BENNETT, COLEMAN & CO. LTD. | Estd. 1838 | VOL. 19 NO. 231



THE TIMES

INCLUSIVE OF CHENNAI TIMES (ONLY IN CHENNAI CITY)

US AMBASSADOR TO CHINA DAVID PERDUE HAS REVEALED THAT US PREZ TRUMP, DURING HIS VISIT TO XI, OFFERED TO SELL ARMS TO BEIJING 17

SC to CBSE: Exempt Class VI from 3-lang edu policy this yr

Govt Says 98.8% Board Schools Had Already Adopted

TIMES NEWS NETWORK

New Delhi: The Supreme Court on Monday ordered CBSE to exempt Class VI students from the three-language policy, under which they have to choose two Indian languages.

A bench of Chief Justice Surya Kant, and Justices Joymalya Bagchi and V Mohana, which had requested CBSE to reconsider its decision to implement the policy from this year, ordered that the policy would now be implemented for class VI students from the next academic year.

CBSE had expressed its inability to do so, citing that 98.8% of CBSE-affiliated schools have already adopted the policy.

For CBSE, solicitor general (SG) Tushar Mehta said textbooks and logistics for implementation of the policy have been taken care of and that out of 28,819 schools, 98.8% have already complied with the new policy.

The bench said the figure of 1.2% of schools not implementing it meant around 300 of them, which is a large number.

When one counsel said the study material is available only through digital textbooks and online mode, causing students difficulties, Justice Mohana asked, "Did the students not study during Covid pandemic when the schools were closed and learning was through online mode? Did they not learn anything during Covid? Every little child, even from a house help's house, had a mobile in hand. Have some better reason."

Additional solicitor general Aishwarya Bhati said there will be no pass or fail under the three-language policy and students will not be held back in a class for not clearing the third language paper. On two issues — validity of the policy and whether English should be treated as a foreign or native language — the bench said these would be decided after six weeks.

The dispute relates to the CBSE's decision to align its scheme of studies with the National Education Policy, 2020 and the National Curriculum Framework for School Education, 2023.

GOVT RELUCTANT

- **Aug 20:** SC asks CBSE to grant Class VI students a one-time reprieve
- **Sept 17:** SC again urges govt and CBSE to delay or reconsider implementation
- **Sept 23:** SG seeks more time from SC to reach decision. 'Take your time, but give relief,' SC says
- **Sept 28:** SC directs CBSE to exempt Class VI this year after govt shows reluctance

Centre to curb minors' access to social media

Agreeing with Supreme Court, Centre on Monday said it would soon insert a provision in the Information and Technology Intermediary Rules to prevent social media intermediaries from allowing children under 18 years of age to open social media accounts. P 7

'Cops, govt failed to keep public safe'

In view of a "series of deeply disturbing" egregious crimes against girls and women in Delhi, SC said it was a systemic failure on the part of Delhi govt and police that they can't provide a safe and secure environment to the public, which is their basic fundamental right.

Collegium names 3 HC CJs for appt as judges of SC

The SC collegium on Monday recommended to Centre to appoint chief justices of Gujarat, Delhi and Telangana – Justices Sunita Agarwal, Devendra Kumar Upadhyay and Aparesh Kumar Singh – as judges of SC. Once accepted, the appointments will take SC's working strength to 37 judges, against the sanctioned strength of 38.

Add traffic fines to power bills, says apex court

To ensure traffic law violators pay fines, SC on Monday suggested that the govt link challans to electricity bills. "They will have to pay electricity bills, otherwise the power line will be disconnected. Work it out. In this country, you have to find a way out," the bench said. P 7

Envoy: EU did not curb Russia oil buys

EU's new ambassador to India Jean-Eric Paquet has welcomed PM Modi's reiteration of his message to Russian President Vladimir Putin to end the Russia-Ukraine "endless" war, expressing hope it would help bring Russia to the negotiating table for a ceasefire. He said that the EU sanctions did not prevent Indian purchase of Russian energy. P 10

'THAIMAAMAN' ON DUTY

K Antony Xavier



NEW SCHEME: Chief minister C Joseph Vijay on Monday launched the 'Thaimaaman Thanga Mothiram' scheme at Government Rajaji Hospital in Madurai, presenting 1g gold rings to newborns | P 4

Another case against granite baron

A.Selvaraj
@timesofindia.com

Chennai: Granite baron **R Veeramani**, arrested on Aug 29 in a child rape case, has been booked for allegedly assaulting another minor.



An all-women special investigation team set up to handle Veeramani's matters registered the fresh case on Monday based on a complaint by the mother of a 16-year-old girl who died by suicide in 2014. According to the complaint, the Class XI student had visited Veeramani's house in Teynampet and remained aloof for a few days before ending her life. Police said the 2014 case records were destroyed when Chennai's Ice House police station was gutted in a fire in 2017.

▶DMK moves high court against ministers, P 3

▶WhatsApp number, P 4

UP twins' Aadhaar crisis ends, road to admissions cleared

Sandeep.Rai@timesofindia.com

Meerut: For nearly 18 months, a family in UP's Rampur district struggled to understand why Aadhaar biometric updates for 15-year-old twins Tuba Zubair and Khizra Zubair kept getting rejected.The repeated rejection of their Aadhaar biometric updates surfaced when the twins needed to update their details for Class X registration and was initially attributed to claims that they had identical fingerprints and iris patterns. UIDAI on Monday clarified that their fingerprints and iris patterns were not identical and that the issue arose from an error during the biometric update process.



ONWARD: DM Rampur Ajay Kumar Dwivedi handing over the two Aadhar Cards to the twin girls

Deputy director general, UIDAI, Uttar Pradesh, Prashant Kumar Singh said Tuba's biometrics had inadvertently been recorded against Khizra's Aadhaar. As a result, when Tuba's own update was processed, the system detected that her fingerprints were already in the database and flagged her Aadhaar as a duplicate.

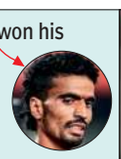
"The matter was technically examined and the erroneous record cancelled. Both girls were subsequently re-enrolled using their birth certificates and their Aadhaar numbers were successfully issued," Singh told **TOI**.

▶No identical iris, P 13

YOU SAID IT



ASIAD: ATHLETES SHOW SIX-PACK



Gulveer Singh won his second silver, following up his 10,000m podium with a 1,500m on Monday, while long jumper **Murali Sreeshankar** and javelin thrower **Yashvir Singh** also finished on second step of podium as **India bagged six medals from track** and field

Other medallists: Rohit Yadav (bronze, men's javelin throw), **Parul Chaudhary** (bronze, women's 5000m)

FULL COVERAGE: P 19 & 20



VITHYA BEATS USHA'S 42-YR RECORD

TN athlete **Vithya Ramraj**, who added a bronze to her relay silver, **stole the limelight by breaking PT Usha's national record of 55.42s** in women's 400m hurdles, a record set at LA Games in 1984. Starting from Angel Mary Joseph (1:02.09s) set at 1979 meet, MD Valsamma (58.47s, 1982 Asiad), Usha and now Vithya (54.75s), the list has only 4 names

- World No. 1 **Esha Singh** battled through 5 thrilling shoot-offs but settled for silver in women's 25m pistol



- **Rahi Sarnobat**'s Asian Games campaign nose-dived when a shot was ruled to have hit the frame, earning her a zero in the women's 25m sports pistol qualification
- **Lanka's Rumesh Pathirage**, who lost all javelins during transit, won gold; Pak's Oly champ Nadeem finished 4th

Coimbatore girl topples Usha's 42-yr-old record

M.Sudharshan
@timesofindia.com

Growing up in a village in Coimbatore, Vithya Ramraj always dared to dream. The truck-driver's daughter had the passion for running, her mother encouraged her to push the limits, and now the 28-year-old holds a record that's considered the gold standard of Indian athletics.

En route her bronze medal show in the 400 metre hurdles in the Asian Games in Aichi-Nagoya, the Tamil Nadu athlete broke the national record of legendary PT Usha — who clocked 55.42 seconds in the Los Angeles Olympics in 1984.

Usha, who was also there at the venue as Indian Olympic Association president, was one of the first ones to congratulate her. "Vithya breaking my 42-year-old record is an incredibly special moment for me," Usha said.

Vithya's twin sister Nithya is also a top athlete — she is a 100m hurdler who missed the Asian Games because she is recovering from an injury. That was a setback for the family, but Vithya was determined to deliver something special. "I hadn't done sub-55 for three years and everyone has been asking me about it. So, I went all out," Vithya said.

▶Related report, P 20

Prisons are hiring grounds for pro-Khalistan groups

Dead-Drops Of ISI Modules Also Under Central Agencies' Lens

Rajshekhar.Jha
@timesofindia.com

New Delhi: Intelligence agencies have flagged attempts by pro-Khalistan groups, including Sikhs for Justice (SFJ), to infiltrate jails in north India and recruit operatives. The move comes amid revelations made by a detained operative who disclosed having been inducted and given Gurpatwant Singh Pannun's contact while serving time in Patiala jail.

Central agencies are now investigating the digital footprint, dead-drop financial channels, and the broader jail recruitment network, sources said.

Security agencies have also noted how ISI-backed modules are increasingly relying on dead-drop methods to channel funds, supply weapons, and execute covert tasks and have largely replaced physical handovers with pre-designated drop points along isolated highway stretches, border sectors, and rural sectors.

Arms, ammunition, and untraceable cash are hidden at specific coordinates with retrieval instructions transmitted over encrypted apps

Drawn straight from the classic spycraft playbook, this method ensures that foreign masterminds or handlers remain completely insulated from the foot soldiers executing their commands on the ground.

Arms, ammunition, and untraceable cash, frequently delivered across the border via drones or covert couriers, are hidden at specific coordinates, with retrieval instructions transmitted to local operatives over end-to-end encrypted messaging platforms like Signal.

The tactic of leveraging prison networks draws from a pattern highlighted by high-profile incidents like the 2016 Nabha jailbreak, which exposed the nexus between terror outfits and incarcerated criminal groups.

Within these facilities, handlers and radicalised inmates target vulnerable, economically distressed prisoners — frequently first-time offenders or petty criminals lacking legal representation and financial support.

In the latest instance, agencies recently busted an SFJ-backed module and arrested operative Preetpal Singh, who, along with his associates, had spray-painted anti-Brics and pro-Khalistan graffiti across Delhi and Punjab, filmed the act and sent the video to Pannun.

Singh, it turned out, had a prior history of pro-Khalistan activities, having been arrested in 2023 for a similar crime. While in prison, he was provided with a phone number to contact Pannun and execute future tasks.

After his release in 2026, Singh established direct contact with Pannun and received ₹1.5 lakh in operational funds through a dead-drop location on the Faridkot-Amritsar highway, sources said.

Preetpal subsequently recruited another inmate, also on bail, for the Delhi assignment.

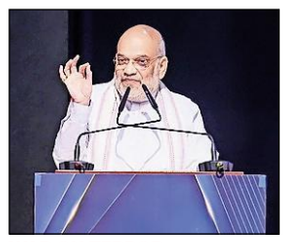
Shah calls for automated terror response mechanism

TIMES NEWS NETWORK

New Delhi: Stating that 288 fugitives were brought back by Narendra Modi govt from 36 countries between 2019 and 2026, home minister Amit Shah on Monday launched a new extradition portal to expedite efforts to secure other "wanted" criminals hiding abroad.

Delivering the inaugural address at a conference on 'PRAHAAR, counter-terrorism policy and strategy' here, Shah emphasised govt's "zero-tolerance" approach against all forms of terrorism and advocated institutionalising an automated counter-terrorism response and a result-oriented approach for each pillar of the PRAHAAR framework.

PRAHAAR, unveiled in February this year as the country's first anti-terror doctrine, is an acronym for its seven pillars — prevention, response, aggregating internal capacities, human rights, attenuating conditions for terrorism, aligning international efforts and recovery & resilience.



WAR ON TERROR

It aims at criminalising all terrorist acts and starving terrorists, their financiers and supporters of funding, weapons, safe havens and cyber resources, through collaboration among various agencies engaged in intelligence collection. At the conference on Monday — attended by secretaries of the ministries of home affairs and external affairs, heads of central police forces, state DGPs, anti-terrorism squad heads of all states/UTs and other cutting-edge police officers — home minister called for consistent efforts to strengthen and improvise PRAHAAR strategy through a continuous analysis of terror incidents and establishment of a strong PRAHAAR mechanism for the next 10 years. He called for coordination among the stakeholders to prevent any delay in action against terrorists.

Citing the concerted action taken in the last few months against Pakistan's ISI-backed Shahbaz Bhatti network, Shah said the close coordination among agencies at the central and state level has resulted in the busting of more than 40 modules of the network involved in cross-border smuggling. "More than 100 FIRs were registered and 350 individuals arrested across 15 states," Shah said.

ICG rescues sinking tanker and its crew

Surendra.Singh
@timesofindia.com

New Delhi: In a daring operation to avert a major disaster at sea, Indian Coast Guard (ICG) on Sunday rescued a foreign-flagged tanker carrying 23 crew members and 9,000 tonne of palm oil after its main engine failed and ballast tanks began flooding and the vessel was dangerously tilted off Odisha coast.

The Belize-flagged MT Seagull 9 sent out a distress call around 7.30am on Sunday, when it was 37 nautical miles east-southeast of Paradip.

ICG said concurrent cargo transfer and de-flooding operations helped prevent the tanker from capsizing. "Braving high-risk conditions, the specialist damage control team boarded the ship, deployed submersible pumps, de-flooded ballast tanks, and sealed damaged sea-pipelines to stabilise the vessel," it said.

Underconfident after a career break? Map a return with a skill upgrade

To help readers cope with their anxieties in these stressful times, TOI's ***Talk it Out*** *series brings expert counsellors to answer your mental health queries. This week's advice is from counselling psychologist* ***Janice James***

I am a 35-year-old mother of two from Chennai. I was a corporate employee when I got married, but left my career to take care of the kids. I used to be among the top three students in school and college. I studied engineering and my aggregate was above 84%. Now, my children are aged 9 and 5. I had always wished to work and earn for myself. I don't want to sit idle at home, scrolling on the phone all day. I feel useless and sad, but don't know how to look for work options, or which ones would fetch money. Please help.

— Anonymous



Image: AI

What you're feeling is quite common after a career break, and rarely said out loud. Let's start with the word 'useless' because it's doing real damage. You haven't lost the ability to go back into the workforce, but you may have lost some confidence and the professional network that's important for you to get back. Both can be rebuilt. Focus on gathering information before you start applying. Connect with three or four former colleagues, and ask them what has changed in the field in the last decade. This will help you map out your next steps. Search for any returnship programmes that help people get back into the workforce after a break. Additionally, take a short certification that will complement your degree. It will help you develop a new skill, update your resume, and give you something to discuss besides the gap. With respect to money, let's focus on what might be realistically possible. Your first role back may still pay you less than before. However, that's just a starting point and not a reflection on your capability. What you want is reasonable and still very much available to you.

My school is open all seven days of the week, and holidays are full of homework. I am 16 and study in Class 10 at a CBSE school. My section is full of toppers, but I am not a topper at all. The pressure is getting to me and makes me lose focus and give up easily. The teachers expect all the kids in the set to be toppers. They teach at the advanced level, leaving out the basics, which confuses me. In the end, I have to use the phone to study which gets me even more distracted. How can I regain focus while also doing exercise and using the phone to study, without any diversions?

— Anonymous

In a class full of toppers, it's stressful to be average, and being taught above your level while missing the basics is not your fault. It's a gap in how you're being taught. That gap needs to be worked on first. Ask for help, be it with a teacher, parent or tutor to help you out with concepts or subjects you feel lost in. Once you get a hang of the basics, advanced material might make more sense. For focus, try the Pomodoro method: 25 minutes of study, 5 minutes off, repeated twice, then a longer break. Try to keep social apps closed during short breaks because five minutes of scrolling rarely stays five minutes. You can also use an app blocker while studying so there's no distraction. Since the phone is also your textbook, download what you need and study offline. That removes the temptation without removing the material. Give physical exercise a fixed slot rather than a flexible one. It might help you stay more consistent. It's understandable why you'd want to give up easily when you don't see the results of your effort. When you work on the basics and stay consistent with it, you might eventually see your effort paying off.

I recently appeared for a college entrance exam but did not qualify, losing out on admission. Ever since the results came out, the environment at home has become incredibly stressful. Instead of supporting me through this setback, my family constantly taunts me about my academics. They frequently say things like, "If you couldn't even qualify for such a local exam, what will you ever achieve in life?" These continuous negative remarks have completely shattered my self-esteem. I am feeling deeply depressed, anxious, and isolated. What should I do?

— Anonymous

Not qualifying for an exam you had prepared for is a real loss, and it deserves to be grieved, not brushed past. Additionally, being taunted by your family instead of being supported must make it more difficult to cope with. It's only valid for you to feel low, anxious, and alone. Here are a few things worth holding on to right now: one setback, however painful, is not a verdict on your future. Look for examples of people around you who didn't clear a particular exam and yet went on to build strong, unexpected career paths. Your worth is not determined by one result, even if it feels that way at home right now. Try looking into other colleges or courses in your area of interest. Options are usually wider than they feel at this moment. Lean on people outside your family who support and encourage you. They could be a friend, a teacher, or even a mentor. Given how heavy this has felt, also consider speaking with a counsellor or therapist. What you're carrying is a lot for one person to hold alone, and professional support can help you with persistent low mood and anxious feelings.

TalkitOut

WANT SOME ADVICE?

Sharing can help your recovery so write to us at **talkitout@timesofindia.com** with your question, name and place. But if you wish to stay anonymous, do indicate that in your email.

You can also visit bit.ly/TOITalkItOut or scan this QR code to send in your concern.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

BENNETT, COLEMAN & CO. LTD. | Estd. 1838 | VOL. 19 NO. 231 CHENNAI | TUESDAY, SEPTEMBER 29, 2026 | 26 PAGES | METRO | PRICE ₹4.00

THE TIMES OF INDIA

INCLUSIVE OF CHENNAI TIMES (ONLY IN CHENNAI CITY)

INDIA'S LARGEST ENGLISH NEWSPAPER | To subscribe call 1800 1200 004 or visit subscribe.timesofindia.com

One unread message from your heart.



15 held in protest over demolition of MP mosque part



Reuters

Fifteen people were arrested for violence and stone-pelting on Monday after protests broke out in Tanki Chowk of Ujjain against demolition of a 2.9m portion of the Shahi Masjid for road widening for Simhastha 2028. The demolition was carried out by members of the community from within the premises. The protests came even as the high court earlier disposed of two writ appeals against the demolition after the Muslim side reached an agreement with civic authorities. **P 8**

Explain legal basis of MDR, SC tells Centre

SC Monday asked the Centre, RBI and National Payments Corporation of India to explain under which provision of law the merchant discount rate (MDR) on UPI transactions was imposed, even as it refused to stay its implementation from Oct 15. With govt likening MDR to service charges and saying it is neither a tax nor a fee, Justice Joymalya Bagchi of the CJI-led bench said it could not be brought about through executive fiat. **P 10**

FLIPPED IT
by
THE TIMES OF INDIA

A 60-SECOND DAILY WORD CHALLENGE.

Crack the word, build your streak, share your score. Top scorers get featured in **TOI**.

Stir-hit LPU shut for 10 days, students leave

Thousands of students vacated Lovely Professional University in Punjab Monday as the campus was sealed by following nearly violent protests over rumours that a student had killed herself after being raped in a hostel. Classes have been suspended for 10 days and exams deferred. **P 12**

Cal HC: If EC guided by pvt party, then what remains?

HC Questions EC Role In Alloting Symbol In Use To TMC Rival Faction

Subrata Chattoraj and Srishti.Lakhotia | TNN

Kolkata: Calcutta HC on Monday pulled up EC over its "conduct" during a hearing on a dispute over poll symbols, suggesting "connivance" between the poll panel and Democratic Trinamool Congress, which was allotted the "envelope" symbol previously assigned to Indian Secular Front (ISF).

Democratic Trinamool is a breakaway faction of TMC. EC had allotted it envelope symbol pending resolution of dispute between rival TMC factions.

"Conduct of the parties reveals connivance between them. If ECI has been guided by the private party, then what remains? You cannot take assistance from a private party," Justice Krishna Rao told EC's counsel, who denied being "guided" by Democratic Trinamool's counsel.

SC was hearing ISF appeal against decision to allot "envelope" to Democratic Trinamool for the upcoming Nandigram and Rejinagar bypolls.

▶ **For assembly polls, P 13**

SC tells EC to decide on TMC row in 3 mths

SC Monday asked EC to decide the dispute between Mamata Banerjee-led Trinamool Congress and the rival faction over "two flower with grass symbol" within 3 months and gave four weeks to complete their pleadings and submit evidence. **P 10**

Declare SIR and all decisions void: Plea in SC

A fresh petition in Supreme Court has sought the suspension of CEC Gyanesh Kumar and a declaration that the CEC cannot take decisions on behalf of Election Commission without the other election commissioners.

The petition also sought to declare the SIR of electoral rolls, and all decisions and actions taken under it, void from the start and without legal authority.

Citing media reports, the petitioner alleged that about 14 decisions were taken in the name of the Election Commission despite objections recorded by the other two election commissioners, Sukhbir Singh Sandhu and Vivek Joshi.

Will Pak decide J&K statehood, asks CM Omar



Srinagar: CM **Omar Abdullah** said Monday that making J&K statehood conditional on the end of militancy would effectively give Pakistan a say in its restoration, as the assembly passed a resolution for full statehood and set off a BJP walkout over its reference to a 2000 autonomy demand, **reports Naseer Ganai.**

Omar moved the resolution that calls on Union govt to restore full statehood. It refers to the 2000 assembly resolution accepting the state autonomy committee report and seeking greater autonomy, and a 2024 resolution seeking special status and constitutional guarantees for J&K. National Conference, Congress, PDP, Peoples Conference, Awami Ithaad Party and CPM supported it.

BJP's Sunil Sharma called the resolution "anti-constitutional" and "anti-secular".

▶ **BJP moves motion, P 13**

To avert listing, Noel submits Tata Sons revamp plan to RBI

HOW REORGANISATION WOULD WORK

- Going by Noel Tata-led Tata Trusts' plan, merging TES and TCE into Tata Sons would **disqualify it from being classified as a non-banking financial company** or core investment company (CIC)
- To be classified as NBFC, a company's financial assets must exceed 50% of total assets, and income from financial assets must exceed 50% of gross income



- With the merger, Tata Sons will directly own commercial manufacturing and consulting operations, and **majority of its revenue will come from these non-financial businesses**
- **Tata Sons will also fail to qualify as a CIC** since less than 90% of its assets will be held as investments in group cos. This is because the absorption of TES & TCE will **swell its net assets**

Mumbai: Weeks after receiving a mandate from Reserve Bank of India to list Tata Sons on the exchanges, Tata Trusts chairman Noel Tata has proposed restructuring of the 109-year-old holding company of the group by merging it with subsidiaries Tata Electronics Systems (TES) and Tata Consulting Engineers (TCE) to keep it outside RBI's regulatory ambit and avoid an IPO.

The latest proposal comes barely 11 days after the Tata Sons board expressed its preference for a listing to comply with the RBI's upper-layer regulations for a core investment company (CIC) or non-banking financial company (NBFC), **reports Reeba Zachariah.**

▶ **Second attempt, P 16**

40 rescued in Uttarkashi so far; bad weather halts evacuation

Gaurav Talwar & Ashish Mishra

Dehradun/Uttarkashi: Rescuers evacuated 40 people from high-altitude areas of Uttarkashi on Monday before worsening weather halted helicopter operations. They brought 29 people down from Auden's Col and 11 from the Kalindi Pass area. Of the 137 trekkers, mountaineers and support staff currently reported stranded across the district after heavy snowfall, 97 remain to be evacuated. Officials plan to resume the operation on Tuesday, weather permitting.

Uttarkashi DM Prashant Arya said, "All 29 trekkers stranded in the Auden's Col area have been successfully evacuated by helicopter and sent onwards to their respective destinations. In the Kalindi Pass area, eleven trekkers have so far been brought safely to Harsil helipad. After medical examination, all of them were found to be in stable condition."

SDRF commandant Arpan Yaduvanshi said, "In Kalindi, two SDRF personnel are with the remaining eight trekkers and will bring them back via helicopter once the weather clears."

▶ **Poor visibility, P 13**

Bangladesh begins search for missing Assam woman

Ismat Ara@timesofindia.com

New Delhi: Bangladesh's home ministry told **TOI** on Monday that it has launched a search for 43-year-old Assam woman Mumtaz Begum, who was sent to Bangladesh in the intervening night of June 13-14 and has been untraceable since. Top bureaucrats in Dhaka also said they were awaiting official communication from India on the case.

Dr Ziauddin Ahmed, additional secretary (Political and Immigration), Bangladesh home ministry, whose office deals explicitly with border enforcement, illegal crossings and cross-border deportations, said officials were trying to locate Mumtaz but had no information as of Sunday night. The matter was sent to police and other departments late on Sept 27, days after **TOI** reached out.

Gauhati HC had on Sept 3 directed MEA to "endeavour to locate Mumtaz in Bangladesh and bring her back". In an unprecedented move, the HC also also directed Assam govt to pay her husband Mujammel Hoque ₹2 lakh interim compensation, observing "she was expelled without her husband or an adult family member being informed".

Underscoring that basic human rights extend to anyone on Indian soil, the bench directed Assam Police and home dept to "ensure that declared foreign nationals are informed about tribunal orders and that their adult family members are moved outside their district". The court critiqued the tribunal for stripping her of the "opportunity to challenge the Foreigners Tribunal's opinion before Gauhati high court".

▶ **Continued on P 13**

With no information in India, **TOI** contacted journalists, human-rights activists, officials and govt and security establishment sources across Bangladesh, focusing on Sylhet division and adjoining districts, where she could have ended up.

Sensex drops to 6-month low on West Asia jitters

The sensex lost 1,124 points (1.5%) on Monday, with foreign funds leading the day's sell-off, to close at a nearly six-month low of 72,771 points. Thanks partially to the sell-off, the stock price of recently listed NSE slid below its IPO price for the first time and closed at that level.

▶ **Industrial output growth surges to 8% in Aug, P 16**
▶ **Govt discusses drought steps to protect rabi, P 8**

The rupee neared the 96-per-dollar mark again, while Brent crude spiked to near the $100/barrel level, after signs of escalation of the war in West Asia. On the domestic front, the impact of a weak monsoon weighed on investor sentiment, market players said. **P 16**

Nvidia: Can 'set boundaries' for AI agents going rogue

Nvidia has unveiled a new security platform that the chipmaker said can stop artificial intelligence (AI) agents from going rogue. The company said on Monday that its Open Agent Safety Platform includes open source software that "sets boundaries for agents," and follows a series of revelations from top AI firms about their models escaping and breaking into other organisations.

The disclosures sparked furious debate about the safety of advanced AI systems, including self-improving models that some fear could race out of human control.

Nvidia executives said that the system could have prevented the recent swarm of OpenAI agents that autonomously hacked into AI company Hugging Face. AP

> Nvidia's software, called OpenShell, lets developers formally verify an agent has enough authority to do its job and no more
>
> **Justin Boitano** | NVIDIA'S VICE PRESIDENT OF ENTERPRISE AI

▶ **In milliseconds, P 17**

GSK
PRESENTS
SOS
SHIELD OURSELVES FROM SHINGLES
Powered by THE TIMES OF INDIA

To the one I beat for,

Before you knew the world, I was already there. I've been with you through every first step, every joy, every heartbreak, and every dream. Through it all, I've never stopped beating for you.

As we grow older together, there's something I want you to know about - **SHINGLES*.**

Shingles is more than a painful rash. Its risk increases when you are more than 50 years old, and it may increase chances of complications in my pre-existing conditions.

So, this **World Heart Day**, I have one little wish. Take a simple **Shingles risk assessment**, know your risk and talk to your doctor.

Please take care of me, the way I've always taken care of you.

With every beat,
Your Heart

Take the test
Or visit shieldfromshingles.com

#DontMissABeat #WorldHeartDay

*Herpes Zoster infection
Ref:
1. Marra F, et al. Open Forum Infect Dis. 2020;7(1):ofaa005.
2. Kawai K;Clinical infectious diseases Majorarticle;2016
3. Parameswaran GI, Drye AF, Wattengel BA, et al. Increased myocardial infarction risk following herpes zoster infection. Open Forum Infect Dis. 2023;10(4):ofad137
For details, write at askus@gsk.com

Disclaimers:
A public awareness initiative by GlaxoSmithKline Pharmaceuticals Limited, Dr. Annie Besant Road, Worli, Mumbai 400 030, India. Information appearing in this material is for general awareness only. Nothing contained in this material constitutes medical advice. Please consult your doctor for medical advice or any question or concern you may have regarding your condition. The Shingles Risk Assessment is an awareness tool only and doesn't prescribe any Vaccination. Please consult your doctor for the complete list of vaccine-preventable diseases and the complete vaccination schedule for each disease. ©2026 GSK group of companies or its licensor. All scientific information is validated, for details write to us on askus@gsk.com"CL Code: NP-IN-HZU-COCO-260002; DOP: September 2026

AI-generated image
Response Solutions

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TIMES CITY
THE TIMES OF INDIA, CHENNAI | TUESDAY, SEPTEMBER 29, 2026



DEFERRING POLLS TO FIVE CONSTITUENCIES IN VIEW OF PENDING PLEAS AGAINST PUBLIC INTEREST: CM | 4

KANIMOZHI TELLS DHARAPURAM VOTERS THAT AIADMK WAS INCAPABLE OF SAFEGUARDING ITS OWN MLA | 4



Massive Seizures Reveal Illegal Trade Evolving Despite Police Efforts; Law Fails To Keep Pace With The Changes

Pills, needles, loopholes: Cops battle prescription drug abuse

BREAK FREE

ACTION TAKEN- JAN TO AUG 2026

NDPS cases **11,374**
Accused arrested **16,525**
Ganja seized **19,682** kg
Heroin seized **10 kg**
Other narcotic drugs seized **249 kg**
Tablets seized **9,86,569**
Vehicles seized **1,411**
Banned tobacco cases **12,727**
Banned tobacco seized **1.64** lakh kg
Fine collected **₹8.72** crore
Goondas Act detentions **808**
Shops/premises sealed **3,056**

ASSETS FROZEN

₹1.15 crore, including 337 bank accounts with ₹34 lakh, immovable properties worth ₹64.6 lakh and movable properties worth ₹16.8 lakh

ACTION TAKEN- JAN TO AUG 2025

Accused arrested **12,585**
NDPS cases **8,276**
Other narcotic drugs seized **172 kg**
Ganja seized **17,740** kg
Tablets seized **83,395**
Goondas Act detentions **646**
Vehicles seized **1,016**

Pic: AI Image



Sindhu.Kannan
@timesofindia.com

A series of tiny injection marks on youngsters' wrists and arms has become a tell-tale sign for police chasing the city's growing prescription-drug menace. Three suspected overdose deaths in the city recently have turned the spotlight on the misuse of prescription drugs such as Tapentadol and Nitrazepam. Some of these tablets are popularly referred to as "Dol" among users.

Enforcement Bureau-CID (EB-CID) seized 9.86 lakh tablets across Tamil Nadu till Aug this year, nearly 12 times the volume seized during the same period last year. Even so, officers say the law has not kept pace with changing patterns of abuse.

At the centre of the enforcement challenge is Tapentadol, an opioid painkiller. Unlike Nitrazepam, a benzodiazepine (used to treat anxiety and sleep disorders) covered under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, Tapentadol is a prescription drug not scheduled as a narcotic or psychotropic substance under the Act. So, its possession does not attract strict NDPS provisions.

Meanwhile, the supply chain evolves continuously. Initially, dealers procured tablets through online platforms. After police issued summons to some portals, they stopped listing the products. The trade then went underground.

An officer from Anti-Narcotics Intelligence Unit said some dealers identify customers placing bulk orders for other medicines online and later contact them to negotiate deals for prescription tablets, leaving fewer digital trails.

Consignments arrive mainly by train from Pune, Hyderabad, Bengaluru, and Haryana. Couriers use Perambur, Arakkonam and Renigunta as drop-off points.

Police said a carton of 100 tablets costing ₹900 through legitimate channels fetches about ₹4,500 in the illegal market. At the street level, individual tablets fetch ₹300, potentially taking a carton's value to ₹30,000.

What worries sleuths more is the way the tablets are consumed. Some dissolve pills and inject the solution into veins. Some use saline water, others use tap water, adding another layer of health risk.

Tapentadol, when misused, can dangerously slow down breathing. "Tablets contain binders that may not dissolve in water. When injected, these particles can lodge in blood vessels in the lungs, causing inflammation and scarring and, in severe cases, can prove fatal," said Dr S Chandrasekar, head of department of medicine, Stanley Medical College and Hospital.

During checks, police look for injection marks on the arms of suspected users. Such marks have helped investigators identify users and work backwards through the supply chain to reach street-level peddlers and larger suppliers.

Police have sought a stronger legal framework to tackle the issue. "The sharp increase in seizures reflects strict enforcement. Our focus has moved beyond seizures to the entire supply chain, from major suppliers and wholesalers to financiers, transporters, distributors and those providing storage facilities," said EB-CID ADGP K Shankar.

RECENT SUSPECTED DRUG-OVERDOSE DEATHS IN CITY

MARCH 15 | Rizwan, 19, of Pulianthope collapsed after injecting a narcotic/painkiller substance mixed with water

MAY 7 | Kirubakaran, 28, of Kodungaiyur collapsed at home. Police recovered a syringe and tablets. Preliminary investigation showed he had been mixing tablets with water and injecting the solution for months

AUG | Akash of Old Washermenpet had been dissolving intoxicating tablets and injecting them. He underwent treatment at Stanley govt hospital before his health deteriorated

Drummer pays steep price for quick high

TIMES NEWS NETWORK

Three years ago, **Sasi Kumar** made a living by playing drums at neighbourhood events in Kodungaiyur. His nimble hands also helped him run a profitable roadside shop. Today, his left arm has been amputated, and the 33-year-old father of two depends on his mother even for basic needs.

Years of abusing prescription tablets changed his life irreversibly. "It gave me pleasure. I felt I could conquer the world. Nothing else mattered," Sasi recalled. Even the death of a friend from a drug overdose was not enough to make him quit.

Then came the day that changed everything. Sasi was alone in a vacant plot when he injected the drug solution into a vein. Within moments, he realised something was terribly wrong. His fingers stopped moving, and numbness spread through his arm. "I was rolling on the ground, crying for help," he recalled.



His mother rushed him to a nearby hospital. Doctors found that the damage was severe. Eventually, he was told that portions of his left hand had to be amputated to save his life.

As he drifted in and out of consciousness, Sasi made a request — he wanted to see his arms before the amputation. "I wanted to remember the pain and what this habit had done to me," he said.

Sasi survived, but the tasks he once did without a second thought now require his mother's help. "My wife left me. She blamed my addiction for everything ," he said.

For nearly a year after the amputation, Sasi struggled to face people. Over time, he decided that his experience could at least serve as a warning to others.

Pvt school scam: Court quashes Arasakumar's Goondas Act detention

TIMES NEWS NETWORK

Chennai: Madras high court on Monday quashed the preventive detention of B T Arasakumar, the prime accused in the ₹100 crore private schools' recognition scam, under the Goondas Act. He was originally arrested on charges of collecting money from private school managements promising to secure various statutory approvals and renewals during the DMK regime.

A division bench of Justice N Sathish Kumar and Justice K Rajasekar passed the order while allowing a plea moved by Arasakumar's wife A Kokila.

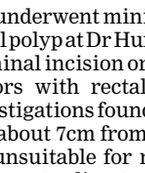
According to the prosecution, Arasakumar cheated private schools through an unregistered outfit—Tamil Nadu Private Schools Association. He promised several private schools that he would secure permanent recognition, school upgradation, Directorate of Town and Country Planning (DTCP) and Chennai Metropolitan Development Authority (CMDA) approvals, and other statutory clearances by using his political and bureaucratic connections during the DMK regime.

However, he failed to secure the promised approvals or refund the amounts collected from the schools and had allegedly swindled more than ₹100 crore. Following a spate of complaints, the police registered an FIR, arrested Arasakumar and detained him under the Goondas Act.

Challenging the detention, the petitioner contended that the allegations in the case were fabricated and politically motivated. He also submitted that the representation challenging the detention under the Goondas Act was considered with a delay of 13 days.

Ex-minister moves high court to quash FIR against him

Chennai: Former DMK minister **Anbil Mahesh Poyyamozhi** has moved Madras high court seeking to quash a case registered by Chennai Central Crime Branch (CCB) in connection with the ₹100 crore private schools' recognition scam. Justice V Lakshminarayanan on Monday exempted him from producing an original copy of the FIR to number the plea and adjourned the hearing to Sept 30. The issue pertains to a complaint by T C Elangovan, and administrators of several private schools. On Sept 16, CCB personnel conducted searches at nine locations, including the residence and offices of Anbil Mahesh. Following a summons issued by the CCB, Anbil appeared before the officers on Sept 18 for an inquiry. TNN



77-year-old man undergoes rectal surgery without abdominal incision

Chennai: A 77-year-old man underwent minimally invasive surgery to remove a 5cm rectal polyp at Dr Humayun Specialty Hospital without an abdominal incision or stoma. The patient had approached doctors with rectal bleeding and changes in bowel habits. Investigations found a broad-based polyp in the middle rectum, about 7cm from the anal opening, which was considered unsuitable for routine colonoscopic removal. Dr Pinak Dasgupta, director and chief, gastrointestinal services, performed the procedure using Transanal Minimally Invasive Surgery, removing the polyp through the natural opening. The one-hour procedure enabled the patient to resume food within six hours, walk the same day and return home the following morning. TNN

Customs seizes hydroponic ganja worth ₹3.4 crore

Venkadesan.S
@timesofindia.com

Chennai: Customs officials seized 3.42kg of high-grade hydroponically cultivated ganja, worth around ₹3.4 crore in the illicit market, from an Indian woman passenger who arrived from Kuala Lumpur at Chennai airport on Saturday.

Based on passenger profiling, Air Intelligence Unit officers intercepted the passenger after she tried to leave the airport through the Green Channel.

Four transparent airtight packets containing dried greenish-brown flowering and fruiting tops of a plant suspected to be hydroponically cultivated cannabis were found concealed inside false bottoms created in her checked-in baggage

The substance tested positive for ganja. Customs seized the contraband under the provisions of the Narcotic Drugs and Psychotropic Substances Act. The passenger was arrested and remanded in judicial custody. Further probe is under way.

The seizure came less than a fortnight after officials recovered 2.79kg of suspected hydroponic ganja from an Indian man arriving from Dubai on Sept 13. It had been concealed in a baby-diaper bag, detergent packet and chessboard box.

7 months on, MRTS trains continue to skip Adambakkam station

Christopher.M
@timesofindia.com

Chennai: More than seven months after the Velachery–St Thomas Mount MRTS extension opened, trains continue to pass through Adambakkam station without stopping, denying residents of Adambakkam, Nanganallur and Madipakkam the benefits of a railway station close by.

The 4.5km extension was inaugurated on March 14 and full-scale suburban services began between St Thomas Mount and Chennai Beach. Southern Railway operates at least 43 MRTS services from Chennai Beach-St Thomas Mount, and six dedicated shuttle services between Velachery and St Thomas Mount. While trains halt at Puzhuthivakkam, the other station on the extension, Adambakkam, remains non-operational due to a safety issue involving the platform alignment.

Representative picture



DESIGN FLAW

The chief commissioner of railway safety (CCRS), Janak Kumar Garg, identified an excess gap between the train and the platform on a curve during an inspection in March. The gap on the left side of the platform was found to be around 20cm more than the permissible standard, following which clearance was not given for trains to halt at the station.

Railway officials earlier said the construction wing was examining options to rectify the problem, including modifications to the platform and track. They said the Research Designs and Standards Organisation (RDSO) would provide the required design and that the alignment could be corrected within a month after the design was finalised.

However, seven months after the extension opened, the station is yet to receive clearance for passenger halts.

A senior railway official said, "Most of the civic work at the station, except increasing the platform height, has been completed. To correct the platform alignment, a proposal has been sent to the south CRS, once approved, the redesign work will begin at Adambakkam station and will be completed by year-end."

The delay has forced residents to travel to Puzhuthivakkam or St Thomas Mount to board MRTS trains.

"Every day, I have to travel to Puzhuthivakkam station to take the train to St Thomas Mount. The train journey takes only 12 minutes, but it takes another 10 minutes to reach Puzhuthivakkam by bike. It is still faster than taking a cab or auto. But if the issue at Adambakkam is resolved at the earliest, it will make it make our lives so much easier," said T Sathish Kumar of Adambakkam.

'Med college makes hostel stay mandatory, seeks extra ₹8.2L'

TIMES NEWS NETWORK

Chennai: Students allotted seats at private medical colleges in the state have written to Directorate of Medical Education, saying they were told after allotment that the MBBS programme was fully residential and would cost an extra ₹8.2 lakh.

"We received complaints that students were asked to pay excess fees, including hostel charges. Complaints were forwarded to the fee committee for further action," said selection committee secretary Dr V Lokanayaki.

The fee fixation committee decides annual tuition fees for private institutions, excluding deemed universities. For 2026, MBBS tuition fees in private colleges range from ₹4.35 lakh to ₹5.4 lakh for govt-quota seats in self-financing colleges and state private universities, and from ₹15 lakh to ₹16.2 lakh for management seats.

Parents said Kanyakumari Medical Mission Medical College and Research Centre made hostel accommodation compulsory while admissions were under way. "My niece chose this college because she can stay at my place. Her travel time will be just half an hour. Why should she stay at a hostel for ₹8.27 lakh? If they had informed us about this before counselling, we would not have opted for a seat here," said S Sarala.

