per second, reducing up to 40dB. External noise, tracked and reported in real-time, through the MyDyson™ App<sup>3</sup>. Enhanced sound range: Reveals hidden detail with deep sub-bass and high-end brilliance - 6Hz – 21kHz. Up to 55 hours<sup>1</sup> listening time: 1 charge for 2 weeks use<sup>2</sup>. Customisable caps and cushions: Premium materials, high-end finishes with superior comfort. Jake Dyson, Chief Engineer: "People in India share Dyson's appreciation for high quality audio, design and style. The Dyson OnTrac headphones deliver best-in-class ANC, exceptional sound quality, and all-day comfort." Priced at INR 44,900, the Dyson OnTrac™ headphones are available at Dyson.in and Dyson demo stores across India.

## Gulf Oil Lubricants India Limited announces the second annual 'Chai-Pakoda' Ride in Guwahati

**Guwahati:** Gulf Oil Lubricants India Limited, a pioneer in the lubricants industry, proudly announces the second annual 'Chai-Pakoda' Ride in Guwahati as part of its continued partnership with India Bike Week (IBW) 2024. Following the overwhelming success of last year, Gulf Oil remains the main sponsor for IBW, Asia's premier mo-

torcycling festival, for the second consecutive year. This year's ride once again sets the stage for a thrilling celebration of motorcycling camaraderie, adventure, and community spirit. Gulf Oil's continued involvement with India Bike Week underscores the brand's long-standing dedication to the motorcycling community. The company's range

of high-quality lubricants is crafted to meet the unique demands of bikers, ensuring smoother, more efficient rides across all terrains. With a reputation for reliability and innovation, Gulf remains at the forefront of the motorcycling world, helping enthusiasts make the most of every ride. Mr. Ravi Chawla, Managing Director and CEO of Gulf

Oil Lubricants India Ltd., stating, "We are thrilled to continue our partnership with India Bike Week for the second consecutive year and to present the iconic Chai-Pakoda Ride once again in 2024. These rides encapsulate the spirit of India's motorcycling community—one rooted in adventure, brotherhood, and the love for the open road."

## Godrej Consumer Products Limited launches the revolutionary HIT Spray Matic

**Guwahati:** Godrej Consumer Products Limited (GCPL) has marked its entry into the smart home gadgets for mosquito control segment with the launch of the revolutionary HIT Spray Matic. This product is the latest addition to GCPL's extensive anti-mosquito armoury, further extending the company's relentless efforts to protect households across India. Godrej HIT Spray Matic is India's only government registered automatic mosquito spray device, which

is designed to eliminate the threat of deadly mosquitoes instantly, setting a new benchmark in mosquito control and elimination. This innovative launch is available exclusively on Amazon. HIT is the market leader in the mosquito aerosol category, pegged at INR 570 crore. Aerosols form a part of INR 7400 crore household insecticides category that includes various solutions as liquid vapourisers, burning formats such as incense sticks, coils, and creams. by

launching HIT Spray Matic, Godrej HIT has attempted to merge both aerosol and technology into one to deliver instant protection from mosquitoes. Commenting on the launch of HIT Spray Matic, Shilpa Suresh, Head of Marketing—Home Care, Godrej Consumer Products Limited (GCPL), shared insights on this development, stating, "At GCPL, our commitment to pioneering effective and safe solutions for mosquito control remains unwavering."

## Nothing announces lowest ever prices

**New Delhi:** London-based consumer tech brand, Nothing, the fastest-growing smartphone brand in the country with 567% growth in H1 2024, announced incredible discounts on the latest and most sought-after Nothing and CMF products, for upcoming Flipkart Big Billion Days. Nothing Phone (2a) and Nothing Phone (2a) Plus will be available at the lowest ever price of ₹18,999 (including a bank discount of ₹1,000) and ₹23,999 (including a bank discount of ₹2,000), respectively. The Phone (2a) features the Dimensity 7200 Pro processor and a 5,000 mAh battery with 45W Fast Charging. The Phone (2a) Plus, powered by the MediaTek Dimensity 7350 Pro 5G processor, triple 50 MP camera system, a first for Nothing smartphones. The front camera will now capture 4K video at 30 FPS, an upgrade from the previous model. CMF Phone 1 will be available at the lowest ever price of ₹12,999 (including a bank discount of ₹1,000) and CMF Watch Pro will be offered at the lowest price of ₹2,499. CMF Buds Pro will be sold at ₹2,499, CMF Buds Pro 2 will be available at ₹3,299 and CMF Neckband Pro can be purchased for the lowest ever price of ₹1,699. Nothing Ear will be available at the lowest ever price of ₹7,999 and the newly launched Power 100W Charger will be available at ₹3,499.

## TKM showcases special purpose iconic Hilux at Himtech 2024



**Leh:** Toyota Kirloskar Motor (TKM) has showcased special-purpose Hilux (modified with the support of an authorized external vendor) at the Himtech 2024 symposium, organized by the Indian Army jointly with FICCI (Federation of Indian Chambers of Commerce & Industry). Moving towards the national goal of "Raksha Atamanirbharta", and to provide the defense forces with access to the best equipment and solutions available, these two organizations (Indian Army & FICCI) have collaborated for "HIMTECH 2024" with

an emphasis on utilizing military technology for high altitude areas (HAA). The event, held at the Rinchen Auditorium Grounds, Leh, Ladakh, on 20th and 21st September 2024, witnessed the presence of senior officials from the Army Commands, Air Force, ITBP (Indo-Tibetan Border Police), defense users and other key dignitaries along with representatives from TKM. Mr. V. Wiseline Sigamani, Vice President – Strategic Business Unit (North) of Toyota Kirloskar Motor, said, "We are honoured to participate

in Himtech 2024 and showcase the distinctive features of specially-purposed Hilux (modified with the support of an authorized external vendor). The global iconic reputation of Hilux being a powerful performer is the courtesy of its rigid Innovative Multi-purpose Vehicle (IMV) platform and a strong powertrain system." Known for its durability, low maintenance costs, and adaptability, the Hilux is ideal for various applications, including general customers' personal preferences be it for business or the family.

## India-Israel recruitment drive draws massive turnout in Pune

**Guwahati:** The India-Israel workforce collaboration has reached new heights as thousands of skilled Indian workers flock to ITI Aundh, Pune, for a pivotal recruitment drive running from September 17 to 25, 2024. This initiative, overseen by a delegation of 12 Israeli officials, addresses Israel's growing demand for skilled construction labor while providing Indian talent with unmatched international career prospects. Building on the success of an earlier drive that deployed approximately 4,800 Indian workers to Israel, this round aims to recruit an additional 10,000 candidates, focusing on areas such as Framework, Iron Bending, Plastering, and Ceramic Tiling. Workers can earn competitive salaries of around Rs 1.32 lakh per month, along with bonuses. The Maharashtra Government, alongside the National Skill Development Corporation (NSDC), supports the initiative, ensuring that candidates are well-prepared for the challenges ahead. This collaboration not only enhances employment opportunities for Indian workers but also solidifies India's role in the global skilled labor market. In Guwahati, this drive underscores the increasing demand for skilled labor across regions, highlighting opportunities for local candidates to participate in international placements, thereby boosting the local economy and enhancing workforce capabilities.



## All top deals reveal in Amazon Great Indian Festival 2024

**Bengaluru:** The biggest festive celebration in India, Amazon Great Indian Festival 2024, will start from September 27th, 2024, with 24 hours early access for Prime members. Celebrate this festive season with great deals, big savings, blockbuster entertainment, and more than 25,000 new product launches across categories on Amazon.in. Customers can look forward to exciting offers from brands, including, Samsung, realme NARZO, OnePlus, iQOO, Intel, Sony PlayStation, Hindustan Unilever, P&G, L'Oréal, TCL, Acer, Xiaomi, IFB Appliances, Ferrero, Ariel, Kuber industries and Eureka Forbes, among others. Further, this festive season, Amazon is making it easier for customers to support India's small businesses with exclusive deals and up to 70% off on a specially curated selection. Enjoy 25,000+ new launches and exciting offers from top brands across categories including Smartphones, Fashion & Beauty, Large Appliances, TVs, Consumer Electronics, Home & Kitchen along with Grocery. Hassle free shopping. A new store on Amazon for affordable fashion and home product. During the Amazon Great Indian Festival, Bazaar will offer prices starting INR 8, daily deals starting INR 49 and additional cashbacks when customers pay with UPI. Shop from 16 lakh sellers. 10% instant discount with SBI Debit and Credit Cards and Credit EMI. Prime members can enjoy 5% unlimited cashback on shopping with their Amazon Pay ICICI bank credit card. Blockbuster entertainment with Prime Video. Bumper rewards with Amazon Pay. Convenience delivered at your doorstep.

## Kaushal Mahotsav comes to Uttar Pradesh's Bijnor on September 24



**Guwahati:** The Ministry of Skill Development and Entrepreneurship (MSDE) with its strategic implementation and knowledge partner, the National Skill Development Corporation (NSDC) has hosted Kaushal Mahotsav in Bijnor, Uttar Pradesh on September 24. Around 50 companies across automotive, IT, hospitality, financial services and ITes will participate in the mega recruitment drive. The Kaushal Mahotsav is aimed at equipping the local youth with job ready skills and empowering them with employment opportunities in collaboration with trainers, knowledge partners and a vast spectrum of employers across sectors. Candidates can also walk in on September 24 and seek job inter-

views with the 50 employers who would be present on that day. The Mahotsav is in line with the Hon'ble Prime Minister's vision of transforming India into a global skills hub and will be graced by Shri Jayant Chaudhary, Hon'ble Minister of State (I/C), Ministry of Skill Development and Entrepreneurship (MSDE) and Minister of State, Ministry of Education, Government of India. The Skill India Digital Hub developed by NSDC has been instrumental in efficiently linking up job seekers with available opportunities. Candidates registered on <https://tinyurl.com/24skl7c8> have already been imparted a 5-day, 40-hour intensive employability training and job readiness program in the run up to Kaushal Mahotsav.

## Plan ahead: The importance of early retirement savings in India

**Guwahati:** As life expectancy in India rises, planning for retirement has never been more critical. According to UN estimates, the average lifespan is expected to reach 75 years by 2050, with potential increases up to 82 by the century's end. With the typical retirement age remaining around 60, individuals now face the prospect of funding 15 to 20 years of post-retirement life, underscoring the need for strategic financial planning. Despite the pressing need, many individuals postpone retirement savings, focusing instead on immediate life goals such as education, marriage, and homeownership. However, starting early with retirement savings is crucial, as timely investments significantly enhance financial security in the long run. One of the most compelling reasons to plan early is the power of compound interest. For instance, a 25-year-old saving ₹1,000 monthly with an annual return of 10% could accumulate around ₹1.5 crore by retirement. In contrast, a 45-year-old would need to save ₹30,000 monthly to reach the same goal, illustrating the significant advantages of early savings. Investing in schemes like the National Pension System (NPS) and

the Public Provident Fund (PPF) can help individuals build a substantial retirement corpus. Both options provide tax benefits, while NPS also offers exposure to equity markets, which can outperform inflation in the long run. This combination ensures that retirees can maintain their living standards despite rising costs. Early planning also enhances flexibility in financial strategies. The NPS allows individuals to allocate funds across various asset classes and adjust portfolios based on market conditions, enabling better control over investments. Additionally, contributions can start as low as ₹1,000, accommodating varying financial situations. Emerging legislative measures, such as the NPS-Vatsalya scheme and increased employer tax benefits, further encourage early retirement savings. The government's initiatives make it easier for families to secure their financial futures. A satisfying retirement requires a well-rounded approach to financial, mental, and physical health. Early planning mitigates the risk of depleting savings and creates a clear roadmap toward financial security, allowing individuals to focus on enjoying their retirement years.