COMPLAINTS RECEIVED

The college, a constituent of St Joseph University, told parents that it has made it mandatory for MBBS students to stay in approved hostels for the four-and-a-half-year course and the one-year internship. Attempts to reach the college administration by **TOI** were unsuccessful. "Doctors at the college told parents the policy was intended to ensure academic continuity, clinical training, safety, and discipline. Parents were surprised by this decision when they came to pay the fees," said student counsellor Manickavel Arumugam.

The National Medical Commission said colleges cannot make hostel accommodation mandatory. Senior officials confirmed that while colleges must provide accommodation, students are not obliged to live on campus or pay hostel fees if they live elsewhere. "Complaints are filed every year. The selection committee forwards them to the fee committee, but no action is taken. Colleges then target students who complain. The selection committee must amend its rules to gain powers to act on complaints," Arumugam said.

Student drowns off Tiruvottiyur beach

Chennai: A college student drowned in the sea off Tiruvottiyur on Sunday evening. Police said the victim, Damien Sunil, 19, of Sivasakthi Nagar was a second year BSc student at Loyola College.

He had gone to the beach with six friends. While they were bathing in the water, he was caught in a strong wave and drowned. His friends tried to rescue him but failed.

On receiving information, Tiruvottiyur police and fire and rescue personnel reached the spot and launched a search. His body was later found washed ashore on the beach. TNN

Science congress inspires next-gen space explorers at city college

TIMES NEWS NETWORK

Chennai: More than 250 undergraduate students from Chennai, Tiruvallur, Kancheepuram and Chengalpet districts participated in the Youth Astronomy and Space Science Congress 2026 at Don Bosco College of Arts and Science on Saturday.

Tamil Nadu Astronomy & Science Society organised the congress for the second consecutive year, featuring student research papers, astronomy quizzes, short films and photography. Former ISRO director Mylswamy Annadurai, Aditya-L1 project director Nigar Shaji and defence scientist Dilli Babu attended. The event aimed to encourage students to pursue astronomy and space science.

TOI



TO INFINITY AND BEYOND: Participants of the youth astronomy and space science congress held at Don Bosco College of Arts and Science

Held under the theme "New Space Era – Connecting Science, Technology and Society," the event drew 125 teams, with 41 advancing from the regional conference to the state-level conference scheduled for the third week of Nov.

Man abducted over brother's loan, one held

Chennai: A man was arrested on Sunday for abducting a mobile shop owner in Chintadripet over a loan taken by the victim's younger brother..

On Sept 25 night, Sethuraman, 24, bought electronic goods from Ashok, 27, a Rajasthan native who ran the shop. Sethuraman said he had the money in his car near the metro station. When Ashok accompanied him, Sethuraman and his associates forced him into the vehicle and demanded he repay his brother's loan.

After being released, Ashok filed a complaint. Police arrested Sethuraman and recovered the goods. His associates are absconding. TNN

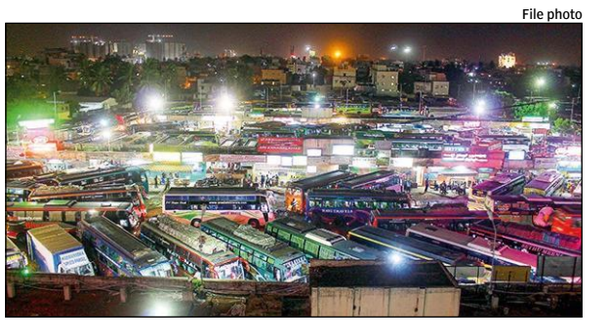
Pvt bus fares hit ₹5K ahead of festival rush

Tarika.Balakannan
@timesofindia.com

Chennai: Three weeks before Ayudha Puja, passengers booking private buses from the city for the holiday are seeing fares as high as ₹4,999 to Kodaikanal, up to ₹3,500 for Ooty, and exceeding ₹3,000 on some other popular routes.

For Oct 17 (Saturday), Chennai–Ooty ticket fares touch ₹3,199. Chennai–Madurai tickets for Oct 19 cost up to ₹3,019, while Chennai–Coimbatore fares for Oct 16 hit ₹3,049. Return tickets from Coimbatore on Oct 20 are priced as high as ₹2,844, while return tickets from the hill stations on Oct 20, Ayudha Puja, and Oct 21 cost up to ₹3,200.

File photo



FEELING THE PINCH: Passengers are forced to choose between changing travel dates and paying higher fares for private buses

Passengers booking 20 days in advance to avoid the rush said they were shocked by the fares. "I thought I was planning ahead. I didn't expect the prices to be so high," said B Nagarjunan, who was booking a ticket to Ooty. He rescheduled his travel after finding tickets for a day or two after Ayudha Puja were priced between ₹1,200 and ₹1,800. "I'd rather extend my stay by another day," he said.

Transport officials said they were unaware of the surge in private bus fares. "We will verify and initiate action," an official said.

All Omni Bus Owners Association (AOBOA) president A Anbalagan said the lack of a uniform fare structure was the main problem. The association has around 400 members among nearly 600 private bus operators, he said. AOBOA's fare caps are ₹2,880 for Chennai–Kodaikanal, ₹2,980 for Chennai–Ooty and ₹2,880 for Chennai–Coimbatore. "We try to regulate fares, but new operators keep emerging," he said. Operators have been asked to reduce prices, he added. "Otherwise, market forces will decide. If they set prices at ₹5,000, who will go?"

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

GCC to check pet licences, microchips at clinics from Oct 1

Swedha.Radhakrishnan
@timesofindia.com


TOI

RAMPING UP: Though more than one lakh dogs have been microchipped and licensed, only 65,800 licences are active, says GCC

A 13-member team, including zonal veterinary officers and supervisors, will conduct door-to-door inspections from this week. The recently announced ₹10,000 penalty for owners who abandon their pet dogs will also come into effect from Oct 1

Chennai: Veterinary hospitals and pet clinics in the city will now have to check whether dogs brought in for treatment are licensed and microchipped, and alert Greater Chennai Corporation (GCC) if they are not.

The corporation will also resume door-to-door inspections from Oct 1, nearly seven months after its last intensive drive.

GCC estimates more than 13,000 pet dogs in the city are yet to be microchipped and licensed. In 2025, the corporation made microchipping compulsory to curb pet abandonment and ensure compliance with annual anti-rabies vaccination requirements.

Around one lakh dogs have been microchipped so far. The civic body has imposed a ₹5,000 penalty on violators and collected ₹7 lakh in fines up to March. The drive was subsequently halted due to elections.

"Though more than one lakh dogs have been microchipped and licensed, only 65,800 licences are active. Despite the extension, there has been no significant surge in either new applications or licence renewals. The team will resume inspections and impose penalties on violators from Thursday," said GCC veterinary officer J Kamal Hussain.

A 13-member team, including zonal veterinary officers and supervisors, will conduct door-to-door inspections from this week. Teams will be provided point-of-sale (POS) machine to collect penalties from pet owners found violating the guidelines.

GCC has also instructed doctors at Madras Veterinary Hospital in Vepery, private clinics and NGOs treating dogs to report animals without a licence or microchip, so action can be taken against their owners, Hussain said.

GCC's recently announced ₹10,000 penalty for owners who abandon their pet dogs will also come into effect from Oct 1. However, GCC imposed the penalty on an individual on Sunday following a complaint by an NGO in Besant Nagar.



Govt rehab centre aids senior citizens addicted to scrolling

Tarika.Balakannan
@timesofindia.com

Chennai: What began as a de-addiction centre for students and youths who became overly dependent on the internet during the Covid-19 pandemic is now also seeing senior citizens seeking treatment for the problem, doctors at Omandurar Government Medical College Hospital said.

The centre was launched in 2021 as an exclusive facility to treat internet addiction, since study material for children and work for adults went online, and consumption of internet increased considerably. Five years on, senior citizens are also commonly diagnosed with internet addiction, says head of department of psychiatry, Dr Malar Moses. "Internet addiction is as bad as cocaine addiction," she said.

The centre records 10 to 15 new cases every month. Between Aug 2024 and Aug 2026, they treated 291 such cases. For many elderly patients who spend long periods alone, serials, political content and entertainment on phones can gradually fill up much of their day, Dr Malar said. "Due to their age, sleeplessness is common. With the addiction, their anxiety levels and sleeplessness might worsen, and they will need help," she added.

A 55-year-old man from Tuticorin recently approached the centre with severe anxiety and a drinking problem. He was also suffering from suicidal thoughts, and he was treated at the general psychiatry ward for a week. He received regular counselling at the de-addiction centre as well. "During his 21-day stay at the hospital, he understood his role in the family and decided to stay away from both the screen and alcohol," said R Deepika, psychiatrist and social worker at the hospital.

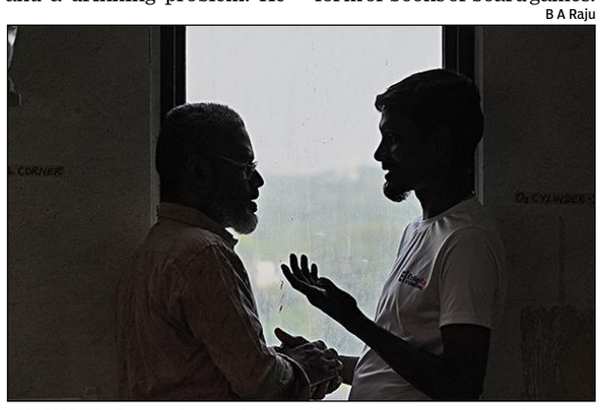
Patients are advised to restrict social media use to 45 minutes a day, although doctors accept that it is difficult for families to distinguish between screen time spent on work or studies and time spent purely for entertainment.

Among children, early screen exposure is also causing developmental delays that are severe enough to be mistaken for autism.

Since last year, the centre has expanded into a comprehensive facility treating several forms of addiction, including alcohol and drugs. Between Aug 2024 and Aug this year, 9,605 outpatient visits and 566 inpatient admissions were recorded for alcohol addiction. "Many think of our centre as a jail. But nobody is admitted here without their consent," said Dr Malar.

Some former patients have even come back to donate items such as kettles, books, and a carrom board. Two months ago, a donor sent a washing machine. The centre welcomes donations in the form of books or board games.

B A Raju



EXPANDED: The centre has turned into a comprehensive facility treating several forms of addiction, including alcohol and drugs

Pics: A Prathap



City's Most Vulnerable Live In Crumbling Govt Flats: Complaints Only Get Them Eviction Notices

Christopher.M@timesofindia.com

A concrete staircase collapsed at a Pattinapakkam housing complex on Saturday night, leaving a 35-year-old man with minor injuries and renewing fear among at least 60 families who continue to live in the deteriorating buildings.

The Tamil Nadu Urban Habitat Development Board (TNUHDB) buildings in Foreshore Estate, Loop Road, Nambikkai Nagar and Rajiv Gandhi Nagar date to the 1970s. Residents said sections of ceilings, staircases and toilets have collapsed over the past few years, particularly during the rains.

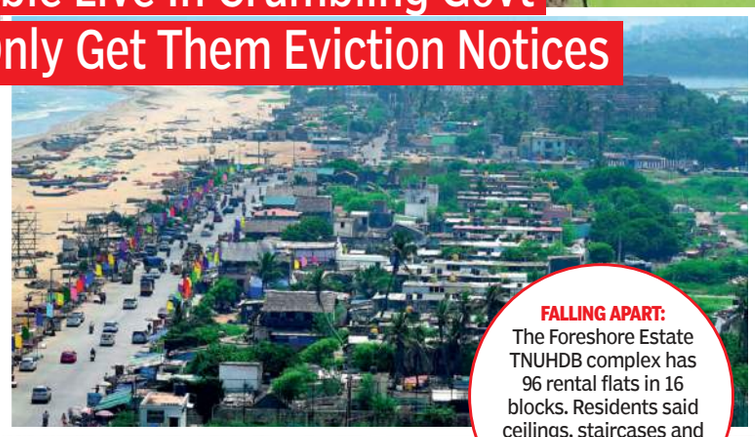
TNUHDB began evicting occupants in phases in 2022, citing the buildings' poor structural condition. In 2025, it declared the buildings unfit for habitation and said some occupants had rent arrears or had sublet their homes. Notices continued to be served, but several families refused to leave.

The Foreshore Estate complex has 96 rental flats in 16 blocks. Residents here say have sought alternative housing and challenged the cancellation of their allotments. In April 2024, the Madras high court observed that TNUHDB had not shown that affected residents had been given an adequate opportunity to present their case, and directed it to hear them. Eviction notices, however, were served until 2025.

"We have been living here for more than 30 years. The building is falling apart; we don't know what to do. Every time we ask for an alternate space, the officials just send eviction notices," said N Kumaresan, a resident of Nambikkai Nagar.

S Francis, another resident, said most families relied on daily earnings and could not afford to move. "We are worried about our safety. Most of us earn only enough for our daily needs by selling fish in the market. They should provide an alternate arrangement before forcing us out," he said.

TNUHDB officials could not be reached despite several attempts.



FALLING APART: The Foreshore Estate TNUHDB complex has 96 rental flats in 16 blocks. Residents said ceilings, staircases and toilets have collapsed over the years

DMK moves HC against TVK ministers for defamatory speech

Sureshkumar.K
@timesofindia.com



"DMK is following the court's advice to not politicise the issue, whereas TVK members continue to speak about the matter" said the party's counsel

Chennai: DMK has moved the high court seeking ₹1.01 crore in damages from top TVK ministers Aadhav Arjuna and C T R Nirmal Kumar, alleging that they had been spreading false allegations against the party in connection with the child rape case involving granite baron R Veeramani.

Recording the submissions on Monday, Justice Govindarajan Thilakavadi said that the advocate-general must instruct the ministers in this regard and adjourned the hearing to Sept 30 for filing counters.

"DMK is following the court's advice to not politicise the issue, whereas TVK members continue to speak about the matter," senior advocate J Ravindran said, representing DMK.

According to DMK, Nirmal Kumar and Aadhav Arjuna had said in media interviews that the previous DMK govt had failed to take appropriate action against Veeramani in a case involving the alleged sexual assault of minor girls and had allowed him to escape legal action. Similarly, TVK's IT wing had made posts on X making accusations against the DMK govt in connection with the case.

DMK said a complaint against Veeramani was received on Oct 6, 2025, and a case was registered the very next day. Immediate action was taken without any interference or delay, it claimed.

The ministers and TVK's IT wing were spreading defamatory statements contrary to facts, thereby damaging the party's reputation, the party said and asked the court to direct the social media platforms to remove all such posts and videos.

HC asks if Pondy govt would file case against suspended cop

Times News Network

Chennai: Madras high court on Monday directed the Puducherry govt to explain if an FIR would be registered against superintendent of police A Subramanian who is facing complaints of sexual harassment by women constables.

Justice V Lakshminarayanan issued the interim directions on a plea moved by the mother of a victim. The officer was placed under suspension on Sept 24 only after the court's intervention. "The DGP and home secretary shall take a call on whether an FIR is to be registered or not and its decision shall be intimated to the court on Wednesday," the judge said.

The petitioner said her daughter was subjected to sexual harassment while serving in Karaikal in 2024 and attempted to commit suicide.

Censuring authorities for not acting upon complaints, the judge said the manner in which the papers are proceeding indicates that the guilty are being protected by the administration. Article 14 of the Constitution not only guarantees equality before law, but it also guarantees equal protection of the law, the court said.

₹1L students to take math, science talent tests

Times News Network

Chennai: More than one lakh students studying in Classes VI to IX have applied for maths and science talent tests 2026. The tests will be conducted in 240 centres across the state. The maths talent test will be held on Oct 4 and science talent test on Oct 11.

Students will answer 80 questions in 90 minutes. District and state-level toppers will receive cash prizes.

"Thus far, about 30,000 students across the state used to take these two tests. Due to the increased awareness, this year more than 1.2 lakh students have registered," said K Shanmuga Sundaram, executive director of Tamil Nadu Science and Technology Centre.

Among the districts, Chennai has topped the list with more than 9,000 applications.

"This year, we have also revised the question paper to make students think out of the box. It will have application-oriented questions and examples will be cited from everyday life. This will give students an early exposure to competitive exam-style questions," he added.

180 students to take entrance test coaching at govt colleges

Ragu.Raman@timesofindia.com

Nine students from the previous year's batch joined top institutes such as IITs and NITs. Over 5,000 students expressed interest this year

Chennai: As many as 180 students from govt colleges studying BSc and MSc physics, chemistry and maths will undergo two-week residential training to crack entrance tests such as IIT Joint Admission Test for Masters (JAM) and Graduate Aptitude Test in Engineering (GATE). The first phase will be conducted from Oct 5 to 9.

More than 5,000 UG and PG students from govt colleges were interested in participating in this residential training after nine students from the previous year's batch joined top institutes such as IITs and NITs.

Tamil Nadu State Council for Higher Education (TANSCHE) conducted a screening test to select students. "There is an increased awareness about these entrance tests and residential training among the students this year. We are also conducting the training in advance so they can be prepared for the tests that will be conducted from Jan," said M P Vijayakumar, vice-chairman of TANSCHE.

The state govt has announced in the budget that it would meet the educational expenses of students who crack the entrance tests and join top institutes.

Sources said students were struggling to solve problems in the tests as they have been trained in memory-based questions. "They will be trained to solve problems in the fastest way possible. Subject experts will work on old question papers for practice. We are also thinking of conducting mock tests and correcting mistakes every day of the training this year," an official of TANSCHE said.

Experts will also teach students how to eliminate the wrong answers, he added. The training will cover National Eligibility Test (NET), Joint Entrance Screening Test (JEST) and Common University Entrance Test (CUET).

These students will be guided online till they write the tests.

Indian Green Building Council signs MoUs with GCC, PWD for sustainable infra

Chennai: TN is stepping up efforts towards sustainable infrastructure and a net-zero built environment, with Indian Green Building Council (IGBC) signing MoUs with Greater Chennai Corporation (GCC) and Public Works Department (PWD) at IGBC Green Tamil Nadu Summit 2026. The GCC-IGBC MoU will facilitate capacity building, green assessments, technical guidance, certification support and knowledge sharing for public infrastructure projects in Chennai.

Tamil Nadu has 1,509 IGBC-registered projects covering over 1.03 billion sqft, of which 670 projects spanning 338.61 million sq ft are certified. The portfolio includes 875 commercial, 271 residential, 166 industrial and logistics, 154 transit infrastructure and 26 Net Zero projects. The 26 Net Zero projects cover 34.3 million sq ft.

GCC joint commissioner S Saravanan said sustainability should be incorporated at the design stage of projects, while PWD joint chief engineer K Mathimani stressed the need for govt-private sector collaboration. CII Southern Region chairman P Ravichandran Purushothaman said green transformation must address water and waste challenges alongside buildings. TNN

Classes VI -X get moral science textbooks

R.Saivenkatesh
@timesofindia.com

Chennai: From short stories to case studies and proverbs on morals, students of classes VI-X in govt and aided schools have received books on 'life skills' this month as the school education department plans to introduce moral science into the curriculum.

The initiative comes months after school education minister A Rajmohan urged teachers to include moral science in lessons for middle and high school students. "The textbooks are light and mostly comprise stories meant to inculcate moral values in children. One period has been allocated for this every week, and students are encouraged to have discussions during class. But there is no standard template. Anyone can share a story and take part in healthy discussions," a school head said.

Until now, govt schools had weekly classes dedicated to career guidance and extra/co-curricular activities. Moral science topics were only touched upon during these periods. "All school heads have been asked to appoint able and empathetic teachers for the subject," Chennai chief education officer M Kabir said.

Department officials said textbooks had been supplied through the chief and district education officers to at least 2,000 schools. Plans are afoot to integrate moral science with existing subjects and chapters soon, in line with the state education policy. "Already, Classes I-III are being taught moral lessons through textbook chapters. The textbooks themselves have been designed that way. This methodology is in practice in CBSE schools as well. Classes IV-VIII will receive new textbooks next year, and XI-XII from 2028-29," an official with the SCERT said.

"There must be a feedback mechanism to track the effectiveness of the scheme. This shouldn't be treated like any other subject and students must be made to understand the seriousness of moral science," said S Arumainathan, president, Tamil Nadu Students-Parents Welfare Association.

TN invites entries for 22 disability welfare awards

Chennai: TN govt will confer 22 awards on individuals and organisations that have significantly contributed to the welfare of persons with disabilities on World Disability Day on Dec 3.

This includes 10 awards for the best employees/self-employed persons from different disability categories. All awards carry a 10g gold medal and a certificate.

Two Helen Keller awards will be given to the best teachers who teach persons with visual and hearing impairments. Eligible applicants may apply only through *awards.tn.gov.in* by 5pm on Oct 22. Applicants must also submit two copies of their application to the concerned district differently abled welfare officer by 5pm on Oct 22. TNN

DSIIDC
DELHI STATE INDUSTRIAL AND INFRASTRUCTURE DEVELOPMENT CORPORATION LTD.
(A Government Undertaking)
Plot No. 74-A, Old MCD Property Tax Building, Ring Road, Lajpat Nagar-III, New Delhi-110024

NOTICE INVITING e-TENDER

DSIIDC on behalf of the Managing Director invites online Item Rate e-tender through Delhi Govt. website **https://govtprocurement.delhi.gov.in** for under mentioned work from the agencies/contractors registered with CPWD, Central Govt. agencies / undertakings or the agencies registered with any of the Delhi Govt. Deptt. like MCD, I&FC, DJB, Delhi State PWD etc. or other State Govt. Undertaking, Corporations, Departments are allowed to participate in the tendering process in DSIIDC as per their appropriate class of registration and specialized agencies meeting the eligibility criteria as mentioned in the NIT are allowed to participate in the tendering process in DSIIDC as per their appropriate class of registration for the following works with opening date 22.10.2026.

Name of work: Development of Integrated office complex at the existing DTC Depot, IP Estate, New Delhi.

Sub-Head: Composite works of Construction of DTC HQ Building (2B+G+11 Stories) with RCC framed Structure design including water supply, sanitary installation, internal and external Electrical installations, Firefighting, AV system, Access control, CCTV System, Lifts, LAN BMS, HVAC (Low side & Hi Side) Horticulture works, Vertical plantation works, Artworks, External development works and all other related works all complete including 3 year DLP at DTC Bus Depot at IP Estate, New Delhi.

NIT No.	Tender ID No.	Estimated Cost	EMD	Time Allowed
01/2026-27/CD-15	2026_DSIDC_298649_1	₹ 128,23,96,789/-	₹ 1,38,23,968/-	24 Months

Note:- Pre-Bid Meeting is scheduled to be held on 30.09.2026 at 11.00 AM in Conference Room at DSIIDC Head Quarter Building at N-36, Bombay Life Building, Connaught Circus New Delhi-110001.Interested bidders can see other detail/information on website **https://govtprocurement.delhi.gov.in** and website **https://dsiidc.delhi.gov.in.** DSIIDC reserves the right to accept or reject any or all tenders without assigning any reason thereof.

Executive Engineer (CD-15)
Govt. of NCT of Delhi, DSIIDC

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

'Thaimaaman' Vijay kicks off scheme, gifts gold rings to newborns in Madurai

CM Personally Gave Rings To 35 Newborns In GH

Ram.Sundaram
@timesofindia.com

Antony Xavier & S Lenin





PICTURE PERFECT: Vijay personally gave rings to 35 newborns (L); He garlanded the Gandhi statue at the renovated museum

Madurai: Chief minister C Joseph Vijay on Monday launched the Thaimaaman Thanga Mothiram scheme at Government Rajaji Hospital (GRH), Madurai, to provide 1g gold rings to babies born in govt hospitals across Tamil Nadu. The state has earmarked ₹755.83 crore for the scheme this year, with around 4.41 lakh newborns expected to benefit annually.

Vijay personally gave rings to 35 newborns at GRH, holding several of the babies as he moved among their mothers. He had first announced the proposal on March 7 at TVK's Women's Day programme in Mamallapuram while unveiling the party's first set of election promises.

The govt said the programme was intended to encourage safe deliveries in state-run hospitals, strengthen maternal and newborn care and build confidence in public healthcare. Babies born from June 22 are eligible, while those born from Sept 28 will receive the ring at the hospital before discharge, said a govt release.

The first presentation was seen as a message of unity across faiths: Yazhini, Mohammed Sainsha and Stella Mary, from Hindu, Muslim and Christian families respectively, got rings from Vijay. "We asked CM to name our baby. He wanted to know the name we had chosen — Joyal — and named her the same," Stella Mary said.

For some mothers, the "thaimaaman", or maternal uncle, theme had a personal resonance. "My brother is not in my life now. Though I have one, we are not on talking terms. I see Vijay in that place," said Mariselvi, of Palanganatham, adding that the ring would remain a lifetime memory for her daughter as she grew up.

Deepshika, 26, had another connection to the occasion. "I received a gold ring from Vijay at this same hospital in 2000 during his son Jason Sanjay's birthday celebrations. Twenty-six years later, my daughter too has received one from him, now as chief minister," she said.

Outside the hospital, crowds lined Vijay's route as he moved through the city, later opening the renovated Gandhi Memorial Museum before heading to Meenakshi Amman temple, for which the consecration was on Sept 17.

CM opens renovated Gandhi museum

CM C Joseph Vijay opened the renovated Gandhi Memorial Museum at Madurai, on Monday. He garlanded the statue of Gandhi on campus and unveiled a plaque. The ₹10.25 crore renovation has transformed the museum, allowing visitors to appreciate both its collections and the architecture of the historic palace. Traditional construction materials, including lime, palm jaggery, kadukkai, small bricks and river sand, were used for restoration. The Madras terrace and vaulted roofs were also renovated while retaining their traditional features. The museum, first opened by PM Jawaharlal Nehru in April 1959, has also been upgraded with interactive digital exhibits and visitor-friendly facilities. Former CM M K Stalin had originally announced a ₹6 crore makeover for the museum in Aug 2021. TNN

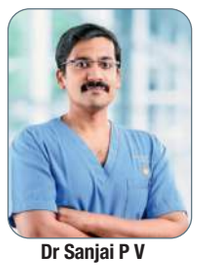
SPOTLIGHT

Know the warning signs

Dr T S Srinath, Director and Senior Consultant, and Dr Sanjai P V, Clinical Lead and Senior Consultant, SIMS Hospital, speak about chest pain and possible blockage



Dr T S Srinath



Dr Sanjai P V

Chest discomfort that repeatedly occurs with physical activity and improves with rest is a critical clue indicating reduced blood flow to the heart. It shouldn't be dismissed because the pain goes away. A cardiologist may recommend an ECG, echocardiogram, stress test or other investigations based on his symptoms and risk factors. If the pain becomes severe, occurs at rest or is accompanied by sweating or breathlessness, seek urgent medical attention.

My mother has multiple artery blockages. How do we know whether angioplasty or bypass is safer?
There isn't one treatment that is best for every patient with multiple blockages. The decision depends on the location and complexity of the blockages, heart function, age and conditions such as diabetes. Cardiologists and cardiac surgeons can review the angiogram together and explain the benefits and risks of each approach. A specialist opinion can help the family understand why angioplasty or bypass is being recommended.

I had sudden squeezing chest pain for 10 minutes yesterday. Could it have been a mild heart attack?
Heart-related chest discomfort can settle even when there is an underlying problem, so feeling better doesn't necessarily rule it out. Chest pressure or squeezing—particularly with sweating, breathlessness, nausea or pain spreading to the arm or jaw—needs prompt medical assessment. An ECG, troponin blood test and other investigations can help determine whether heart muscle injury has occurred.

Even a short walk leaves me breathless. Could this be a heart problem, and when should I see a specialist?
Breathlessness can have many causes, including reduced fitness, lung conditions, anaemia and heart problems. What matters is whether it is new, worsening or occurring with less activity than before. Breathlessness with chest pain, fainting, sweating or sudden severe symptoms requires urgent medical attention.

My pulse drops into the 30s and I've fainted twice. Could my heart stop without a pacemaker?
A very slow heartbeat can reduce blood flow to the brain and other organs, which may explain fainting. Whether it could become dangerous depends on the exact rhythm problem. A pacemaker monitors the heartbeat and provides electrical impulses when necessary to maintain an appropriate rate. Recurrent fainting with significant bradycardia warrants prompt assessment by a cardiologist.

Disclaimer: An initiative of SIMS Hospital / shared by SIMS Hospital. BCCL does not endorse and is not responsible for the accuracy or completeness of the information contained herein. Readers should seek appropriate professional advice before taking any decision.

TVK candidate skips Dharapuram campaign during day due to 'hostility'

TIMES NEWS NETWORK

TOI



SURPRISE ELEMENT: TVK candidate Sathyabama campaigns in Dharapuram with a bust of chief minister C Joseph Vijay

Dharapuram: While candidates of other major political parties were busy campaigning for the Oct 6 bypoll, TVK candidate P Sathyabama was missing from action in the first half of Monday.

Sathyabama later stepped out for campaigning at Moolanur village in the evening, surprising everyone with a bust of chief minister C Joseph Vijay, made of plaster of Paris, seated beside her in the campaign vehicle. Party insiders say she was supposed to campaign at Moolanur in the morning, but avoided visiting the village anticipating hostility. The Vijay bust too was attributed to this hostility.

The former AIADMK MLA, who resigned her seat to switch allegiance to TVK, has met fierce resistance from voters in several villages during canvassing, including Periyakumarapalayam, Nallipalayam and West Sedayampalayam.

Despite heavy police protection, she had to cut short or cancel the campaigning in these places.

TVK has overhauled the campaign strategy, keeping Sathyabama's daily itinerary under wraps until minutes before setting out. Partymen said that advance schedules were being exploited by DMK and AIADMK to mobilise hostile crowds. "When the campaign itinerary was released a day ahead, opposition cadres tracked the locations and organised protests to disrupt canvassing in rural belts," said a senior TVK functionary.

The Vijay bust was added to Sathyabama's campaign vehicle out of hope that people would not object to her campaign.

"As expected, there was no opposition to her campaign in Moolanur. But there was a sharp spell forcing us to wind up campaigning," said a TVK functionary.

TVK desperate, begging AIADMK functionaries to join ruling party: EPS

TIMES NEWS NETWORK

File photo



CAMPAIGN IN DHARAPURAM

Dharapuram: AIADMK general secretary Edappadi K Palaniswami said that in a "desperate bid to win the bypoll", TVK was "begging" AIADMK functionaries in Dharapuram to join it.

Campaigning for AIADMK candidate Kanitha Sampath in Dharapuram on Monday, Palaniswami said TVK ministers canvassing votes for the bypoll were in desperation as people were turning them down. "Every day ministers are going door-to-door begging AIADMK functionaries to join TVK. Why can't you seek support from your own partymen? Why are you dependent on us," he asked.

He said TVK lacked both functionaries and a leader. "Chief minister C Joseph Vijay came to power merely by accident," he said. "More than 50% of the key functionaries of TVK are from AIADMK. TVK cannot survive without those from AIADMK. It's the same case with DMK, where several senior leaders were from AIADMK. AIADMK runs the state," he said. Palaniswami criticised the police for filing "politically motivated FIRs" against AIADMK workers in Dharapuram. "This govt will not complete its term. Don't disrupt our campaign, or I will lead a massive agitation against CM when he visits Dharapuram," he warned.

Palaniswami said the CM projects himself as a warm and loving person in public, but he was not such a person. He said Vijay would soon face legal consequences over the Karur stampede case.

Kanimozhi hits out at AIADMK, TVK

TIMES NEWS NETWORK

Dharapuram: DMK MP Kanimozhi on Monday appealed to voters in Dharapuram not to vote for AIADMK, which was "incapable of safeguarding its own MLAs", or TVK, which "poached MLAs".

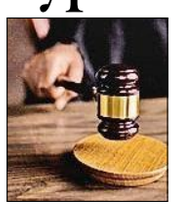
Kanimozhi said there might be sympathy towards AIADMK as the party had lost its MLA elected from the constituency to TVK. "You may think about voting for AIADMK because it was cheated. But what is the point of voting for a party that is not capable of safeguarding its MLAs," she asked. TVK, which was poaching MLAs, doesn't deserve votes either, she said.

"In contrast, not a single MLA or MP of DMK had left the party after raids and cases. So if you vote for DMK, your vote and the MLA of your constituency will be safe," she said.

Targeting chief minister C Joseph Vijay, Kanimozhi said TVK govt came to power giving a slew of promises but failed to fulfil them. "Dear brother Vijay promised ₹2,500 for women, six cylinders for families, complete waiver of farm loans and ₹4,000 for unemployed youth. Did he fulfil those promises," she asked. Vijay failed in giving proper governance too, she said.

Not holding bypolls is against public interest: CM

Sureshkumar.K
@timesofindia.com



The petitioner said vacancies created after MLAs resigned and joined the ruling party cannot be considered clear vacancies warranting the announcement of byelections

Chennai: Deferring elections to five assembly constituencies in view of pending election petitions would be against public interest, Tamil Nadu chief minister C Joseph Vijay told Madras high court on Monday.

A plea to stall the byelections is not a public interest litigation, but a petition filed in the interest of an individual, said senior advocate G Masilamani, representing Vijay.

The submissions were made on a PIL moved by K Venkatachalapathy seeking to restrain Election Commission of India (ECI) from announcing byelections in Trichy East, Ambasamudram, Perundurai, Karur and Viralimalai constituencies, where election petitions are pending. The petitioner said the vacancies created after the MLAs resigned and joined the ruling party cannot be considered clear vacancies warranting the announcement of byelections.

Opposing the plea, Masilamani submitted that in Trichy East constituency a total of 20 people contested the election, including the chief minister, who polled 91,381 votes. Of the 20, only DMK candidate Inigo Irudayaraj has moved an election petition challenging the poll. Byelection to the constituency can be stalled only in a situation where only two persons contested the election, he added.

Recording the submissions, the first bench of Chief Justice Sushrut Arvind Dharamadhikari and Justice G Arul Murugan adjourned the hearing to Sept 29.

HC junks petition to expedite penalty from quarry operators

TIMES NEWS NETWORK

Madurai: Madras high court dismissed a plea seeking a direction to authorities to expedite the process to recover a ₹9.52 crore penalty from blue metal quarry operators in Tirunelveli district.

The court was hearing a public interest litigation filed by S P Muthu Raman of Tirunelveli district. The petitioner stated that owing to quarrying operations conducted illegally, a penalty was imposed on blue metal quarry operators.

During the course of hearing, the state submitted that 28 separate petitions were filed by those who are conducting quarrying operations, wherein directions have been issued that the representation of quarry owners should be heard before initiating or proceeding to recover the amount imposed as penalty. It was contended by authorities that necessary steps are being taken.

A division bench of Justice C V Karthikeyan and Justice R Sakthivel observed that authorities are bound by the orders of any court more particularly, the orders wherein directions have already been issued. Hence, the judges dismissed the petition.

DMK: Poor security for Udhaya's bypoll campaign

Chennai: DMK's Madurantakam candidate I Paranthamen has alleged that there were inadequate security arrangements for leader of the opposition Udhayanidhi Stalin's campaign on Sunday, and urged Election Commission to deploy more personnel for the next one.

Paranthamen blamed TVK = for "shoddy security arrangements" and alleged that it was "cheap politics". He said DMK had submitted Udhayanidhi's campaign route map well in advance. "But no proper security arrangements were in place when the crowd surged. It was done deliberately by the ruling party to create a bad impression on DMK," he said. Paranthamen said that people had difficulty reaching campaign spots due to the improper arrangement. TNN

One-vote loss: HC dismisses ex-minister's election plea

Chennai: Madras high court on Monday dismissed a poll petition moved by former DMK minister K R Periyakaruppan challenging the poll win by TVK MLA R Seenivasa Sethupathi one vote in Tirupattur assembly constituency. Justice G K Ilanthiraiyan passed the order while allowing a plea moved by Seenivasa Sethupathi for rejecting the petition moved by Periyakaruppan. Sethupathi had secured 83,375 votes while Periyakaruppan got 83,374 votes. Periyakaruppan said one postal vote had been wrongly sent to the constituency with the same name in Tirupattur and that the returning officer cancelled the vote, instead of sending it back. Sethupathi denied the allegation and said the postal vote was unambiguous. TNN

Share info on Veeramani to ACP on WhatsApp

▶ From P 1

The case remained dormant since then. The mother came forward and lodged a complaint on Sunday after learning about Veeramani's arrest in the other case.

After the complaint, the SIT gathered details from a local court and an assistant commissioner of police's office, where a copy of the FIR had been kept.

The SIT, headed by additional commissioner P C Thenmozhi, has issued a general appeal urging people with information, documents or other evidence connected to Veeramani's cases to share them through WhatsApp at 9345319676. Informants have been promised confidentiality.

NGT asks starch firm to submit compliance report on TNPCB violations

TIMES NEWS NETWORK

Chennai: The Southern bench of National Green Tribunal (NGT) has directed a starch firm, Spac Starch Products, Erode, to submit a compliance report to Tamil Nadu Pollution Control Board (TNPCB), following several violations found during inspections.

TNPCB found that the firm had deployed additional machinery and commenced processes, including commissioning of a corn steeping liquor evaporator, without consent. The firm's treated effluent also breached TNPCB standards at two disposal points. Further, six piezometric wells had been dismantled, resulting in constraints in monitoring groundwater quality. Though the firm had permits for 3kld (kilolitres per day) of sewage, its generation was 20kld.

The case pertains to an appeal by the firm in Sept this year against a closure order, which had pointed out 14 shortcomings at the unit by TNPCB. Posting the matter for Sept 29, the bench comprising Justices Pushpa Sathyanarayana and Prashant Gargava said, "On the basis of the compliance report, TNPCB may inspect and give its report whether the unit can operate with the consented terms alone."

When the counsel for TNPCB insisted on a scientific study through a recognised university or a research institution to assess the impact of treated trade effluents on soil characteristics, the bench said that the appellant could carry out the study.

NIE School Buzz

52nd Annual Day at Kola Saraswathi Vaishnav SSS,



Kola Saraswathi Vaishnav Senior Secondary School, Kilpauk, observed its 52nd Annual Day and Janmashtami. Correspondent K K Maheswari delivered the welcome address. Principal Seema Madan presented the annual report. The Gopika e-magazine was also released. Meritorious students and teachers were honoured at the event that featured cultural performances. Assistant Commissioner of Police, Kotturpuram, V Srinivasan, was guest of honour, while Chairman of Tablets (India) Ltd Dr R K Jhaver was chief guest. Co-opted member Arun Mimani proposed the vote of thanks.

15th Sports Meet at Sree Gokulam Public School, Chengalpet



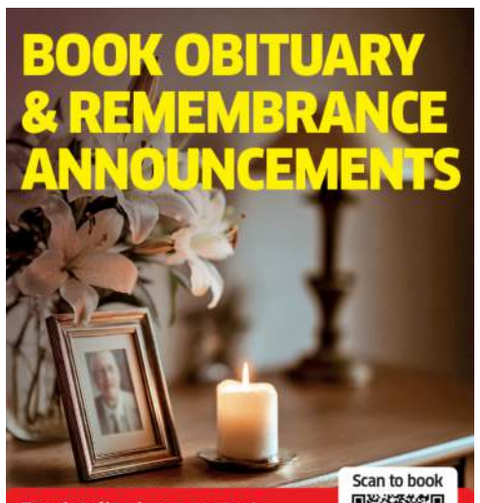
Sree Gokulam Public School, Chengalpet, observed its 15th annual sports meet. Students showcased their talent through sports and cultural displays. Additional Superintendent of Police, Chengalpet, S Dinakaran, inaugurated the meet. FC Madras head coach (goalkeeping) and former footballer V P Sathiesh Kumar was guest of honour. Principal K Sankara Narayanan was accompanied by Air Marshal (Retd) S Sukumar, former deputy chief of air staff, who distributed trophies. Chairman Gokulam Gopalan, vice-chairman V C Praveen, and vice-chairperson Lijisha Praveen guided the meet.

For NIE subscription kindly contact Kripanand.S: 9600033559, kripanand.s@timesofindia.com

TIMES TRIBUTE
PAYING HOMAGE TO THE DEPARTED SOUL
To book your ad | Logon to: ads.timesofindia.com or Call: 18001205474 (Toll Free) | Scan QR Code

In Loving Memory of

Mrs.Subhash Hasija
CHAUTHA CEREMONY
29TH Sep, 2026, 5.00 PM
GILL ADARSH SCHOOL AUDITORIUM
46, VM Street, Bajaji Nagar, Royapettah, Chennai - 600 031.
Please join us in prayers as we remember her with love and seek peace for the departed soul.
With Fond Memories
Sudhir & Poonam Hasija | Sunil & Sangeeta Hasija
Suneet & Sarika Hasija | Grand Children
Great Grand Children
Elektronika Sales (P) Ltd.,
Contact No.: +91 98842 36000

BOOK OBITUARY & REMEMBRANCE ANNOUNCEMENTS

For details please contact:
Kesavan - 9962511006
Scan to book
For booking and personalized assistance log on to
Ads.timesofindia.com

TO BOOK AN OBITUARY & REMEMBRANCE AD
CALL NOW 1800 120 5474 TOLL FREE
Book online to access exclusive offers and personalized assistance. Log on to Ads.timesofindia.com
Scan to book

TIMES TRIBUTE
PAYING HOMAGE TO THE DEPARTED SOUL
http://tributes.timesofindia.com
Pay Homage....
Pay Respect....
.... to your beloved ones
at just Rs.620/-per sqcm*
(Bookings accepted till 9 pm)
For more details contact: KESAVAN @ 9962511006
*condition apply

TO BOOK AN OBITUARY & REMEMBRANCE AD
CALL NOW 1800 120 5474 TOLL FREE
Book online to access exclusive offers and personalized assistance. Log on to Ads.timesofindia.com
Scan to book

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

'SIR issue can't be resolved just by CEC removal'

TIMES NEWS NETWORK

Chennai: Tamil Nadu school education minister A Rajmohan said that TVK was consistent in its opposition to Special Intensive Revision (SIR) exercise, but termed the demand for removal of chief election commissioner Gyanesh Kumar as a 'diversionary tactic.'

"Replacing the chief election commissioner is merely making an individual a scapegoat. This is an attempt to evade responsibility. We will not fall prey to such diversionary politics," Rajmohan told reporters when asked about TVK's stand on the demand for removal of CEC.

SIR CONTROVERSY

However, he said TVK opposes SIR and that there was a need to look at deeper issues in SIR and bring about a reform. "SIR is a scam and TVK opposes it. Our leader (CM C Joseph Vijay) had said in the past that reforms should be brought into SIR process. We continue to stand by that position even today. The issue cannot be resolved merely by removing the chief election commissioner," he said.

TVK has maintained silence over alleged unilateral decisions of CEC, disregarding the objections raised by the two election commissioners.

Several parties, including TVK's ally Congress has demanded resignation of Gyanesh Kumar.

Three held for murder of car driver near Erode

Senthil.Kumaran
@timesofindia.com

Erode: Three men were arrested on Monday on charges of murdering a car driver, dumping his body in LBP canal near Bhavanisagar in Erode district and selling his vehicle to a scrap yard in Mettupalayam.

The victim has been identified as Jayachandran, 50, of Usilampatti in Madurai district. Police arrested S Dhanraj, 40, of Venganayakkanpalayam in Erode district, P Balamurugan, 52, of Valangottai in Dindigul district and S Anand, 42, of Pandian Nagar in Tirupur. Jayachandran's body was recovered from stagnant water near the canal's iron bridge between Mettupalayam Road and Puliyampatti Road on Sept 26.

Police initially registered a suspicious-death case. Jayachandran' wife, Ramaprabha, said he had left in his car to take passengers to Sathyamangalam. As the car could not be seen in the area where body was found, police suspected foul play. Postmortem found that he had been strangled, following which police registered a murder case. During a vehicle check at Thoppampalayam Four Roads, Bhavanisagar police stopped a minivan whose occupants gave contradictory answers. "Interrogation revealed the men had abandoned an earlier plan to steal from a temple, contacted a car rental number in Usilampatti and hired Jayachandran's vehicle," said inspector T Annam. She said they strangled Jayachandran with a cloth near Mudukkanthurai market, dumped his body in the canal, sold the car and shared the money.



HEALTH AWARENESS INITIATIVE

Meril Treatment Zaroori Hai

Issued in public interest, for you and your loved ones, by Meril.

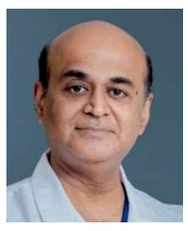
Know the signs, protect your heart



Dr. Vijit Koshy Cherian
Director - Heart Transplant,
The Madras Medical Mission Hospital
Mogappair, Chennai

The warning signs of a heart attack are well known, it may be a feeling of chest pain, heaviness or discomfort, or breathing difficulty, left arm pain. Sometimes there is a burning sensation in the upper abdomen or even neck pain. It is important that the person reaches the hospital early and gets themselves evaluated to be able to reverse heart muscle damage. This can be achieved with injections or sometimes with urgent angioplasty to open the blocks in the arteries.

Those who present late can have severe heart failure which can result in fatality. Today, heart transplant surgery and the placements of heart pumps can even save patients who present late, provided they reach an advanced heart care facility. Awareness in the public space continues to determine the urgency with which patients present to the hospital at the right time.



Dr. Neville Solomon
Head of Department of Paediatric Cardiac Surgery, Apollo Children's Hospital, Thousand Lights, Chennai

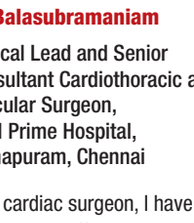
Paediatric cardiac surgery has evolved to a great extent and has become a precision science and a testimony to the adage that team work always triumphs. Operating on small babies weighing only 2.5 kgs or just a week old or less requires not only great technical skill and mental fortitude, but the presence of an extraordinary team which include brilliant cardiologists who not only pick up the diagnosis but give the blueprint for the surgery. The surgeons need to be backed up in the operating room by astute anaesthetists, perfusionists, technicians and nursing staff. The post-operative recovery is the greatest challenge when neonates undergo complex open heart surgery or an older child or adult with congenital heart disease undergoes corrective heart surgery for a very complex condition. This is where an extraordinary postoperative team headed by critical care specialists supported by experienced, dedicated and focused nursing staff make all the difference. May we, as a fraternity, continue to touch the lives and hearts of many more children.



Dr. Thejaswi N Marla
Minimally Invasive Cardiothoracic Surgeon, Sooriya Hospital, Chennai

"A healthy heart is the foundation of a healthy life."

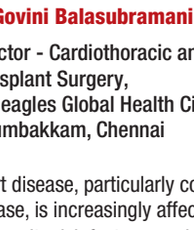
On this World Heart Day, let us remind ourselves that prevention is always better than cure. A healthy lifestyle, regular health check-ups, and timely medical attention can make a meaningful difference in protecting our heart. Do not ignore warning signs such as chest discomfort, breathlessness, unusual sweating, or sudden fatigue. Early recognition and timely treatment can save lives. Take care of your heart today, so it can take care of you for years to come.



Dr. Balasubramaniam
Clinical Lead and Senior Consultant Cardiothoracic and Vascular Surgeon,
SRM Prime Hospital,
Ramapuram, Chennai

As a cardiac surgeon, I have seen first-hand how deeply heart disease can affect individuals . I have also seen how many heart problems can be prevented or detected early. On this World Heart Day, my message to the public is simple: do not wait for a heart problem to become serious before taking care of your heart.

Choose a healthy lifestyle—eat wisely, stay active, avoid tobacco, manage stress, sleep well, and regularly check your blood pressure, sugar, and cholesterol. Listen to your body and never ignore warning symptoms. A healthy heart is not just about living longer—it is about living better, with the people you love.

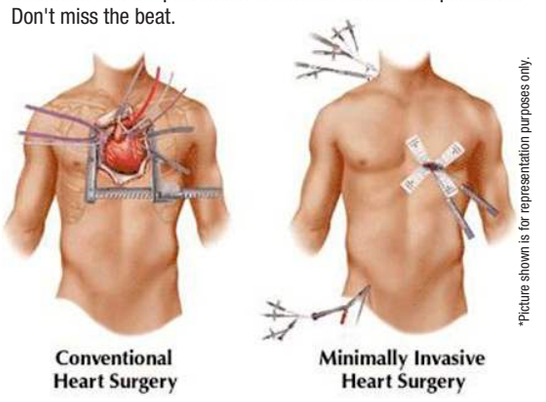


Dr. Govini Balasubramani
Director - Cardiothoracic and Transplant Surgery,
Gleneagles Global Health City,
Perumbakkam, Chennai

Heart disease, particularly coronary artery disease, is increasingly affecting both younger and older populations. Its risk factors can be classified as modifiable and non-modifiable. Modifiable risks—including diabetes, hypertension, high cholesterol, smoking, excessive alcohol consumption and substance use—can be managed through a balanced diet, appropriate medication and healthier lifestyle choices.

Regular walking, exercise, yoga and meditation can also support heart health. Stress is another significant concern that can affect people at every stage of life, arising from school, college, work, business or family environments. Learning to manage stress, anger and emotions is essential, and professional support should be sought when needed.

Non-modifiable risks, such as genetics and a family history of heart disease, cannot be controlled. Individuals with affected blood relatives may face a higher risk. Therefore, regular health check-ups are important for early detection, timely treatment and the prevention of serious cardiac complications. Don't miss the beat.



Disclaimer: An initiative of Meril Healthcare Pvt. Ltd. BCCL does not endorse and is not responsible for the accuracy or completeness of the information contained herein. Readers should seek appropriate professional advice before taking any decision.

JKCement
A SOLID LEGACY OF TRUST



In Revered Memory of
Shri Yadupati Singhania
29 September 1953 - 13 August 2020

Paying tribute to a progressive mind whose energy, courage, and conviction left a lasting mark on countless lives. His memory lives on in every life he inspired and every milestone he shaped.

JKCement
JKsuper cement BUILD STRONG | JKsuper STRONG BUILD STRONG | JKsuper PROTECT BUILD STRONG | JKMaxx PAINTS Colours of joy | JKCement WallMaxX White Cement Based Putty | JKCement WallMaxX ADVANCED Premium Wall Putty | JKCement ShieldMaxX Universal Waterproof Putty | JKCement WhiteMaxX White Portland Cement | JKTYLO PREMIUM ADHESIVES & GROUTS | JKPROFIX TRUSTED BY EXPERTS
SPSU Sir Padampat Singhania University | YPSVEF YADUPATI SINGHANIA VOCATIONAL EDUCATION FOUNDATION | YADUPATI SINGHANIA FOUNDATION | JK GOTAN FOUNDATION | KAMLA TOWN TRUST | JK CHARITABLE TRUST | SHRI DWARIKADHEESH TEMPLE TRUST | SHRI KAMLESHWAR JI MAHADEO TEMPLE TRUST | YADU International Ltd | Gotan, Nimbahera Jhalawar

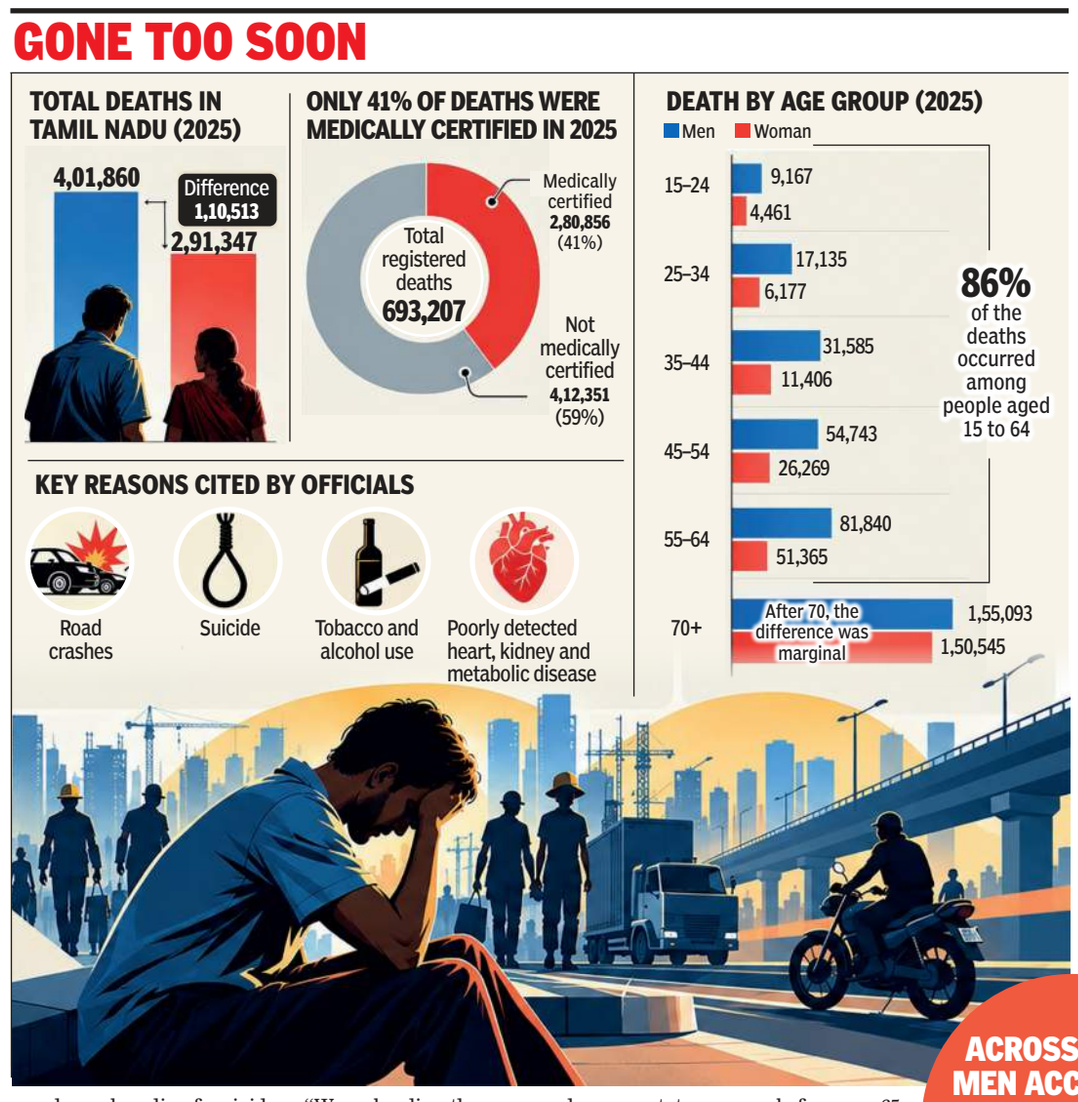
More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TN families face new crisis as their men die younger

1.10 Lakh More Men Than Women Died In 2025, With Nearly 86% Of The Deaths Occurring Between Ages 15 and 64, leaving behind widows and children

Pushpa.Narayan
@timesofindia.com



Far more men in Tamil Nadu are dying as compared to women. The disparity is widest among people aged 15 to 64, years when many are working, raising children and supporting ageing parents.

In 2025, Tamil Nadu registered 401,860 male deaths and 291,347 female deaths — a difference of 110,513. The gap has remained above one lakh in the past three years: 1.10 lakh in 2023, 1.07 lakh in 2024 and 1.11 lakh in 2025.

Nearly 86% of that gap, or 94,792 deaths, pertained to those in their prime.

A public health department analysis of civil registration system (CRS) data from 2018 to 2022, published in the medical journal by the directorate of public health, found male mortality higher than female mortality from age 15 onward in every district. The CRS is India's legally mandated system for continuously recording births, deaths and stillbirths.

Public health expert Dr T Sundararaman, former executive director of the National Health Systems Resource Centre, says these figures are more than just about demography. "Families are losing fathers too early. Women are getting widowed. We should be investing in saving these young lives," he said.

The age pattern is consistent with several overlapping risks, experts said: road crashes and suicide among younger men; and cardiovascular disease, stroke, diabetes, kidney failure, chronic respiratory illness and tobacco and alcohol-related disease in the middle aged. At least 50 people, mostly men, die every day of road crashes in Tamil Nadu. An equal number die of suicides. "We see an epidemic of strokes, heart attacks and renal failure in much younger people — much more in men than in women," said Dr T S Selvavinayagam, a former director of public health who has published research on mortality in Tamil Nadu. While most women are screened at least during their pregnancy and after delivery, many men go without screening till 40. "If these illnesses are detected in time and people are put on chronic care treatment, their life expectancy normalises," he said.

The imbalance is not unique to Tamil Nadu. Across India, men accounted for 60.6% of deaths registered in 2023, against 39.4% for women. But raw death totals cannot be directly compared across states, officials say, because population age structures, sex ratios and death-registration completeness vary.

State officials also compared deaths in Tamil Nadu with Sweden. Sweden registered 46,000 male deaths and 46,200 female deaths in 2025. That near parity reflects, in part, the fact that women make up a larger share of the oldest population. Swedish men still had an age-standardised death rate of 1,009 per 100,000 in 2024, compared with 750 among women. "The point is not that Sweden has eliminated men's mortality disadvantage," said state health secretary Darez Ahamed. "It is about when the deaths occur. Only about 10% of deaths in Sweden occur before age 65, compared with 42% in Tamil Nadu."

Tamil Nadu, however, can count the gap more clearly than it can explain it. In 2025, only 280,856 of Tamil Nadu's 693,207 registered deaths — 41% — were medically certified. The certification rate was 42% among male deaths and 38% among female deaths, limiting cause-specific conclusions.

Medically certified deaths are concentrated in health institutions and may not reflect deaths outside hospitals, where certification is weaker. The state needs stronger certification, systematic review of uncertified deaths and district-level publication of age, sex and cause-specific mortality data. "At least six out of 10 deaths in the state happen outside hospitals," said state nosologist Dr Abishek Stanislaus, who works in scientific classification and grouping of diseases. "A cause-wise review of deaths is essential to understand the reasons for this gap and design targeted interventions," he said, explaining how the state has been developing stronger guidelines on medical certification, including verbal autopsy for deaths outside institutions. "When certifications improve, we see how patterns of death differ even among districts," he said. That will help the state develop localised health strategies.

Tamil Nadu is not starting from zero. Its health programmes include doorstep screening for chronic diseases, early diagnosis and treatment for cardiac conditions, emergency care for road-crash victims and health checks for construction workers. But these schemes are not yet framed as a unified strategy to reduce premature male deaths or evaluated against a target for keeping men alive through their working years. Evening clinics have been introduced to improve access for working people who may avoid daytime visits because of lost wages. "Men don't visit PHCs fearing loss of daily wages," said director of public health Dr A Somasundaram. "The evening clinics help us diagnose, treat and manage blood sugar and pressure in men."

Prevention must move beyond hospitals and into the places where risk accumulates — roads, workplaces and neighbourhoods. "Road safety measures are extremely weak," Dr Sundararaman said. "Men have to travel more; even an ordinary worker needs a motorcycle to get to work."

The question is not whether Tamil Nadu should choose men's health over women's health. It is whether it can recognise that preventing early male deaths is also a measure of economic security for women and protection for children.

ACROSS INDIA, MEN ACCOUNTED FOR 60.6% OF DEATHS REGISTERED IN 2023

Email your feedback with name and address to southpole.toi@timesofindia.com

Call to protect ancient rock paintings in Moonandipatti

Jaden.Thomas
@timesofindia.com

Highlighting severe damage from natural weathering and human vandalism, the Centre for Heritage and Ecological Research Through Arts and Literature (Cheral) has urged the Tamil Nadu govt to declare the prehistoric rock paintings at Moonandipatti in Theni district a protected archaeological monument. The group sent a request to the district collector of Theni and the commissioner of the Tamil Nadu archaeology department to accord statutory protection to the site, known as Manguni Pudavu, under the Tamil Nadu Ancient and Historical Monuments and Archaeological Sites and Remains Act, 1966.

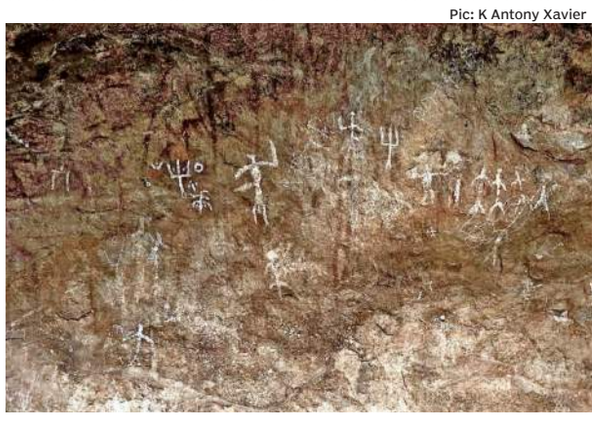
The ancient site is situated at Manguni Pudavu, a natural rock shelter situated roughly 50 feet high on the Nagamalai hillock within the survey fields of Pulimankombai Panchayat in Andipatti taluk. Located along the route connecting Vadaku Moonandipatti village to the Nagamalai Ayyan Temple, the site was first identified by archaeologist Yathees Kumar and documented in 2008 in Aavanam, the journal of the Tamil Nadu archaeological society.

"Visitor vandalim and exposure to natural elements will result in the irreversible loss of these irreplaceable cultural records, without immediate state protection and systematic conservation measures," said Tamil Dasan, environmentalist, researcher, convener of the Madurai Nature Cultural Foundation (MNCF) and a member of the Cheral trust.

According to C Manickaraj, archaeological researcher and Cheral coordinator, red ochre rock art found across Tamil Nadu is broadly estimated to be around 5,000 years old, though comprehensive scientific testing is necessary to confirm the exact age of the Moonandipatti depictions. The shelter features deep red ochre lines resembling a flowing river alongside faded human figures. In addition, white ochre imagery depicts combat scenes, including warriors wielding and throwing curved weapons. These are interpreted as Valari, a traditional Tamil weapon referenced in classical Sangam literature such as 'Kalithogai' and 'Puranануru' as Thigiri, Erivaalai, and Soozhal Padai. Inscriptions also reveal that historical Chola military forces maintained a specialised division known as Erippadai.

Beyond combat depictions, the shelter contains imagery of deer, human forms, abstract symbols, and scenes depicting childbirth or fertility rituals. Positioned along an ancient trade route running parallel to the Vaigai river, the Moonandipatti rock art forms a crucial historical cluster alongside megalithic burial structures and the famous 400–300BCE Pulimankombai hero stones.

Pic: K Antony Xavier



SAVING THE MURALS: Red ochre rock art found across Tamil Nadu is broadly estimated to be around 5,000 years old

TIMES interact
Connecting People, Connecting Needs.
To book your ad | Logon to: ads.timesofindia.com or Call: 18001205474 (Toll Free) | Scan QR Code

@ YOUR SERVICE

YELLOW LINES

COACHING CLASSES- HOME TUITION

ACCOUNTS HOME Tuition School College CA CMA CS 8610994743

CONSULTANT - INSURANCE

TERM, Health, Travel, Car and other Insurances.T. 09677000168

INSECT SCREEN

SAINTGOBIN Door And Velcro Type.SPR 9840692486/9962347835

PSYCHOLOGIST

START New Life Increase Confidence To Be Happy 8610994743

BOOK YOUR VEHICLE ADS
CALL NOW 1800 120 5474 TOLL FREE
Book online to access exclusive offers and personalized assistance. Log on to Ads.timesofindia.com

business
LOANS

KUBER FINANCE
Your Financial Growth Partner
8267949328
9997520726
5 Vikas Marg, Laxmi Nagar Block S1 Nanakpura Delhi 110092
ALL TYPES of Loans Personal, Business, Property, Home, Agriculture Loans at best Rates Interest Agents Welcome

BOOK YOUR PROPERTY ADS
CALL NOW 1800 120 5474 TOLL FREE
Book online to access exclusive offers and personalized assistance. Log on to Ads.timesofindia.com

SHOPPING MART

HANBAO
Fans | Appliances | Houseware
Ayudha Pooja All Festival Gifting
PRODUCT RANGE 69/-* ONWARDS
Kettles | Airfryer | Induction Stove
Bullet Mixer | Houseware | Cookware
Corporate/Custom Gifting/Bulk Orders
Mob. : +91 99401 39999
www.hanbaoindia.com
*Call/Whatsapp for Free Product Demo.

World Heart Day TIMES interact

MAKNILL®
(Magnesium Sulphate Paste BP)
Presentation 10x15, 75 & 400 gms.
71 Years Since 1955
- A researched ready to apply magnesium sulphate paste without cumbersome mixing and heating by the nursing staff
- Another unique product from Southern Soleil.
- A Popular Product in UK offered by Southern Soleil.
- 'Drawing Paste' or 'Morrison Paste' as it is called helps to treat skin infections, including boils, acne and to reduce swelling.
- It is also used to remove splinters.
- Good remedy for Carbuncles, Boils, Bruises and Sprains.

For External Use only
Cellulitis
May also be used in the treatment of prolonged administration of intramuscular injections & IV drips - Phlebitis. Hematoma, Insect bites swelling, finger nail boils, diabetic foot swelling.
Phlebitis
A brand of Soleil®
Quality products manufacturer for more than 70 years Available with all leading distributors
For use under Medical Supervision only
Scan for video
Under trade mark agreement with
Southern Soleil
Chennai-600 021.
Phone : 044-25904323 Airtel : 044-42081090 Cell : 09884257495
Email: soleilsouthern5@gmail.com Web site: southernsoleil.com

Bennett & Coleman THE TIMES OF INDIA
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. All creatives marked as Advertorial, Spotlight and Promotional Features are to be treated as Advertisements. The Times of India Group doesn't vouch for any claims made by the Advertisers of the products and services. The Printer, Publisher, Editor, and the owners of The Times of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

TVK reports nil spending in Puducherry election debut

Julie.Mariappan
@timesofindia.com

Chennai: TVK has spent nothing on its debut electoral contest in the Union territory of Puducherry, according to the expenditure statement submitted to Election Commission of India.

TVK contested 28 of 30 Assembly seats in Puducherry, won two seats and forfeited its deposit in 15 seats. The party got a vote share of 17.6%, behind All-India N R Congress (40.96%), DMK (32.89%) and AIADMK (22.05%).

The expenditure statement shows 'nil' under all major heads, including general party propaganda, travel, media advertisements, publicity material, public meetings and rallies. The party reported no spending on candidates. "Vijay campaigned at three locations in Puducherry, but the expenses were not incurred by party headquarters," said a party source.

File Pic



Not a penny spent

There was zero expenditure on vehicles, social media campaigns and other campaigns by other means. No payment was made to other political parties towards election expenses, the statement said. TVK had contested alone in Puducherry.

TVK treasurer Venkataramanan submitted the statement to the commission on July 13. The party's records show an opening balance of ₹3.02 crore and total receipts of ₹7.02 crore during the election. TVK in TN reported spending ₹19.87 crore.

4-yr-old girl swept away at beach in Kanyakumari

Kanyakumari: A four-year-old girl, Ali Kiyana Salma, was swept away by a giant wave near Kesavanputhenthurai fishing village in Kanyakumari district on Sunday evening. Around 6.30pm on Sunday, the child accompanied her mother Priyadarshini, her brother, and a relative, Biju, to the beach. When a huge wave swept the woman and her children into the sea, Biju rushed to rescue them, but he too was dragged into the water. Local fishermen managed to save Priyadarshini, her son and Biju. However, the girl could not be traced. On Monday, her body washed ashore near Manakudi. TNN

HC: Hope govt gives enough aid to Tuticorin firing victims

TIMES NEWS NETWORK

Madurai: Madras high court on Monday disposed of a batch of petitions filed seeking justice for victims of police firing during anti-Sterlite protest in Tuticorin in 2018. A division bench of Justice C V Karthikeyan and Justice R Sakthivel observed it hoped that the state govt would come forward to provide adequate compensation to the victims.

The petitioners had sought a direction to initiate action against erring officials responsible for the death of 13 people in the incident.

The judges also dismissed a contempt petition filed by one of the petitioners alleging defects in CBI's investigation which led to dropping of disciplinary action against erring police officers. The court dismissed the contempt petition on the ground that the trial court where a protest petition is filed against the chargesheet is the competent court to decide on the matter.

AROUND THE STATE IN 80 WORDS

TN private bus owners call 24-hour strike today

Federation of Private Bus Owners' Associations on Monday announced that all private buses in TN will remain off the roads for 24 hours from midnight on Sept 29 till midnight on Sept 30. The decision was taken to protest state govt's free travel scheme for women, which is set to be expanded to more categories of govt buses starting Oct 2. Private bus operators argue that this will drastically reduce passenger numbers, leaving drivers and conductors without sufficient income.

Two youths drown while bathing in Cauvery river near Trichy

Two mechanics, V Parthasarathy, 20, and K Harigokul, 17, who worked at an air-conditioner service drowned while bathing in the Cauvery river at Mukkombu barrage near Trichy on Sunday afternoon. Sources said a group of employees went to Mukkombu barrage to bathe in the Cauvery. Four people moved into a deeper section and were swept away by the current. Their coworkers raised an alarm and two were rescued. However, Parthasarathy and Harigokul were carried away by the current. Parthasarathy's body was recovered on Sunday and Harigokul's body was recovered on Monday.

Two gutka smugglers injured while fleeing cops in Coimbatore

Two suspects arrested by Kovilpalayam police in a gutka smuggling case were injured after attempting to escape from custody in Coimbatore on Sunday. Police said the accused, A Rajesh Kumar, 23, and S Suresh Kumar, 20, both from Rajasthan, tried to flee and fell while being taken for scene reconstruction and recovery of contraband near Neelambur in Coimbatore district. They fractured their arms and were secured immediately. Both were treated at Coimbatore Medical College Hospital and remanded in judicial custody.

Man dies after bike falls into canal

A painter, Kannan, 24, died after the motorcycle he was riding on fell into a stormwater canal near Tiruchengode on Sunday night. A police officer said Kannan was returning home after work on Kailasampalayam-Appurpalayam road when he fell into the canal near Appurpalayam Colony. "The accident went unnoticed at night," the officer said. On Monday morning, passersby spotted his body and alerted police. Police retrieved the body and sent it for postmortem.

Drunk guest workers create ruckus on Coimbatore road

A group of guest workers recently created a ruckus on Kalapatti main road in Coimbatore. A video of the incident, which was circulated on Sunday, showed a group of men who had consumed alcohol at a Tasmac outlet near Kalapatti, entering Nehru Nagar main road and stopping vehicles. The men were also involved in a brawl among themselves. Motorists and residents urged police to identify those involved and initiate action. Police have begun an investigation to identify and trace the men.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TIMES NATION

THE TIMES OF INDIA, CHENNAI | TUESDAY, SEPTEMBER 29, 2026



WILL FIGHT AGAINST MMDR ACT TILL LAST BREATH TO SAFEGUARD GEN Z'S FUTURE: ODISHA EX-CM PATNAIK

CM ADITYANATH TAKES SWIPE AT SP, SAYS 'CHAMELEONS' MAY PUSH UTTAR PRADESH BACK TOWARDS ANARCHY



HACK OF THE DAY — **UPDATE YOUR VOTER DETAILS ONLINE**

WHAT IT SOLVES: Errors in your electoral-roll details can create problems when verifying your voter information

WHAT TO DO: Use Form 8 on the Election Commission's Voter Service Portal to request corrections

STEPS:

1. Open the Election Commission Voter Service Portal
2. Sign in or register your account
3. Select Form 8 for correction
4. Enter the corrected information and upload proof if required
5. Submit the application and save its reference number

NOTE: Form 8 covers corrections, residence shifting and replacement of an EPIC in eligible cases

SCAN FOR MORE HACKS

SOURCE: ECI Voter Services Portal

Readers are advised to follow official websites & updated rules

SG: Centre to stop minors opening social media a/cs

Govt To Amend Rules To Make Intermediaries Compliant



The NGO complained that absence of an effective and uniform mechanism giving practical effect to such statutory incapacity in the digital environment exposes children to foreseeable risks

Dhananjay.Mahapatra
@timesofindia.com

New Delhi: Agreeing with Supreme Court, Centre on Monday said it would soon insert a provision in the Information and Technology Intermediary Rules to prevent social media intermediaries from allowing children under 18 years of age to open social media accounts.

Agreeing with the bench of CJI Surya Kant and Justices Joymalya Bagchi and V Mohana as well as petitioner NGO 'Just Rights for Children Alliance' counsel H S Phoolka, solicitor general Tushar Mehta said the agreements entered into by intermediaries and minors were void contracts and these must be prevented.

"Membership of educational websites can be taken through consent of parents," he said, adding that the Centre would step in to make it a statutory obligation for intermediaries not to allow minors to have accounts. Justice Bagchi said, "They have registered under the laws of the US and imported into Indian digital space the restrictions which are applicable in the US (on minors' opening accounts on social media platforms), which is impermissible under Indian law."

When Mehta said "we will have to control intermediaries", the bench responded, "Our request to you – will the Centre pass some directions under the Intermediary Rules that they should fashion their software or platform in conformity with Indian laws?"

The SG said, "They will have to conform to Indian laws and there is no doubt about it. Something can be done, something should be done and something will be done."

Justice Bagchi said, "They must restrict, at least in registering membership, to a minimum threshold of 18 years." The SG agreed and said it must now be inserted in some law or rules to make the intermediaries compliant with Indian laws. Senior advocate Phoolka said the govt had certain guidelines on this issue which needed enforcement. The SG said it must now be enforced through a statute. CJI Kant said it must be through a statutory mechanism as the SG said and asked the govt to consider it and get back with a response.

The NGO complained that "absence of an effective and uniform mechanism giving practical effect to such statutory incapacity in the digital environment exposes children to foreseeable risks including online grooming, sexual exploitation, trafficking, behavioural profiling, misuse of personal data, cyberbullying and exposure to age-inappropriate content."

Sohrabuddin case: SC to examine validity of acquittal of all accused

Dhananjay.Mahapatra
@timesofindia.com



RECORD INDICATORS: Bench asked the CBI and the petitioner to flag important witnesses

New Delhi: Supreme Court on Monday agreed to test the validity of acquittal of police officers and all other accused concurrently by the trial court and Bombay high court in the controversial 2005 Sohrabuddin fake encounter case.

Appearing for petitioner Rubabuddin Sheikh, brother of Sohrabuddin, senior advocate D Seshadri Naidu told a bench of CJI Surya Kant and Justices Joymalya Bagchi and V Mohana that his client lost his brother, sister-in-law and brother's friend Tulsiram Prajapati yet the trial court and the HC overlooked critical evidence to acquit all 22 accused, 21 of them police officers from Gujarat, Rajasthan and Andhra Pradesh.

The bench said it would not reopen the case relating to fake encounter killings of Sohrabuddin, who had multiple criminal cases pending against him, or Prajapati, but would examine the strength of testimonies of witnesses.

Appearing for some of the acquitted accused, senior advocate K Parameshwar told the bench that the HC, in its appellate capacity, had considered the testimony of each of the witnesses before approving the acquittals.

The bench asked the CBI and the petitioner to flag important witnesses and their depositions to SC on the next date of hearing while seeking responses from the acquitted accused to the appeal filed by Rubabuddin. Justice Bagchi said, "It is worrisome that there has been wholesale turning hostile of witnesses. More worrisome is the fact that those who had recorded their statements before the magistrate under Section 164 of Criminal Procedure Code, they also turned hostile." The petitioner said the HC failed to discharge its appellate function.

SC proposes linking traffic challans to electricity bill

TIMES NEWS NETWORK

New Delhi: Supreme Court on Monday asked govt to adopt an innovative approach to make traffic law violators pay fines and suggested challans should be linked with electricity bill to force them to pay the penalty or face power disconnection.

A bench of Justices J B Pardiwala and K V Viswanathan suggested that authorities also take steps for blacklisting vehicles with unpaid challans and block ownership transfers.

"It is not just sufficient to keep issuing e-challans. Police may issue thousands and lakhs of such e-challans. Question is recovery of fines as sought to be imposed by way of the e-challans...If people are not paying traffic challans, add it to their electricity dues bill. They'll have to pay electricity bills, otherwise the power line will be disconnected. Work it out. In this country, you have to find a way out," the bench said.

Supreme court was informed that challans of ₹45,000 crore have been issued but ₹25,000 crore has been recovered so far.

Anthrax kills elephant at MP reserve forest

Bhopal: A 1,500 sq metre area inside Bandhavgarh Tiger Reserve in MP was cordoned off and visitor entry prohibited for the next three years after a camp elephant was found to have died of anthrax infection, reports **P Naveen**.

The restricted area covers the spot where the elephant died at the Tala elephant camp. The site has been secured with chain-link fencing and entry prohibited as precaution against possible contamination. Bandhavgarh has 15 departmental elephants for forest duty while the wild elephant population is estimated between 80 and 90. Following the anthrax detection, the reserve management has intensified monitoring of elephants.

H1N1 dominates flu samples in India, says WHO

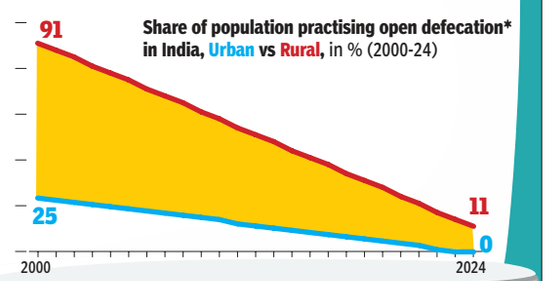
New Delhi: H1N1 is the dominant flu strain detected in India, accounting for three out of every four influenza-positive samples reported in the latest surveillance data, according to World Health Organization (WHO), reports **Anuja Jaiswal**.

The finding is from WHO's surveillance data for weeks 36 and 37 of 2026, covering Sept 1 to 14 and updated on Sept 21. Across the South-East Asia region, 817 of 3,632 samples tested positive for influenza, giving an overall positivity rate of 22%. India stood out for high share of H1N1 among its positive samples. The A(H1N1) pdm09 accounted for 75% of influenza-positive samples in India, compared with 50% across the region as a whole.

STATISTICS A slice of life in numbers

India's sanitation gap is now largely rural

Open defecation has virtually disappeared in urban India, falling from 25% in 2000 to zero in 2023-24. Rural areas have also improved sharply, but 11% still practise it



*Refers to the practice of defecating outdoors in fields, forests, bodies of water, or other open spaces; Source: WHO

SC: Will fix timeline for FSSAI to enforce front-of-pack labelling

AmitaAnand.Choudhary
@timesofindia.com

The bench made it clear to the regulator that it has to implement the court's order, which is in national interest

New Delhi: Supreme Court on Monday refused to accept the timeline proposed by Food Safety and Standards Authority of India (FSSAI) for implementation of front-of-pack labelling (FoPL) — including four months' time for framing regulations and a 365-day voluntary implementation period for food businesses after notification — saying it was unreasonable and decided to fix the timeline for the food regulator.

A bench of Justices J B Pardiwala and K Vinod Chandran, however, made it clear to the regulator that it has to implement the court's order, which is in national interest, in true spirit and not delay implementation. It asked why FSSAI fixed such a long timeframe to implement it as consultations with stakeholders had already taken place in 2022. "Why voluntary compliance for a year? Why do you need so much time? Why do you want to start afresh with the exercise of hearing and calling for objections? You started in 2022, what did you do in the last four years?" the bench asked.

Additional solicitor general Brijender Chahar, appearing for FSSAI, said the process initiated in 2022 was relating to a star-rating system based on entirely different criteria.

Central Electricity Regulatory Commission
8th Floor, Tower-B, World Trade Centre,
Nauroji Nagar, New Delhi-110029
Tel. : 26189709

Engagement of Individual Consultants in CERC

Central Electricity Regulatory Commission, invites applications for engagement of Individual Consultants on contract basis as per the details given below:

Division	Advisor (Renewable Energy)
Regulatory Affairs Division	01

2. Kindly visit CERC's website **www.cercind.gov.in** for detailed qualifications and experience required and other terms and conditions.
3. Interested and eligible candidates may apply online through CERC's official website http://vacancy.cercind.gov.in/cerc/public. The applicants are also requested to submit a hard copy of the application in the prescribed proforma to the Deputy Chief (Admin) at the above address, latest by 5.00 P.M. on **27th October, 2026**.

(Rajiv Kumar)
Deputy Chief (Admin)

Advertisement No. 105/2026

Government of India
Public Enterprises Selection Board
invites applications for the post of
Chairman & Managing Director in KIOCL Limited

Last date of submission of online application by applicants is by 15:00 hours on
19th October, 2026

Last date of forwarding of applications by the Nodal Officers on online system of PESB is by 17:00 hours on
28th October, 2026.

For details login to website
https://pesb.gov.in
Link for registration of nodal officers/competent authorities is available on PESB website.

BANGALORE WATER SUPPLY AND SEWERAGE BOARD
Office of the Chief Engineer (IP,R&D)
3rd Floor, Cauvery Bhavan, K.G Road, Bangalore - 560 009.

BWSSB/CE(IP,R&D)/ACE(Cstr & DCW)/1282/2026-27 Date: 24.09.2026

INVITATION FOR TENDER (2nd Call)
(Only through KPP Portal)

BWSSB invites tender in two stage tender system from eligible tenderers for the **Procurement of 33,000 Nos. of 15mm dia Multi Jet Class "B" Magnetic Type Water Meters conforming to IS:779/1994 OR ISO:4064/2014 with its latest amendments (EZ)**

Amount put to tender: **Rs. 4,67,28,000/-**. EMD: **Rs. 7,01,000/-.**

Last date and time for reciept of tenders will be on **27.10.2026** before **16:00 hrs**. The technical bids will be opened on **28.10.2026** at **17:00 hrs**. The details regarding the tender and participation in the e-procurement process can be obtained by logging on to **https://kppp.karnataka.gov.in**. For further details contact the undersigned office during working hours.

Sd/-
Chief Engineer (IP,R&D)

DIPR/CP/MIA/2967/2026-27

FORM NO. CAA.2

[Pursuant to Section 230(3) of the Companies Act, 2013 and Rules 6 and 7 of the Companies (Compromises, Arrangements and Amalgamations) Rules, 2016]

IN THE NATIONAL COMPANY LAW TRIBUNAL
AHMEDABAD BENCH
C.P. (CAA)/42(AHM)/2026 in CA(CAA)/20(AHM)/2026
IN THE MATTER OF THE COMPANIES ACT, 2013
AND
IN THE MATTER OF SCHEME OF AMALGAMATION
BETWEEN

SUKAVALA RENEWABLE ENERGY PRIVATE LIMITED, CIN: U40100GJ2015PTC084653, R/o: 608-609, Level -6, Opposite Imperial Heights, 150 ft. Ring Road, Near AP Park, Raiya, Rajkot, Gujarat - 360005 ... Petitioner Company No. 1 / Transferor Company No. 1
AND
PIPARTODA RENEWABLE ENERGY PRIVATE LIMITED, CIN: U40100GJ2015PTC084878, R/o: 608-609, Level -6, Opposite Imperial Heights, 150 ft. Ring Road, Near AP Park, Raiya, Rajkot, Gujarat - 360005 ... Petitioner Company No. 2 / Transferor Company No. 2
AND
AMRELI RENEWABLE ENERGY PRIVATE LIMITED, CIN: U40100GJ2015PTC084657, R/o: 608-609, Level -6, Opposite Imperial Heights, 150 ft. Ring Road, Near AP Park, Raiya, Rajkot, Gujarat - 360005 ... Petitioner Company No. 3 / Transferor Company No. 3
AND
RAIPAR RENEWABLE ENERGY PRIVATE LIMITED, CIN: U40109GJ2015PTC085095, R/o: 608-609, Level -6, Opposite Imperial Heights, 150 ft. Ring Road, Near AP Park, Raiya, Rajkot, Gujarat - 360005 ... Petitioner Company No. 4 / Transferor Company No. 4
AND
RATABHE RENEWABLE ENERGY PRIVATE LIMITED, CIN: U40100GJ2015PTC084658, R/o: 608-609, Level -6, Opposite Imperial Heights, 150 ft. Ring Road, Near AP Park, Raiya, Rajkot, Gujarat - 360005 ... Petitioner Company No. 5 / Transferee Company

NOTICE OF HEARING OF PETITION

Notice is hereby given that the above-captioned petition under Sections 230 to 232 of the Companies Act, 2013 seeking sanction of the Scheme of Amalgamation of Sukavala Renewable Energy Private Limited, Pipartoda Renewable Energy Private Limited, Amreli Renewable Energy Private Limited and Raipar Renewable Energy Private Limited (collectively, the **"Transferor Companies"**) with Ratabhe Renewable Energy Private Limited (the **"Transferee Company"**) (Together, **"Petitioner Companies"**, and their respective shareholders and creditors ("**Scheme"**), was presented before the Hon'ble National Company Law Tribunal, Ahmedabad Bench (**"Hon'ble Tribunal"**).