## At Bijnor Kaushal Mahotsav 4400 candidates get job offer letters



**Guwahati:** The Bijnor Kaushal Mahotsav concluded successfully under the leadership of Shri Jayant Chaudhary, Hon'ble Minister of State (I/C), Ministry of Skill Development and Entrepreneurship (MSDE) and Minister of State, Ministry of Education, Govt of India in Bijnor, reinforcing the government's commitment to empowering local youth through skill development. During a month-long job readiness program, more than 13,500 youth from Bijnor district registered on Skill India Digital Hub (SIDH). Shri Jayant Chaudhary, said, "Our government is unwavering in its commitment to equip every young person in Bijnor with the skills essential for success in a competitive economy. Initiatives like Kaushal Mahotsav not only create

job opportunities but also bring new industries to your doorstep." The event was graced by notable attendees including Shri Chandan Chauhan, Hon'ble MP, Bijnor, Shri Chandrashekar, Hon'ble MP, Nagina, Shri Shail Malge Joint Secretary, MSDE, Prabhat Kumar, Advisor to Hon'ble Minister of State (I/C), Ministry of Skill Development and Entrepreneurship, Government of India, Colonel Mahendra Singh Payaal, Chief Program Officer (CPO), NSDC. As a flagship initiative of the Ministry of Skill Development and Entrepreneurship (MSDE), the Kaushal Mahotsav represents a significant step towards enhancing employment prospects for youth on a large scale, with a commitment to speed and high standards in achieving the vision of a 'Skilled India'.

## Flipkart is gearing up for the festive season by redefining the two-wheeler shopping experience

**Guwahati:** Flipkart, India's leading e-commerce platform, is gearing up for the festive season by redefining the two-wheeler shopping experience. The marketplace platform offers a diverse mix of petrol and electric two-wheelers from leading brands like Hero, Bajaj, TVS, Ola, Chetak, Jawa, Yezdi, Vida, Ather and more. With an extensive reach, covering over 12,000 pin codes across more than 700 cities, Flipkart is providing an unmatched convenience, affordability and reliability to customers nationwide, making this festive period the perfect time to ride into the celebrations with style. Customers can also benefit from affordable financing options, including 5% unlimited cashback on Flipkart Axis Bank Credit Card, special deals from

leading banks, and loyalty benefits through Supercoins, making the process even more rewarding. Demand for two-wheelers on Flipkart has soared by 6x in August, 2024 over last year. Jagjeet Harode, Vice President - Electronics, at Flipkart, said: "At Flipkart, we are dedicated to transforming the two-wheeler shopping experience for our customers. Our goal is to provide unmatched convenience and transparency, ensuring that every customer, whether in a city or semi-urban area, can easily find and purchase the perfect two-wheeler." For those seeking sustainable options, Flipkart also features a wide selection of electric two-wheelers, ranging from low-speed models that do not require a license or registration to high-speed options from leading brands.

## New program offers lifeline to Life Insurance policyholders

**Jorhat:** To prevent the common practice of surrendering life insurance policies during financial crises, ACESO has launched its innovative Assignment of Life Insurance Policies (ALIP) program. This initiative allows policyholders to access their full surrender value while retaining life cover benefits, ensuring financial security for themselves and their families. Many policyholders, facing monetary difficulties, often surrender their policies after years of premium payments, leaving their nominees with nothing in case of their untimely death. ALIP addresses this issue by enabling policyholders to maintain their life insurance coverage even after accessing funds. Founded in 2018, ACESO has al-

ready facilitated over Rs 400 million in assignments and is now extending its services to policies from all major private insurance firms. From the perspective of the Jorhat market, this program is expected to provide much-needed support to local residents, helping them manage financial emergencies without compromising their life insurance benefits. Insurance agents also stand to gain, as ALIP enables them to assist clients in retaining their policies, thus maintaining commission earnings. As ACESO spokespersons emphasize, ALIP is a transparent, web-based solution that protects policyholders' interests while contributing to insurers' revenue stability by reducing surrender payouts.

## HP introduce a new range of HP Color LaserJet Pro 3000 series



**Guwahati:** HP introduced a new range of HP Color LaserJet Pro 3000 series, the latest addition to its office print portfolio. Catering to businesses in India, this new range leverages energy-efficient TerraJet toner technology to deliver sharper colors and faster print speeds. The HP Color LaserJet Pro 3000 series includes two models in India: the single-function HP Color LaserJet Pro Printer 3203dw and the multi-function HP Color LaserJet Pro Printer 3303sdw, which offers printing, scanning, and copying capabilities in Color and Black and White. "As small and medium-sized businesses in India continue to expand, efficient and secure printing has become a critical component of their operations. We recognize the challeng-

es faced by SMB leaders in balancing their growing needs with the right technological solutions." said Sunish Raghavan, Senior Director, Printing Systems, HP India Market. HP Color LaserJet Pro Printer 3203dw is priced at INR 50,304 and HP Color LaserJet Pro Printer 3303sdw is priced at INR 61,181 on HP eStore. HP offers a comprehensive range of both monochrome and color Laser duplex high-speed printers, addressing a broad spectrum of business requirements. HP has consistently delivered reliable monochrome duplex laser printers, and now enhancing portfolio with robust color printing options. Devices are available for sale via HP eStore and also via HP authorized partners in each city.