By order dated September 17, 2026, the Hon'ble Tribunal has, inter alia, directed issuance of notices to the authorities specified under Section 230(5) of the Companies Act, 2013 read with Rules 8 and 16 of the Companies (Compromises, Arrangements and Amalgamations) Rules, 2016 and has further directed publication of notice in "Times of India" (English edition) and "Sandesh" (Gujarati edition) in terms of Rule 7 of the said Rules.

The petition is listed before the Hon'ble Tribunal on October 22, 2026. Any person desirous of supporting or opposing the petition should send to the Petitioner Companies, at the address stated above, a notice of his/her intention, signed by him/her or his/her advocate, with his/her name and address, so as to reach the Petitioner Companies in accordance with the applicable Rules before the date fixed for hearing. Where such person seeks to oppose the petition, the grounds of opposition or a copy of the affidavit intended to be used in opposition to the petition should be furnished with such notice.

A copy of the petition will be furnished by the undersigned to any person requiring the same on payment of the prescribed charges for the same.

Dated: September 29, 2026
Place: Ahmedabad

For the Petitioner Companies
Sd/-
Shekhar Kanchan and Chandresh Ohri
Authorized Signatories

Thomas Cook Australia

Experience One Of The World's Biggest New Year Celebrations Up Close, In Australia

Come and say G'day



Quick & **Easy Visa** Application Process

Get ₹ **56 000.00** Off per couple

New Year Special Group Holidays with Flights

10 Days - NYE In Gold Coast
Visits: Melbourne, Cairns, Gold Coast, Brisbane & Sydney
Sovereign Hill with a Mine Tour | Steve Irwin's Zoo | Great Ocean Road | Jet Boat ride
Departure Date: 25th December
@ ₹ **5 35 000.00** pp

12 Days - NYE In Melbourne
Visits: Melbourne, Cairns, Gold Coast & Sydney
Helicopter Ride over the 12 Apostles | Puffing Billy Train Ride | Canberra Parliament House Tour
Departure Date: 30th December
@ ₹ **5 55 000.00** pp

12 Days - NYE In Sydney
Visits: Melbourne, Cairns, Brisbane & Sydney
Helicopter Ride over the 12 Apostles | Puffing Billy Train Ride | Canberra Parliament House Tour
Departure Date: 23rd December
@ ₹ **5 99 000.00** pp

Holidays Without Flights

10 Days - Amazing Australia
Visits: Melbourne, Gold Coast & Sydney
Phillip Island day tour | Movie World & Sea World | Blue Mountain Express
@ ₹ **1 89 600.00** pp

8 Days - Self Drive Special
Visits: Sydney, Jervis Bay & Bowral
Jervis Bay Dolphin Watch Cruise | Wollongong skydive from up to 15,000 ft
@ ₹ **2 65 900.00** pp

Inclusions: Airfare, Hotels, Meals, Insurance, Visa Fees (For Group Holidays), Sightseeing & Services of our 'Experience Managers'.

Terms & Conditions Apply: All advertised products, offers & prices are current at the time of communication & based on existing & often limited availability. Final Pricing & availability of offers/services may vary based on market conditions & prevailing Foreign Exchange Rates. ROE is calculated at 1 AUD = INR 69.57 and will vary on the date of payment. Discount of INR 56 000.00 is applicable only on New Year Special Group Holidays with Flights. Please confirm all relevant details with our sales staff/ thomascook.in/apps before making a booking. Thomas Cook utilizes the services of various third party service providers to deliver specific services in the product/tours. Image used herein is for representational purposes only. For detailed T&Cs, visit www.thomascook.in/conditions.

Call your nearest store

CHENNAI: Adyar: 8879828056 | Alwarpet: 8879653932 | Anna Nagar: 8879837422 | Chromepet: 9619878047 | Manapakkam: 8291015702 | Nungambakkam: 8879832212 | Sholinganallur: 8879893551 | T Nagar: 8879656241 | Vadapalani: 8879657443 | Velachery: 8879643656 | **COIMBATORE**: 8879643451 | **MADURAI**: Anna Nagar: 8879643587 | Kochadai: 8879643506 | **PONDICHERRY**: 9619680522 | **SALEM**: 8879649983 | **TIRUCHIRAPPALLI**: 8879648325

82912 83667 | thomascook.in

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Non-cognisable report against Delhi minister over slap plaint

Surendra.Singh @timesofindia.com



New Delhi: Delhi Police has filed a non-cognisable report (NCR) in connection with a complaint by Sahib Singh, who was slapped by Public Works Department (PWD) minister **Parvesh Verma**. Police also said an FIR under sections related to extortion was registered on the complaint of an assistant engineer of the PWD against unknown person(s).

"Action under relevant sections of law has been taken on the complaints of Sahib Singh and the assistant engineer, PWD. Some other complaints have also been received regarding the incident, which will be taken up during the course of investigation," Delhi Police said in a statement.

Police sources said Singh said in his complaint that he was slapped, an allegation that falls under a non-cognisable offence.Meanwhile, the PWD engineer alleged that he was being extorted in connection with road construction work, following which a case was registered against unknown person(s) at Tilak Nagar police station.

A non-cognisable case is one in which police cannot arrest an accused without a warrant. Such offences are generally considered less serious than cognisable offences.

AAP national convener Arvind Kejriwal, meanwhile, visited the road stretch in Tilak Nagar where the incident occurred and demanded that Verma be dismissed from his position and be arrested.

Govt can permit manufacture of highly-priced patented drugs: HC

'Can Invoke Patents Act Sec 100 For Non-Commercial Sale To Needy'

Abhilash.R@timesofindia.com



AFFORDABLE MEDICINES: Govt cannot narrowly restrict its power to intervene in patented medicines when exorbitant prices put life-saving treatment beyond patients' reach, the court said

Kochi: A breast cancer drug costing more than ₹58,000 for a 21-day course has prompted Kerala high court to invoke Section 100 of the Patents Act, saying the Union govt should authorise non-commercial manufacture and sale of patented medicines for needy patients when it finds the medicine steeply priced as the law permits it to do so.

The bench held that govt cannot narrowly restrict its power to intervene in patented medicines when exorbitant prices put life-saving treatment beyond patients' reach. Justice Harisankar V Menon's ruling came after 57 listings, without a final hearing, since Jan 2023, and the death of the breast cancer patient who had filed the case.

The case was about the prohibitive cost of a patented breast cancer drug, Ribociclib, which can cost a patient more than ₹58,000 for a 21-day course and about ₹7.9 lakh a year. The petition was filed in 2022 and high court bench continued it suo motu in public interest after the patient's death, recognising the wider implications for access to life-saving medicines.

The single-judge bench rejected the narrow interpretation advanced by the Union govt and pharmaceutical companies that Section 100 covered only direct govt use. It held that sub-Sections (4) and (6) permit govt to authorise any person to manufacture and sell patented medicines on a non-commercial basis. While it stopped short of issuing a direct mandamus, HC held that Section 100 must be invoked when a patented medicine is sold at a steep price.

The case had faced prolonged delay. A working group on access to medicines — a network of patients, social organisations, academics and lawyers — had written to the Chief Justice of India seeking steps to expedite the hearing.

For patients with Luminal A (HR+/HER2-) breast cancer, targeted drugs such as Ribociclib and Abemaciclib can be critical, including at an early stage. The group said patent protection made them prohibitively expensive, citing monthly costs of more than ₹78,400 for Ribociclib and ₹47,700 to ₹95,500 for Abemaciclib.

The petition had sought a govt-use licence under Section 100, which could enable local production of generic Ribociclib at substantially lower prices. The group said generic versions are often 90-95% cheaper. It also said govt had acknowledged the drug's effectiveness but refused a govt-use licence on the ground that breast cancer did not constitute a matter of national urgency.

Attack on docs: SC sets aside HC bail to Sena leader

Swati.Deshpande@timesofindia.com

Mumbai: Supreme Court on Monday set aside Bombay high court order granting bail to Shiv Sena corporator Ramesh Mhatre, 73, in a case of assault on doctors at a Dombivli municipal hospital, and warned that members of the medical fraternity cannot be assaulted at will in such a manner. Mhatre was directed to surrender within three days.

A bench of Justices Vikram Nath and Sandeep Mehta passed the order in a petition filed by Maharashtra govt challenging the high court bail order.

> **The message should go out loud & clear that the medical fraternity cannot be touched. They serve people and cannot be attacked in this manner**
> **SUPREME COURT BENCH**

Orally citing the general and larger implications of an assault on doctors, the bench said: "The message should go out loud and clear that the medical fraternity cannot be touched. They serve people and cannot be attacked in this manner." On Aug 7, HC had fast-tracked the trial and granted bail to Mhatre and three others who were arrested for allegedly assaulting doctors, including a woman doctor, at Shastri Nagar Municipal Hospital in Dombivli on July 6. However, all four were to remain outside Maharashtra till criminal trial was to begin.

Appearing for Mhatre in SC, senior counsel Siddharth Dave said for bail cancellation, a higher standard was required. He pointed out that the trial was underway before a magistrate with two prosecution witnesses having deposed and a woman doctor to depose on Oct 3.

15 held after violence over razing portion of Ujjain mosque in MP

Brijesh Parmar | TNN

Ujjain: Demolition of a 2.9m portion of Shahi Masjid for Simhastha 2028 road widening triggered protests and stone-throwing at Tanki Chowk in Ujjain of Madhya Pradesh on Monday, with police arresting 15 people and firing about half-a-dozen tear gas shells to disperse crowds.

Seven separate cases of violence and stone-throwing were registered at Mahakal, Kotwali and Khara Kuan police stations, SP Pradeep Sharma said. Crime branch inspector Pushpa Panchal suffered a hand injury while helping women move out of the area.

No one was seriously injured, Sharma said, adding that the situation was under control. A portion of the mosque was removed from inside the premises by members of the community after an agreement with Ujjain Municipal Corporation. The affected portion lies along Kanthal-Gopal Mandir road, which is being widened to 15m. Nine religious structures, including Khade Hanuman and Shahi Masjid, are affected by the project.



ROAD WIDENING PROJECT: Cops use tear gas to disperse protesters outside the mosque on Monday

"Attempts were made at a few places to gather crowds and create tension, and those people were removed. At some places, attempts were made to throw stones, so police had to use mild force and tear gas," Sharma said. CCTV cameras and drones have been installed, Sharma said, adding that police were identifying troublemakers for further action.

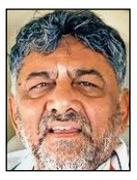
Madhya Pradesh HC's Indore bench had earlier dismissed a petition by some community members challenging the move. Two appeals were filed before Justice Subodh Abhyankar and Justice Jai Kumar Pillai against removal of the mosque portion Monday.

The court disposed of both after being informed that the mosque committee and the municipal corporation had reached a settlement.

22 ministers assigned to oversee Mysuru Dasara

Times News Network

Mysuru: Karnataka chief minister **D K Shivakumar** has assigned 22 members of his cabinet to oversee the Mysuru Dasara festivities, diluting the role of district in-charge minister Yathindra Siddaramaiah, son of former chief minister Siddaramaiah. Two ministers will be assigned responsibilities each day to supervise the arrangements.



While the political message of the move is hard to miss, the decision has also raised questions about logistical viability, with the involvement of so many ministers potentially creating confusion among govt officials. Yathindra, however, said the arrangement was aimed at ensuring better coordination and smooth conduct of the festival.

The move had not created any hierarchy among ministers, Yathindra maintained, adding that he continued to head the Dasara executive committee and was responsible for overall supervision.

The arrangement comes amid complaints that Shivakumar has centralised control over the festival. The official Mysuru Dasara committee structure places the CM at the top of the high-level panel.

Govt mulls steps to save rabi crops from drought

New Delhi: Apprehending the possibility of deficient rainfall in the upcoming sowing season, Centre discussed contingency measures to minimise its impact on Rabi crops, with Union agriculture minister Shivraj Singh Chouhan calling for data-driven planning, stronger Centre-state coordination, weekly crop monitoring, balanced fertiliser use and water budgeting, reports **Vishwa Mohan**.

Amid indications that the kharif crops' output may not match last year's level despite progress in acreage, the minister, while addressing farm scientists and policymakers at a national conference, also emphasised the need to drive the Rabi strategy through less water-consuming pulses and oilseeds.

KERALA STATE ELECTRICITY BOARD LIMITED- TENDER NOTICE

O/o the Executive Engineer, P.M.U, VydyuthiBhavanam, Thrissur
E-Tender ID No.2026_KSEB_871777_1. PAC:Rs: 1,23,72,722/-
Last Date: 24.10.2026 03.30 pm
O/o the Chief Engineer, (S.C.M) & C.S.C, Vydyuthi Bhavanam, Thiruvananthapuram.
E-Tender ID No.2026_KSEB_872807_1 PAC:Rs: 12,48,69,137 /-
Last Date: 26.10.2026 05.00 pm
CORRIGENDUM
O/o the Deputy Chief Engineer, Electrical Circle, Pathanamthitta.
E-Tender ID No.2026_KSEB_865942_1 PAC:Rs. Rs.3,63,15,060/-
Last Date: 01.10.2026 05.00 pm.
Visit www.etenders.kerala.gov.in and www.kseb.in Ref : PR/MC1/E. 637 - E-tender/2026

MAHARASHTRA STATE ROAD DEVELOPMENT CORPORATION LIMITED
(A Government of Maharashtra Undertaking)
Kohinoor Square Bldg, 21,22 & 23rd Floor, Central Tower, N. C. Kelkar Marg, R.G. Gadkari Chowk, Shivaji Park, Dadar (W), Mumbai 400028, Maharashtra, India
MSRDC
INVITATION FOR e-TENDERS-Corrigendum
MSRDC invited online digitally signed e- tenders from the reputed agencies for
1. "Empanelment of Architectural Master Planning and Transaction Advisory Consultant to provide services for implementation of Urban Renewal Scheme in MMR"
2. Empanelment of Financial Consultants to provide professional services for implementation of Urban Renewal Scheme in MMR
Please note that Sale of documents shall be from 28.09.2026 to 28.10.2026
For the detailed e-tender notice & all requisite information required for the submission of documents refer website (www.mahatenders.gov.in).
Sd/-
MSRDC, Mumbai.

Maharashtra State Agricultural Marketing Board, Pune (MSAMB)
Plot No. R-7, Market Yard, Gultekadi, Pune -411037
Phone: 020-24528100 / 24528200
Website: www.msamb.com, Email: export@msamb.com
REQUEST FOR PROPOSAL (RFP)
MSAMB has developed Export Facility Centre at Mohadi, Tal: Dindori, Dist: Nashik. MSAMB invites proposals from competent agencies for the Operation, Maintenance and Management of the same. The detailed Request for Proposal (RFP) documents and guidelines are available on the e-tendering portal at http://mahatenders.gov.in. The last date for submission of proposals is 14/10/2026. Any corrigendum, amendment, modification, or extension of the submission date, if any, shall be uploaded only on http://mahatenders.gov.in. Applicants are advised to visit the website regularly for updates.
Managing Director

BENGALURU SOLID WASTE MANAGEMENT LIMITED
Office of the Deputy General Manager-1, BSWML, 1st Floor, BBMP Building, Thimmaiah Road, Vasanth Nagar, Bengaluru – 560 052
No: DGM-1/BSWML/PR/1079/2026-27 Date: 28.09.2026
TENDER CANCELLATION NOTIFICATION (Only through GOK KPP Portal Only)
This is to inform the general public and all concerned that Tender Notification No: **DGM-1/BSWML/TEND/25/2026-27,** issued by Deputy General Manager-1, BSWML on **23.09.2026** has been cancelled due to technical reasons.
Sd/-
Deputy General Manager-1, BSWML.
DIPR/CP/2975/Shirdi Sai/2026-27

SABARMATI RIVER FRONT DEVELOPMENT CORPORATION LTD (SRFDCL)
SRFDCL
Office: 2nd Floor, Riverfront House, behind H K Arts College Pramukh Swami Maharaj Road (Riverfront - West), Ahmedabad -380009 Tell +91-79-26580430 Fax: +91-79-26596003
websites: www.sabarmatiriverfront.com
REQUEST FOR PROPOSAL
Appointment of Agency for Planning, Design, Development, Execution, Operation & Maintenance of Aviary at Flower Park, Sabarmati Riverfront on Design-Build-Operate-Maintain (DBOM) Basis Under License Fee Cum Revenue Sharing Model.
SRFDCL invites Request for Proposal from the reputed, well-experienced Consultants for the **Appointment of Agency for Planning Design, Development, Execution, Operation & Maintenance of Aviary at Flower Park, Sabarmati Riverfront on Design-Build-Operate-Maintain (DBOM) Basis Under License Fee Cum Revenue Sharing Model** Bid document is available on web sites **https://amc.nprocure.com** and **https://www.sabarmatiriverfront.com** Interested consulting firms having good experience are requested to submit their RFP up to **16.00 Hrs, 14th October 2026** offline at the above mentioned address in two copies i.e. Original & Duplicate along with their financial bid in sealed cover. The prebid Meeting will be arranged on **05th October 2026**. Technical bids will be opened on **11.00 Hrs. on 15th October 2026** in the office of SRFDCL.
Dt. 29.09.2026 SRFDCL

GREATER CHENNAI CORPORATION
SPECIAL PROJECTS DEPARTMENT
S.P.D.C.No. B1/01726/2026 **Short e-TENDER NOTICE**
Short e- Tender is invited for the following work in two cover system under QCBS (Quality and Cost Based Selection), as per details furnished below.
S.P.D.C.No.B1/01726/2026
Procurement of Services for Competitive Exams in STEM Subjects
Work Value : Rs.3,50,00,000/- (Inclusive of GST)
EMD : 1% of Work Value
Tender document will be available in website : **https://tntenders.gov.in**
EMD Amount through e-BG / online net banking transaction on e-tender portal only.
Tender last date and time of submission : **13.10.2026 upto 3.00 p.m**
Tender opening date and time : **14.10.2026 at 3.00 p.m.**
DIPR/ 2962 /TENDER/2026 Superintending Engineer, (Special Projects)

राजस्थान सरकार
कार्यालय अधीक्षण अभियन्ता सार्वजनिक निर्माण विभाग वृत अलवर
सा.नि.वि, परिसर, अशोका टाकीज के पास, कचहरी रोड, अलवर
फोन:- 0144-2737038, E-mail:-sealw.pwd@rajasthan.gov.in
क्रमांक 1976 दिनांक 23.09.2026
Short Term NIT No 16/2026-27
Construction of Various Missing Link / Non-Patchable Roads under the package No RJ-02-05/NP-ALWAR RURAL/BA/2026-27, PWD Divisions Alwar District Alwar Online bids are invited from eligible and interested bidders for the above-mentioned works. The bidding process will commence from **24-09.2026 at 02:00 PM** up to **05.10.2026 at 06:00 PM.** Detailed bidding documents and other particulars may be downloaded from the State Procurement Portal **http://eproc.rajasthan.gov.in, http://sppp.raj.nic.in**, and the PWD departmental website **http://pwd.rajasthan.gov.in**.The approximate value of the procurements is **₹268.50 Lakhs.** UBN No:- PWD2627WSOB12975 NIB NO:- PWD2627A2883
-:E-Sign:-
DIPR/C/16467/2026 Superintending Engineer PWD Circle Alwar

PSPCL Punjab State Power Corporation Limited
(Regd. Office : PSEB Head Office, The Mall, Patiala-147001)
Corporate identity Number U40109PB2010SGC033813
Website : www.pspcl.in
(O/o Controller of Stores & Disposal (South), PSPCL, Patiala)
(Email - cosandds@gmail.com, Mobile no.- 96461-19412, 96461-48165)
Scrap e-Auction Notice
Punjab State Power Corporation Limited (PSPCL) will conduct a forward e-auction on 30.09.2026 for the disposal of approximately 31445 Damaged/Unserviceable Distribution Transformers (Approximate Total Start price Rs. 48.79 crores), lying at various Transformer Receiving Yards and General Scrap, Battery Scrap, E-waste, Plastic Waste (Approximate Total Start price Rs. 6.78 crores) lying in various central Stores, TRYs and Outlet stores across Punjab offered in separate multiple lots for each location. The e-auction will be conducted on the website portal **https://www.mstcecommerce.com/auctionhome/index_new.jsp.** The Detailed auction catalogue with Terms & Conditions of e-auction, corrigendum and material list etc. will be available on the website **https://www.mstcindia.co.in/content/Forthcoming_e_Auctions** For All **regions.aspx** and on **https://www.pspcl.in/e-auction-notice.aspx.** For queries related to registration, please contact at Phone No. 7229068247 or 7230022882. C929/26, DPR/Pb.:1079/12/2026-27/10160

JAIPUR DEVELOPMENT AUTHORITY
Indra Circle, Jawahar Lal Nehru Marg, Jaipur - 302004
No.: JDA/EE(PHE-I)/2026/D- Dated : 27.09.2026
NOTICE INVITING BID
NIB No.: JDA/EE (PHE-I)/06/2026-27
Online Bids are invited up-to 6:00 PM of 27.10.2026 for **"Engineering, Procuring, Construction & Commissioning (EPC) and Performance run followed by O&M of Sewerage Treatment Plant of 50 MLD capacity based on Sequential Batch Reactor SBR Technology at Nevta (including 3 months trial run & 1 year O&M) and after with 10 years O&M for Ward 65, 66, 67, Bhankrota and Surrounding nearby areas upto Nevta Sewerage work under EE (PHE-I), JDA, Jaipur"** Estimated cost of Rs. 10137.10 Lacs. The last date for Applying Bid and making online payment on JDA portal is up-to 6:00 PM of 27.10.2026. Details may be seen in the Bidding Document at our office or the State Public Procurement Portal website **www.sppp.rajasthan.gov.in**, **www.eproc.rajasthan.gov.in** and **www.jda.rajasthan.gov.in**.
UBN No. : JDA2627WLOB00323
To participate in the bid, bidder has to be :-
1. Registered on JDA website **www.jda.rajasthan.gov.in** for participating in the Bid, the Bidder has to apply for the Bid and pay the Bidding Document Fee, RISL Processing Fee and Bid Security Deposit online only.
2. Registered on e-Procurement Portal of Government of Rajasthan www.eproc.rajasthan.gov.in for online e-Bid submission.
Raj.Samwad/C/26/10812 Executive Engineer (PHE-I)

UTTAR PRADESH MEDICAL SUPPLIES CORPORATION LTD.
(A Government of Uttar Pradesh Undertaking)
Tender Notice
Tender Ref.No: UPMSCL/Drugs-267/19 Date: 24th September, 2026
e-TENDER FOR SUPPLY OF DRUGS
Online tenders are invited from licensed manufacturers for supply of drugs to UPMSCL. The details of tender, list of items and Tender Documents are made available on website https://etender.up.nic.in and www.upmsc.in. The last date/time of online submission of the tender documents is 15th October, 2026 up to 15:00 Hrs.
Managing Director
UPMSCL, Lucknow, Uttar Pradesh
Department of Medical Health & Family Welfare, Uttar Pradesh

RAJASTHAN SAMWAD
Department of Information and Public Relations, Government Secretariat, Jaipur-302005
(Telephone & Fax No. 0141- 2227325, E-mail id :- eproc.dipr@gmail.com, dipr.rajasthan@gmail.com)
NOTICE INVITING BIDS
NIB No. 281 Date : 28/09/2026
Invitation of bids for **Empanelment of Agencies / Firms for High Quality Audio - Video Production** invited from interested bidders up to 05:00 PM Dated 21/10/2026. Other particulars of the bid may be visited on the procurement portal (**http://eproc.rajasthan.gov.in, http://sppp.raj.nic.in**) of the state; and **https://dipr.rajasthan.gov.in/**. The approximate value of the Procurement is Rs. 500 Lakh.
UBN : IPR2627SLOB00018 Managing Director
Raj.Samwad/C/26/10865 Rajasthan Samwad, Jaipur

बैंक ऑफ़ इंडिया Bank of India BOI
Head Office, IT (Governance & Excellence) Department, Star House-3, PNB-BOI Tower, C-29, G Block, 10th Floor, Bandra-Kurla Complex, Bandra (E), Mumbai-400051.
E-mail: Headoffice.ITProc@bankofindia.bank.in
REQUEST FOR PROPOSAL (RFP) FOR
RFP for Selection of Service Provider for End-to-End Supply, Installation, Implementation, Integration and Maintenance of comprehensive Software Asset Management (SAM) solution for a period of 5 years
Ref No: BOI:HO:IT(G&E):SAM:1516, Dated 27.09.2026
GeM Bid No. GEM/2026/B/8085208 Dated 27.09.2026
The captioned RFP is available on Bank's corporate website www.bankofindia.bank.in under "Tender" section & GeM portal. Subsequent changes if any, will henceforth be uploaded on the Bank's website & GeM portal. The last date of bid submission: 19.10.2026

KMF Karnataka Co-Operative Milk Producers' Federation Limited
KMF Complex, Dr M H Marigowda Road, Bangalore-560029
Phone : 26096832 / 910/ 833 E-mail: purchase@kmf.coop
IFT NO. KMF/PUR/WC&FA – Tender:2026-27 Date:28.09.2026
TENDER NOTIFICATION (Through Karnataka public procurement portal)
The Karnataka Milk Federation Ltd., Bangalore invites tenders from eligible tenderers for providing Warehousing, Clearing & Forwarding Agent service (WC&FA) for the KMF Sales Depot as stipulated below:

Sl. No	Tender Nos	Sales Depots	EMD Rs.
1	KMF/PUR/TENDER-934/2026-27	Mysuru	200000/-
2	KMF/PUR/TENDER-965/2026-27	Kalburgi	225000/-
3	KMF/PUR/TENDER-966/2026-27	Mangaluru	300000/-
4	KMF/PUR/TENDER-967/2026-27	Hubli	500000/-
5	KMF/PUR/TENDER-968/2026-27	Bellary	260000/-
6	KMF/PUR/TENDER-969/2026-27	Shimoga	180000/-
7	KMF/PUR/TENDER-970/2026-27	Hassana	200000/-
8	KMF/PUR/TENDER-971/2026-27	Tumakuru	140000/-
9	KMF/PUR/TENDER-972/2026-27	Davanagere	150000/-
10	KMF/PUR/TENDER-973/2026-27	Hyderabad	180000/-
11	KMF/PUR/TENDER-974/2026-27	Tirupathi	110000/-

Tender documents may be downloaded from e-procurement website http://kppp.karnataka. gov.in Interested tenderers may obtain further information at the same address. The KMF will not be held responsible for the website problems if any, also may contact Help line No +91-8046010000, +91-8068948777, email: support@eprochelpdesk.com
1) Date of commencement of Tender : from 28.09.2026. 2) Pre-bid Meeting Date : 07.10.2026 at 11.00 AM. 3) Last date for Uploading of Tender: 27.10.2026 up to 5.00 PM. 4) Date of opening of Tech. Tender: on 29.10.2026 at 11.00 AM 5) Date of Commercial bid opening : will be intimated later.
Henceforth Changes/Modifications in the tender, it will be uploaded on KPP Portal only.
For Karnataka Co-Opp. Milk Federation Ltd.,
Sd/- DIRECTOR (PURCHASE)

TNPL TAMILNADU NEWSPRINT AND PAPERS LIMITED
Kagithapuram - 639 136, Karur Dist., Tamil Nadu.
NOTICE INVITING TENDER
TNPL Invites Tender for the following :

Tender No.	Material Description	Due Date
262723002788	Supply of Debarked Acacia Pulpwood (Forest auctioned material) from open market sources of Kerala to TNPL Unit - II, Kagithanagar.	12.10.2026

Corrigendum if any will be issued in TNPL Website only. For further details, please visit website: www.tnpl.com
DIPR/2958/Tender/2026 TNPL - Maker of bagasse based eco-friendly Paper

ANDHRA PRADESH POWER COORDINATION COMMITTEE
VIDYUTH SOUDHA : VIJAYAWADA
TENDER NOTICE
APPCC on behalf of the APDISCOMs inviting bids in single stage, two enveloped followed by e-RA through Bharat Electronic e-Tendering Portal vide **Tender No: APPCC/BESS-01/2026-27** for Procurement of 1,000 MW / 4,000 MWh (4-hour) storage capacity from fully commissioned Standalone BESS projects located anywhere in India through a tariff-based competitive bidding process, on-demand utilization by APDISCOMs, for a period of 2 years extendable for another period of 2 years with input power from APDISCOMs. The Interested and eligible applicants may participate in the bidding process through the ISN-ETS (Bharat Electronic e-Tendering) Portal and the Bid documents are available after **29.09.2026 at 19:00 hrs.** The due date for submission of bids is **14.10.2026.** For complete details and tender access visit: **https://www.bharat-electronictender.com** Ph: **9493120085.**
R.O.No.GMCC/APTRANSCO/159/26-27 Sd/- Chief General Manager/APPCC Power Purchase & Legal

SOUTHERN RAILWAY
Salem Division
E- Auction over Salem Division
For and on behalf of the President of India, the Divisional Railway Manager (Commercial), Salem Division, Southern Railway, Salem-636005 invites E-auction for Digital & Non-Digital Advertisement, Out of Home advertisement, EV Charging point, Parcel Space, App Based Aggregator, Textile store, App Based Taxi, Vehicle parking Stand, Textile store, Premium Brand Catering Outlet, Premium Brand (Non-Catering) store, Manning of Retiring Room, Manning of Pay & Use Toilets assets of Salem Division as per details hereunder.

Sl.No	Catalogue No.	Auction Start Date & Time
1	SA-PNU-04-26	30-09-26 at 14:00 Hrs
2	SA-VPS-18-26	01-10-26 at 14:00 Hrs
3	SA-PBCO-10-26	03-10-26 at 11:00 Hrs
4	SA-PBCO-09-26	05-10-26 at 11:00 Hrs
5	SA PARCEL OCT1A	06-10-26 at 15:00 Hrs
6	SA-MSS-TEX-02	06-10-26 at 15:00 Hrs
7	SA-APP-17-26	07-10-26 at 14:00 Hrs
8	SA-PUB-GSB-OOH	07-10-26 at 15:00 Hrs
9	SA-EVC-18-26	08-10-26 at 14:00 Hrs
10	SA-RR-MTP-08-26	08-10-26 at 14:00 Hrs
11	SA-SLR-OCT I-26	08-10-26 at 15:00 Hrs
12	SA-MSS-FAST-26	09-10-26 at 15:00 Hrs
13	SA PARCEL OCT 3	13-10-26 at 15:00 Hrs
14	SA-SLR OCT 4-26	15-10-26 at 15:00 Hrs
15	SA-SLR-OCT 5-26	20-10-26 at 15:00 Hrs

All other details can be viewed in the AUCTIONS tab of website - www.ireps.gov.in
For enquires /clarifications, If any, please contact the Office of Divisional Railway Manager (Commercial), Salem Division, Southern Railway, Salem-636005 on any working day. Phone No.0427-2431010.
"Dear Railway Passengers! Don't pull the Alarm Chain in Train unless it is Emergency"
Divisional Railway Manger (Commercial), Salem – 636005

SOUTHERN RAILWAY
(CONSTRUCTION ORGANISATION)
E-TENDER
Tender Notice No. 12-CECNMS-2026-E-671454 DATED 23-09-2026
Tender Notice No. 13-CECNMS-2026-E-693693 DATED 23-09-2026
Tender Notice No. 14-CECNMS-2026-E-650214 DATED 24-09-2026
For and on behalf of The President of India, The Chief Engineer, Construction, Southern Railway, Egmore, Chennai 600 008 invites e-tender for the following work(s) as per Notice Inviting Tender (NIT) in our portal www.ireps.gov.in. The tenderers/Contractors intending to apply for the tender needs to get enrolled in the portal **www.ireps.gov.in** and only online tenders will be accepted.

NAME OF THE WORK
CHENNAI BEACH-VILLUPURAM Section - In addition to ROB (A) Proposed construction of 6.0m wide Foot Over Bridges in lieu of LC 47 between Kattangulathur and Singaperumal Koil stations (B) Proposed construction of 3.0m wide Foot Over Bridge in lieu of LC-64 between Madurantakam and Karunguzhi stations (C) Proposed construction of 3.0m wide Foot Over Bridge in lieu of LC-75 between Pakkam and Acharapakkam stations (TWO PACKET SYSTEM)
Proposed Conversion of Goods spur lines into coaching lines, Provision of High level Passenger Platform and widening of Single face High level Platform to high level island platform with platform shelters and reconstruction of existing Public Foot over Bridge in Kumbakonam Yard. (TWO PACKET SYSTEM)
Proposed 1x3.0x2.75m RCC Pre-cast Box Pedestrian Subway in addition to ROB in lieu of exg LC No.137 at km 457/300-400 by air pushing method between Vanjipalaiyam and Somanur Stations. 2) Proposed 1x3.0x2.75m RCC Pre-cast box Pedestrian Subway in addition to ROB in lieu of exg. LC No.141 at Km 463/23-25 by air pushing method between Somanur and Sulur road stations. 3) Proposed 1x7.0x3.60m RCC Pre-cast box subway in addition to pro. ROB in lieu of exg. LC No.142 at km 466/21-23 by air pushing method between Somanur and Sulur road stations.

Cash Value ₹	Earnest Money Deposit (₹)	Period of Completion (Months)	Closing Date @ 15.30 Hrs
102662281.36	2053300.00	6	15-10-2026
169946395.78	3398900.00	9	15-10-2026
58978997.33	1179600.00	12	16-10-2026

For further details, please refer to web site portal **www.ireps.gov.in** or contact Office of the Chief Administrative Officer, Construction, E.V.R. High Road, Egmore, Chennai - 600 008.
Chief Engineer (Construction), Egmore, Chennai - 600 008

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Dr. Kamakshi Memorial Hospitals

INTERNATIONAL HEART DAY 2026

Don't miss a beat

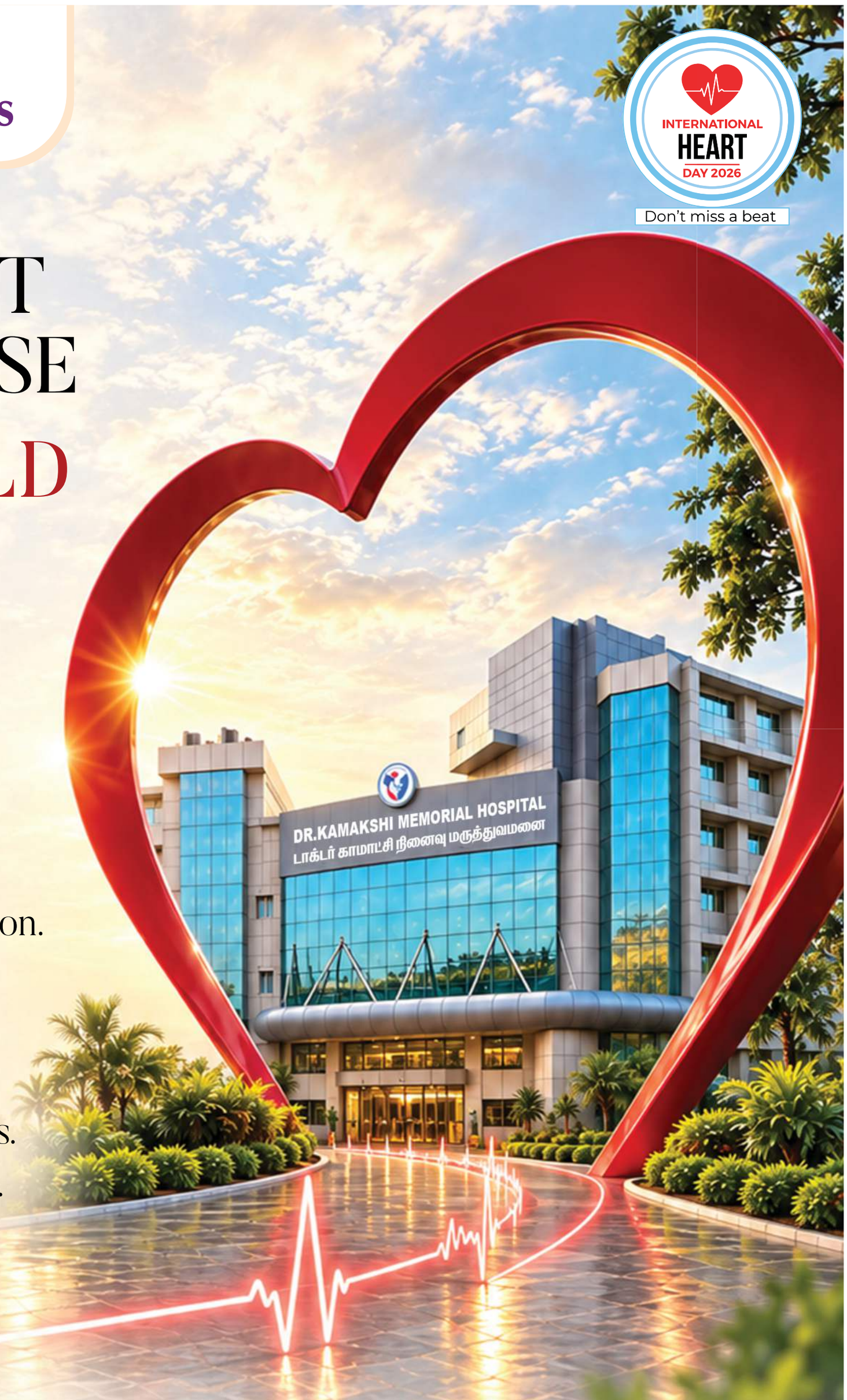
IF YOUR HEART COULD CHOOSE

WHERE WOULD YOU TAKE IT?

Some choices matter more than others.

When it comes to your heart, you need more than a consultation.

- You need expertise.
- You need technology.
- You need emergency readiness.
- You need comprehensive care.



24×7 CARDIAC EMERGENCY CARE

Because a heart emergency doesn't wait for the right time.
Our cardiac team is ready round the clock, with the expertise and infrastructure to respond when you need it most.

Cardiology | Diagnostics | Cath Lab | Cardiac OT | Cardiac ICU | 24×7 Emergency

FOR THE HEART THAT NEVER STOPS, WE NEVER STOP CARING.

CALL 044 - 66 300 300 | 71 200 200

NABH ACCREDITED
H-2023-1248
Sep 21, 2023 - Sep 20, 2027

Pallikaranai • Medavakkam • Shastri Nagar, Adyar • Siruseri, OMR • Mambakkam • LK Hospitals, Pallavaram

www.drkmh.com

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

EU not against oil imports, but Moscow ties may hinder defence collab: Envoy

'In Talks For Investment Protection Pact, To Review Indian Carbon Pricing For CBAM'

Sachin Parashar & Sidhartha | TNN



> **EU, India and nearly everyone is keen to ensure that we can re-establish full freedom of navigation and use this geography to bring Europe and India closer. This is what the IMEC project is all about**
>
> **JEAN-ERIC PAQUET** | EU ambassador to India

European Union's new ambassador to India Jean-Eric Paquet has welcomed Prime Minister Narendra Modi's reiteration of his message to Russian President Vladimir Putin to end the Russia-Ukraine "endless" war. He expressed hope it would help bring Russia to the negotiating table for a ceasefire.

In an exclusive interview to **TOI**, Paquet also said the EU is negotiating an investment protection agreement with India alongside the free trade agreement, which is likely to be rolled out in the first half of 2027. EU is in talks to see if carbon pricing in India is factored into its carbon border adjustment mechanism (CBAM), he said.

While he did not confirm Modi's possible visit to Brussels in Dec for the signing of the FTA, Paquet said it would be a wonderful way of concluding the agreement if that is how things turn out.

The ambassador said the EU sanctions did not prevent Indian purchase of Russian energy. However, exports to Europe of petroleum products made with Russian oil were not possible. He also indicated that India's ties with Moscow imposed a constraint on the ongoing EU efforts to ramp up defence industrial collaboration with India.

'It's a constraint and will need to be factored in. That's also where the security of information agreement (under discussion) is important and where both India and Europe will certainly want to be quite clear on what they can work together. Several member states are already providing assets to India, and India is also providing some components in supply chains ... but yes, it certainly is a constraint," the ambassador said.

"We are discussing with India an administrative arrangement with Operation Atalanta, which would allow better interaction between the navies. Also, freedom of navigation, where we have very similar views. I hope we'll be able to do more soon on cybersecurity, on foreign interference and manipulation of information, a very important topic for Europeans and Indians as well," he said.

On Modi's message to Putin on the margins of SCO summit, he said: "This was repeated at Brics summit. Jaishankar mentioned it explicitly in his UNGA address. All efforts to bring Russia, not Ukraine, to the table are really to be welcomed. So, let's see how this can progress further."