## Utkarsh SFBL announces the inauguration of 18 new banking outlets across India

**Guwahati/Shillong:** Utkarsh Small Finance Bank Limited (Utkarsh SFBL) has proudly announced the inauguration of 18 new banking outlets across India in celebration of its 15th Foundation Day. This expansion brings the total number of (Utkarsh SFBL) banking outlets to 966, across the country. The new banking outlets are strategically located to enhance the bank's

reach across various states which are Bihar with 4 outlets, Himachal Pradesh with 1 outlet, Jharkhand with 2 outlets, Kerala with 2 outlets, Madhya Pradesh with 3 outlets, Maharashtra with 1 outlet, Odisha with 2 outlets, Uttar Pradesh with 2 outlets and Uttarakhand with 1 outlet. Mr. Parveen Kumar Gupta, Chairman, Utkarsh Small Finance Bank Limited, said, "The inaugura-

tion of these new banking outlets on our Foundation Day is a significant step towards our vision of financial inclusion. We remain committed to expanding our footprint and providing innovative and customer-centric banking solutions that empower every individual and community we serve." Utkarsh SFBL aims to provide financial services to underserved and unserved

customer segments while serving other segments of society including micro-banking loans (JLG loans), MSME loans, housing loans and loan against property amongst others. Also, the Bank provides facility to customers for opening a bank account without having to visit the branch through the tablet-based application assisted model, "Digi On-Boarding".

## Aizawl hosts e-waste management summit 2024 to tackle growing challenges

**Aizawl:** Hulladek Recycling Pvt Ltd, in collaboration with the Mizoram Pollution Control Board (MPCB), successfully hosted the E-Waste Management Summit 2024. The event, held in Aizawl, aimed to address pressing issues and strategies concerning e-waste management in North Eastern India. The summit welcomed prominent figures such as Pu Joseph H. Lalramsanga, Commissioner of AMC, and Pu Liankima Lailung, Chairman of MPCB, highlighting the significance of collaborative efforts in combating e-waste challenges. "This summit marks a significant step towards effective e-waste management in the North Eastern states," said Pu Lailung. Mizoram PCB Chairman said "Hulladek Recycling is the first company to put their heart and soul into solving North East's waste problems.

If we do not support them we might not get any opportunity to save our state's environment for the future." Key agenda items included discussions on the current state of e-waste management, implementation of new e-waste rules, and Hulladek's initiatives in the region. Mr. Nandan Mall, Founder and Managing Director of Hulladek, emphasized the company's commitment to environmentally sound management and announced the installation of e-waste collection bins across Mizoram. The summit gathered government officials, corporate leaders, and environmental activists, fostering a collaborative approach toward a sustainable future. Hulladek also announced plans to expand into other waste categories, aiming to enhance its role as a premier e-waste solution provider in the region.

## Vodafone Idea secures \$3.6 billion deal for network expansion with global partners

**Mumbai:** Vodafone Idea Limited (VIL) has successfully concluded a major \$3.6 billion (~Rs. 300 billion) deal with global network leaders Nokia, Ericsson, and Samsung, marking its largest capital expenditure investment to date. This three-year agreement is a critical component of VIL's broader \$6.6 billion capex plan aimed at expanding 4G population

coverage to 1.2 billion and introducing 5G services in key markets. CEO Akshaya Moondra highlighted VIL's commitment to cutting-edge technology, saying, "This investment cycle marks a new era for VIL as we embark on a smart turnaround to capitalize on industry growth." The equipment from these long-term partners will enable VIL to improve network performance

and energy efficiency, reducing operating costs. Initial rollouts have already enhanced capacity by 15%, covering an additional 16 million people. In This investment is expected to bring significant improvements to network quality, particularly in expanding 4G coverage and laying the groundwork for future 5G rollouts in Assam, benefiting both consumers and businesses.

## 'ICICI Pru Signature Pension' launch by ICICI Prudential Life Insurance

**Aizawl:** ICICI Prudential Life Insurance has launched 'ICICI Pru Signature Pension', a market linked pension product enabling customers to build a cost and tax efficient retirement fund. Retirement planning is a crucial activity and a must for all customers to be financially independent. This unique product helps customers to effectively plan for both the accumulation and income generation phases of retirement planning. Market linked retirement savings plan with the op-



tion of upto 100% equity exposure. Tax-free withdrawal of up to 60% of the fund value. Flexibility to make partial withdrawals to meet unexpected financial needs. Waiver of premium add-on benefit ensures continuity of the retirement plan. Two new

funds offered – Pension India Growth and Pension Balanced Funds. Mr. Amit Palta, Chief Distribution Officer, ICICI Prudential Life Insurance said, "We are happy to offer ICICI Pru Signature Pension, a market linked product which provides customers

the opportunity to participate in the India growth story to build their retirement corpus. This product allows customers to have a 100% exposure to equity besides offering unlimited free switches between equity, debt and balanced funds to maximise returns." He concluded, "Our claim settlement ratio of 99.17% in FY2024 for individual death claims, with an average settlement turnaround time of just 1.27 days (non-investigated death claims) is one of the best in the industry."

## LIC MF Manufacturing Fund launch by LIC Mutual Fund

Guwahati: LIC Mutual Fund, one of the oldest fund houses in India, has launched LIC MF Manufacturing Fund, an open-ended equity scheme following manufacturing theme. The NFO of the Scheme has opened for subscription from today i.e. 20th September 2024 and shall remain open till 4th October 2024. The units under the Scheme would be allotted on 11th October 2024. The Scheme will be managed by Mr. Yogesh Patil and Mr. Mahesh Bendre. The Scheme will be benchmarked to Nifty India Manufacturing Index (Total Return Index). The investment objective of the Scheme is to achieve long-term capital appreciation by predominantly investing in equity and equity-related instruments of companies following manufacturing



theme. There is no assurance that the investment objective of the Scheme will be achieved. During the NFO the minimum amount for application /switch in shall be Rs. 5,000/- and in multiples of Re.1 thereafter. The Scheme aims to provide a diversified portfolio of Companies that which comes under the ambit of manufacturing theme. Mr. R K Jha, Managing Director & Chief Executive

Officer, LIC Mutual Fund, said: "India's robust GDP growth, rapid urbanization, the growing middle-class population, the government's export incentives and policy initiatives like Production Linked Incentive scheme and 'Make-in-India' are driving demand for manufactured goods. Consequently, the country is largely being developed as a manufacturing hub for the world."

## PNB, SBI, UCO: JM Financial lists 11 PSU bank stocks worth buying after selloff

**New Delhi:** A sharp decline in PSU bank stocks following the 2024 general election results has created a fresh buying opportunity, according to JM Financial. The brokerage expects the PSU Bank index to outperform the Nifty in the near future, highlighting 11 banks as strong contenders.

Since reaching its 52-week high, the PSU Bank index has dropped by 15%, with banks like UCO Bank, Bank of India (BOI), Indian Overseas Bank (IOB), and Union Bank of India seeing sharper declines of 25-30%.

Other major players such as Punjab National Bank (PNB), Central Bank of India, Bank of Baroda (BOB), and Bank of Maharashtra fell between 18-22%, while Indian Bank, Canara Bank, and State Bank of India (SBI) experienced more modest declines of 12-15%. Despite these losses, JM Financial sees signs of recovery. The index, which recently dipped to 8,053 levels, found support around its 200-day exponential moving average (EMA) and has since rebounded, indicating further



strength.

The brokerage believes that this significant drop offers an opportunity for investors to reconsider PSU bank stocks, forecasting that the index is set to outperform the broader Nifty index in the months ahead. "We believe this significant drop offers an opportunity to re-evaluate the sector, with expectations that the PSU Bank index is more likely to outperform the Nifty in the future," the brokerage said. Historically, the PSU Bank index has performed well in October and November, noted JM Financial. Over the past decade, the index has posted positive returns seven and eight times, with average gains of 7% and 6%, respectively. In the previous correction phase

between December 2022 and March 2023, the index similarly found support around its 200-day EMA before staging a robust recovery. The brokerage said key technical levels indicate that the index faces immediate resistance at 7,083, a crucial point above which it could negate its current trend of lower highs and lower lows. "Support in the index continues to prevail at 6,500-6,600 levels, coinciding with its 200-day EMA zone. The range further coincides with the support zone observed during the period February 2024, March 2024 and June 2024," it said. In the derivatives (F&O) market, there has been a notable lack of aggressive selling, with no significant rise in cumulative futures open interest.

## World Heart Day serves as a reminder of the importance of heart health

**Guwahati:** World Heart Day, observed annually on September 29, serves as a reminder of the importance of heart health. Each year on this day, healthcare providers, government bodies, and international organizations come together to raise awareness about cardiovascular diseases (CVDs) and promote actions to prevent, detect, and manage these conditions. In recent years, India has experienced a concerning rise in CVD cases. A recent study involving 65,562 Indian adults aged

45 and above found 29.4% self-reported prevalence of diagnosed cardiovascular diseases, highlighting urgent public health concerns and the need for targeted awareness and prevention programs. Bollywood Actress, Soha Ali Khan said, "Maintaining a healthy, balanced diet and staying active are essential for heart health—something I prioritize for both me and my family. I'm always mindful of our food choices, making sure we limit junk food and choose healthier options like almonds." Dr. Rohini

Patil, MBBS and Nutritionist said, "It's crucial to recognize how our dietary and lifestyle choices impact heart health. Unhealthy eating habits, high stress levels, lack of sleep, and sedentary lifestyles are all factors that can contribute to obesity, heart problems, and diabetes."

This World Heart Day let's pledge to build a healthy body and a stronger heart by making mindful choices. Embrace nutritious foods like almonds, stay active, and prioritize overall well-being.

## Sensex and Nifty have reached fresh all-time high levels as the market continues to rise

**Mumbai:** Sensex and Nifty hit fresh all-time high levels in early trade amid a sharp rally in Asian markets and buying in IT stocks. The BSE Sensex climbed 202.3 points to reach an all-time record peak of 85,372.17 in early trade. The NSE Nifty went up 51.85 points to hit a fresh lifetime high of 26,056. From the 30 Sensex firms, Maruti, Nestle, Tata Motors, Infosys, Tech Mahindra, HCL Technologies, Bajaj Finserv, Tata Consultancy Services, ITC, and Bharti Airtel were the biggest gainers. Power Grid, NTPC, Tata Steel, and JSW Steel were among the laggards. In Asian markets, Seoul, Tokyo, Shanghai, and Hong Kong were trading with significant gains. The US markets ended mostly lower on Wednesday. Foreign Institutional Investors (FIIs) offloaded equities worth ₹973.94 crore on Wednesday while Domestic Institutional Investors (DIIs) were buyers as they bought equities



worth ₹1,778.99 crore, as per exchange data. "There are no immediate near-term triggers that can take the market sharply up or down. Up moves may attract selling by FIIs who are likely to move some more money to China and Hong Kong since these markets are cheap and are witnessing an uptrend now," said V K Vijayakumar, Chief Investment Strategist, Geojit Financial Services. But FII selling is unlikely to push the market down significantly since the ample domestic liquidity can easily absorb such selling, Vijayakumar said.