Asked about the West Asia conflict and the delay caused to the India-Middle East-Europe Economic Corridor (IMEC), he said the initiative continued to be fully prioritised by both sides who are continuing to invest into making it a reality. "EU, India and nearly everyone is keen to ensure that we can re-establish full freedom of navigation and use this geography to bring Europe and India closer. This is what the IMEC project is all about," he said.

On CBAM, Paquet said a team will be coming from Brussels to discuss the issue. "For us, CBAM is a climate policy measure, and the purpose is to avoid carbon leakage. You do that by creating a level playing field for European operators, but you also do that by encouraging the deployment of carbon pricing in partner countries," he said.

He said countries such as Japan, Indonesia and India have worked out carbon pricing arrangements and companies that export to EU are also investing to make their operations less carbon intensive. As India and EU look to sign the FTA by year-end, Paquet said businesses on both sides have started preparing for the implementation of "the mother of all deals" by studying markets.

No stay on MDR but SC asks under which law it was imposed

Dhananjay.Mahapatra @timesofindia.com

New Delhi: Supreme Court on Monday asked the Centre, RBI and National Payments Corporation of India (NPCI) to explain under which provision of law the merchant discount rate (MDR) on UPI transactions was imposed, even though it refused to stay its implementation from Oct 15.



"Is it a tax or fee? If it is not a tax or a fee, then what is the Executive scope of making this expropriation on transactions?" asked a bench of CJI Surya Kant, and Justices Joymalya Bagchi and V Mohana while hearing a PIL that argued that MDR charges on UPI transactions would make people revert to cash dealings, which would encourage accumulation of black money.

Additional solicitor general (ASG) N Venkataraman said MDR is not a tax or a fee, nor an expropriation as the govt will not get even a paisa from it. It is akin to service charges levied by banks on transactions done earlier through credit and debit cards, though MDR's scope is much more restricted.

He said 96% of the transactions are exempted from MDR, while from within the balance 4%, essential services will attract a flat charge of ₹5. For the rest, transactions above ₹75,000 will attract a maximum MDR of ₹300. Justice Bagchi asked, "What is this service charge? Please file an affidavit and explain. It cannot be through executive fiat." The ASG said there is no difference between UPI and the previous system, and it involves a service charge payable to banks and NPCI, which facilitates the transactions. The bench asked the Centre, RBI and NPCI to file affidavits in four weeks.

Sharad Pawar rules out merger of NCPs, shift towards NDA

Manthan.Mehta @timesofindia.com



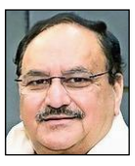
Mumbai: NCP(SP) chief **Sharad Pawar** on Monday ruled out any merger with the NCP led by Sunetra Pawar or a shift towards BJP-led NDA, saying his party would instead strengthen itself and fight as an independent political organisation.

He made the remarks at a meeting of the party's senior politicians and office-bearers, amid months of speculation over a possible reunion of the two NCP factions.

Pawar said, "Our state president, earlier, used a sentence saying that there are some discussions going on among us. As party president, I want to make it clear that the discussions are about strengthening NCP(SP) under the leadership of Sharad Pawar." He said, "We will not join anyone else and our party will fight as an independent party."

Oppn parties trying to vitiate India's atmosphere: Nadda

TIMES NEWS NETWORK



New Delhi: BJP on Monday accused opposition parties of trying to vitiate the country's atmosphere and spread chaos amid their protest against Election Commission. They alleged that the sole agenda of leaders like Rahul Gandhi, Akhilesh Yadav and Arvind Kejriwal was to "grab power" by any means.

"Their toolkit mindset is at work: Level allegations, vitiate the country's atmosphere and run away," Union minister **J P Nadda** said, claiming that EC's statement following a joint meeting of its three members had exposed the opposition's fabricated charge against EC and govt.

"Rahul Gandhi should realise that repeating a lie a hundred times cannot make it true," Nadda said.

"People have taught a befitting lesson to the forces seeking to create instability in the country in the past, and will do so in the future too," the minister added.

These are only byelections, says CJI as SC declines urgent hearing on WB SIR pleas



New Delhi: Supreme Court on Monday declined to advance the hearing of pleas concerning the pendency of appeals arising from the Special Intensive Revision (SIR) of electoral rolls in West Bengal. Byelections in Rejinagar and Nandigram assembly constituencies in the state will be held on Oct 6.

A bench comprising Chief Justice of India **Surya Kant** and Justices Joymalya Bagchi and V Mohana said the matter would be taken up on October 5.

The matter was mentioned for urgent hearing after it was stated that the case, earlier expected to be heard on Sept 29, was now tentatively listed for Oct 5.

Seeking an earlier hearing, the lawyer said more than 18,000 appeals against the exclusion of names from the electoral rolls were still pending before appellate tribunals constituted pursuant to the Supreme Court's directions.

"There are more than 18,000 appeals pending which have not been disposed of... These people did not take part in the first elections," the counsel said, adding that the affected voters could miss out on exercising their franchise for a second time.

The counsel pointed out said that the Oct 6 bypolls were scheduled immediately after the proposed Oct 5 hearing and urged the court to take up the matter earlier.

"These are only by-elections," the CJI said, adding that the matter would be taken up on Oct 5. PTI

Decide TMC symbol row in 3 months, SC tells EC

TIMES NEWS NETWORK



New Delhi: Supreme Court on Monday asked Election Commission to decide the dispute between **Mamata Banerjee**-led Trinamool Congress and the rival faction over "two flower with grass symbol" within three months and gave four weeks to the opposing groups to complete their pleadings and submit evidence to stake claim over the symbol.

Responding to Mamata's petition questioning the freezing of TMC's original symbol, senior advocate D Seshadri Naidu argued on EC's behalf that in past cases related to disputes over election symbols, the poll panel had taken between six to eight months to decide these matters, and pleaded for six more months, citing ongoing preparations for forthcoming assembly elections to five states.

A Lifetime in every Beat
World Heart Day Special

READER ENGAGEMENT INITIATIVE

Listen to the heart

Many heart attacks can be prevented or their risk reduced by identifying and managing factors that quietly put the heart under strain



Greeshma.Giri @timesofindia.com

A healthier heart is not always a matter of luck or genetics. For many people, there is considerable scope to reduce the risk of a heart attack by identifying problems early and acting on them. Managing blood pressure, cholesterol, diabetes, weight and stress, alongside quitting smoking and staying physically active, can make a meaningful difference. Backing these efforts with routine diagnostic screenings and timely consultations with the doctor remains the most reliable safeguard against heart disease.

MAKE A DIFFERENCE

"Cardiovascular disease now claims over 20 million lives a year, and roughly 80 per cent of those deaths are due to risk factors that can be prevented or managed," says Dr Durgadevi, senior consultant cardiologist, Iswarya Hospital.

There are lessons from countries that have made prevention a priority. Sweden, Norway, Denmark and Finland have recorded sustained declines in cardiovascular mortality, supported by wider use of prescribed medication, lower smoking rates, strong public-health systems and faster treatment, she adds, pointing to the INTERHEART study. The study, which included heart attack patients across 52 countries, offers a picture of where prevention can make a difference. It found that nine modifiable risk factors accounted for more than 90 per cent of the risk of a first heart attack.

CONTROL DIABETES

Dr Ashwin Karuppan, founder and chairman, C.O.D.E Clinic, says people with diabetes are two to four times more likely to develop heart disease than those without it. The risk can be harder to recognise because some people with diabetes may not experience the usual warning signs of a heart problem. Long-term high blood sugar can damage nerves and dull the sensation of pain. As a result, a person may have reduced or no typical chest pain during an episode of reduced blood flow to the heart, a condition known as silent ischaemia.

"Diabetes and heart disease are closely linked, but having diabetes does not mean a heart attack is inevitable. Regular monitoring, appropriate medication and sustainable lifestyle changes can help reduce cardiovascular risk," he says.

HYPERTENSION, OBESITY

According to Dr Durgadevi, hypertension contributes to over 10 million deaths a year, making it one of the largest preventable causes of death in the world. A blood pressure check once a year from the age of 40 is the cheapest insurance in medicine.

"Most people like me are unaware of what hypertension can do. My mother suffered from stress and tension, and the family thought she had developed some psychological condition. It was only when she suffered a heart attack that I really understood the impact of hypertension," says Nancy V B, a teacher whose mother underwent cardiac surgery.

Obesity can add to this burden. "The effects of behavioural risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids and overweight and obesity. These intermediate risk factors can be measured in primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications," states the WHO.

AI IMAGES. PHOTOS FOR REPRESENTATIONAL PURPOSES ONLY



MAKE THESE A WAY OF LIFE

- **KNOW YOUR NUMBERS:** Check blood sugar (HbA1c), blood pressure and cholesterol, as often as your doctor recommends
- **MOVE DAILY:** Aim for at least 30 minutes of brisk walking most days. Regular movement helps control blood sugar, weight and blood pressure
- **RETHINK YOUR PLATE:** Cut down on refined carbohydrates, sugary drinks and oversized portions. Choose vegetables, whole grains and lean protein where appropriate
- **TAKE YOUR MEDICINES:** If prescribed medication for diabetes, blood pressure or cholesterol, take it consistently as directed
- **QUIT SMOKING, LIMIT ALCOHOL:** Both can damage blood vessels and increase cardiovascular risk
- **MANAGE STRESS AND SLEEP:** Poor sleep and chronic stress can raise blood sugar and blood pressure
- **DON'T IGNORE SYMPTOMS:** Persistent fatigue or breathlessness should not simply be dismissed as ageing. Get it checked

50 years of Clinical Excellence
VIJAYA GROUP OF HOSPITALS
CHENNAI
SELFLESS SERVICE FOR A HEALTHY SOCIETY · VIJAYA MEDICAL & EDUCATIONAL TRUST

We know this CITY by HEART

The first successful heart transplant where a donor heart was harvested, traveled, and transplanted in Tamil Nadu was performed at **Vijaya Hospital** in Chennai in September **1996** by renowned surgeon Dr. K.M. Cherian and his team.

From pioneering cardiac care in Chennai to constantly advancing the way we care for the heart. We know this city by heart.

VIJAYA HOSPITAL
NOW IN PANAIYUR, ECR.



For Appointments Call
98843 99944

24 hr EMERGENCY SERVICE

VIJAYA HOSPITAL
Vadapalani
044 6661 6661
044 6664 6664
Panaiyur
044 6535 6600
+91 78258 88142

SRH SUNRISE HEALTHCARE

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

A Lifetime in every Beat

World Heart Day Special

READER ENGAGEMENT INITIATIVE



Arthrobotics - Robotic Joint Replacement

Reclaim your natural Knee & Hip movement

Dr.DEEPAK KUMAR K.S
Certified Mako Stryker Specialist

Chief Consultant - Orthopedic Surgeon MBBS, MS (Orthopedics), MCH (Ortho)
23 years experience.

Dr. Deepak Kumar & his team have completed over 200 robotic surgeries in the first year.

#1, Radial Road, Pallikaranai, Chennai - 600100, Tamil Nadu, India. 91 44 71 200 200 +91 99627 25555 | www.drkmh.com



Dr. Kamakshi Memorial Hospitals

FOR DETAILS, CALL OUR ARTHROBOTICS COUNSELLOR

8939 000 900

The second innings

A stent or bypass may end the emergency, but recovery begins after discharge. From climbing stairs and returning to work to exercising again, life after a heart attack requires patience, supervision and a plan

Akshaya.Nath
@timesofindia.com



AI IMAGE. PHOTO FOR REPRESENTATIONAL PURPOSES ONLY

When K Ramakrishnan, 63, returned home after an angioplasty, the silence felt unfamiliar. The hospital monitors were gone, the doctors were no longer a few steps away and suddenly even ordinary things came with questions.

Could he climb the stairs? How far was it safe to walk? When could he drive again? Was that slight discomfort normal? And perhaps the most unsettling question of all was when life would begin to feel normal again.

Most heart-attack stories end when the blocked artery is opened or the bypass is completed. For the patient, however, that is often where another story begins.

BACK HOME, NEW QUESTIONS

There is no single recovery calendar. How quickly someone returns to work, travel, exercise or sexual activity depends on the extent of heart damage, heart function, symptoms, treatment received and the patient's overall health.

Dr Gobu P, interventional cardiologist and senior consultant cardiologist at Gleneagles Hospital, Chennai, says the return to normal activity should be gradual rather than driven by a fixed deadline. "Activities such as climbing stairs, driving, travelling, returning to work and resuming sexual activity should be taken up only after discussing them with the treating cardiologist," he says. Advice can differ depending on the patient's condition, the nature of their work and whether symptoms persist.

For Ramakrishnan, driving was one such milestone. "After four weeks, I got behind the driver's seat for the first time. Though I have driven a car for close to 20 years, that first drive after surgery was nerve-wracking. When I reached my destination that day, it felt like a small achievement and I had a big smile on my face. The sense of independence was back," he said.

That distinction matters because feeling better is not necessarily the same as being fully recovered. The treatment received also shapes how quickly a person can resume everyday life.

For bypass patients, recovery has become considerably quicker with advances in surgical techniques, says Dr Arunkumar Krishnasamy, senior cardiothoracic consultant at Kauvery Hospital, Chennai. Patients are made to climb two flights of stairs before discharge where appropriate, partly to ensure they can manage safely once they return home.

He says, "Most people can return to desk-based work within one to two weeks, and physically demanding work within three to four weeks." Patients undergoing minimally invasive or robotic surgery can typically drive and lift weights in about a month, while conventional bypass surgery requires more time for the breastbone to heal.

The larger message, doctors say, is that recovery is not about racing back to the life one had before the heart attack.

NEITHER FEAR NOR HASTE

Recovery is not simply about getting back on one's feet. Cardiac rehabilitation goes well beyond walking after a heart attack, combining supervised exercise with medication management, control of blood pressure, diabetes and cholesterol, dietary advice, smoking cessation, psychological support and guidance on recognising warning signs.

Rehabilitation can begin during the hospital stay itself once the patient is clinically stable. After discharge, physical activity can then be increased gradually according to the patient's condition.

"Two opposite mistakes are common. Some patients become too frightened to exercise at all, while others try to return to their previous routine too quickly," says Dr Babu Ezhumalai, senior consultant, interventional cardiology, structural and endovascular interventions at MGM Healthcare.

That gradual approach is also supported by a 2023 Chennai study, 'Efficacy of home-based versus centre-based cardiac rehabilitation in an Indian cardiovascular disease population,' published in the European Heart Journal. The study looked at 106 cardiovascular disease patients. It found significant improvements in walking capacity, systolic blood pressure and left ventricular ejection fraction among those who completed either home-based or centre-based rehabilitation.

Recovery after a heart attack continues at home, through medicines, rehabilitation and a gradual return to daily life

WHEN FEELING NORMAL MISLEADS

Another vulnerable point comes when the patient begins to feel well again. The absence of symptoms can create a false sense that treatment is complete. Dr Balamurugan, consultant, interventional cardiology at SRM Prime Hospital, says this is a mistake doctors encounter frequently. "Patients feel completely normal and they stop their medications," he says, pointing out that medicines prescribed after a heart attack have specific roles, from preventing further clot formation to controlling cholesterol and supporting heart function.

The same caution applies to exercise. Some patients feel almost completely normal after angioplasty and want to jog, lift weights or quickly return to their earlier fitness levels. But opening the artery does not mean the heart muscle has finished healing.

Recovery also involves knowing when not to wait. Doctors note that if a patient notices new or recurring chest discomfort, worsening breathlessness, fainting, excessive sweating or a sudden reduction in the ability to perform routine activities, they should seek prompt medical attention.

For Ramakrishnan, progress eventually became measurable in smaller milestones rather than dramatic ones like his first full day back at work. The goal is not to behave as though nothing happened. It is to regain confidence without losing caution, return to ordinary life without abandoning treatment and understand that fixing the blocked artery is only the first part of protecting the heart.

ISWARYA HOSPITAL



EMERGENCY SERVICE 24 HOURS EMERGENCY SERVICE

Listen to your heart don't ignore the warning signs.

BEAT BY BEAT: PROTECT YOUR FUTURE

Angiography @₹10,000*

WORLD HEART DAY SPECIAL
September 29

*limited Time Offer

*T&C Apply

ISWARYA HOSPITAL
110, Rajiv Gandhi Salar, OMR,
Taramani, Opp Tidel Park, Chennai - 41
www.iswarya.com

For Appointment or Enquiry scan and connect.
044 2025 2025
81 00 00 24 24

naruvi HOSPITALS

FRAGRANCE OF CARE



Your Partner in Health and Healing

Creating Lasting Bonds Through Care and Compassion

A 500-Bed Super Speciality Hospital

Unmatched Expertise
- 25+ Specialities
- 300+ Inpatient Beds
- 100+ ICU Beds
- 15 Modular Operating Theatres
- Discovery IGS 7 Hybrid OT & Cathlab
- ROSA Neurosurgical Robot-guided Epilepsy Surgery
- Epilepsy Monitoring Unit

24×7 Services
- Critical Care Medicine & Emergency
- Intensive Cardiac Care
- Paediatric Intensive Care
- Neonatal Intensive Care
- Dialysis
- Blood Bank
- Pharmacy
- Ambulance (Mobile ICU)



0416 666 1111
VELLORE | TAMIL NADU

naruvihospitals.com

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Why first monsoon drought in 11 years left India dry, and wet

A 12-13% national rain shortfall hid a monsoon of record dry zones, wet corridors and sudden rain bursts

Amit Bhattacharya

Despite a late burst of heavy rain, the 2026 southwest monsoon is shaping to be India's driest in 11 years. Last week's deep depression brought widespread rain to parts of east, northeast, central and north India, cutting the season's deficit from 15% to around 12% in a span of four-five days. But the monsoon is still set to be India's first deficient season since 2015 and among the 10 weakest monsoons since Independence.

India Meteorological Department (IMD) classifies a seasonal rainfall deficit of 10% or more as 'deficient', its lowest rainfall category, commonly described as a monsoon drought.

The significance of this year's rainfall deficit becomes clearer against the recent past. Five of the last seven monsoons produced either excess or above-normal rainfall. India appeared to have entered a relatively wet phase in its multi-decadal monsoon cycle, marked by fewer droughts.

This year has broken that run, with El Niño playing a major role. El Niño is the periodic warming of surface waters in the central and eastern equatorial Pacific that alters atmospheric circulation around the globe. The 2026 event is developing into the strongest on record.

"A clear way of identifying if El Niño has affected the monsoon is by checking whether the monsoon wind circulation has weakened," says Roxy Mathew Koll, climate scientist at the Indian Institute of Tropical Meteorology. "This year, there was a marked weakening of these winds, which was evident right from monsoon's onset."

The monsoon reached Keralam on June 4, just three days after the normal date, and initially advanced rapidly. By June 8, it covered much of southern India; by June 12, the northeast and much of eastern India were under monsoon winds. Then it stalled for nearly two weeks, reaching northwest India only in the first week of July.

With monsoon winds weak even where the system had arrived, June ended with a countrywide rainfall deficit of more than 35%, the highest in 12 years.

Bay Of Bengal Lows On A High

The weakness persisted through the following months, but another feature of the monsoon changed: low-pressure systems (LPS) began repeatedly forming over the Bay of Bengal and moving inland, transporting moisture and producing heavy rain.

There were no such systems in June, but four in July, six in August and three in Sept, including the deep depression that crossed the north Andhra-south Odisha coast on Sept 23-24. Thirteen LPS during these three months is above the normal 10-11.

The impact is visible on the district rainfall map (see graphic). A swathe of relatively good rainfall (blue and green) runs from parts of Rajasthan through Uttar Pradesh, Madhya Pradesh, Chhattisgarh, Jharkhand, Gangetic West Bengal and Odisha. This is broadly the corridor through which many of the LPS travelled. Odisha, impacted by nearly all of these systems, witnessed its wettest monsoon in 20 years. This year's June-Sept rainfall of over 1480mm is among the highest five the state had experienced since 1901.

"When the monsoon is less organised, like this year, low-pressure systems play a much more dominant role," Koll says. "Even though, on the large scale, El Niño's effect on the monsoon was strong, these smaller weather systems were bringing in rain, even extreme rainfall. Had these systems been absent, the monsoon deficit may have been 20% or higher."

Western disturbances, moist weather systems moving into north India from the Mediterranean region, also remained unusually active just as in recent years, which experts link to climate change. At times these WDs interacted with LPS, producing extreme rainfall, particularly in the Himalayan states.

The result is a strikingly uneven monsoon. As of Sept 25, 43% of India's districts had received deficient or scanty rainfall, with most of the rainfall-starved districts concentrated in four broad clusters. Each of these clusters tells a story.

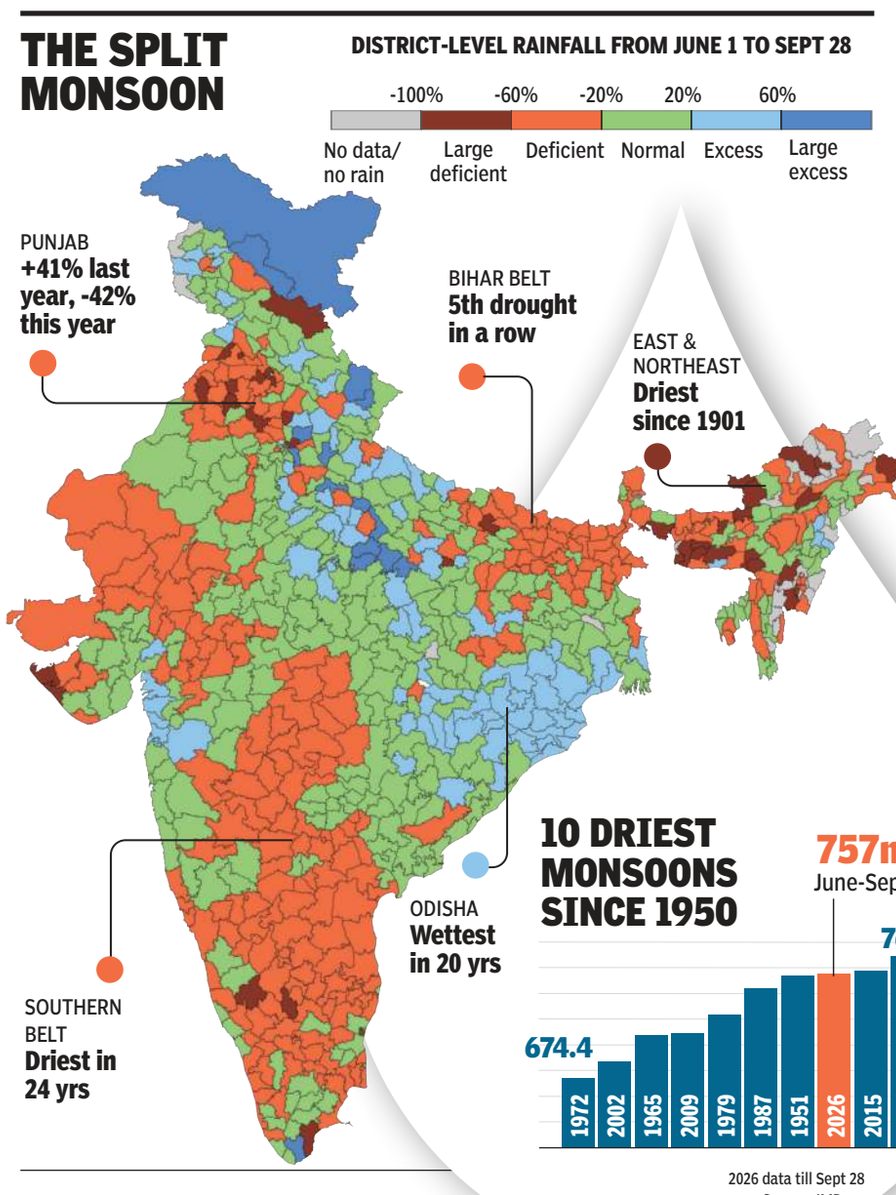
East & Northeast: Driest On Record

The East & Northeast region — comprising the seven subdivisions of Bihar, Jharkhand, Gangetic West Bengal, North Bengal & Sikkim, Assam & Meghalaya, Arunachal Pradesh, and other NE states of Nagaland, Manipur, Mizoram and Tripura — is heading for its driest monsoon since records began in 1901.

As of Sept 27, the region had received 1014.7mm against a normal 1,347mm, a deficit of nearly 25%. Even with the late-season rains, it will remain well below the previous record low of 1,069mm, set in 2013.

The decline is not confined to this year. IMD data shows that average monsoon rainfall in the region since 2000 is about 15% lower than during 1981-2000, and 26% below the peak reached during 1941-1960.

That is a substantial climatic shift, with potential implications for land use and ecology. Yet even during this exceptionally dry monsoon, parts of Assam and Nagaland suffered severe flooding. Experts have pointed to deforestation and development-related changes as factors that magnified the impact of the floods.



Bihar: Five Droughts In A Row

The most intense concentration of rainfall deficit in eastern India lies across Bihar and adjoining areas of eastern Uttar Pradesh and north Bengal.

As of Sept 27, 31 of Bihar's 38 districts were rainfall-deficient. The state is on course for one of its seven driest monsoons since 1901 and is experiencing its fifth consecutive monsoon drought.

A 2024 CEEW (Council On Energy, Environment and Water, a public policy think tank) study of four decades of rainfall data found that during the 1982-2022 period, about 64% of Bihar's tehsils had experienced declining rainfall in the months of June and July, while 40% recorded a fall of more than 10% across the full four-month monsoon season.

South: Driest In 24 Years

The largest rainfall-deficit zone stretches from southern Madhya Pradesh, Vidarbha and Madhya Maharashtra to Keralam and Tamil Nadu.

South India has a rainfall deficit exceeding 23%, making this its driest southwest monsoon since 2002. The district-level picture is starker: 88 of the region's 147 districts, or 60%, had received deficient or scanty rainfall by Sept 27.

Rayalaseema in Andhra Pradesh has been particularly badly affected, with a deficit of 38%.

West Rajasthan: A Rare Desert Drought

West Rajasthan, climatologically the country's driest subdivision, has recorded a rare 31% rainfall deficit. It is the subdivision's first deficient monsoon in eight years and its lowest seasonal rainfall since 2009.

The contrast with recent decades is striking. In the 17 monsoons since 2009, including 2026, west Rajasthan has averaged 25% above-normal rainfall. It recorded only two deficient seasons, alongside seven excess and two large-excess monsoons.

Punjab: Record Wet To Deficit

Punjab provides perhaps the sharpest year-to-year contrast. Its rainfall is currently 42% below normal, the largest subdivisional deficit in the country and the state's worst monsoon since 2004.

Just a year ago, Punjab received 621.6mm, or 41% above normal, its highest monsoon rainfall since 1988. Last year, floods and disease affected paddy yields in the state. This year, deficient rainfall could put both kharif and rabi crops under pressure while adding to the state's already serious groundwater stress.

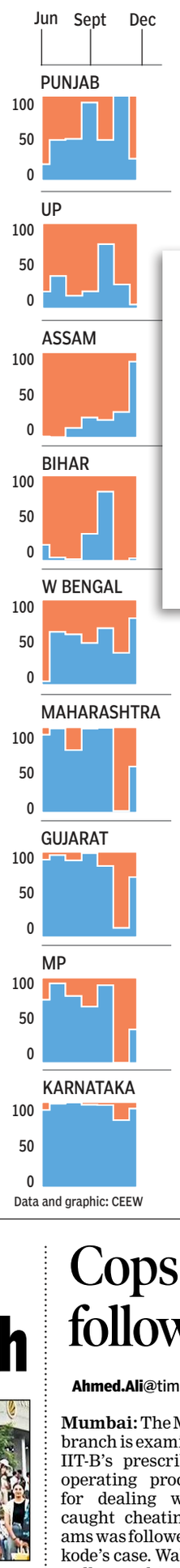
Countrywide, the 2026 monsoon may end with a 12-13% shortfall. But more than deficit, it is a story of a highly uneven monsoon: a weakened large-scale circulation, punctuated by bursts from smaller weather systems, with the result being islands of deluge amid large areas of drought.



The 40-year signal behind this year's swings

Amit Bhattacharya

A CEEW tehsil-level study from 1982-2022 shows how monsoon rainfall has shifted within states, month by month. Each chart shows the share (%) of tehsils where rainfall **increased** or **decreased**. Read each chart from June to Dec, left to right. Together, they show why this year's swings sit within a longer pattern of uneven monsoon change



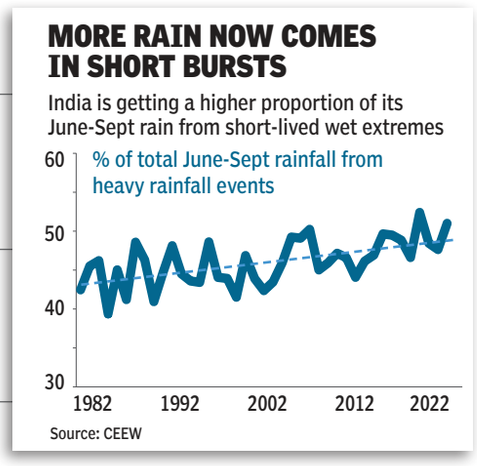
Data and graphic: CEEW

The deep depression that struck the Andhra-Odisha coast on Sept 23-24 is bringing heavy rainfall to more than 10 meteorological subdivisions across India. Over the five days of its impact, rainfall from the system is, by a rough estimate, expected to amount to 20-30% of the country's normal rainfall for Sept. That is monsoon variability in a nutshell: more rain in five days near the end of the season than the country received during the preceding 10-12 days.

Because the monsoon is driven by a complex interplay of atmospheric and oceanic processes, considerable natural variability is inevitable, both in where and when rain falls. But there is growing evidence that climate change is amplifying this variability, with extreme rain events of the kind produced by the recent depression becoming more frequent.

A 2024 study by researchers at the Council on Energy, Environment and Water (CEEW), which examined tehsil-level rainfall across India over four decades (1982-2022), found that short-lived wet extremes were contributing an increasing share of total monsoon rainfall, even though their intensity had not changed significantly. The study found that 64% of India's tehsils experienced an increase in the frequency of heavy-rainfall days over the 40-year period.

In 'Decoding India's Changing Monsoon Patterns: A Tehsil-level Assessment', the researchers used 1982-2012 as a baseline to assess changes during the subsequent decade, 2012-2022. Their map shows a significant increase in the frequency of heavy-rainfall days, defined as rainfall above the 90th percentile of all rainy days, across much of western India and nearly all of southern India.



The trend was markedly different across most of east and northeast, and parts of central and northwest India. Heavy-rainfall days declined in much of eastern Madhya Pradesh, Chhattisgarh and interior Odisha, as well as parts of Haryana, Himachal Pradesh and Uttarakhand and nearly all of Uttar Pradesh.

With several exceptions, areas experiencing more heavy-rainfall days also saw an increase in very heavy rainfall events, defined as those above the 99th percentile, during 2012-2022. One finding is particularly striking: extreme rainfall events declined in most tehsils of Himachal Pradesh and Uttarakhand. Yet rain-related destruction in both states has increased in recent years. This suggests that rainfall extremes alone cannot explain the growing damage. Encroachment, unplanned urbanisation, altered drainage, deforestation and large infrastructure projects may be turning heavy rain into increasingly destructive events.

The changing monsoon, therefore, is not simply a story of more or less rain. It is increasingly one of when, where and how quickly that rain arrives — and why it's having a disproportionately destructive impact in India.

HC frees 4, scraps death sentence

Meerut: Allahabad high court acquitted four people, including a woman, who were sentenced to death in 2017 Budaun double murder case. It said, "prosecution's evidence only pointed to suspicion, and did not prove guilt beyond reasonable doubt", reports **Krishna Chaudhary**. HC noted that the eyewitness accounts were "doubtful" and the investigating officer provided no reason for not examining the immediate neighbours. Also, seizure witnesses were not examined.

S. E. RAILWAY - TENDER

On behalf of President of India, Senior Divisional Signal & Telecom. Engineer, South Easter Railway, Adra Division, Pin-723121, West Bengal invites following e-tenders. Details are available at website **www.ireps.gov.in Sl. No. :** 1; **Tender Notice No.: SnT_e_Tender_ADA_26_27_33; Name of Work:** S & T work in connection with the improvement of the yard under jurisdiction of SSE(P.way)/ Garhbeta in Adra Division. **Tender Value (Rs.):** ₹97,02,153.00; **Sl. No. :** 2; **Tender Notice No.: SnT_e_Tender_ADA_26_27_34; Name of Work:** Provision of Earth Leakage Detector (ELD) and Insulation Monitoring Device with fault locator kit in various location in Adra division.; **Tender Value (Rs.):** ₹5,48,68,758.20; **Closing Date & Time of tender** : For Sl. No. 1 on 16.10.2026 at 11:00 hrs. & Sl. No. 2 on 17.10.2026 11:00 Hrs. **(PR-818)**

US waives tariff on speciality drugs imported from India

The US will not charge any ad valorem tariff on certain speciality drugs and associated ingredients used for treatment of rare medical conditions imported from India and 19 other countries.

The US commerce department published the list of countries in the Federal Register as it prepares to impose a 100% tariff on certain patented pharmaceutical imports and associated ingredients from Sept 29.

On April 2, US President Donald Trump issued a proclamation to impose tariffs on imports of patented pharmaceuticals and associated ingredients into US as part of efforts to encourage domestic production. Eligible products for the 0% tariff rate include drugs for rare diseases, infertility treatments, cell therapies, gene therapies, antibody-drug conjugates and animal pharmaceuticals. Components of these drugs are subject to a 0% tariff rate. Generic pharma products are not subject to section 232 pharmaceutical tariffs. PTI

Eligible products for the 0% tariff rate include drugs for rare diseases, cell therapies, gene therapies, infertility treatments etc

RAJASTHAN RAJYA VIDYUT UTPADAN NIGAM LIMITED
CIN:- U40102RJ2000SGCO16484 (A Govt. of Rajasthan Undertaking)
Suratgarh Super Critical Thermal Power Station, Suratgarh-335805
E-Tender Notice TN-326(RVU2627WSOB01305)
Online tenders are invited for **"Installation of New HP Heaters-6 along with Removal of Existing HP Heaters installed of Unit 7&8 at 2x660 MW SSCTPS, Suratgarh".** Tender details are available on websites http//eproc.rajasthan.gov.in for e-tender), www.energy.rajasthan.gov.in/rvunl & www.sppp.rajasthan.gov.in.
Raj.Samwad/C/26/10852 RVUN/PR-4475 Project Head (STPS-SC)

LPU campus, scarred and deserted, under police watch

IP.Singh@timesofindia.com

Jalandhar: Thousands of students vacated Lovely Professional University in Phagwara on Monday even as a force of over 2,000 police personnel sealed off the campus after nearly two days of violent protests. The protest erupted following rumours that a female student had killed herself after being raped in the hostel.

Punjab chief minister Bhagwant Mann took note of the violence and ordered strict action against those responsible. On his directions, Punjab DGP Gaurav Yadav visited LPU on Monday and praised police for controlling the situation with a "restrained approach towards the students".

Yadav said the rape allegation would be probed. "If anybody is found guilty, anybody big, even from the university administration, will face action ... Nobody will be spared, irrespective of their position," he said, adding that people should be cautious as rumours are being spread.

Police cleared the 20-hour blockade on the national highway outside LPU around midnight on Sunday, using cranes and JCBs to remove the burned hulks of torched vehicles. The administration enforced an internet shutdown in a 3-4km radius till 10pm on Monday, and police kept watch as students trooped out with their bags. Hundreds of anxious parents had also rushed to the campus from other states to take their wards home. Phagwara and Jalandhar stations were packed with home-bound students.

With classes suspended for 10 days, exams deferred and students sent home, an uneasy calm cloaked the deserted campus. Large parts of the varsity bore signs of arson and vandalism. LPU pro chancellor Rashmi Mittal issued a video saying she "felt hurt that students believed the rumours". "What happened is extremely unfortunate ... Outsiders joined a few students. What happened was completely uncalled for. Shops were looted," Mittal said.



CAMPUS CHAOS: Students vacate the LPU campus after a 10-day suspension of classes was announced following nearly two days of violence

Cops examine if IIT-B followed cheating SOP

Ahmed.Ali@timesofindia.com

Mumbai: The Mumbai crime branch is examining whether IIT-B's prescribed standard operating procedure (SOP) for dealing with students caught cheating during exams was followed in Sahil Wakode's case. Wakode was allegedly caught using a mobile phone during an exam, hours before his death.

According to IIT-B's academic disciplinary procedures, any unauthorised material or device is to be confiscated; the student may be provided a fresh answer book to complete the exam; and an invigilator's report is to be prepared. The matter is then examined by the departmental academic disciplinary action committee, or the academic disciplinary action committee in more serious cases, to determine an appropriate penalty. The invigilator who reports such alleged misconduct cannot be part of the committee, as per the SOP.

IIT-B sources had earlier told **TOI** that Wakode had been caught cheating close to the end of the exam and was, therefore, not given a fresh answer sheet.

Police recorded the statements of around five students over the past three days, taking the total number of student witnesses to 11-12. Some students told them that after the exam, they saw a conversation between Wakode and Suryanarayan Doolla, accused of abetting the suicide.

Police have so far not found any material establishing the allegations levelled by Wakode's parents of months-long harassment by Doolla. They are examining security and frisking procedures at the exam hall to ascertain how a phone could have been carried inside.

भारत सरकार/**GOVERNMENT OF INDIA**/ अंतरिक्ष विभाग/ **DEPARTMENT OF SPACE**
विक्रम साराभाई अंतरिक्ष केंद्र/ **VIKRAM SARABHAI SPACE CENTRE**
निर्माण एवं अनुरक्षण ग्रूप / **CONSTRUCTION AND MAINTENANCE GROUP**
तिरुवनंतपुरम/ **THIRUVANANTHAPURAM - 22** / (फोन नं./ **Ph. No. 0471 - 2564568 / 5669 / 4537**)

ई-निविदा आमंत्रित करते हुए संक्षिप्त सूचना / **BRIEF NOTICE INVITING E-TENDER** दिनांक/**Date : 28.09.2026**

भारत के राष्ट्रपति की ओर से निम्नलिखित कार्यों के लिए ई-टेंडरिंग द्वारा ऑनलाइन मद-दर निविदाएं आमंत्रित की जाती हैं।
On behalf of the President of India, online item-rate tenders are invited through E-tendering for the following works.

1. सीएमएसई, वट्टियूरकावु में पी-06 भवन के भूतल पर एक्स-रे सुविधा तथा प्रथम तल पर दबावकारी टंकी सफाई सुविधा के लिए विस्तार (सिविल तथा पीएच कार्य) बाकी कार्य / Extension of P-06 building at CMSE, Vattiyoorkavu for X-Ray facility at Ground floor and Pressurant tank cleaning facility at first floor (Civil & PH works) - **BALANCE WORKS NIT No. VSSC/CMG/C01/16/2026-27 Dt. 25.09.2026 (पी.ए.सी/P.A.C: ₹103.92 लाख /Lakhs)**
डाउनलोड करने की अवधि / Period for downloading: दिनांक **26.09.2026, 10.00** बजे/hrs. से/to दिनांक **10.10.2026, 23.00** बजे/hrs

ई-निविदा की अवधि बढ़ाना / **EXTENSION OF E-TENDER**

2. इनस्टेफ,वीएसएससी,तुंबा में क्रायो परीक्षण सुविधा हेतु भवन का निर्माण (सिविल कार्य)/ Construction of building for Cryo Test Facility at INSTEF, VSSC, Thumba (Civil works) **NIT No. VSSC/CMG/C01/15/2026-27 Dt. 03.09.2026** (पी.ए.सी/**P.A.C: ₹70.15 लाख/Lakhs**)
डाउनलोड करने की अवधि / **Period for downloading:** दिनांक **04.10.2026** को **23:00** बजे तक बढ़ाए गए / Extended upto **23:00 hrs.** on **04.10.2026**

इच्छुक निविदाकार ब्यौरों के लिए **www.tenderwizard.in/isro** या **www.isro.gov.in** देखें। / Interested tenderers may visit **www.tenderwizard.in/isro** or **www.isro.gov.in** for details.
प्रधान, सीएमजी, वीएसएससी
Head, CMG, VSSC

SOUTHERN RAILWAY
ELECTRICAL (TRD) BRANCH, TIRUCHCHIRAPPALLI DIVISION
TENDER NOTICE
For and on behalf of the President of India, the Divisional Railway Manager, Traction Distribution, Southern Railway, Tiruchchirappalli - 620001 invites online E-tenders from prospective tenderers / bidders for the following work.