## Fintech loan disbursements decline in volume and value in Q1FY25

**Mumbai:** For the first time in over four quarters, the volume and value of credit disbursements among fintech companies declined marginally on a quarter-on-quarter (Q-o-Q) basis, data from a self-regulatory organisation for fintechs (SRO-FT) show.

Disbursement volumes declined 0.75 per cent to 26.4 million disbursements in the first quarter of financial year 2025 (Q1FY25) compared to 26.6 million in Q4FY24. However, on a year-on-year (Y-o-Y) basis, loans grew 14.8 per cent from 23 million disbursements in Q1FY24, data from the Fintech Association for Consumer Empowerment (FACE) show.

On a Q-o-Q basis, the value of disbursements slipped marginally to Rs

37,676 crore in Q1FY25 from Rs 39,580 crore in Q4FY24. On a Y-o-Y basis, disbursements grew 27.5 per cent from Rs 29,556 crore in Q1FY24.

The signs of a slowdown in disbursements come nearly one year after the Reserve Bank of India (RBI) hiked risk weights on unsecured loans.

In Q1FY25, the average ticket size of a loan was pegged at Rs 12,997. "Member companies responsibly meet customers' credit needs within the regulatory guardrails of customer protection and prudent risk management, earning the trust of the customers and stakeholders. Data signal the industry's adaptability to overall macro conditions and alignment with the policy objectives," said Sugandh Saxena, chief executive officer (CEO), FACE.

# 7 easy self-care habits to boost your mental health

Running on empty stomach, juggling tasks and giving all your energy to everyone but yourself? You are not alone. In a constantly demanding world, it is easy to forget that your mental health needs attention too. Taking time for some healthy habits can help you feel more balanced, calm and connected as improving your mental well-being begins with self care - a crucial activity that is sometimes disregarded in the busy life. Self-care not only lowers stress levels but also fosters a strong sense of emotional stability and self-love.

Following self-care practices can improve your mental well-being:

## Mindful Meditation

Dr Gorav Gupta, CEO and Senior Psychiatrist at Tulasi Healthcare, recommended, "Spending only a few minutes of time every day on mindfulness exercises can help you become more grounded, less anxious, and relax. You can better control your thoughts and emotions if you keep your attention on the here and now." Bringing his expertise to the same, Saurabh Bothra, CEO and

Certified Yoga Instructor at Habuild, suggested, "Silence is a great answer to overwhelm! Pause and take a few deep breaths whenever you feel heavy. You could try meditation apps, a few minutes of deep breathing, or simply



enjoying the moment without distractions."

## Stay Active With Regular Physical Activity

Dr Gorav Gupta shared, "Regular exercise, be it yoga, swimming, or brisk walking, promotes the release of endorphins, which are the body's natural mood enhancers. Engaging in physical activity enhances emotions of wellbeing and

improves mental clarity." Saurabh Bothra added, "Moving your body moves your moods too! You don't have to hit the gym, try a short walk, or dance to your favourite song. Yoga is another incredible way to sync your mind-body-

soul. Just 10-15 minutes of movement can release endorphins, the 'feel-good' hormones."

## Writing down thoughts or journaling

Dr Gorav Gupta revealed, "Expressing your ideas and emotions in writing enables introspection and emotional release. Journaling promotes self-awareness and healing by assisting

with emotional processing, progress monitoring, and a greater sense of self-connection." Saurabh Bothra asserted, "Write it all out! Even a few lines a day can help you process emotions, clarify your thoughts and release stress. Just let the



words flow and see where it takes you. It's your space to be completely honest with yourself."

## Healthy Sleeping Habits

According to Dr Gorav Gupta, making sleep a priority is crucial for mental wellness. Getting enough sleep helps you wake up feeling rejuvenated and prepared for the day by restoring brain function,

elevating your mood, and lowering irritability.

## Positive Self-Talk

Dr Gorav Gupta pointed out, "Developing an inner voice of compassion can change your perspective on obstacles. A good mindset and self-acceptance

are fostered by repeating affirmations and thinking positive ideas."

## Practise Gratitude Daily

We often take for granted what we already have and feel sorry for our lives. Saurabh Bothra advised, "Take a few moments each day to think about three things you're grateful for. It can be as simple as a sunny day, a good cup of tea, or

a kind word from a friend. Gratitude shifts your focus to the positive, helping you feel happier and more content."

## Connect with Nature

Saurabh Bothra said, "Nature engages all your senses and helps you feel grounded which can improve your mood significantly. Whether it's a walk in the park, sitting in your garden, or even just opening a window for fresh air, connecting with nature has a calming effect on the mind and body."

You will have more emotional equilibrium, mental clarity and a stronger sense of self-love if you adopt these routines into your everyday life as you will learn more about the value of putting yourself first, the more time and effort you put into self-care. These small, everyday habits are simple yet powerful ways to nurture your mental health so start with one or two habits that resonate with you and gradually build them into your routine. The more you practice, the better you will feel and the more you will start to experience that deep, unconditional love for yourself.

## How listening to loud music can lead to hearing disorders

The widespread use of earphones and headphones, especially among younger generations, is becoming a serious public health concern. With many young individuals frequently exposed to loud music for extended periods, the risk of developing noise-induced hearing disorders is on the rise. What was once considered an issue for older populations has now begun affecting people in their teens and twenties, with long-term consequences that are often irreversible.

Noise-induced hearing loss (NIHL) occurs when the hair cells within the cochlea, a structure in the inner ear, are damaged by excessive sound.

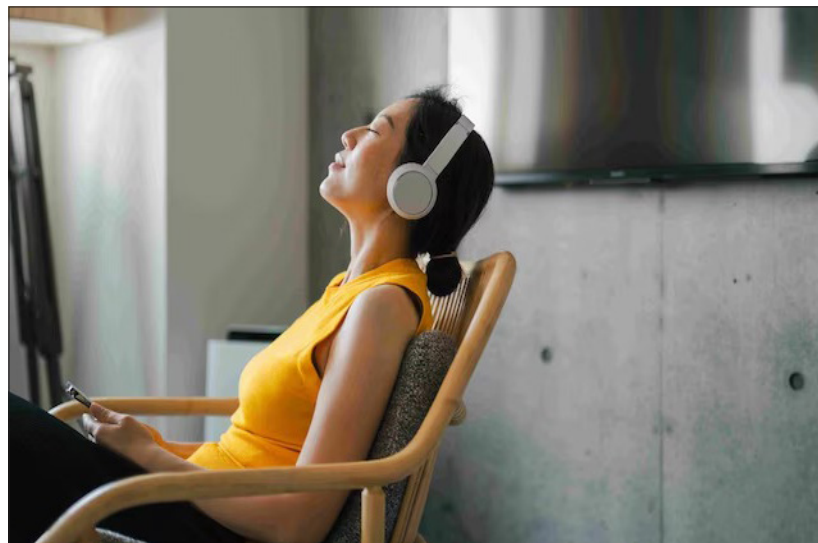
According to the World Health Organisation (WHO), 1.1 billion teenagers and young adults

worldwide are at risk of hearing loss due to unsafe listening practices. This includes exposure to loud music through earphones, especially when used for prolonged periods at high volumes.

"Short-term issues caused by using earphones include excessive earwax build-up that can extend deep into the ear canal, leading to infections and earaches. The tight fit of earphones may also cause discomfort, pain, and itching. In more acute cases, loud music can result in a Temporary Threshold Shift, causing temporary hearing loss," said Dr

Amit Kumar Sharma, HOD

& Senior Consultant, ENT, Cochlear Implant & Voice Disorders, SHALBY Sanar International Hospitals,



Gurugram.

One of the most significant contributors to NIHL in younger populations is the volume at which music is played.

Studies have shown that many young people listen to music at volumes exceeding 85 decibels (dB),

the threshold at which damage to hearing can occur. Regular exposure to sound levels above 85 dB can lead to permanent hearing damage. Alarm-

ingly, some earphones can produce sounds as loud as 100 to 110 dB, levels that can cause hearing damage in just a few minutes of exposure.

Dr Sharma said that the long-term use of earphones, especially at high volumes, can result in permanent hearing impairment.

"Patients may also experience tinnitus, a constant ringing or buzzing in the ears, and hyperacusis, an increased sensitivity to everyday sounds. Poor earphone hygiene increases the risk of fungal ear infections, such as

otomycosis. Prolonged listening can also cause hearing fatigue, reducing overall hearing sensitivity," the expert said. Preventing hearing loss requires

awareness and action. The World Health Organisation (WHO) recommends following the "60/60 rule," which advises limiting music to no more than 60% of maximum volume for no longer than 60 minutes at a time. "Keep the volume at or below 60% of the maximum level, taking regular breaks, probably after listening to loud music from a duration of 60 to 90 minutes. Choose to wear comfortable well-fitted earphones. Clean your earphones regularly and get regular hearing tests done. Avoid sharing your earphones and limit your listening time," advised Dr Sharma.

Using noise-canceling headphones can also reduce the need to turn up the volume in noisy environments, offering protection from excessive sound levels.

## Barcelona extend perfect start in La Liga with 6th win

### Ter Stegen loses



**Barcelona:** Barcelona extended its perfect start to the Spanish league season but lost goalkeeper Marc-André ter Stegen with a serious knee injury on Sunday. Barcelona routed host Villarreal 5-1 to pick up its sixth straight victory in the competition, but saw captain Ter Stegen leave the match on a stretcher just before halftime after his right knee buckled when he fell awkwardly after going up for a ball crossed into the area.

Barcelona president Joan Laporta said the injury appeared to be a torn ligament but more tests would be conducted. Local media reports said Ter Stegen went from the stadium to the hospital in an ambu-

lance, and left the hospital in a wheelchair. "This injury makes us sad. I think the injury will be huge but we have to wait for more information," Barcelona coach Hansi Flick said. "We have to accept it. It's not easy. It was an accident. It's very tough." Players from both teams immediately called for medical assistance after Ter Stegen fell to the ground in pain. He was replaced by reserve goalkeeper Iñaki Peña. Real Madrid goalkeeper Thibaut Courtois, who missed most of last season with a similar injury, showed his support to Ter Stegen with a message on X, saying that it hurt to see his colleague leave the field like that and that he hoped he would recover soon.

## Steve Smith hails Bumrah as best all-format bowler



**New Delhi:** Senior Australia batter Steve Smith hailed Jasprit Bumrah as the best all-format bowler. Speaking ahead of the Border-Gavaskar Trophy on Star Sports, Smith said that Bumrah challenged batters with both new and the old ball. The five-Test series between India and Australia begins in Perth on November 22. India has won the past two series Down Under. If India is to achieve a three-peat, Bumrah's rare skills will be heavily relied upon in Australia. "He's a wonderful bowler, whether I face him with the new ball,

slightly older ball, or even the old ball. He's got great skills with all of them. He's a great bowler, arguably the best fast bowler across the three formats. It's always going to be a challenge," Smith told Star Sports. The 35-year-old has been opening for Australia in the past couple of series and is expected to do the same against India. Smith, a veteran of 109 Tests, is close to the milestone of 10,000 runs. The batter would need to bat out of his skin to achieve the record. Smith has 9,685 runs at the moment in Test cricket.