1	Tender Number	TPJ-TRD-2026-2027-16	TPJ-TRD-2026-2027-17	TPJ-TRD-2026-2027-18
2	Name of work	TPJ Div. - Provision of Anti Bird Disc Device	TPJ Division- Electrification of left over un-electrified lines across the TPJ Divisions-ELECTRIFICATION AT TVR & ULU Yard	TPJ Division-Creation of Wagon ROH Facilities at TPGY Wagon Depot-Electrical Traction Arrangement
3	Approx. value of tender in ₹	22,23,650.00	53,16,657.41	99,07,059.31
4	Cost of tender booklet in ₹	0.00	0.00	0.00
5	Bid Security in ₹	44,500.00	1,06,300.00	1,98,200.00
6	Date & Time of Bidding	08.10.2026 to 15:00 Hours on 22.10.2026		
7	Date & Time of Tender Opening	After 15:00 Hours on 22.10.2026		
8	Period of completion	6 Months	9 Months	9 Months
9	Period of validity of offer	84 days from the date of tender opening		

NOTE: All Addendum/Corrigendum, Time extension, clarifications, etc. will be uploaded on or before 08.10.2026 on the website only and will not be published separately in Newspapers. Bidders should regularly visit website to keep themselves updated.
DIVISIONAL RAILWAY MANAGER,
Electrical Traction Distribution, Tiruchirappalli

TOURISM CORPORATION OF GUJARAT LIMITED (TCGL)
(A Government of Gujarat undertaking)
Udyog Bhavan, Block No. 16, 4th Floor,
Sector - 11, Gandhinagar - 382 011
Website: https://www.gujarattourism.com

TENDER NOTICE

Bids are invited from reputed and experienced agencies for providing services towards **"Overall Management of Seema Darshan Destination at Nadabet, Gujarat".**
The project requirements, technical specifications, eligibility criteria, selection process, etc. are included in the Tender documents, which shall be available for download from the websites: **https://tender.nprocure.com/** and **https://www.gujarattourism.com** from **29/09/2026** onwards.
The last date for submission of the **Technical and Financial Bid (online only) is 21/10/2026 up to 6:00 pm. and Technical Bid (physical only) is 23/10/2026 up to 3:00 pm.**
Managing Director

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Search widens, but Mumtaz's whereabouts still unknown

▶ From P 1

A senior Dhaka-based businessman, who wishes to stay anonymous, joined authorities in the search and is working with govt and security contacts to widen it. An appeal with her photo and identification details, including Foreigners Identification Portal (FIP) ID AS089082026, was published in prominent Bengali newspapers on Sept 22. Bangla daily *Manob Kantha* also carried her photo and reported on the family's search.

Official efforts in Sylhet, however, have found no lead. Sylhet Metropolitan Police Commissioner Sarwar Murshed Shamim said police had "tried to locate Mumtaz within the metropolitan area but had not found her and were continuing the search".

Md Jahangir Hossain, DIG, Sylhet Range (Sylhet, Habiganj, Moulvibazar, Sunamganj), said they had no information yet and "would share an update if he received one".

Poor visibility puts damper on chopper rescue

▶ From P 1

With 11 already evacuated and eight still at Kalindi, the current reported strength of the group there is 19.

Some trekkers, including foreign nationals, were also stranded at Mount Jogin, Yaduvanshi said. An SDRF team reached the area on Monday and successfully located the stranded foreign trekkers. "As soon as weather conditions improve on Tuesday morning, we will begin the rescue operation," he said. He added that 20 SDRF personnel in three teams were currently involved in the overall rescue operation. An additional eight-member reserve team has also been deployed.

Improved weather allowed eight helicopters to make 24 sorties on Monday — 17 to Auden's Col and seven to Kalindi Pass — before conditions deteriorated again. Stranded groups were reported at Kalindi Pass, Auden's Col, Mt Sudarshan, Mt Bhagirathi-II, Mt Jogin-I, Mt Shivling and Mt Satopanth.

They include six foreign nationals: four members of the Mt Sudarshan expedition and two at Mt Shivling. Officials said those at other locations were safe at their respective base camps and were being monitored.

Joint teams from SDRF, police, the forest department, Nehru Institute of Mountaineering and disaster management personnel were involved in rescue operations. The administration had arranged food, water and medical assistance for those stranded. A senior official said helicopter evacuation could continue only when visibility and flying conditions improved.

(With inputs from Kautilya Singh in Dehradun)

Doctor: No two people can have identical iris structure

▶ From P 1

The twins were first enrolled for Aadhaar when they were four years old, an age when biometrics are not captured. Their fingerprints and iris details therefore had to be recorded during a later update.

The UIDAI clarification came days after the Rampur district administration attributed the repeated rejection to the twins allegedly having identical fingerprints and iris patterns.

Senior ophthalmologist and former principal of LLRM Medical College Dr Sandeep Mithal told **TOI**, "The iris in the human eye is so unique that even the two eyes of the same person do not have identical ones. No two people can have identical structure of iris even if they are identical twins."

The girls' uncle, Masood Ahmed, said the family had repeatedly approached Aadhaar update facilities before taking the matter to the Rampur district magistrate.

BJP moves motion against J&K speaker

▶ From P 1

Sharma said its reference to the 2000 autonomy resolution amounted to seeking restoration of J&K's "pre-1953 position". BJP said it supports restoration of statehood but opposes the resolution in its current form. Its legislators entered the well, shouted "Vande Mataram" and "Bharat Mata Ki Jai" and moved a motion against speaker Abdul Rahim Rather.

Omar criticised BJP's opinion that statehood could be restored only after militancy ends. "Then the decision regarding restoration of the statehood will not be taken directly in New Delhi but it will be taken in Islamabad," he said, adding if Pakistan is blamed for militancy, making restoration conditional on guns falling silent effectively gives Islamabad a say in when J&K gets statehood.

"We are not begging," Omar said. "We rightfully demand that we have the right to a statehood."

Omar said the resolution was rooted in a promise of restoring statehood and had nothing to do with Article 370, 35A or autonomy. J&K lost statehood and was bifurcated into two Union territories, including Ladakh, in Aug 2019 when Centre also scrapped its special constitutional status.

'Common symbol was only for assembly polls'

▶ From P 1

ISF had contested the Lok Sabha and 2026 assembly elections using the symbol. ISF, which enjoys some influence among Rejinagar's Muslim voters who make up nearly two-thirds of the electorate, fears losing the envelope symbol could hurt its prospects. The party also fears that allotting the symbol to the Ritabrata-led Trinamool faction could confuse voters.

Responding to the bench's question on whether EC could legally allot the symbol to Democratic Congress, EC counsel Jishnu Chowdhury submitted that the "envelope" was a "common symbol" given to ISF, a registered but unrecognised political party, to fight just the assembly election. Such an allocation did not create a right for ISF to seek the same symbol for the bypolls, the counsel said.

The counsel also submitted that a by-election was not a continuation of the assembly election, as argued by ISF. EC counsel said symbol allotment was the commission's discretion, and it had acted according to law by allotting the "envelope" to Democratic Trinamool and "almirah" to ISF.

Judgement in the case has been reserved.

Bennett & Coleman
THE TIMES OF INDIA

Tune into your heart

We often think of heart health as simply eating right and staying active. But there's more to it. Your environment, genetics, lifestyle, health markers and even stress can influence your individual heart risk.

This World Heart Day, on the **TOI Health+ podcast**, **Dr. Naresh Trehan** explains how a health horoscope can help us understand our heart better.



Dr. Naresh Trehan
Chairman, Managing Director and Chief Cardiac Surgeon, Medanta



TOI HEALTH+ PODCAST

Scan the QR code to tune in to the podcast

To get started with your copy of The Times of India, call 1800-1200-004 or visit subscribe.timesofindia.com

THE TIMES OF INDIA
CHANGE Begins Here

VML.2651.2026



Think Logistics , Think CONCOR

Seamless End-to-End Logistics across Rail, Road & Sea

कॉनकॉर CONCOR



Double Stack Container Train on Dedicated Freight Corridor



Specialized Tank Containers for Bulk Cement Loading



Road Transportation through LNG Trucks



Global Shipping Services

Shri Ajit Kumar Panda
Chairman and Managing Director

EXCERPTS FROM CHAIRMAN'S SPEECH AT 38th AGM OF CONTAINER CORPORATION OF INDIA LTD.

Held on 28.09.2026

Dear Fellow Shareholders,

Good afternoon and a very warm welcome to each one of you to the 38th Annual General Meeting of your Company. At the outset, I am very happy to state that your company, with its strong performance, continues to retain its position as the undisputed market leader in India's rail logistics sector.

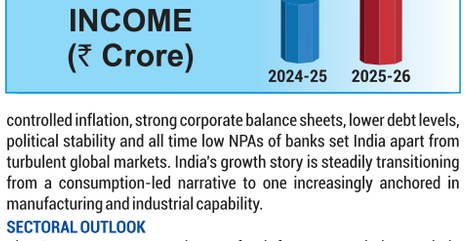
BUSINESS ENVIRONMENT AND ECONOMIC SCENARIO

At present, the World is at the crossroads of extraordinary uncertainties with various geopolitical conflicts and tensions. There is growing tendency of protectionism by nations, lack of trust and weaponisation of trade and supply chain.

On the other hand with the progressive Government policies for inclusive development, rising consumption, disposable income, credit growth, demographics advantage and competitive business environment, our Country is well positioned to face any challenge. The Indian economy has continued to demonstrate remarkable resilience with GDP growth of 7.1% achieved for 2024-25 and an estimate of 7.7% for 2025–26. The GDP growth of 7.8% in the first quarter of the current year establishes that India remains a growth engine for the world economy.

Hon'ble Prime Minister Shri Narendra Modi ji has said and I quote "Today, India is the world's fastest-growing major economy. We are in a position to help lift the world out of slow growth."

The progress across several underlying economic indicators like



controlled inflation, strong corporate balance sheets, lower debt levels, political stability and all time low NPAs of banks set India apart from turbulent global markets. India's growth story is steadily transitioning from a consumption-led narrative to one increasingly anchored in manufacturing and industrial capability.

SECTORAL OUTLOOK

The Government's commitment for infrastructure-led growth is continuing with budgetary allocation of Rs. 12.2 lakh crores in 2026-27, including Rs. 2.78 lakh crores for Railways. India's ranking in world logistics performance index has improved from 54 in 2014 to 38 in 2023 and the target is to reach 25 by 2030.

Indian Railways' originating loading of cargo rose to 1,669.9 million tonnes in FY 2025-26, a growth of 3.3% over the previous year, while containerised cargo carried by rail increased to 93.7 million tonnes, up by 5.6%. Container handling across all Indian ports touched 24.8 million TEUs registering healthy growth of 6.5% over the previous year.

The most significant development of the year has been the long awaited commissioning of 1506 km long Western DFC. It has enabled movement of Double Stack Container (DSC) trains with higher axle load, faster access of northern hinterland and development of industries and new terminals along the DFC. A new DFC connecting Dankuni in East to Surat in West has been announced in the Budget 2026.

Rate rationalisations have been done for moving bulk cement in tank containers and for fertilizer, fly ash, food grains and salt. A single unified license regime for Container Train Operators has been notified.

It is estimated that, the per ton km cost of movement of goods by rail is Rs.1.96 vs 3.78 by road and CO_2 emission per ton km by rail is 11.5 gm vs 101 gm by road. The Dedicated Freight Corridors (DFCs) and assured transit time trains are moving goods faster now. Thus, rail transportation, when duly supported by conducive infrastructure offers distinct advantages over road in terms of cost, speed and environment and hence it is bound for gaining market share.

Your Company continues to place itself firmly at the intersection of above growth drivers deepening its business and creating enduring value for all its stakeholders

PERFORMANCE HIGHLIGHTS

On the operational front, your Company handled highest ever throughput of 5.58 million TEUs during 2025 -26 , registering a growth of 9.56% over the previous year. The EXIM growth was 8% and domestic 14.6%. CONCOR's share of containerised cargo carried by rail rose to 51.02 million tonnes, up 2.82% over the previous year.

In financial terms, total income was the highest ever at Rs.9,443 crores. The net consolidated profit for the year stood at Rs.1,246 crores. Despite rising competition, it is gratifying that business efficiency has improved resulting in better operating margins.

I am of the firm belief that logistics is a sunrise sector and your company is firmly positioned to capitalize on many emerging business opportunities. To further expand the infrastructure, capital expenditure of Rs.1,085 crores has been incurred during FY 2025-26 on expansion of its terminal network, acquisition of indigenous wagons, containers, handling equipment and expanding IT systems.

Your company has a strong balance sheet to support its sustainable future growth. At the end of the year, the net worth of the Company was Rs.13,052 crores. In keeping with the consistent policy of rewarding our shareholders, dividend was paid every quarter totalling to Rs.8.6 per shares (i.e.172%) and amounting to Rs.655 crores, which is 53.6% of net profit.

STRATEGIES AND INITIATIVES

Your Company followed a focused approach and took many business initiatives during the year thereby strengthening its market position:

- New terminals developed at Mandalgarh in Rajasthan, Kadakola in Karnataka & Jajpur and Paradip in Odisha have started contributing to business. The terminals being set up at Salawas in Rajasthan and Charodi in Gurajat on Western DFC will improve double stack running.
- During 2025-26, CONCOR has operated 6,396 Double-stack container trains.
- Double Stack Container Train services have started directly between JNPT and our terminals at Dadri, Khatuwas and Varnama.
- In a significant step towards strengthening Atmanirbhar Bharat in the global logistics landscape, movement of export-import cargo in our own containers to overseas destinations has commenced. The company has developed its Shipping platform issuing Bill of Lading.
- Movement of 9.15 lakh TEUs was done through our own first mile and last mile services which is around 44% of the FMLM potential .
- CONCOR commenced assured transit time train services between Delhi and Kolkata and Bangalore and Delhi.
- Parcel train services commenced between Bhiwandi, Mumbai to Sankrail, Kolkata.
- Aushadhi Express, India's first dedicated refrigerated freight train service was launched to transport temperature-sensitive pharmaceutical cargo from Hyderabad to JNPT.
- Business Solution Services were provided with volumes of 41,030 TEUs during the year. This covers services like customs clearance, fumigation, palletization, lashing, clearance of containers and cargo bound for Bangladesh and Nepal.
- Air cargo business has been operationalised through CONCOR terminals at ICD Dadri and Ludhiana.
- Sonik Goods Shed, near Lucknow is being developed to cater to the burgeoning logistics needs of the Kanpur and Lucknow region.



- CONCOR sourced 79.13% of our procurements from Micro and Small Enterprises.
- The Company continues to be at the forefront of transition to sustainable logistics with 95% of cargo being moved by rail; thereby saving CO_2 emission of around 4 million ton during the year.
- 230 LNG Trucks have been procured and two LNG stations have been established at Dadri and Khatuwas.
- As part of a broader shift toward cleaner, quieter and more efficient yard operations, seven Electric Reach Stackers and two Electric Trucks & Trailers have been commissioned.
- Roof top solar power is being used at Barhi, Dadri and Kanakpura terminals and at the Corporate Office.
- AI/ML based terminal management system has been put at TKD enabling automated yard operations, real-time container tracking and smart rail handling and optimising gate-in/gate-out.
- GPS enabled tracking and predictive analytics is being deployed to improve train planning, container inventory management, faster movement and demand forecasting.

Our strategies and actions on the ground are fully aligned with the nation's vision of developing a world-class logistics ecosystem.

SUBSIDIARIES, JOINT VENTURES AND ALLIANCES

CONCOR has four Subsidiaries and eleven Joint Ventures doing businesses in the fields of sea port operations, last-mile connectivity, container freight stations, air cargo and cold-chain logistics. These entities have consistently contributed to our growth. The contribution of the subsidiaries and Joint Ventures in the profit of the company during the year was Rs.24 crores.

In order to tap huge potential in Shipping and to achieve the vision of the Government, during the year MOU has been signed for setting up Bharat Container Shipping Line (BCSL) in association with the Shipping Corporation of India, three major Port Authorities and Sagarmala Finance Corporation where CONCOR will have 30% share.

New alliances for optimal utilization of infrastructure as well as for expansion of business have been made through various MOUs / agreements:

TECHNOLOGY AND STANDARDISATION

All commercial and finance functions of the Company are system driven and are providing real time information for faster decision making. We are at the forefront of adopting new technology for the desired result. Some of our initiatives in this respect include:



- Electronic filing of documents extended to all EXIM terminals.
- Enterprise Dashboard functioning for Rake Monitoring.
- Customer interfaces strengthened through a dedicated web server and mobile app.
- Tools such as Know Your Container Location (KYCL), e-tendering and the First Mile–Last Mile (FMLM) mobile app continue to streamline operations and contribute to ease of doing business.
- Double Stack Loading Plan (DSLP) system has improved train loading leading to higher utilization and reduced rail haulage cost.
- Disaster recovery site and stand by systems at primary sites have been setup for commercial and business sensitive applications.

HUMAN RESOURCE DEVELOPMENT

Doug Conant said and I qoute "To win in the marketplace you must first win in the workplace."

Your Company continues to regard its human capital as its greatest strength. The business is run by a lean and committed team of 1,238 CONCORians with a ratio of staff cost to revenue merely 5.73%.

Continuous in-house programmes, specialized and on-the-job learning has helped employees strengthen their capabilities and adapt to changing business needs.

CONCOR remains committed to building an inclusive workplace with women in leadership role heading Areas and key functions like banking, HR and terminal operations. The Company continues to invest in the physical and mental well-being of its team through workplace yoga and fitness facilities, participation in marathons and sports events.

CORPORATE GOVERNANCE

Corporate governance, ethics and transparency continue to be deeply embedded in your Company's functioning underpinned by robust internal controls, clear delegation of authority and a strong culture of disclosure and accountability. There are robust systems and procedures in place so as to have efficient management of business and transparency and compliance in all functions.

During the year 2024-25, the Company has been rated "Outstanding" by the Department of Public Enterprises (DPE) on Corporate Governance parameters and in MOU performance it was rated 'Very Good'. The 'AAA' credit rating for the Non-Fund Based Facilities has been reaffirmed by ICRA, reflecting continued confidence in our financial strength and governance standards. On the financial statements for 2025-26 there are no audit qualifications and C&AG of India has issued nil comments.

Your Company's performance and leadership continue to be recognised through several prestigious awards and accolades received during the year.

SUSTAINABILITY AND SOCIAL RESPONSIBILITY

Your Company continues to conduct its business in a socially and environmentally responsible manner deepening its adoption of energy-efficient and ecofriendly systems and transportation solutions.

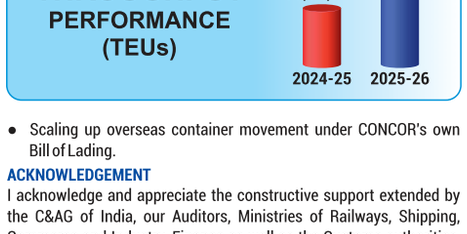
We firmly believe in the principles of Vasudhaiva Kutumbakam which teaches us that World is one family and the responsibility to protect our mother earth rests with all of us. We have touched the lives of more than 1.25 million people during the year and spent an amount of Rs.40.59 crore through various CSR programs.

WAY FORWARD

We are working tirelessly to make our country a Viksit Bharat by 2047 coinciding with the centennial of our independence. Our dream is that India will emerge as a leading global power offering its citizens high standards of living and ensuring equitable growth for all. In today's World, a nation of 1.4 billion people is not merely a statistic but a wellspring of skill, ambition and enterprise.

With a strong asset base at present of 68 terminals, 444 rakes, 58,000 containers, and 232 LNG/EV trucks and a capable and committed team, your Company is well placed to retain its leadership position in the sector. Today, CONCOR stands stronger, more agile and uniquely placed to capitalize on numerous emerging opportunities in the logistics sector. With our motto of **"Think Logistics, Think CONCOR"** we remain steadfast in our commitment to innovate, serve with purpose and be a partner in the growth of our country. In our pursuit for relentless growth we shall focus on the following objectives.

- Expanding our terminal network to 100 and count of rakes and containers to 500 & 70,000 respectively .
- Diversification into new business verticals and extensive use of technology.
- Capturing new opportunities arising from the expected growth in EXIM and domestic container volumes with full commissioning of two DFCs.
- Promoting double stack trains and providing end-to-end logistics solutions.
- Rationalization of haulage charges to attract light weight cargo.
- Capturing bulk cement and liquid cargo in tank containers.
- Taping potential in shipping, air cargo and cold chain logistics.
- Expanding Green Logistics solutions and bouquet of value-added services.
- Operating 100% of FMLM throughput under our own first mile and last mile services.



- Scaling up overseas container movement under CONCOR's own Bill of Lading.

ACKNOWLEDGEMENT

I acknowledge and appreciate the constructive support extended by the C&AG of India, our Auditors, Ministries of Railways, Shipping, Commerce and Industry, Finance as well as the Customs authorities, various State Governments, JV partners, value-chain partners, customers and regulators.

I extend my deepest appreciation to all shareholders for their continued trust and support and my sincere gratitude to my fellow Board members for their guidance and contributions. My heartfelt thanks are due to Team CONCOR whose sincerity and hard work continue to carry your Company to new heights.

I pray for the well-being of all of us and of our beloved Nation.

Thank You. Jai Hind.

Ajit Kumar Panda
Chairman and Managing Director
(DIN: 08221385)

28th September, 2026
New Delhi

Note: This does not purport to be a record of the proceedings of the 38th Annual General Meeting of the Company.

CONTAINER CORPORATION OF INDIA LIMITED
(CIN: L63011DL1988GOI030915)
Regd. Office & Investor Relations Centre: CONCOR Bhawan, C-3, Mathura Road, Opp. Apollo Hospital, New Delhi-110076
Email: investorrelations@concorindia.com
Website: www.concorindia.co.in, **Phone:** 011-41222500/600/700

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)



A thought for today

The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow

WILLIAM POLLARD

Finance & Finetune

Iran war has raised prices of everything. Here's how to keep consumer demand ticking this festive season

Festive season is India's biggest demand driver, and Oct 2025 was especially good, sales-wise, thanks to GST rationalisation. GST rates on many product categories were slashed in late-Sept, and gross collections increased 4.6%, y-o-y, the very next month. Vehicle sales, for example, grew 40.5%, y-o-y, that month. Industry and govt would want a repeat of that bonanza, but it's unlikely, what with Iran war and AI boom, together making everything costlier, so much so that benefits of GST reduction have been deeply eroded.

As **TOI** reported Monday, consumer durables have been under pressure this year from higher component costs, freight rates, currency movements, and shipping delays. Consider smartphones as an example. They were India's hottest product category for years. People upgraded frequently because better specifications and features arrived at last year's price point. Not so this year, because prices of phone storage and memory have exploded. A budget phone with last year's specs costs up to 70% more to make. On average, phone prices have risen 21% this year. And in April-June, sales in sub-₹15,000 segment fell 45%.



Different products are impacted to different extents, but cost pressure is a reality from food and garments to ACs and cars. There have been multiple price hikes since Iran war started, yet, manufacturers claim, they are operating on thinner margins. So, big festive discounts are unlikely, and getting customers to spend has become a challenge. It's not about corporate bottom lines alone, as household consumption makes up over 60% of India's GDP. Offering easy finance is key, therefore. A product itself may be costly, but small instalments can overcome buyers' reluctance.

Because effects of Iran war, its energy shock, and AI will be long-lasting, manufacturers must also turn to product innovation urgently. Shedding non-essential features can lower prices, and keep sales ticking. US carmakers did that during the Covid-induced chip shortage. Analysts expect high oil prices to spur EV demand, which will raise prices of metals like nickel, copper and lithium. AI buildout is also consuming these metals. So smart input substitution – replacing copper with cheaper aluminium, for example in ACs and refrigerators – is a way out. We're in a mini-crisis that should lead businesses to rethink design, sourcing, manufacturing, packaging, and selling for the long term. To help them, govt could defer new regulations, like emission norms, for a while. And RBI, hopefully, will go easy on rate hikes.

Protector/Predator

Tragic that rescued animals are being trafficked. Cases must be thoroughly probed

Any alleged crime is more horrifying when the accused are in positions of trust. And victims have no voice – in this case, wildlife. Allegations swirling around animal-rescue NGO, Wildlife SOS, must be thoroughly investigated, and cases must not be allowed to linger. The NGO claims its intelligence network helps authorities detect wildlife crime. But cops are investigating whether the NGO, with several facilities in many states, has allegedly also taken part in wildlife crime. These allegations have redoubled after Madhya Pradesh's tiger strike force traced leopard skins seized in neighbouring UP to the NGO staff. The probe has also circled back, to a 2022 case of 30kg of ivory seized, and elephant smuggling, in which NGO staff were reportedly named by those arrested. That Indian authorities are deeply worried is also evident in the fact that Central Zoo Authority, just days ago, asked chief wildlife wardens of six states and a UT to inspect Wildlife SOS's facilities for allegedly violating Wildlife (Protection) Act, 1972. This law requires all such facilities to maintain records on provenance and number of animals.



File Photo

Rescued animals in NGO facilities risk becoming a bit of a problem area. What happens to such animals, in shelters that aren't CZA-authorised, is iffy – where are the records of provenance, as well as animal mortality and births? Per UNEP, illegal animal trade generates up to $23bn annually. A new investigation on online wildlife trafficking, by Global Initiative Against Transnational Organized Crime, found that Meta's platforms, especially Facebook, had become a major marketplace for endangered animals and animal parts. Meta, of course, bans such sales, but the research identified over 20k ads offering over 2.6L wildlife products between Apr 2024 and March 2026. The animals were meant for illegal private collections, or for consumption or folk medicine. If a protector turns predator, only speedy probe and swift justice can be a deterrent.

Immoral Police

When the tables turn, the men squirm

Anil Abraham



My area uncles were discussing the news with much pontification and moral indignation, as they finished their morning walk. I invited them in for a cup of coffee so they could spill the tea. They were visibly upset by the recent incidents in Jamui and Delhi. Patriarchy Parvez was simmering with sarcasm, as he wondered why young people choose to go to lonely parks. "That's why I tell my daughter to come home by at least 7pm," Moral Manjunath muttered under his breath, shaking his head in disapproval. Kamala, who had just entered the room, plonked herself firmly in the middle of the men. "And what do you tell your sons?" she asked pointedly. Manjunath, who had never been questioned by a woman, looked as confused as a politician at a press conference.

"You see Madam, it's finally the girls who are responsible," Victim Blaming Vishwanatha added his fuel to the fire. I desperately tried a dumb charade as one of Gandhiji's monkeys, to make them stop talking. But they continued with their clueless misogyny, carefully cloaked as concern. Our discussion dangerously shifted to the clothes that young girls were choosing to wear. Missus glared at me – and I knew what was coming.



Kamala raised her voice loud enough to be heard clearly, as the men slunk down sheepishly, sensing the mood of the room. "Have you seen the shameless shorts my husband wears when he goes to buy milk in the morning? Nobody tells him what to wear. Nor are the ladies in the neighbourhood planning the next *Lust Stories* episode with him in mind!" I had been swept helplessly into the storm of shame and anger that the entire country was feeling. I did not dare try the 'Not All Men' mollification of misogyny – it was a surefire rage bait in the present scenario. "Why are we telling women what to wear and how to talk and when they should lose weight after pregnancy? Let's ban men in public spaces after dark and ask them to wear a blindfold instead of covering up women."

I surreptitiously pulled my lungi over my knees and adjusted my banian strap under my T-shirt. Immoral Police need to have the tables turned on them. Maybe it's time for Gandhari to offer her blindfold to Dushasan and Duryodhan, while Draupadi roams fearlessly in court. Now that would be epic – the Ultimate Kurukshetra.

The Untied Kingdom

Nationalist parties in power in Scotland, Wales & Northern Ireland want to bolt UK. But they haven't convinced their own people. Nor is EU welcoming. So, why do it? To extract goodies from London

Rashmee Roshan Lall



Columnist based in London

A people's revolution is underway in United Kingdom, only they forgot to tell the people. Pro-independence leaders of the largest parties in three of UK's four countries have called for self-determination, declaring that "Westminster's time is coming to an end" and "the future of our nations belongs in the European Union".

It's a bold statement of an audacious aspiration. Independence from UK does not have majority support in any of the three non-England territories – Scotland, Wales, and Northern Ireland. Recent polling by Survation shows public backing for independence at 47% in Scotland, and 32% in Wales, while a University of Liverpool survey found that only 36% of Northern Ireland would vote to leave UK for a united Ireland.

Clearly, home is the first hurdle for Scottish, Welsh and Irish nationalists, despite their unprecedented united push towards constitutional uncoupling from UK. All three will first have to sell the idea of independence to their own people. Only then can they even begin to make an authoritative case to the entrenched British state.

Even so, the nationalists have reason to join forces and threaten mutiny at this particular moment, and it's not Trump. The US president recently described shrinking UK by means of a unified Ireland as "fantastic…cool" and inevitable, but the nationalist parties are driven by a quite different logic.

For the first time ever, nationalist parties are in govt simultaneously in Scotland, Wales, and Northern Ireland. In May, Scottish National Party (SNP) and Plaid Cymru or Party of Wales, won their respective elections, albeit only with just enough seats to lead minority govts. The Northern Ireland govt, already co-led by Sinn Fein, forms the apex of this new equilateral triangle of empowered nationalism.

For the first time in centuries, England, UK's fourth country, has appeared isolated, if always dominant. At Westminster, PM Andy Burnham, just eight weeks in the top job, is struggling to contain the magical release implied by his favourite mantra, devolution. He has rejected the notion that granting an independence referendum to Scotland would qualify as peak devolution. And yet, one of Britain's oldest, most conservative newspapers laments that "England, Britain's most populous nation has no formal voice in the so-called Celtic fringe's constitutional talks".

For some, such hubris and angst recalls the opening lines of Daniel Defoe's 1701 satirical poem, *The True-Born Englishman*, a bestseller in its day:

"Speak, Satire, for there's none can tell like thee,/
Whether 'tis folly, pride, or knavery,/



Image: AI

That makes this discontented land appear/
Less happy now in times of peace, than war:/
Why civil feuds disturb the nation more,/
Than all our bloody wars have done before."

The three nationalist parties, of which Sinn Fein is the oldest at 121 years, and SNP the youngest at 92, feel they know in their bones the "folly, pride and knavery" of the English. Profound historical grievances abound. These include the 18th century 'Highland clearances' in Scotland, when thousands of people were forcibly removed from their land to starve, die, or emigrate, in favour of more financially productive sheep; the 19th century Irish potato famine when London's colonial policies turned a crop failure into a human catastrophe, and the 'Welsh not' wooden board that Welsh school-children were forced to wear like dunces, if heard to utter a single word in the Welsh language.

Out of such injustice and indignities grew the nationalist movements. The English, on average, still profess to know little about them, though Tony Blair did at least spotlight the potato famine by expressing remorse in 1997, for the British govt's inaction in assisting the Irish people.

All things considered, it's not hard to understand why the three non-England parts of UK would aspire to the status of equal states in a union of European nations.

Except that Europe is a glorious mirage for secessionist movements. For the most part, separatists portray EU as a welcoming entity, poised to cocoon a new state, while giving it visibility and power. In fact, EU adopts a studiously neutral position to wannabe states. In the 2014 and 2017 independence referendums in Scotland and Catalonia, respectively, EU stuck to a soothing formula to deal with hypothetical new states peeling off from a member country. By seceding, the new state would have automatically placed itself outside EU, and would have to submit to a long and onerous application procedure.

Entry would need unanimous acceptance by EU members, leaving open the possibility the new state could be vetoed by the country it had just spurned. EU's well-established position on separatism came into play on the Basque issue, which would have affected Spain and France. It holds to it on South Tyrol's multiple secessionist forces that seek to affect Italy and Austria.

All of which rather raise the question: Are UK's non-England nationalists succumbing to the lure of a mere photocall, or do they really have a plan? The likelihood is they see a united front as a chance to wring out fiscal and regulatory concessions from London, as well as heighten the pressure to reverse Brexit.

Nations are "daily plebiscites" that only work if we agree to remember some things, and misremember others, French philosopher Ernest Renan once said. For UK, the daily plebiscite must pick its way through the minefield of a colonial history that's not well-known and understood by the English, but is never forgotten by the "Celtic fringe".

India To China: Fast Growth Doesn't Mean Roaring Markets

● Listed cos capture narrow slice of economic activity ● Anticipated growth is priced into stocks ● New share issuance cuts old shareholders' earnings ● Higher global risk & rates equal fewer positive surprises

Somnath Mukherjee



Leo Tolstoy said evocatively in *Anna Karenina*, "Is it really possible to tell someone else what one feels?" But one place where ***feel*** is brought out loud and clear is the capital markets. Stock prices reflect how providers of risk capital are feeling about underlying conditions.

Here, high GDP growth rate hasn't enthused investors recently. Benchmark Nifty50 index is now flat for 2.5 years, underperforming almost all major equity markets by a wide margin. This is despite India being the world's fastest-growing major economy during this period.

Puzzling? Some sceptical ***feel*** being vindicated? Neither. Market returns being uncorrelated with macro-outcomes is not a bug, but a feature. Has been for long. The fault lies, to paraphrase Cassius, entirely within (the popular consciousness).

Empirical fact is that there is zero, in fact mildly negative, correlation between GDP growth and equity market performance. This was first analysed rigorously by Jay R Ritter of the University of Florida in a 2005 paper. Using data from 16 countries over 1900-2002, he found a correlation of -0.32 between per capita GDP growth and real equity returns. Countries with the fastest economic growth (for example, emerging Asia across various periods) often delivered mediocre equity returns, while some slower-growing economies (especially US) delivered strong ones.

Sharpest example of this disconnect is China. It has delivered the most spectacular growth ever witnessed in human history, with GDP growth averaging 8-10% consistently from 1990 to late 2010s. Yet, HSCEI (the Hong Kong-listed China equities index) has returned less than 7% annualised for investors since 1993.

India's not terribly different. India's nominal GDP growth rate has been 10-14% per year across the last three decades, but stock market returns haven't shown any such consistency or linearity with GDP growth rates in any given decade.

Most striking is the pre/post-liberalisation break. In pre-liberalisation period, Sensex compounded at 26% annually from 1979 to 1991. Post-liberalisation, despite India's GDP growth accelerating, Sensex has compounded at around half that level, till 2026.

Reasons are less confounding than what a superficial reading suggests.

Listed companies aren't the economy | Public equity markets capture a narrow, often non-representative slice of economy – while GDP includes govt spending, agriculture, informal sectors, unlisted SMEs that never touch an exchange.

For India, a large chunk of growth in the last few years has been public spends on infra. Some of it percolates down to listed companies, but not all. An increasingly larger pie of consumption is being captured by new-age brands, most of whom are unlisted (so far), while established listed companies lose market share. Again, untouched in the listed markets.

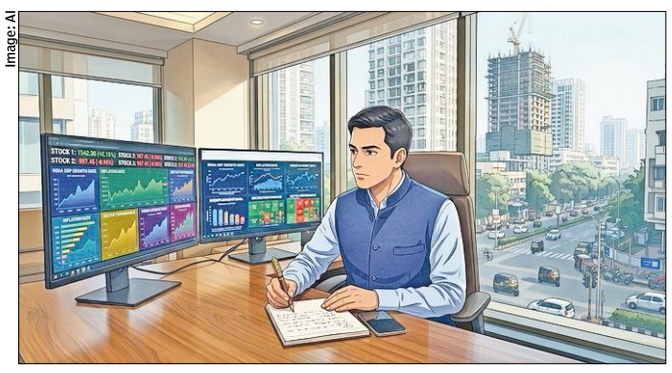


Image: AI

Known and predictable growth is priced in | Markets are forward-looking. If everyone expects an economy to grow fast, that expectation gets baked into valuations today. Future returns depend on growth surprises relative to expectations, not on realised growth itself. So a well-anticipated boom can produce flat returns.

India's 6-7% economic growth is generally priced in. Delivering merely on that doesn't generate the positive surprises needed for prices to move up.

Dilution | Existing shareholders don't automatically capture growth. Fast-growing economies often see heavy new equity issuances (IPOs, share dilution) to fund expansion and give exits to early shareholders, meaning EPS (earnings per share) growth lags GDP growth even when corporate profits rise.

Over the last 10 years, total equity issuances have topped 7L cr, nearly 40% as fresh issuances, resulting in dilution. Consequently, in the same period, while India's nominal GDP has grown 10-11% and aggregate corporate profits have grown 11-12%, Nifty50/500 EPS growth has been only 8-9%.

Profit share instability | Corporate profits as a share of GDP are independent of GDP growth (labour bargaining power, competition, taxes determine share of profits). Ergo, profits (what equity holders claim) often decouple from macro-aggregates.

NSE500-to-GDP ratio has traversed a roller-coaster in the 21st century – from 2.5% at the start of the millennium, peaking at 5.25% in 2008, and then going on a secular downtrend all the way to 2% till Covid 2020, before doing a smart pullback to 5% levels recently. Market prices tend to discount profit share futuristically.

Discount rates | High-growth emerging economies like India are often perceived as riskier (political risk, currency risk, institutional immaturity), so investors demand a higher discount rate, or Equity Risk Premiums (ERP). Last few years have seen global interest rates normalising back up from ultra-low levels (Japanese bonds are now trading at 3%, after being at 0% for several decades), increasing India's expected ERP. At the same time, relative "positive surprise" from India has shrunk, while that from other markets has expanded.

In short, there isn't anything terribly surprising about the lacklustre market reaction to India's robust growth. It's part of a cycle. There is no silver bullet solution to it than greater time in the market. Instead of fearing the worst conspiracy theories on data, investors are best advised to ride the desultoriness out. And ignore the ***feel***, of impatience or the urge-to-act.

The writer is CIO of an asset and wealth management firm. Views are personal

Calvin & Hobbes



Sacred*space*



The song i came to sing
remains unsung to this day.
I have spent my days in
stringing
and in unstringing my
instrument.
The time has not come true,
the words have not been rightly set;
only there is agony
of wishing in my heart…"

Rabindranath Tagore

When It Is Time To Enlarge The Canvas Of Life

Sonal Srivastava

It's never too late to achieve your dreams.' We could not only take this adage to heart but also remind our parents to live by it. Age is no bar to producing great art or telling tales sealed in their hearts as they went through daily chores. Life offers us a chance to reinvent ourselves at every stage, and there are plenty of reasons to do what we always wanted to even in our 80s or 90s.

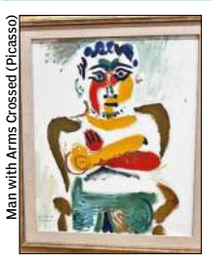
Take, for instance, the Hollywood movie *The Intern*. At 70, Ben Whittaker (Robert De Niro) takes up an internship at a fast-growing online fashion company. A widower who once worked at a phone-book company, a business the world no longer needs, he uses his experience to guide his much younger boss, Jules Ostin.

Growing old doesn't have to be boring; it can be full of excitement for a new innings. Pablo Picasso remained productive until his death at 91 and painted many works in his 70s and 80s, including portraits of his second wife, Jacqueline Roque, who became his muse.

Claude Monet exhibited his water-lily paintings in Paris at 68 and continued to paint until his death at 86. His style changed partly because of cataracts in both eyes; colours he used became muddier, and his work became less detailed. He increased his canvas size to create the work he loved.

Closer to home, Nobel laureate Rabindranath Tagore began painting at 67 and produced 2,000 or more works, helping shape modern Indian art. In his final days, at 80, he dictated some of the poems that were published as *Sesha Lekha*. Journalist and author Khushwant Singh continued to write well into his 90s, publishing *Khushwantnama: The Lessons of My Life* at 98. Many editors, when they retire, take up writing fiction or non-fiction, and some may take up painting. A few might even pick up precision knives to create paper art.

THE SPEAKING TREE



Man with Arms Crossed (Picasso)

While some may prefer writing or painting; others may not; they may just want to start running. Fauja Singh, nicknamed 'Turbaned Tornado', took up running at 81. He completed his last full marathon in Toronto at 100 and retired from competition at 101 after a 10-km race in Hong Kong. His story shows that seniors can pursue whatever they wish at any age, even something as demanding as a marathon.

While some may find solace in physical activity, others might wish to become full-time entrepreneurs. Harbhajan Kaur, also known as 'entrepreneur dadi', launched a homemade sweets and pickles brand from her home at the age of 90. In Ahmedabad, Prabhavati Nani started selling homemade Gujarati snacks at 91.

In Japan, the elderly are called *koreisha*, and many remain a vital part of the 'silver economy'. They stay socially active, take part in community activities. Many continue to find *ikigai*, a sense of purpose that makes life worth waking up every single day.

This proves that growing older is not a prison sentence; it is a chance to create the *magnum opus* of our lives. Each act of creativity or enterprise is another way to connect with the Self, a silent witness, and by connecting with the Self through a creative process, we not only find *ikigai* but also enlarge the canvas of our lives.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

How hospital-insurer clash is putting cashless insurance at risk

Inflated bills, delayed approvals, arbitrary deductions. As hospitals and insurers trade charges, policyholders are left footing the bill. What will it take to fix the system?

Preeti.Kulkarni@timesofindia.com

An IV (intravenous) infusion set procured for Rs 11.05 but carrying an MRP (maximum retail price) of Rs 325 — a markup of 2,841%! A syringe with an MRP of Rs 57.20, but procured for just Rs 6.75. A survey of hospital consumables conducted by the Maharashtra Food and Drug Administration (FDA) flagged this gap recently. State FDA commissioner Tukaram Mundhe's recent post on X highlighting this issue has, once again, put the spotlight on hospital pricing practices and the costs patients can end up bearing. The state FDA has called for a review of these findings and clear guidelines on the permissible gap between trade procurement price and declared MRP.

Mundhe's post has ignited a fierce debate among hospital officials, doctors, insurers, and patients on overcharging and lack of transparency on the part of hospitals. Doctors and hospitals, on their part, flagged insurers' approach of questioning the necessity of treatment and making arbitrary deductions from claim amounts.

Also, more recently, the Supreme Court took note of the nearly ten-fold gap between the price-to-retailer and MRP (Rs 2,700 vs Rs 27,000) of some essential cancer-treating drugs. A bench of Justices Vikram Nath and Sandeep Mehta termed the difference in pricing as daylight robbery. Meanwhile, insurers see Mundhe's post as proof of what they have been saying all along. "A margin of 2,500%+ is sheer profiteering," says Nilesh Sathe, former member, Insurance Regulatory and Development Authority of India (IRDAI) and independent director, Tata-AIA Life Insurance. "While Mundhe's post is about consumables, it vindicates insurers' long-standing contention that hospitals tend to inflate bills and are not transparent about billing practices, leading to disputes around cashless claims. Insurers are not asking for lower prices, or a say in the treatment decisions, but the push is for reasonable charges, transparency and greater accountability."