## India continue to dominate, Sri Lanka advance in World Test Championship standing

**Mumbai:** The ICC released an updated World Test Championship list after the conclusion of India's 1st Test vs Bangladesh and Sri Lanka's Test match against New Zealand. India continued their domination at the top of the rankings with an emphatic win by 280 runs against Bangladesh at the MA Chidambaram Stadium in Chennai. India have played 10 Tests in the 2023-25 cycle and won 7 and lost 2 with 2 draws to their name. The Rohit Sharma-led Indian team has 86 points with a win percentage of 71.67%. India have further solidified their chances to reach the third consecutive final of the World Test Championship, which will be played at the Lord's Cricket Ground in London in July 2025. India have nine remaining Tests for the on-going WTC cycle and four wins and a draw should be



enough for them to reach the final. India's best possible finish could be 85.09%.

Sri Lanka also made significant advancement in the World Test Championship points table. They trumped New Zealand to acquire the No. 3 spot of the rankings with Australia holding the No. 2 spot. Sri Lanka beat New Zealand by 63 runs in their 1st home Test at Galle. The island nation has played 8

matches so far and managed to win four and lose four. They currently have 48 points with a win percentage of 50%. New Zealand slumped to 4th spot with their loss as they have four defeats in seven Tests so far with three wins. Bangladesh's big defeat pushed them down to the sixth spot in the stands with a percentage of 39.29% as they stood behind Sri Lanka, New Zealand and En-

gland in the points table.

Sri Lanka's win made them strong contenders for a spot in the WTC final. With a potential maximum percentage of 69.23%, they will now need a clean sweep against South Africa, followed by a 2-0 series win over Australia at home, to secure their place in the final. In the WTC 2023-2025, teams will get 12 points for a win, 4 for a draw and 6 for a tie.

## In land of Polgars, Indian women make history

**Bengaluru:** The Indian women's team stood outside the Budapest Olympic Sports and Conference centre after their final-round win on Sunday, overjoyed, but wary of a jinx. The match between USA and Kazakhstan was underway. The ordeal was soon over with a drawn result and the Indian women walked into history with a first-ever gold. Harika Dronavalli waited 20 years for this moment. She played in the 2004 Olympiad when she was 13. India finished ninth that year. Tall for her age as a teen, Harika rarely got toys on long flights but she was the kid of the team. Now a veteran, she has seen the arc of Indian women's chess — from being one of two female GMs alongside Koneru Humpy to watching Vaishali Rameshbabu join them and this wave of young players stepping up at the Olym-

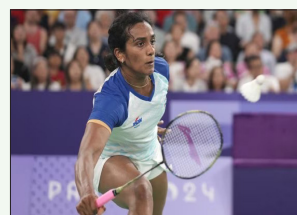
piad.

It's taken a while but Harika finally has the gold she dreamt of, that saw her show up for the tournament last time well into her final trimester of pregnancy. USA denied them the gold two years ago after India went into the final round in sole lead. This time around, Harika hasn't exactly had a great run on the top board, but a win on the final day and a gold in her cabin baggage should do. India went into the final round in a shared lead with Kazakhstan. India bludgeoned Azerbaijan 3.5-0.5 and other results too went their way.

"We're very happy to have finally won," Vaishali beamed. "I still remember how painful it was last time when we lost in the last round. Honestly, I could not sleep last night thinking about it."

## PV Sindhu brings in Anup Sridhar as coach for European swing

**New Delhi:** PV Sindhu at the next Asian Games, continue even further to next mana, informed. "She's back stadium in Hyderabad, and (October 8-13) in Finland," to continue training in Banthe parent informed. "Since have begun training at Hyderabad," he added. Sindhu, who won Olympic silver in 2016 and bronze in 2021, returned from her first Games without a medal, going out to eventual silver medallist He Bingjiao in pre-quarters at Paris. Former Olympian, and fellow tall player, Anup Sridhar, who had a promising albeit short stint coaching Lakshya Sen.



intends to target a medal and non injury-permitting, Olympics, her father PV Ramin practice at the Gachibowli will start with the Arctic Open he said. Sindhu is unlikely galore, but the future is fluid, no camps have started, we won Olympic silver in 2016 and bronze in 2021, returned from her first Games without a medal, going out to eventual silver medallist He Bingjiao in pre-quarters at Paris. Former Olympian, and fellow tall player, Anup Sridhar, who had a promising albeit short stint coaching Lakshya Sen.

## Indian chess gets a golden touch

**Bengaluru:** Superlatives can often be overused in sport. Pedestrian results may be labelled "great" and every superstar athlete is adorned with the "GOAT" title. Yet, every so often, a performance comes along that has shredded the competition and deserves all the hype and hyperbole it can gather. India's run at the Chess Olympiad in Budapest — historic, course-altering double gold medals — by the Open and women's teams is just that. D Gukesh during the final round of the 45th Chess Olympiad in Budapest on Sunday. D Gukesh during the final round of the 45th Chess Olympiad in Budapest on Sunday. (AP) The Indian Open team pretty much assured itself of the gold with a round to spare on Saturday while the women had a battle to fight. India defeated Slovenia 3.5-0.5 in Round 11 on Sunday to win the gold in the Open section by two match points. Arjun Erigaisi, D Gukesh and R Praggnanandhaa found wins while Vidit Gujrathi drew his game.