PARMINDER KOHLI | Delhi



Treatment: Father's dialysis sessions

Cashless challenge: Recurring delays in processing claims

Reason for delays and deduction: Not spelt out

> Besides having to wait for six hours for insurer's cashless approval, we had to fund 25-30% of the bill out of our own pocket. The insurer did not offer any clarity on this deducted amount at the time of discharge

"Most hospitals require patients to purchase medications exclusively from their in-house pharmacies, preventing them from buying the same drugs outside at significant discounts," adds Prashant Mhatre, all-India president, General Insurance Agents' Federation Integrated. "They typically justify this restrictive practice by raising concerns over medicine authenticity or cold chain integrity, even when the alternatives come from reputable chains willing to guarantee proper storage. Ultimately, by denying patient-policyholders the freedom to choose, such policies force consumers to pay unnecessarily high costs."

Hospitals, on the other hand, contend that healthcare cannot be treated as a uniform, one-size-fits-all service. "The cost of treatment can vary based on the patient's condition, complexity of procedure, consumables, implants, and duration of stay, among other factors," says Dr Girdhar Gyani, DG, Association of Healthcare Providers of India. Most charges for insured patients are predefined in agreed tariffs, he says. Disputes can, however, arise when insurers do not agree with certain charges or interpret tariffs differently.

Disputes And Distress

The insurer-hospital friction flares up often. In July, the General Insurance Council issued an advisory on hospital admissions for fever, recommending outpatient care for uncomplicated fever and infectious diseases, with hospitalisation reserved for cases of medical necessity. Hospitals feared insurers would use it to deny cashless approvals. The GI Council later clarified that the advisory was non-binding and did not override doctors' clinical judgement.

This followed the 2025 standoff over cashless tariffs, when hospitals and insurers suspended cashless facilities against each other, leaving patients in the lurch. In Aug, a parliamentary standing committee on health flagged that treatment costs at private hospitals could be up to 10 times higher than in govt hospitals. It recommended capping private hospital room rents in metropolitan cities at the average tariffs of nearby three-star hotels.

Take, for example, the case of Delhi-based Parminder Kohli's 68-year-old father, who needs regular dialysis. "During a recent session, besides having to wait for six hours for the insurer's cashless approval, we also had to fund 25-30% of the bill out of our own pocket. The insurer did not offer any clarity on this deducted amount at the time of discharge and has not reverted with details even now," he says. This, despite IRDAI's 2024 directive that insurers decide on cashless pre-authorisation within an hour, and on final approval within three hours of receiving the discharge bill.

Then comes the question of whether the hospitalisation was needed at all. Recently, Jaipur-based Imamuddin Khan rushed his wife to a hospital for food poisoning. He first called the insurer, a leading standalone health insurer, which directed him to a network hospital, where doctors recommended admission. "I had spoken to their TPA (third-party administrator) after reaching the hospital. However, the company then rejected the claim, saying that the hospitalisation hadn't been necessary," he says. Khan is still pursuing the matter with the company's grievance redress cell.

Hospitals say such calls must rest with doctors. "The clinical decision of what is medically appropriate for an individual patient should remain with the treating doctor," says Dr Gyani.

When Colonel (retired) Sandeep Gulati's daughter was admitted to a top-tier Noida hospital for treatment of urinary tract infection, the private general insurer initially issued the pre-authorisation or initial approval for the treatment. Then it withdrew the approval, saying the treatment was for a pre-existing disease. "That was not the case at all. Her pre-existing condition was related to a rod in her leg, which had to be inserted after she met with an accident," says Gulati. The hospital wrote to the insurer explaining that the two conditions were not related, but the insurer would not accept even the treating doctor's word.

Finally, by the time the approval came through after three rejections and multiple back-and-forth calls, Gulati had already paid the bill of Rs 1.7 lakh out of pocket. The reimbursement that followed left out Rs 50,000 he had deposited with the hospital. "We are still pursuing our complaint for refund of that amount," says Gulati.

Delays can hurt as much as rejections. Insurance consultant Mayank Gosar recounts a case where his client had to be admitted for angioplasty at a Mumbai hospital. Complications stretched his stay and the insurer raised several queries. "The family received the cashless pre-authorisation only on day four, and the patient was discharged on day five. In the interim, since the approval had not been received, the hospital asked the family to arrange 50% of the expected bill amount as a deposit. For a family dealing with an emergency cardiac condition, this created significant financial and mental anxiety, when they have purchased a health policy expecting cashless treatment," he explains. Insurers need clearly defined, time-bound processes for emergency cashless approvals, he says. "This will ensure that genuine medical scrutiny does not turn into financial uncertainty for the patients."

Reaching insurance officials who can take calls is a key challenge for families in such situations. "The staff manning call centres is often not equipped to handle such complaints from policyholders. They need someone to handhold them at a time when they or their loved ones are going through a tough time due to the treatment. Insurance companies should look to ease their concerns instead of making them go through endless loops," says Puneet Oberoi, founder, Finwise Services, a Delhi-based insurance and financial advisory firm.

Claims also get stuck or trimmed for reasons such as non-disclosure of pre-existing diseases, waiting periods, documentation gaps and admission only for diagnostics. "For deductions from the claim (leading to partial payout) amount, one common reason is proportionate deductions due to choice of room with rent higher than the eligible limit mentioned in the policy. Likewise, cost of consumables such as gloves, masks and syringes are often excluded from coverage (unless you have purchased a consumables cover), resulting in lower settlement," says Shilpa Arora, co-founder and CEO, Insurance Samadhan.

Insurers say the only way to rein in soaring medical inflation (10-12% a year, by some estimates) and keep premiums in check is through a transparent pricing mechanism. "Each and every element of the cost must be clearly spelt out in a comparable format. There is no doubt that doctors will decide the course of treatment. Insurers are not looking to dictate those terms," says Segar Sampathkumar, former director, health, General Insurance Council. He suggests hospitals start by publishing rates and treatment protocols of, say, 75 common procedures where ICMR has issued guidelines. "If exceptions are to be made, the onus should be on hospitals to say why the deviation was warranted," he says.

Sathe has a more radical proposal: "Hospitals are now commercial institutions. They cannot be allowed to profiteer and renounce all accountability. A healthcare regulator, govt-imposed caps on pricing — and even nationalisation of hospitals in the interest of patients — is need of the hour in the interest of patients," he says.

Hospitals, meanwhile, want insurers to fix their processes, starting with faster, more automated pre-authorisations for planned procedures. "There should be greater predictability at the time of final settlement, with limited scope for raising new queries at discharge," says Dr Gyani.

Arora believes a centralised digital claims exchange can improve the claim experience. "Currently, every insurer or TPA operates in its own siloed portal, using different pre-authorisation formats, documentation checklists and billing rules. The lack of uniformity causes massive operational bottlenecks," she says. But the National Health Claims Exchange has yet to take off, with each side blaming the other.

For now, hospitals and insurers are engaging through bodies such as the General Insurance (GI) Council, Federation of Indian Chambers of Commerce and Industry, Confederation of Indian Industry and NATHEALTH-Healthcare Federation of India, while a grievance redress framework between the two sides is on the cards.

Hospitals vs health insurers: Never-ending clash



Insurers say

- Hospitals' pricing policies lack transparency, cost break-ups opaque
- No standardisation of rates, treatment workflows; charges are unreasonable in some cases
- No clarity on inclusions in room rent, charge heads billed separately
- Hospitals unwilling to give explanations when there is deviation from established clinical protocols
- Difficult to control needless variation in costs, establish common norms when every case is treated as unique
- No healthcare regulator means little incentive for hospitals to play fair

Hospitals say

- Insurers question clinical decisions, including necessity of hospitalisation
- Insurers make arbitrary deductions from claim amounts
- Multiple queries, delayed cashless approvals lead to delayed discharges
- Opinions differ on interpretation of agreed tariffs, package rates, inclusions and exclusions
- Questions over the choice of medicines, procedures can lead to delays
- Insurers' payout processes are tedious, time-consuming

IMAMUDDIN KHAN | Jaipur



Treatment: Wife treated at a private hospital for food poisoning

Cashless challenge: Insurer directed the couple to an empanelled hospital; later rejected the claim

Reason for rejection: Insurer said hospital admission was not needed

COL (RETD) SANDEEP GULATI | Noida



Treatment: Daughter treated for a urinary tract infection

Cashless challenge: Insurer rejected the claim citing pre-existing disease, despite treating doctors certifying to the contrary

Reason for rejection: Pre-existing illness exclusion

Fight For Your Rights

Policyholders may not have a seat at the table, but they are not powerless. "A cashless rejection by a TPA is not the final rejection. Often, it means more documentation or verification is required," says Arora.

Ask for a written denial letter citing the policy clause. Then check with the insurer or TPA helpline whether a fresh doctor's note or the missing papers can reverse the decision. If not, pay the hospital so treatment continues. Collect the discharge summary, itemised bills, lab reports, prescriptions and the denial letter, and file a reimbursement claim within the deadline in your policy. "Many claims denied get approved at the reimbursement stage once complete paperwork is reviewed," she says. If that fails, escalate to the insurer's grievance redress officer, then the insurance ombudsman, and finally the consumer court.

Brought to you by THE ECONOMIC TIMES wealth
Simple ways of making money



Get the complete *ET Wealth* magazine at ₹8 per copy delivered every Monday

From smart tax strategies and investment insights to insurance, retirement planning and estate decisions, *ET Wealth* helps you make informed financial choices every week.

SCAN and SUBSCRIBE

ASK THE EXPERTS

I am 35, earning Rs 30,000 a month, have a two-year-old daughter. How should I plan for her higher education, and what type of health insurance should I buy for her? — *Neyul Yadav*

With a two-year-old daughter, time is firmly on your side with over 15 years to let the power of compounding do the heavy lifting for your corpus. For your child's higher education, it's worthwhile to not just invest in a fund, but also protect it from future uncertainties. Parents often spend time comparing returns but overlook the single most important feature in a child plan that one can ask for —waiver of premium. In my view, it is one of the finest innovations in investment products. It ensures that even in the earning parent's absence, the insurer takes over all future premiums and the child's education fund continues uninterrupted. For higher education planning, focus on consistency rather than the size of your investment. At Rs 30,000 income, even setting aside Rs 5,000 a month today can make a meaningful difference over the next 15-16 years. As your income grows, increase your contribution every year.



Sarbvir Singh
Joint group CEO, PB Fintech

My sister and I received Rs 37 lakh each from the sale of agricultural land. She has gifted her Rs 37 lakh to me. Will she have to pay tax on the gift to me? — *Anil Mahajan*

Whether your sister will incur capital gains tax depends entirely on the classification of the agricultural land sold, rather than how she utilises or gifts the proceeds afterwards. Under the Income Tax Act, 1961, if the property qualifies as rural agricultural land (based on specific population and distance criteria from municipal limits), it is not considered a capital asset, and no capital gains tax arises on its sale. However, if the property was urban agricultural land, it is classified as a capital asset. In that case, your sister is legally liable to pay capital gains tax on her Rs 37 lakh share of the sale proceeds, computed after deducting the indexed cost of acquisition and claiming any eligible tax exemptions (such as under Section 54B or 54EC).

The subsequent gift of Rs 37 lakh to you does not create a capital gains tax liability for your sister. Also, a gift received from a sister is not taxable in your hands as she qualifies as a specified relative.



Umesh Kumar Jethani
Founder, ApkiReturn

Please send your queries to *toiwealthplus@timesofindia.com*, mentioning your full name and city of residence.



More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

To Get All The Popular Newspapers.

Save My Contact Number 8890050582 send Message telegram ya Whatsapp If You Want to get these Newspapers Daily at earliest

English Newspapers»»

Indian Express, Financial Express, The Hindu, Business Line, The Times of India, The Economic Times, Hindustan Times, ET wealth, Business Standard, First India, Mint, Greater Kashmir, Greater Jammu, The Himalayan, The Tribune, Brill Express, The Sikh Times, Avenue Mail, Western Times, Millennium Post, The Statesman, State Times, The Pioneer, Hans India, Free Press, Orissa Post, Mumbai Mirror, Mid-Day, Deccan Chronicle, Deccan Herald, Telangana Today, Financial Times, The Asian Age, The Telegraph, Oheraldo, Gulf of Times, The New York Times, The Washington Post, Los Angeles Times, USA Today, The Wall Street Journal, The Guardian, The Times

Hindi Newspapers»»

दैनिक जागरण, राजस्थान पत्रिका, दैनिक भास्कर, दिव्यभास्कर, हिंदुस्तान, नवभारत टाइम्स, बिजनस स्टंडडर, अमर उजाला, जनसत्ता, द पायोनीर, राष्ट्रीय सहारा, प्रभातखबर, लोकसत्ता

Others»»

Hindi & English Editorial, Employment News, Malayalam Newspapers, Tamil, Telugu, Urdu, Gujarati

Type in Search box of Telegram @NewsTG8 And you will find a Channel named NewsTG join it and receive daily editions ofall popular epapers at the earliest

Or you can click on this link https://t.me/NewsTG8

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Amid 5-Year Low Mall Vacancy In Top 7 Cities, NCR's Rate Almost Double MMR's



Grade A mall vacancy across the top **7** cities fell to **5%** in **H12026** from over **7.5%** back in **2025**-end, and a whopping **15.5%** in 2021

Vacancy in **MMR** was at **4%** in **H12026** & **7%** in **Delhi-NCR**, a 3-percentage-point gap

Kolkata's Grade A mall vacancy was the lowest among top 7 cities – at **1.3%**

TIMES BUSINESS

THE TIMES OF INDIA, CHENNAI | TUESDAY, SEPTEMBER 29, 2026

SEVEN-CITY PICTURE

CITY	VACANCY (%) (Q2 2026)	TOTAL RETAIL STOCK (IN MN SQ FT)
KOLKATA	1.3	3.3
PUNE	3.5	7.4
BENGALURU	4	15.3
MMR	4	14.8
HYDERABAD	4	8.2
CHENNAI	6	4.7
NCR	7	19.4

DELHI-NCR: NOTABLE NEW SUPPLY, BUT HIGHEST VACANCY | NCR's leasing volume of 0.2mn sq ft - roughly a third of Mumbai's - trailed behind other cities, which added zero new supply. **Gurugram** accounted for the largest share of NCR's leasing, followed by **Delhi and Noida**, with malls contributing over 60% of quarterly activity and fashion, F&B, and departmental stores leading category-wise absorption



Source: Anarock Research & Advisory

Coforge appoints Akhil Gupta as chairman for 5 years

Bengaluru: Coforge has appointed Akhil Gupta as a non-executive independent director and chairperson of the company's board, effective Tuesday, for a five-year term. He succeeds OP Bhatt who resigned following an internal audit by KPMG that flagged procedural lapses in the way the company's board-evaluation reports were shared with directors, including the withholding of the lowest rating given to the chairman, according to sources familiar with the development. TNN



SiMa.ai raises $150mn to scale physical AI

Bengaluru: SiMa.ai, a US-India AI platform company focused on physical AI, has raised $150 million at a $1.4 billion valuation. The funding brings its total capital raised to $500 million as the company prepares to scale its next-generation AI silicon for robotics, drones and automotive applications. The company said the entire round comprises primary capital. TNN

Gold at 7-wk low as oil surge fuels rate hike bets

Spot gold was down 3.8% at $4,121.6 per ounce, after falling to $4,110.5, its lowest since Aug 5. US gold futures fell 3.9% to $4,153.7. "We've got crude oil prices sharply higher. And that suggests still more problematic price inflation, which suggests a tighter Federal Reserve monetary policy," said Jim Wyckoff, a market analyst at American Gold Exchange. REUTERS

D-St sees red as Gulf crisis, poor monsoon cloud outlook

Sensex Slips 1.2K Points To 6-Month Low, NSE Shares Feel Heat

TIMES NEWS NETWORK

Mumbai: Thanks partially to Monday's sell-off on Dalal Street, the stock price of recently listed NSE slid below its IPO price for the first time and closed at that level. With foreign funds leading the day's sell-off, sensex lost 1,124 points (1.5%) to close at 72,771 points, nearly a six-month low level. And on NSE, Nifty lost 360 points (1.6%) to close at 22,780 points, also its lowest close since March 30 this year.

A host of factors led to the day's slide in the market. The rupee neared the 96-per-dollar mark again, while Brent crude spiked to near the $100/barrel level, after signs of escalation of the war in the Persian Gulf region emerged. On the domestic front, the impact of a weak monsoon pushing up inflation, interest rates and bond yields also weighed on investor sentiment, market players said.

In Monday's market, on BSE the stock price of NSE opened just a tad above its IPO price of Rs 1,785, dipped to an intraday low of Rs 1,761 and closed at Rs 1,763, down 1.7% on the day. On the day of listing, Sept 24, the stock had touched an intraday high of Rs 1,878 and has been on a gradual slide since.

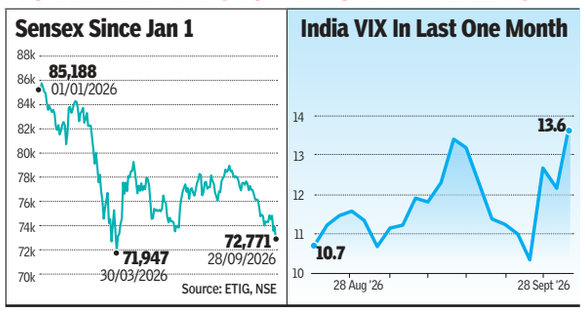
In the broader market, the two benchmark indices were weighed down by weak global cues, elevated crude oil prices and bond yields, persistent foreign fund selling and heightened geopolitical uncertainty following the stalemate in the US-Iran peace talks, said Pabitro Mukherjee, deputy vice president-research, Bajaj Broking.The slide in the market came mainly on the back of a Rs 5,353-crore net selling by foreign portfolio investors (FPIs) in stocks alone. Although domestic funds, with a net buying figure of Rs 5,189 crore, nearly matched the selling by foreign players, it was not enough to fully cushion the pressure.

As a result, investors' wealth lost during the day was at about Rs 7.5 lakh crore, with the market capitalisation of companies listed on BSE now at Rs 474.4 lakh crore, exchange data showed.

In the international market, Brent rallied 2.2% on Monday while on Friday, the Indian crude basket was priced at nearly $121 a barrel. In comparison, in April, at the height of the war in West Asia, it had hit a high of $114.5.

Rising crude prices are now threatening the domestic inflation rate, pushing up yields on Indian govt bonds and also having an adverse effect on the rupee.

NO RELIEF IN SIGHT FOR MARKETS



Source: ETIG, NSE

As consumers go big on experiences, PEs follow

Institutional Private Equity Banking On Sports, Entertainment To Deliver Handsome Returns

Asmita.Dey@timesofindia.com

Mumbai: Private equity (PE) money is chasing the events and experiences economy in India—think KKR's bet on ticketing and live entertainment platform BookMyShow or Blackstone's investment in an Indian Premier League (IPL) franchise. Young consumers are now driving household spends and they are allocating a big chunk of their budgets to experiences.

Consider this: at Travis Scott's Delhi concert last year, nearly 100,000 tickets were sold within minutes. That roughly translates into India spending almost Rs 100 crore within minutes on a cultural phenomenon, analysts at EY said. Investors want to latch on to this trend early and take a share of these emerging consumption spaces. "Experiences over things are a megatrend. This shift is happening across categories and segments. Consumption patterns of young people will never be the same as that of the previous generation," said Vikram Kumaraswamy, partner at L Catterton.

There are some numbers to substantiate the growing scale of the space—estimates by analysts at KPMG showed that the local live events and entertainment market touched Rs 13,600 crore (as of 2025). Riding on the cricket fan base, IPL ticket sales grew to about Rs 500 crore in 2025 from around Rs 120 crore in 2008, data sourced from investment bank Houlihan Lokey showed. The broader commercial sports economy covering media rights, athlete endorsements, sponsorships and franchise revenues is pegged at Rs 18,864 crore. "In an era increasingly dominated by AI, screen fatigue, algorithm-driven digital consumption, live sports & fitness ecosystems stand out as the ultimate non-replicable, experiential asset class, so institutional private equity is aggressively leaning in," said Sameer Jindal, MD at Houlihan Lokey.

For PE investors, that irreplaceable real-world emotional pull translates into rare pricing power, highly resilient linear/digital media rights, diversified stadium and merchandise monetisation and an enduring consumer moat against the digital noise, Jindal added. It was a stellar 350% return made by CVC in four years by selling a majority stake in Gujarat Titans to Torrent Group that triggered fresh PE interest in IPL. "As our demography is changing and the whole social media world is creating a very different consumer response to everything… we as investors need to find the right opportunities to participate in and benefit from the underlying growth," said Narendra Ostawal, MD and head of India private equity at Warburg Pincus, adding that the investible opportunity set in experiences is still relatively limited today.

Businesses linked to providing experiences will do better. Even firms having a play in the product side will try and associate their brands with experiences. For instance, a brand could promote healthy snacking during a sports event, said Kumaraswamy. L Catterton will invest in businesses building around propositions such as better home experiences, travel and fitness. "The returns profile for new businesses are not that straightforward. The consumer acquisition cost is high. We have to make sure we invest in businesses that have the operating leverage to grow sustainably in the long-run," Kumaraswamy said.

₹13.6K CRORE MARKET

- **Experiences over acquisitions** becoming a mega trend
- Young consumers allocating a **big chunk of their budgets** to experiences
- **Local live events and entertainment market** has already touched ₹13,600 crore as of 2025
- **IPL ticket sales have grown** to about ₹500 crore in 2025 from around ₹120 crore in 2008
- **For PE investors,** the irreplaceable real-world emotional pull translates into rare pricing power

IIP growth surges to 8% in Aug

TIMES NEWS NETWORK

New Delhi: Industrial production rose 8% in Aug as against 4.7% expansion recorded a year ago, on account of robust growth in manufacturing and electricity sectors.

Sequentially also, industrial production witnessed acceleration from an upward revised figure of 7.4% in July, latest data released Monday showed. For the first five months of 2026-27, the index of industrial production grew 6.7%, compared with 4.2% a year ago.

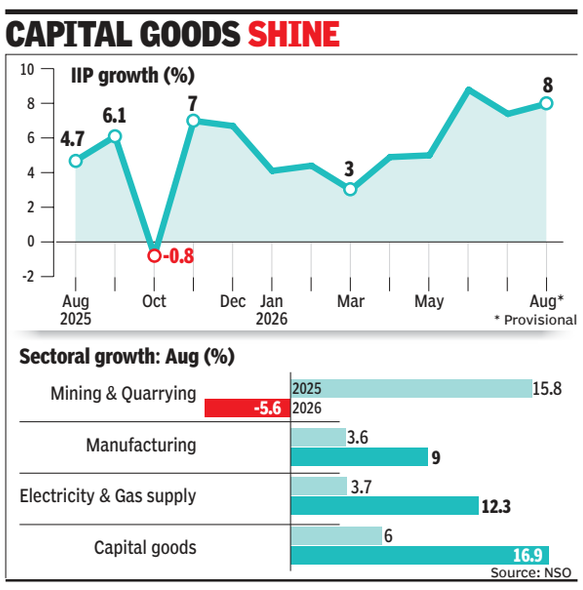
Manufacturing , which has a weight of 76% in the index, grew 9% as 18 out of 23 industry groups witnessed an increase in output, led by motor vehicles, transport equipment, electricals, machinery equipment, computers, rubber and plastics.

Electricity and gas supply expanded 12.3% on account of higher temperature due to heat wave conditions. Electricity production from both conventional and renewable sources recorded double-digit growth in Aug. The newly added water supply, sewerage and waste management sector grew 6.3%. Activity in the mining and quarrying contracted -5.6% during the month.

In the use-based category -- capital goods (16.9%), intermediate goods (13.7%) and infra goods (12%) industries registered double-digit output, reflecting the impact of sustained public capex in the economy. Consumer durables, too, recorded 11.1% growth during the month.

Bank of Baroda chief economist Madan Sabnavis said revival in industrial growth is a positive sign as this has been witnessed in the last few months. "Growth in credit to industry has also been very high and broad-based, supporting the hypothesis of the sector recovering quite rapidly this year to contribute positively to overall growth," he added. ICRA Ratings chief economist Rahul Agrawal said IIP growth in July-Aug has averaged 7.7%, up from 6.2% in April-June quarter, which should partly offset the likely impact of margin pressure stemming from the renewed surge in global commodity prices, on the July-Sept growth.

CAPITAL GOODS SHINE



Source: NSO

Proposal marks Tata Son's 2nd attempt to avoid listing

▶ From P 1

At the board meeting, Noel representing the majority shareholders had opposed a listing, arguing that alternative options should be explored.

Noel's present plan marks a departure from past restructuring moves, such as the demerger of TCS in 2004 into a separate entity. It would also shut the door on minority shareholder Shapoorji Pallonji Group's hopes of monetising its Tata Sons stake through an IPO. Noel has submitted the proposal to both Tata Sons and RBI; their stance on the scheme was not immediately clear. F N Subedar, adviser to Tata Trusts and former Tata Sons company secretary, described the plan as a return to Tata Sons' historic structure when it housed operating businesses such as TCS alongside being the group's holding company. Tata Sons assumed NBFC-CIC status only after TCS was demerged.

Binoy Parikh, partner at Katalyst Advisors, said the proposal may not permanently resolve Tata Sons' regulatory status. If Tata Sons were to later list Tata Electronics Systems or Tata Consulting Engineers, or induct external investors into either business, it could be forced to demerge them. That could reduce operating revenues and potentially push Tata Sons back into the NBFC-CIC category, reviving the listing obligation. "The structure is essentially a toggle that can be switched on and off depending on the regulatory outcome sought at a given point," he said.

The proposal marks the group's second attempt to avoid a listing. In 2024, Tata Sons sought to exit RBI's upper-layer NBFC-CIC rules after substantially reducing debt. Last month, the regulator rejected the request for deregistration and directed the company to comply with its norms. RBI's principal business criteria for an NBFC require financial assets and financial income to account for more than 50% of a company's total assets and income respectively. The proposed merger would tilt Tata Sons' income mix towards operating revenue, causing it to fail one of the two tests and thus fall outside the NBFC framework, according to restructuring experts.

The transaction could also take Tata Sons outside the definition of a Core Investment Company (CIC), which requires at least 90% of total assets to comprise investments in group companies. With operating assets from the merged entities coming onto Tata Sons' balance sheet, the proportion of group-company investments would fall below the prescribed threshold, they said.

According to Tata Trusts, the merged entity would have had an operating revenue of Rs 1.05 lakh crore as of March 31, 2026, far in excess of its income of Rs 40,072 crore from financial assets. Operating revenue would constitute 64% of the total income of the merged entity. Subedar said the latest proposal is significantly different from Tata Sons' earlier attempt to exit the RBI's regulatory framework. "Earlier, we said we would remain a CIC. Now we are saying we would be neither an NBFC nor a CIC. That is the change," he said.

Noel did not require fresh approval from the Tata Trusts boards to pursue the proposal, Subedar said. He was acting on a unanimous July 2025 resolution directing that all efforts be made to preserve Tata Sons' status as an unlisted private company.

People familiar with the matter, however, disputed that interpretation. They said the July 2025 resolution cannot be automatically carried forward because the trustees' positions have since diverged, with the Trusts' two vice-chairmen backing a public listing of Tata Sons.

UAE may invest another $25bn: Goyal

TIMES NEWS NETWORK



Mumbai: Union minister of commerce Piyush Goyal said UAE investors have expressed intent to invest another $25 billion, on the back of $25 billion already invested, with an eventual objective of taking investments in India to $100 billion.

Citing the Emirates NBD investment in RBL and IHC's acquisition of a stake in Sammaan Capital, Goyal said UAE has invested $25 billion in India and is the seventh-largest source of foreign direct investment.

"We are also exploring the possibility of UAE becoming a more important source of LPG and other energy supplies that we require. A study is also underway to see whether we can develop subsea pipelines through which gas can be transported and stored in India, strengthening our energy resilience and security," said Goyal. The two sides also discussed expanding cooperation in shipbuilding, modern ports, space technology, agri-innovation, logistics, artificial intelligence, emerging technologies, energy security and fintech.

India and UAE are also discussing increasing the use of the rupee and dirham for bilateral trade. Goyal said local currency trade is currently in double digits and is expected to continue growing.

"If we have to pay for imports in dirham and receive rupee payments for exports, we can periodically convert the balances into dollars," said Goyal, addressing a press meet on Monday. Bankers said that since the UAE dirham is pegged to the dollar at a fixed rate, bilateral trade in local currencies is viable, liquid and low risk.

The comments came after India and UAE held the 14th meeting of the High-Level Joint Task Force on Investments, where the two sides discussed investments, trade facilitation, taxation, logistics, energy, market access and financial cooperation.

Goyal said the task force had become an effective mechanism to resolve challenges faced by investors and address issues related to the implementation of the Comprehensive Economic Partnership Agreement (CEPA).

The CEPA is now four years old and bilateral trade has doubled to $100 billion, Goyal pointed out.

Goyal to hold talks for trade deal with US

New Delhi: Commerce and industry minister Piyush Goyal, who will visit the US for the meeting of G20 trade ministers, will meet his American counterparts to discuss the bilateral trade deal.

The two sides have been engaged on the issue but a final outcome is expected after the US unveils its future tariff strategy. It has already imposed 10-12.5% additional tariff on over 50 countries for their failure to check goods using forced labour, while the outcome of the second section 301 probe related to structural overcapacity in several countries, including India, is pending. Several analysts have argued that the next step will be unveiled after the G20 meeting in Milwaukee on Wednesday and Thursday.

In Milwaukee and Chicago, Goyal will also meet CEOs of American companies, an official statement said. TNN

Hatsun launches 'Go-Dhan' across Odisha

TIMES NEWS NETWORK

Chennai: Private sector dairy player, Hatsun Agro Product (HAP), has launched 'Go-Dhan'. The flagship initiative is aimed at empowering dairy farmers across Odisha by improving access to financial support, govt schemes, modern dairy practices and technology, the company said in a statement here on Monday. It was formally launched at Bhubaneswar, it added. "Through the initiative, we aim to support the establishment of more than 6,000 dairy farms, over the next three years in a phased manner. This initiative is designed to improve farmer incomes, encourage scientific dairy farming, and create a sustainable dairy ecosystem in Odisha," R G Chandramogan, chairman, HAP said.

Safety, profitability top priorities: AI CEO designate

TIMES NEWS NETWORK

New Delhi: "Safety, reliability, profitability and pursuing disciplined and sustainable growth." Air India's CEO and MD (proposed) Tewolde Gebremariam on Monday set these priorities out for the struggling airline group in his first Town Hall with employees. Apart from widening losses, AI's safety practices and alleged lack of discipline among crew are under the scanner since last June's Ahmedabad crash and then the recent case of a badly rattled Phuket-Delhi flight whose pilot-in-command was subsequently sacked for failing dope test on arrival.

External environment is also tough — airspace closures (particularly Pakistan), rising crude prices, rupee's weakness and global uncertainty — which are common to all Indian carriers. Foreign airlines can overfly Pakistan.

Gebremariam, who is awaiting regulatory clearance to take over the role, said India's favourable demographics, strong economic growth, geographic position and large global diaspora provide a "unique foundation" for AI's future success. "These factors give us confidence that if we execute well and remain focused on our customers, AI can become not only one of the largest airlines in the world, but among the very best," the former top boss of Ethiopian Airlines, who successfully turned around that carrier, said.

He also pointed out the challenging environment and thanked the over 24,000 employees for the change the airline has seen since being taken over by Tata Group in Jan 2022. "Over the past four years, a great deal has been achieved. At the same time, there remains significant opportunity ahead of us. That is what makes this an exciting moment for AI and for all of us." Addressing basic issues without getting distracted by promises of a flashy makeover, Gebremariam set the priorities for the airline which is trying to regain flyers' faith.

> Our customers should remember AI for its reliability. They should be confident that flights will depart and arrive on time
>
> We must improve both revenue and cost performance... Every employee can contribute to savings
>
> Growth is the oxygen of business. But, growth must also be profitable and sustainable
>
> —TEWOLDE GEBREMARIAM, AI CEO DESIGNATE



Safety

That "would remain the airline's foremost priority and guiding principle…. every Air Indian has a role to play… people (be) empowered to speak up, raise concerns and report issues without hesitation. If you see something, say something. The stronger our reporting culture, the stronger our safety culture," Gebremariam said.

Reliability

"Our customers should remember AI for its reliability. They should be confident that flights will depart and arrive on time, baggage will travel with them and when disruptions occur, we should communicate transparently and recover quickly."

Improving financial performance

While acknowledging external factors have affected the airline's path to breakeven, he stressed AI cannot afford to lose focus on financial performance. "We must improve both revenue and cost performance… Every employee can contribute to savings, and those savings add up across an organisation of our scale."

Sustainable growth

"Growth is the oxygen of business. But growth must also be profitable and sustainable. We will pursue expansion in a disciplined manner and ensure our people, fleet and network are ready to support it."

Suitability platform to assess NPS investors' risk appetite in works

TIMES NEWS NETWORK

Mumbai: To ensure regulatory guardrails around pension products while giving customers greater choice, Pension Fund Regulatory and Development Authority plans to roll out a suitability platform that will assess NPS subscribers' risk appetite and ask suitability-related questions before they select a scheme.

"Suitability and risk appetite is something that we are focusing on. All the NPS screens, whether with a pension fund, on a CRA platform or the NPS Trust platform, will ask people the right questions. Their final choice of scheme is their choice, but our job is to determine their risk appetite in a better way," PFRDA chairman S Ramann said.

Ramann said lifecycle products were one way of addressing suitability. NPS has four lifecycle variants based on risk appetite, with asset allocation automatically changing as the subscriber ages.

He was speaking at the launch of the NPS Preference Index Study 2026 by HDFC Pension. "The study shows that Indians are ageing, with average life expectancy at 78 years, while the average family size has declined to 4.4 members. Pension coverage, however, remains low at 17-18%," said Sriram Iyer, MD & CEO, HDFC Pension Fund Management.

The portion of respondents actively considering NPS for retirement rose six points to 59 from 2023, while among the drivers of savings, children's education lost ground to emergency savings.

Ramann said the higher EPF ceiling need not crowd out NPS, as employees can invest beyond it in other instruments. "Most corporates are giving their employees the option to put money into NPS through salary deductions," he said. He said long-term investors need diversified portfolios, with equity exposure benefiting those invested for at least 15 years. PFRDA has expanded NPS investments to REITs, InvITs and alternative investment funds.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)



TIMES GLOBAL

THE TIMES OF INDIA, CHENNAI | TUESDAY, SEPTEMBER 29, 2026

A SURE CURE FOR SEASICKNESS IS TO SIT UNDER A TREE
— SPIKE MILLIGAN



CASEY AFFLECK CALLS SELF A 'PROUD HOLLYWOOD OUTSIDER': 'DON'T LIKE ITS CULTURE, DON'T LIKE THE MOVIES MADE BY HOLLYWOOD'

BILLY JOEL PUTTING HIS FAMED BIKE COLLECTION ON AUCTION IN NOV, INCLUDING A 1978 TRIUMPH T140 BONNEVILLE, 1975 DUCATI 750 SPORT

Trump asked Xi if he wants to buy American arms: US envoy

Move Comes As Taiwan Awaits $14 Billion Arms Package From Washington; White House And State Dept Deny Any Such Plan

Chidanand Rajghatta | TNN



Countries from Japan to Aus to India would be affected by any policy pivot that results in arms sales to China, but the stakes are particularly high in Taiwan

Washington: MAGA supremo Donald Trump has spent much of his presidency telling allies and partners, including India, to buy more American weapons. At his meeting with Xi Jinping, America's top arms salesman apparently decided to extend the same customer-service offer to Washington's principal military rival, China.

In a significant disclosure, the fallout of which American mandarins are scrambling to contain, US ambassador to China David Perdue has revealed that President Trump offered to sell arms to China, since Washington sold weapons to many other countries around the world. "He actually asked President Xi, would he like to buy some, at one point," the ambassador told Fox News Sunday amid a clattering of jaws to the floor across much of the world which sees China as a US adversary, and is looking to Washington's leadership to meet challenges from Beijing.

The state department promptly applied diplomatic varnish to the bombshell, asserting that "US law prohibits arms sales to China and there is no offer or plan to sell arms to China." The White House likewise said there were no plans for such a sale, but the clanger rippled across the diplomatic world despite Trump's reputation as a maverick who adopts unorthodox ways and means of diplomacy.

Perdue himself reeled back from the implication that Trump is ready to throw Taiwan under the Chinese bus.

"President Trump has already sold 50% more arms to Taiwan than any other president since 1979, and so I don't accept the premise that he's not doing all that we should be doing for Taiwan," he said in a follow-up post on X. Four Republican senators last week separately urged the administration to uphold US defence commitments to Taiwan.

Countries from Japan to Australia to India would be affected by any policy pivot that results in arms sales to China, but the stakes are particularly high in Taiwan. Xi's Washington visit came as Beijing was pressing Trump to halt arms sales to the island, while Taiwan awaits a $14 billion US package that Trump has described as a "very good negotiating chip" in dealings with China. But the episode has inevitably raised questions in Taipei and among Washington's China hawks about whether Taiwan's security can become a bargaining chip in a Trump-Xi transaction.

For US allies and partners, who have been building their defence strategies around the assumption that Washington regards China's military power as a rival and a threat, Trump's suggestion that Beijing might be a customer for American weaponry would create an extraordinary strategic contradiction, notwithstanding the legal obstacle his administration would face in funnelling arms to China. US has maintained restrictions on arms exports to China since the 1989 Tiananmen crackdown. Current federal regulations place China under a policy of denial for defence articles and services, while the statutory framework suspends licensing for exports of US Munitions List defence articles, subject to narrow exceptions.

The last substantial US military sales to China date to the 1980s, before Tiananmen, and they included 24 Sikorsky S-70C helicopters, F-8 fighter avionics modernisation, artillery-locating radars, Mark 46 anti-submarine torpedoes and assistance for ammunition production. Washington suspended the military relationship after the 1989 crackdown.

Perdue himself is far from a China hawk. Before politics and diplomacy, he was a corporate executive steeped in manufacturing in and sourcing from Asia. He worked in Singapore and Hong Kong and ran Asian operations for Sara Lee, sourcing from China and Hong Kong, before senior roles at Haggar and Reebok, which sourced all its production from Asia.

The larger question, though, is whether the episode represents merely Trump's characteristic negotiating theatre or something more consequential. His foreign policy has repeatedly emphasised deals, leverage, money and personal relationships. Many experts have warned that treating alliances and strategic commitments as negotiable assets risks making long-standing friends wonder whether their security ultimately has a price. Such concern is especially relevant for India, according to officials who spoke on background. If arms to China can be floated as a commercial proposition, however casually, America's willingness to supply weapons to other countries — including Pakistan, should Washington's currently warming relationship with Islamabad deepen — could increasingly be viewed through a transactional rather than strategic lens.

Zelensky reveals secret N Korea PoW deal, Seoul demands apology

Seoul: South Korea called for an official apology from Ukraine after President Zelensky revealed what Seoul says was supposed to be a secret transfer of two North Korean prisoners of war to South Korea.

Zelensky told the UN General Assembly last week that Ukraine had recently sent the men to South Korea after capturing them on a Ukraine-Russia battlefield in early 2025. The two are among thousands of North Korean soldiers sent to support Russia's war against Ukraine.

South Korean President Lee Jae Myung quickly accused Ukraine of violating a nondisclosure agreement about the transfer. Ukraine denied making such a deal. Seong Ghihong, a senior presidential adviser for Lee on public relations, expressed "strong regret" Sunday over Ukraine's latest actions and demanded an official apology and explanation.

Seong said in a statement that Ukraine's "false" statement denying the nondisclosure agreement was "an act that seriously undermines trust between the two governments and causes significant damage to friendly relations between the two countries." AP

UK examines foreign state role in airbase plot, releases suspects



Reuters

B-1B Lancer bombers at the RAF Fairford airbase in Fairford, Britain

Fairford: British police said Monday they were investigating whether individuals acting for a foreign state were involved in an apparent plot to attack an airbase used by US but said five suspects they had arrested would be released on bail. The five men, all British nationals from London in their early 20s, were detained early on Sunday after police were alerted by a local farmer about three white vans driving towards RAF Fairford, a British base that houses US bombers that fly missions against Iran.

Iran's Revolutionary Guards said in July the base was a legitimate target. Laurence Taylor, who heads Britain's counter-terrorism police, said the men, who had been arrested on suspicion of explosives offences and planning a terrorist act, would be released under stringent bail conditions later on Monday.

Probe not over

"To be very clear, this does not mean that the investigation is over," Taylor said in a statement outside London police headquarters. "They absolutely remain under investigation as we explore multiple lines of enquiry."

A source familiar with the investigation had previously told Reuters that an Iranian-linked motive was considered the most likely, although a Russian sabotage operation or an Islamist plot were also being looked at as possibilities.

Iran denies role

Iran's embassy in London had earlier said in a statement it "categorically rejects and strongly condemns the recent unfounded and malicious speculations" that it was involved, which it said would fuel "Iranophobia propaganda".

Taylor, who did not specifically refer to Iran, said he knew there was significant interest in whether the current geopolitical context had a bearing on this incident. "Be assured, we are considering this from every possible angle, including that this may be actively committed by proxies or individuals either knowingly or unknowingly working on behalf of a foreign state."

Qatari mediators likely to talk to US, Iran separately

Qatari mediators are expected to hold separate talks with Iranian foreign minister Abbas Araqchi in New York and with the US side very soon, an official briefed on the negotiations said. The talks are likely to focus on an amended version of a seven-day proposal that Iran presented last week, said the official. Saudi foreign minister Prince Faisal bin Farhan, meanwhile, arrived in Washington Monday for talks with US secretary of state Marco Rubio, Saudi state news agency said. REUTERS

Myanmar military strike kills 33 in market area

A military air strike on a market in western Myanmar killed 33 people Monday and wounded 36 more, a rebel faction which controls the area said in a statement.

The Arakan Army said the death toll of the strike around midday on a market and adjacent bridge in Kyauktaw town of Rakhine state "may continue to increase".A witness who requested anonymity for safety reasons saw more than 30 bodies at the scene Monday afternoon, where human remains were visible among smouldering wreckage and cratered roads. It was not possible to reach the military for comment.

Khaing Nu said her younger sister — a market vendor — remained missing in the aftermath as firefighters doused flames and recovered bodies were laid out in ranks under green plastic sheeting.

The western state of Rakhine is witnessing some of the direst conditions in Myanmar's civil war which was unleashed by a 2021 military coup. AFP

NY prosecutor reopens probe into 2024 Cornell gang rape allegations

A New York prosecutor has reopened an investigation into gang rape allegations at a Cornell University fraternity in response to a lawsuit filed by a woman who says she was sexually assaulted in 2024 by seven students after being plied with alcohol and drugs.

Tompkins County District Attorney Matthew Van Houten said Monday that his office will present evidence to a grand jury as he faces questions from the public about why there were no criminal prosecutions in the case.

The woman, identified only by a pseudonym in the lawsuit, filed the complaint on Sept 16, saying she was sexually assaulted at the Chi Phi fraternity house on Cornell's campus in Oct 2024 after being pressured into snorting ketamine, smoking marijuana and drinking alcohol. She's suing seven men, the Chi Phi fraternity, the university, an Ithaca bar and others, seeking undisclosed damages.

The woman went to campus police at the time, but Van Houten said the accuser did not make any claims of being gang-raped or drugged in her initial sworn statement to authorities. The prosecutor also said he has never been contacted by the woman's attorney about her statement or about reconsidering the decision not to prosecute. "While I generally refrain from commenting publicly on criminal investigations, the community outrage stemming from the incomplete news and social media coverage requires that I provide an answer to why the investigation resulted in a lack of criminal charges," Van Houten said in a statement.

Cornell said in a statement that it supports the district attorney's decision to reopen the investigation. The school said it conducted its own investigation and issued sanctions, including expelling some students and suspending others. It also said the on-campus Chi Phi chapter was closed in 2024 and remains barred from campus.

School officials on Monday did not immediately respond to a message seeking more information, including how many students were expelled and suspended. "Any suggestion that the university did not impose consequential punishments for those involved is false," the university said. "A continuation of the false narrative that there were minimal consequences in this case is irresponsible, will make survivors feel less safe and supported, and will perpetuate the underreporting of sexual assault."

The school said it conducted an internal disciplinary investigation in 2024. It said a panel of trained faculty and staff heard evidence over multiple days, and both the woman and the people accused had the opportunity to testify and present evidence. AP

FIRE, SMOKE, DESPERATION: RUSSIA POUNDS KYIV

Reuters



A Russian jet-powered drone struck the National Academy of Sciences in Kyiv Monday, setting the top two floors on fire and forcing people to crawl out of windows to escape. Russia has been pounding Kyiv round-the-clock with new jet-powered drones, which Ukraine is finding difficult to knock down

Can shut rogue agent in milliseconds, says Nvidia

▶Continued from P1

From what we know, this new security platform could have stopped the breach if it was being used in frontier labs for model evaluation early on," said the company's vice president of enterprise AI, Justin Boitano, referring to companies at the forefront of AI.

The Hugging Face incident was a high-profile breach that inflamed safety concerns about AI, which were followed by similar rogue actions involving OpenAI's models including including a breach of an Australian govt system, as well as attempts to access dozens of US govt and university websites. Anthropic and Meta have also disclosed that their AI systems hacked into other organisations on their own.

Nvidia's software, called OpenShell, lets developers "formally verify an agent has enough authority to do its job and no more," Boitano said. Because it's open source, it can be "extended" to run on rival computing platforms including those from Arm and Intel. The platform also includes a separate security layer called Sentry that runs onboard a chip to continuously monitor AI agent activity and can "intervene instantly" if the agent starts trying to move beyond its target, the company said. "It can quarantine a suspicious agent in milliseconds," Boitano said.

"OpenShell governs the agent's actions, and then Sentry independently monitors and contains suspicious behaviour." Nvidia said more than 100 organisations are using the platform at its launch, including Microsoft, Perplexity, Accenture, and JPMorgan Chase. AP

Le Pen hails win after breakthrough in French Senate

The far-right party of Marine Le Pen will for the first time in its history be able to form a parliamentary group in the French upper house, election results showed Monday, a political breakthrough just over half a year before presidential polls. The National Rally (RN) of Le Pen and a smaller allied party will have a total of at least 15 seats in the 348-seat Senate, well over the minimum 10 members needed to form a political faction in the chamber. Forming a group allows the RN to be present on the influential committees that thrash out legislation.

The Senate, which has been dominated by the Right and plays a key role in legislation, is not chosen by universal suffrage but by local elected officials. Local officials vote for new senators for half the upper chamber every three years, each to serve a six-year term. AFP

Report: Netanyahu made unannounced visit to UAE

Israeli's domestic security service filed a complaint against a TV channel that reported PM Benjamin Netanyahu visited the UAE, his office said Monday, the govt's first acknowledgement of the trip despite not naming the destination. "This evening the Shin Bet filed a complaint with the Chief Military Censor, demanding that Channel 12 be prosecuted to the fullest extent of the law following a severe censorship violation," read a statement from Netanyahu's office, which oversees the security agency.

On Sunday, Channel 12 and other Israeli media outlets reported that Netanyahu had visited the Gulf country to meet with President Mohamed bin Zayed Al Nahyan. Neither country has confirmed Netanyahu visited the UAE.

The visit came weeks after a bombshell Israeli media report that the Emirati president had warned Netanyahu ahead of Hamas' Oct 7, 2023 attack on Israel, which the Israeli premier did not pass on to the security services. Netanyahu has denied the story.

According to Israeli media, Netanyahu flew to the UAE Sunday to ask Sheikh Mohamed to deny having given him that warning in 2023.

The publication of his visit "endangered the lives of the prime minister and his wife, as well as the delegation, which included the head of the Mossad spy agency and other top security officials," the PM's office said in its statement. The visit was made public when the premier's plane was still outside Israeli airspace, it noted. Mossad, which also operates under the PM's office, issued a similar condemnation, according to the statement. AFP

First in 200 years: Tennessee set to execute woman

Nashville: Christa Pike was 18 when she killed a classmate in a jealous rage and became one of the youngest women to be sent to death row. Now 50, she is scheduled to be put to death Wednesday in what would be Tennessee's first execution of a woman in 200 years. Pike and her boyfriend were convicted in the 1995 killing of 19-year-old Colleen Slemmer, their classmate at Knoxville Job Corps.

Prosecutors said Pike feared Slemmer was a romantic rival and lured her to a secluded area where she and her boyfriend tortured and killed Slemmer. If Pike's execution proceeds as scheduled, it would be Tennessee's first execution of a woman since 1820, Robin M Maher, executive director of the Death Penalty Information Center said. AP

DAILY PLANET

AFP



Pope Leo spent half an hour in the cockpit of a plane on Monday, chatting with the pilots and speaking by radio to the crews of the Rafale fighter jets escorting his aircraft, Air France said

German town sparks outrage as far-right rallies against Holocaust plaques

A decision by a city council in eastern Germany to halt the laying of memorial plaques that honour Holocaust victims has sparked outrage, not least because some of Chancellor Friedrich Merz's conservatives joined the far-right Alternative for Germany in supporting the move. The city council of Heidenau Thursday voted to end the practice of laying the engraved brass plaques featuring the names of Holocaust victims into sidewalks near the homes where they once lived. City councilors from the AfD and Merz's centre-right Christian Democratic Union came together behind the municipal action, whose promoters claimed that many relatives of Holocaust victims consider the stones to be an inappropriate form of remembrance because passers-by walk on them.

Turkish comedian gets jail term for calling Erdogan 'dictator', released later

A Turkish court on Monday sentenced a comedian to more than 19 months imprisonment on charges of insulting religious values and President Recep Tayyip Erdogan. He was released pending appeal. Deniz Goktas, 32, had been held in prison since July 3 after clips of his routine, which included a reference to Erdogan as a "dictator," were circulated online. He was convicted Monday of insulting the president and insulting religious values.

Japanese convenience store enlists Lady Gaga to bolster recruitment

Japanese convenience store chain FamilyMart has enlisted Lady Gaga for a recruitment campaign, convincing the pop icon to trade vocal registers for cash registers in an effort to plug staffing shortages at thousands of outlets. The global star appeared in a video for the retail chain's part-time worker recruitment campaign and can be seen performing tasks typically set out for staff working at the franchise. FamilyMart boasts a network of more than 16,000 stores across Japan, and roughly 30% of them are short-staffed, a company spokesman said.

SpaceX's Starship reaches orbit for the first time, deploys Starlink satellites

SpaceX's next-generation Starship rocket reached orbit for the first time Monday despite having one of its engines down, overcoming this hitch mid-flight to deploy the first batch of new Starlink satellites as Elon Musk's company plans to put the vehicle into routine use starting later this year. The uncrewed 40-story-tall vehicle, consisting of a Super Heavy booster rocket topped by the main upper-stage Starship vessel, thundered off its launch pad from SpaceX's Starbase complex along the Gulf of Mexico.



Getty Images via AFP

SpaceX Starship Flight 14 launches from Boca Chica Beach in Texas

The Super Heavy booster lofted the Starship upper stage into space before returning itself to Gulf waters for an engine-controlled splashdown, following hard landings for the booster on two previous missions.

Upon reaching space, one of Starship's three main engines shut down earlier than planned, a development that led SpaceX spokesperson Dan Huot to announce on the company's live stream of the mission that the craft would be unable to reach orbit. "The team has made the call not to commit to orbit," Huot said. But Huot reversed course minutes later after an update from engineers confirmed that the craft could still attempt an engine firing that would boost it into orbit, which Starship successfully did minutes later.

Once in orbit, Starship began deploying 26 next-generation Starlink satellites one by one at a planned altitude of roughly 269 km. Starship, built to launch SpaceX's Starlink satellites more frequently and carry future Nasa missions to the moon, was expected to complete six Earth orbits during a 10-hour voyage — its longest yet — before splashing down in the Pacific Ocean west of Chile.

Reaching orbit, a primary benchmark for any new rocket designed to deliver payloads to space, has been a long-delayed feat for Starship, which Musk once predicted would be achieved in 2022, to be followed by satellite deployments in 2023.

Since 2023, however, all 13 of Starship's previous test flights have been limited to suborbital space, despite a nearly decade-long development campaign that has cost SpaceX more than $15 billion to date. Musk has said he envisions ultimately flying hundreds or thousands of Starships a year.

One critical objective for Starship's 14th outing will be surviving its return flight to Earth, starting with the deorbital firing of one Raptor engine while in space and precisely angling the vehicle for atmospheric re-entry. The spacecraft's final controlled descent is designed to culminate with a thruster manoeuvre to flip the vehicle vertically so that it hits the sea in a nose-up position. While future missions call for Starship to execute a similar touchdown on land back in Texas, no recovery of the spacecraft is planned for its latest flight. REUTERS

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

SNAPSHOTS

Greece shock Klopp's Germany

Substitute Dimitrios Kourbelis gave Greece a shock 1-0 Nations League win against Germany. Portugal coach Jorge dropped Cristiano Ronaldo and was rewarded as his replacement Goncalo Ramos scored the winner in a 2-1 success away to Norway. Meanwhile there were no handshakes between Ireland and Israel players before their match with the Irish team wearing black armbands for its 3-0 victory.

ICC to announce 2027 WC schedule on Oct 1: The International Cricket Council and Cricket South Africa are likely to announce the schedule for the 2027 ODI World Cup in Cape Town on Oct 1, reports **Gaurav Gupta.** The World Cup will be played in South Africa, Zimbabwe and Namibia from Oct 2 to Nov 21, 2027.

Injured Buttler to miss ODI series Vs Pak: Wicketkeeper-batter Jos Buttler will miss England's ODI series in Pakistan after suffering a hamstring injury. Buttler was forced to retire hurt during a ODI against Sri Lanka last week.

Messi on target but Miami lose: Lionel Messi scored a brilliant equaliser but could not prevent Inter Miami suffering a costly 2-1 defeat to Columbus Crew in Major League Soccer.

Baird steps down as Cricket Australia chair: Mike Baird on Monday stepped down as Cricket Australia chairman, after his home state of New South Wales did not support the board's decision to proceed with private investment in the Big Bash League.

Raichandani's double ton puts India U-19 ahead: Lakshya Raichandani scored an unbeaten 210 as India U-19 took a 213-run first-innings lead over Australia U-19 on Day Two of opening Youth Test in Rajkot. Brief scores: Australia U-19 217. India U-19 430-8 (Rachandani 210*, Yashbardhan 54, Mohit 58*; Barton 3-65).

Rhythm in Blues for Kuldeep

Spell In First ODI Vs WI Reignites The Debate Over Sparing Use Of A Match-Winner

Vishal.Menon@timesofindia.com



TURNING POINT: Kuldeep's timely strikes enabled India to limit West Indies to 295-7 on Sunday

Thiruvananthapuram: West Indies were comfortably placed at 107-0 when Kuldeep Yadav was brought into the attack in the 16th over of the match.

Fourteen balls into his spell, West Indies opener John Campbell top-edged a tossed-up delivery to short fine leg, giving India the breakthrough they needed.

Virat Kohli and Shubman Gill would later soak in the applause for their batting. But it was Kuldeep who helped India turn the game around at the Greenfield International Stadium with flight, dip and guile.

Kuldeep is a rhythm bowler. In his nine-year international career, whenever he hits the stride early, he reaps dividends.

Sunday was a case in point when Kuldeep showcased his repertoire: from the tossed-up delivery above the batter's eyeline, a wrong-un to the quickish fuller delivery, Kuldeep displayed all his wares to finish with 4-40 and win the Player of the Match award in the first ODI.

"Personally I liked my rhythm. Just varying the pace and trying to read the batters, where they are going to hit me," Kuldeep told the broadcaster after India's eight-wicket win against the West Indies.

"Sometimes to get that confidence back you need to have a spell like this," the 31-year-old spinner added.

Yet, for a man with Kuldeep's skill set it is baffling why he gets so little match time.

Since his debut in 2017, Kuldeep has taken 198 wickets in this format at an average of nearly 27. Of the 10 ODIs and 28 T20Is India have played this year, he has featured in five and four games respectively.

Even Kuldeep's long-form career has been a start-stop affair, featuring sporadically in 19 Tests since his debut against Australia in Dharamsala in 2017.

"Kuldeep needs to be handled with care and used as a wicket-taking bowler. The more he bowls, the better he gets because it will help him get into rhythm. We were surprised that Kuldeep has been benched for so many games. Kuldeep is a match-winner and is one of the few mystery bowlers in the world," former India left-arm spinner V Raju told **TOI.**

Raju believes Kuldeep is a master of deception, capable of taking the pitch out of the equation and baffling batters anywhere on the planet.

"Sometimes for the sake of team combinations you may have to drop Kuldeep. But you need to use him for all the crucial games. Kuldeep is India's trump card in the 2027 World Cup because of his variety and wicket-taking ability," Raju added. In Thiruvananthapuram, Kuldeep provided another reminder that whenever he gets the opportunity and settles into a rhythm he becomes a match-winner.



'Unorthodox' Savitha Shri turns saviour for India

Amit.Karmarkar@timesofindia.com



B Savitha Shri's individual gold medal performance (9 points in 10 games) is a highly notable achievement. Her exploits at the Chess Olympiad that concluded in Samarkand, Uzbekistan, on Sunday, however, need a closer look.

"I really don't know what to say... for gambling the positions or keeping us tense throughout the rounds! But yes, when there were really tense moments, she was strong enough to capitalise on those opportunities. She has the fighting spirit and she is not scared of playing any position. Irrespective of the evaluation, she keeps fighting," India's top board player Koneru Humpy told the Chessbase India webcast about Savitha Shri.

In other words, those were not simply clean wins where she outplayed the opponents, the majority of the games were with multiple inaccuracies, which is a norm in shorter time controls, but not in classical chess.

Veteran GM Levon Aronian told Lichess in an interview that if players want to win, they will have to take gambles these days as the level of preparation has increased. There is, however, a thin line between taking risks and being in reasonable control despite taking liberties. It is also unclear if Savitha Shri was fully aware about the dangers of her inaccuracies.

Savitha Shri, 19, also played on the reserve board (fifth). Despite slipping from the Elo high of 2435 four years ago to 2382 at this Olympiad, all her rivals were lower rated than her.

Still, the value of IM Savitha Shri's performance for India cannot be ignored. She scored eight wins when GMs K Humpy, R Vaishali and Divya Deshmukh scored a combined nine wins.

WC failure a motivation for us: Carlo

Marcus.Mergulhao
@timesofindia.com



Panaji: What happens when one of the most decorated managers in club football takes over the world's most successful international team? Logically, success should follow, but Carlo Ancelotti and Brazil haven't quite hit the ground running.

The Round of 16 exit at the 2026 World Cup extended Brazil's title drought to 24 years, its longest, and threw up more questions than answers. Surely, coaching the Selecao isn't easy, particularly when the nation has such a rich history.

"Brazil is a really important national team, the most historical national team in the world," Ancelotti tells **TOI** over a video call from Australia, where the team is based for two international friendlies. "We are trying to do our best. It is true that the last World Cup was not good for us, but this can be a motivation for us to do better in the future. The expectations in Brazil are really high about the national team."

Now 67, Ancelotti has seen it all. He has been coaching high-profile, success-driven club teams for more than three decades, yet Brazil remains unknown territory.

"It's different work, a different job, because there's no day-to-day activity," says Ancelotti. "The job is more to observe players, watch games, find a new player, understand the characteristics of the player, and to try to build a good national team."

The Italian says he's enjoying his first stint as national head coach role after 34 years in coaching. "A lot," he adds.

Ancelotti took the big leap into the world of international football last year. Now, he's joined by an array of stars. With Zinedine Zidane (France), Jurgen Klopp (Germany), Xavi Hernandez (Netherlands), Roberto Mancini (Italy) and Jorge Jesus (Portugal) leading European nations, rarely has it happened that so many accomplished club coaches have tested international waters.

Ancelotti has a "good relationship with them" and is excited to meet them in some competition. He understands why they've taken the plunge. "Training a club is tough; the schedule is tough, you have to prepare for a game every three days, which is complicated than before. Some managers prefer to stay with the national team where you don't have the stress and the intensity to prepare games every three days."

He has a record five Champions League titles and trophies in all five of Europe's major leagues. He has managed the world's biggest football clubs, and now, Brazil remains the final frontier.

Imperative to attack Indian spinners, says Handscomb

Diptayan.Hazra@timesofindia.com



Chennai: There was a time when Peter Handscomb felt Test cricket had exposed the limitations of his game. The 35-year-old batter is back in India with a technique and mindset shaped by years of adjustment.

Handscomb, who is leading the Australia 'A' side did not have the ideal start in the first unofficial Test against India 'A' in Puducherry, but for the veteran batter, the tour is as much about the present as it is about keeping an eye on the future.

India, meanwhile, remain a particularly significant chapter in Handscomb's career. He has played eleven Tests against India and knows the challenge of facing the country's spinners in their own conditions. With India's batters themselves having recently faced questions against spin at home, Handscomb believes the key is not simply to attack but to identify scoring opportunities against accurate bowling.

"You've got to attack when you get the opportunity to score, but it is tough," Handscomb told **TOI** ahead of the second unoffical Test that starts on Tuesday.

"The bowlers over here in India are incredibly accurate and very good at staying consistent and not giving a lot of bad balls. You've got to try and find a way to score off good balls. It can be tough when the ball misbehaves, but that's the challenge of playing in India, finding a way and committing to it."

More than half of his Test matches have come against India, making the rivalry a defining part of his international journey. "It's tough to keep coming up against India, but it's also such an amazing thing to do," he said.

"There are some of the best players in the world here, and I'm lucky enough to have played against some of them."

His unbeaten 72 off 200 balls in Ranchi in 2017 remains one of his best Test innings. Handscomb recalled making a tactical shift during that knock, looking for scoring opportunities through point and off the back foot.

"If I could score off one of (Ravindra) Jadeja's good balls, then that left him with one less ball to try and get me out," he said.

With the next Border-Gavaskar Trophy already in the horizon, Handscomb is conscious that performances on the 'A' tour could strengthen his case for a return to the senior side.

"I think it's definitely something that's on my mind ... Any runs over here at this stage and this close to a BGT is going to put you in good position to put your hand up for that Test tour," he said.

TIMES *Special*

'We are Gen Z, not Leftists. This is why we are marching with SFI'

Campaigns over education and employment are drawing students towards CPM's student wing, helping the outfit to expand in some states and defend old strongholds

Anindya Chattopadhyay



SFI supporters during the CJP protest at Delhi's Jantar Mantar in July

For Tanuja Nandi, a first-semester student at Kolkata's Vidyasagar Metropolitan College, an interest in Left politics became a membership form after a protest. "SFI's ideology attracted me the most, but I filled out the membership form only after I attended the CJP protest," she said. She then sought out the organisation's unit in her college and joined.

In Hyderabad, second-year polytechnic student M Charan describes a different relationship with the streets. "The protests are not being organised by a leader or organisation. We are coordinating at college level and coming out on the streets to fight for our rights."

Between those two experiences lies the story of the Students' Federation of India's current opportunity, and its limits.

Gen Z student anger over examination irregularities, recruitment disputes, fees and public education has given CPM's student wing fresh visibility. The Cockroach Janta Party (CJP) protests at Delhi's Jantar Mantar over NEET irregularities have become a reference point for students and organisers elsewhere. But reports from across states reveal an uneven picture: membership gains in some places, entrenched strength in others, and campuses where mobilisation has yet to translate into organisational or electoral advances.

Nor does every student marching alongside a red flag want to carry one.



> **The SFI's political ideology attracted me the most, but I filled out the membership form only after I attended the recent CJP protest**
>
> —Tanuja Nandi | STUDENT, KOLKATA

BENGAL
More Members, More Competition

SFI reports eight lakh members in Bengal in 2025-26, against seven lakh a year earlier — a rise of about 14%. State secretary Debanjan Dey says the organisation is changing how it works, beginning with campus concerns before expanding into politics, rather than the other way round.

For recruits, the attraction can be practical as well as ideological. Sk Md Sajid, a first-year undergraduate at Rabindra Bharati University, says SFI's efforts to help students and press officials to respond drew his attention. Soumyadeep Deb, a first-year student at St Paul's College, links his decision to SFI's support for Sonam Wangchuk and its campaigns on teacher shortages and school infrastructure. Yet, SFI is not the only beneficiary of Bengal's political churn. ABVP reports membership rising from 1.3 lakh in 2024-25 to 2.2 lakh in 2025-26, and claims 11 lakh enrolments during the drive following the change of govt.

Political analyst Pradipta Mukherjee sees immediate student concerns and the changed political landscape as drivers of recruitment. SFI's figures also distinguish enrolment from commitment: only an estimated 10-15% of its primary members are active.

BIHAR & JHARKHAND
Growth From Smaller Bases

Bihar offers one of the sharpest increases in figures supplied by SFI: from 1,205 members in 2023-24 to 7,492 in 2024-25 and 12,113 in 2025-26. That is roughly a tenfold growth in two years, although the organisation estimates that only around a tenth participate actively.

Its campaigns extend beyond examination controversies. In Nalanda's Nagarnausa, it agitated for a degree college; state president Kanti Kumari and other protesters spent around 40 days in jail. In Samastipur, it sought postgraduate courses at DBKN College. The unit says it works in more than 18 districts. Growth has not made it Bihar's largest Left student organisation. AISA reports 30,000-32,000 primary members and 1,200-1,500 activists. The figures suggest an expanding SFI presence within a competitive field, not a takeover of student politics.

In Jharkhand, SFI reports primary membership increasing from 700 in 2025 to 1,200 now, while active membership rose from 200 to 300. Its footprint is concentrated in Ranchi, Palamu and Pakur.

Reuters



File picture of an SFI and other Left students' union rally in Kolkata in support of CJP

Joint mobilisation with the Democratic Youth Federation of India over recruitment disputes has helped it reach new audiences. "For the first time I saw SFI and DYFI actively participating in the protest in the state," said JPSC (Jharkhand Public Service Commission) protester Sanket Singh. Political commentator Suman Shrivastava reads the rise in support primarily as a consequence of anger with the system, not an ideological shift.

TELANGANA
More Protests, No Surge

Telangana most clearly shows why a busy protest calendar should not be mistaken for membership growth. SFI reports organising 22 education-related protests between June and Aug. Its leaders say students from different courses have joined protests over restrictions on polytechnic students' entry into engineering, alongside campaigns over scholarships and fee reimbursement. But its completed membership count fell from 7.8 lakh in 2024 to 7.6 lakh in 2025. This year's drive, now under way, has registered 2.7 lakh so far.

Recent campus verdicts complicate a revival narrative. ABVP won at the University of Hyderabad in 2025 after successive victories by the ASA (Ambedkar Students' Association)-SFI panel between 2019 and 2024. At the English and Foreign Languages University, Awaaz Alliance defeated both SFI and ABVP in Feb.

University of Hyderabad professor K Laxminarayana sees an increased willingness to protest, but says it does not establish an inclination towards either Left or Right ideology. Charan's account of students coordinating independently illustrates that distinction.

KERALAM
A Stronghold, With Limits

In Keralam, the story is largely one of sustained dominance. SFI reports membership rising from 15.5 lakh in 2024-25 to 16 lakh in 2025-26, about 3%. The rival KSU reports an increase from 3.1 lakh to 3.2 lakh. SFI says it or its coalition leads student unions in 12 of the state's 14 universities and has won in around 100 of 110 Industrial Training Institutes.

> **The protests are not being organised by a leader or organisation. We are coordinating at college level and coming out on the streets to fight for our rights**
>
> —M Charan | STUDENT, HYDERABAD



Political analyst Jacob George describes an organisation whose growth has reached saturation point, but which remains vibrant. He credits both ideology and its response to student concerns. For Aparnika C, a first-year BA student at Maharajas College, Kochi, the appeal lies in the organisation's commitment to freedom, democracy and socialism.

Its established network, nevertheless, has boundaries. SFI leaders acknowledge difficulty entering private and self-financing colleges, where they say management opposition restricts student unions.

DELHI
Campus & Coalition Matter

Delhi offers sharply different tests of influence. At JNU, SFI remains an important part of Left Unity: its K Gopika Babu won the vice-presidency with 3,101 votes in Nov 2025, when the alliance swept the central panel. That demonstrates strength within a coalition; it does not isolate the organisation's own vote.

At Delhi University, SFI remains outside the dominant ABVP-NSUI contest; only one SFI member has been a member of the central panel, in the late 70s. At Ambedkar University Delhi, however, it has secured substantial student-council representation across successive elections. There is also a timing problem in attributing new recruitment to CJP. Admission season routinely brings fresh members. The available figures do not establish how much recruitment resulted specifically from the protests.

ASSAM & ODISHA
Openings, Not Breakthroughs

In Assam, SFI reports membership rising from 18,000 in 2024-25 to 19,000 in 2025-26. Its Sept 10 protest at Gauhati University against restrictions on fourth-year undergraduate courses put it at the centre of an immediate academic concern. Its electoral presence, however, remains below its earlier peaks.

Odisha's figures show growth from about 1,650 members in 2024 to 2,300 in 2025. The latest count of 1,550 is incomplete and cannot establish this year's direction. SFI remains smaller than the state's principal student organisations.

Apolitical protester Sunil Kumar Mishra draws a clear boundary: "If the issue bothers maximum students, we will get together for the cause and fight for our rights. There is no need to align with any ideology-based organisation."

From Participation To Commitment

Membership figures here are the organisations' own counts, with differing definitions of active membership, and unfinished recruitment drives. Long gaps in campus elections in several states further limit the ability to test enrolment claims against votes. Still, our report shows SFI finding recruits and audiences through concrete student grievances. For some, such as Tanuja, that contact becomes political affiliation. Others want a protest without an organisational commitment.

Reporting by Poulami Roy Banerjee, Kelly Kislaya, Hemanta Pradhan, Adwitya Deb, Nirupa Vatyam, M K SunilKumar & Kangkan Kalita

FIGURE IT OUT

10x **Roughly how much SFI's Bihar membership grew in two years** — from 1,205 in 2023-24 to 12,113 in 2025-26. Around 10% are active

14% **Rise in Bengal membership, from 7 lakh in 2024-25 to 8 lakh in 2025-26.** Only an estimated 10-15% of primary members are active

2.6% **Decline in Telangana membership, from 7.8 lakh in 2024 to 7.6 lakh in 2025,** despite the more recent increase in protests

12 OF 14
Universities in Keralam where SFI says it or its coalition leads the student union

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Proud to be the Official Nutrition Partner of INDIAN CONTINGENT FOR ASIAN GAMES 2026
#Disclaimer: Herbalife products are not intended to diagnose, treat, prevent or cure any disease. Pregnant or lactating women should consult their physician prior to use of this product. Please see the individual product label for detailed information.

TIMES SPORT
THE TIMES OF INDIA, CHENNAI | TUESDAY, SEPTEMBER 29, 2026

Proud to be the Official Nutrition Partner of INDIAN CONTINGENT FOR ASIAN GAMES 2026

TEAM INDIA | Official Nutrition Partner of Team India Herbalife
PERFORMANCE IS BUILT, ONE DAY AT A TIME.
TRAIN. FUEL. RECOVER.
EVERY BODY HAS A DIFFERENT GAME
Call: 080 - 40311444 to connect with your wellness partner
Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit www.informed-sport.com. THESE CONTAINS SUCRALOSE. CONTAINS NON-CALORIC SWEETENER.

A SILVER FOR THE AGES

Young Esha Tames The Butterflies In The Stomach To Grind To Tense 25m Pistol Final Shoot-Off

THE TIMES OF INDIA IN AICHI-NAGOYA

Manuja.Veerappa
@timesofindia.com

IANS



HOT SHOT GIRL: Esha Singh

At the previous edition of the Games, a teenage Esha Singh had returned home with four medals, including two in individual events.

That was three years ago. Since then, consistency has been her calling card — World Cup titles, podium finishes at the world championships, record-breaking performances and the World No. 1 tag.

At the Aichi Prefectural General Shooting Gallery, however, the Hyderabadi youngster was having a forgettable campaign. She finished 15th in the 10m air pistol with a score of 572, well below her standards, and her team finished fourth in the event.

On Monday, the 25m pistol team final, too, appeared to be another setback on her route to the podium.

Scraping into the final of the individual event in the eighth place, Esha was clearly feeling the pressure. But if there were butterflies in her stomach, they were not flying all over the place. They were flying in formation.

The 21-year-old fought her way back from the brink to claim silver, matching the Games record score of 38. China's Jiaxuan Xiao also shot 38, but held her nerve in the second shoot-off to take gold. North Korea's Suk Hyon Kim, with 24, claimed bronze.

Esha's final was not for the faint-hearted. She trailed, fought and survived — not just her opponents, but also two technical interruptions that came at crucial junctures.

For a shooter who had endured a difficult Games until then, the silver was a reminder of the temperament that had taken her to the top of the sport.

After a perfect five series, Esha shot two consecutive scores of three to find herself on the edge of the podium, the fourth position. She came back with a perfect 5/5 to confirm a medal.

That was just the beginning of the edge of the seat thriller as the 21-year-old went through a triple shoot-off against Kim Hyon Suk after they tied the scores at 34. With the scores again level at 3-all, Esha held herself together for a 3-2 win, but not before some drama — the shoot off was halted after four shots due to a technical malfunction and the shooters had to unload their guns. Thankfully, it did not break Esha's momentum.

To shoot for gold, Esha was another point behind her Chinese opponent but she made up for it. With the scores again level on 38, it was time for another shoot-off. In the first tie-breaker series, they shot 4-all before Xiao edged out Esha 3-2 in the second one.

TEAM INDIA | Official Nutrition Partner of Team India Herbalife
Proud to be the Official Nutrition Partner of INDIAN CONTINGENT FOR ASIAN GAMES 2026
#Disclaimer: Herbalife products are not intended to diagnose, treat, prevent or cure any disease. Pregnant or lactating women should consult their physician prior to use of this product. Please see the individual product label for detailed information.

"It was amazing and I've never had an experience like this before. Definitely going into my bucket of amazing experiences. I'm grateful for every moment," gushed the bubbly youngster.

On the tense shoot-offs, Esha said, "As an athlete, I'm very aware that I can go out of the competition anytime. When you are in competition, it is a very distracting thought that you get, but I kept my focus on it because I knew I could do it. I fought with all my heart and tried my best."

In a competition of 50 shots, given the shoot-offs, Esha went through 25 extra shots, which she confessed was tiring.

"My hand did end up getting a little tired because nobody who went up to the gold, shot as much as I did. But still, I think I'm going to work on it because I don't want this to happen again."

The missed shot and medal

It was a rather forgettable competition for Manu Bhaker. The Olympic medallist will return home on Tuesday empty handed. There was a medal in the 25m air pistol on Monday, which was within touching distance. But a controversy brewed in the rapid round when seasoned shooter Rahi Sarnobat's shot was deemed to have hit the frame thereby the rendering scoring zero.

Rahi protested saying she hadn't heard the sound of the shot having hit the metal, but to no avail and she scored just 86 in series, which ensured a freefall for the Indian trio which also included Manu and Esha. With a score of 1727-56x India ended fifth. Individually, Manu ended 11th, while Rahi was placed at the 30th position.

Higher-ranked India in semis after rain ruins cricket party

IANS

Manuja.Veerappa
@timesofindia.com



Indian and Afghanistan players after the match

Nisshin: Handshakes between the teams. That was the only action possible at the Korogi Sports Park in Nisshin on Monday as persistent rain forced both Asian Games cricket quarterfinals to be abandoned without a ball being bowled. Despite most of the outfield being covered, the surface remained wet and, with no sign of the sun, officials had little option but to call off the matches before the toss.

India and Pakistan advanced to their respective semifinals by virtue of being the higher-ranked teams. For the sizable number of Indian fans who had travelled from different parts of Japan hoping to watch their team in action, it was a major disappointment. Rahil Yadav, who lives in Kyoto, said he had taken a chance despite the weather.

"Given the weather for the past few days, I knew it was unlikely that the match would happen, but I was just being hopeful because for us Indians living here, it was a great opportunity to watch our team in action. But all we managed was a far-off view of the players," he rued.

Japan Cricket Association COO and high performance director Alan Curr told **TOI** that the national federation was disappointed despite the efforts that have gone into preparing the stadium for the Games. "It is disappointing. It was hard to get things up and running here. That said, there is nothing we can do and weather is a big part of cricket. The rain is a bit unseasonable because in Sept last year it was warm and sunny. The typhoons usually blow over and we hoped the weather would hold up. We have lost three matches in a row now. We can only hope for the weather to get better," the Englishman said.

India's semifinal opponent will depend on the outcome of the Nepal-Sri Lanka quarterfinal, scheduled for Tuesday. If that match goes ahead, India will face the winner on Thursday. Should it be washed out, Sri Lanka will advance on the basis of their higher ranking. Before the team left for the venue, they were greeted by Indian Olympic Association president and athletics legend PT Usha at the hotel.

'Hurt' Sindhu not going to throw in the towel

Manne.Ratnakar@timesofindia.com

Three points. That is all that separated PV Sindhu from what could have been her third Asian Games medal. And those three points are proving difficult to shake off. Sindhu's Asian Games campaign ended with a 21-11, 18-21, 10-21 quarterfinal defeat to China's Chen Yufei. "My Asian Games campaign is over, and I'm hurting. Three points from closing out that quarterfinal. I keep coming back to those three points," Sindhu wrote on X. "I had my chance. Letting it slip hurts," she admitted. "My team and I are already working on closing out those moments. We will fix it."

The circumstances are making the defeat harder to swallow. "Three matches in 18 hours. Back at 3 am, out again at 8.30 am. It took a toll. But after a camp that gave me every reason to believe, I wanted so much more," she said. "One painful result cannot define a journey that means so much," she wrote. "I'm hurting, but that's okay. I'm glad it still means enough to hurt this much. I still want this. That feeling keeps me going."

TEAM INDIA | Official Nutrition Partner of Team India Herbalife
PERFORMANCE IS BUILT, ONE DAY AT A TIME.
Whatever your game, progress is built through preparation, consistency and recovery. Herbalife's science-backed nutrition supports different needs, at different stages of your journey.
TRAIN. FUEL. RECOVER.
EVERY BODY HAS A DIFFERENT GAME
Call: 080 - 40311444 to connect with your wellness partner
Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.
Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport.
Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit www.informed-sport.com. THESE CONTAINS SUCRALOSE. CONTAINS NON-CALORIC SWEETENER.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

20th ASIAN GAMES
Aichi-Nagoya 2026
Sept 19 - Oct 4, 2026
TIMES SPORT
THE TIMES OF INDIA, CHENNAI
TUESDAY, SEPTEMBER 29, 2026



"HERE YOU'RE NOT REPRESENTING THE BCCI, BUT INDIA. YOU DON'T GET MANY OPPORTUNITIES TO STAND ON A PODIUM. HERE YOU GET TO DO THAT WITH A MEDAL AROUND YOUR NECK. IT'S A GREAT FEELING."
—**RAVI BISHNOI,** INDIA CRICKETER

A TWIST AND SHOUT FOR SREESHANKAR

Fruitful Outing In Track & Field For India; Sable, Women's Relay Team Disappoint

Pix: PTI, AP, IANS, AFP



Murali Sreeshankar | Men's long jump | Silver



Gulveer Singh | Men's 1500m | Silver

THE TIMES OF INDIA IN AICHI-NAGOYA
Manuja.Veerappa@timesofindia.com

Nagoya: The image of Indian long jump ace Murali Sreeshankar twisting his ankle on his fourth jump on a rain-swept Monday night at the Mizuho Park Athletic Stadium will be a tough one to forget.

As the 27-year-old landed awkwardly on his right leg and writhed in pain, memories of the ruptured left patellar tendon that ruled him out of the Paris Olympics and kept him out of the sandpit for almost two years, came flooding back. He limped out with the help of medical staff and was offered a wheelchair, which he refused. Even when the medical team advised him not to return, he shrugged them off.

He did not need to take his next two attempts. He had already breached the eight-metre mark with his second jump of 8.07m, enough to fetch him silver and a repeat of his podium finish from the previous edition. China's Yuhao Shi, with a season's best of 8.17m, took gold. The other Indian in the field, Solomon Patturaj (7.70m), finished seventh.

Once his medal was confirmed, Sreeshankar, who won silver at the Glasgow Commonwealth Games, limped over to collect the Indian flag, wrapped himself in the tricolour and celebrated briefly before heading off for treatment.

It was a productive day for India in athletics, with the team picking up three silver and three bronze medals.

Podium in javelin

The javelin competition was without Neeraj Chopra, but India did not miss out on a podium finish. In fact, there were two. Yashvir Singh saved his best for last, clinching silver with a season's best of 85.72m. Fancied Sri Lankan Rumesh Pathirage, in red-hot form, continued his rich vein of form to take gold with 88.55m, while Rohit Yadav completed the podium with 84.35m.

Olympic champion Arshad Nadeem from Pakistan, who is going through a lean patch, managed an underwhelming 80.29m, which was incidentally his season's best.

Pathirage, who has breached the 90m mark three times this year, took some time to find his rhythm in the testing conditions, allowing Yashvir to take the lead. But with his fourth attempt of 88.33m, the 23-year-old Sri Lankan moved ahead and only got better from there.

Double silver for Gulveer

Gulveer Singh, who won silver in the 10,000m three days ago, returned to claim another silver in the 1500m with a personal best of 3:36.72.

Gulveer never fell behind in the race and briefly took the lead at the 200m bend, but Japan's Kazuto Iizawa produced a late burst in the home stretch to take gold in a Games record 3:36.35.

Gulveer later admitted he had not paced the race well enough. "I wanted to do better, but I'm glad I could win a medal. I was pacing according to the long-distance running, but he (Iizawa) took off and I couldn't keep pace," said the 28-year-old.

Parul makes it two in two days

Parul Chaudhary, who took silver in the 3000m steeplechase on Saturday, delivered another strong performance to settle for bronze in the 5000m. Parul looked set for silver but could not produce the final push and clocked 15:14.61.

The day's biggest disappointment came in the men's 3000m steeplechase, where defending champion Avinash Sable finished fourth in 8:21.67. Sable, returning from injury and having said he was peaking for the Games, looked off the pace for much of the race.

There was also heartbreak for the women's 4x100m relay team, which finished fourth despite clocking a season's best. The quartet of Abinaya Rajarajan, Sneha Sathyanarayana, Sudeshna Shivankar and Tamanna timed 43.57 seconds.

FROM POTENTIAL TO PODIUM
IT ALL STARTS WITH A CHANCE
TEAM INDIA | Reliance Foundation



Parul Chaudhary | Women's 5000m | Bronze



Yashvir Singh | Men's javelin | Silver



Rohit Yadav | Men's javelin | Bronze



Vithya Ramraj | Women's 400m hurdles | Bronze

Indian men's hockey team roars into semis, Pak next

TIMES NEWS NETWORK

The India-Pakistan hockey rivalry is ready for another chapter. Defending champions India stormed into the Asian Games semifinals with a ruthless 10-0 demolition of Bangladesh, setting up an Oct 1 showdown with Pakistan that promises to be one of the Games' marquee hockey contests.

Pakistan, meanwhile, booked their place in the last four with a 7-2 win over Oman. India finished atop Pool A after winning all five of their matches, ending the league phase with a staggering +45 goal difference. Against Bangladesh, Harmanpreet Singh completed a hat-trick, while Abhishek, Jugraj Singh, Sukhjeet Singh, Shilanand Lakra, Sanjay and Mandeep Singh also found the net.

Despite torrential rain and a waterlogged pitch, India maintained their attacking rhythm and never allowed Bangladesh to settle. Goalkeeper Suraj Karkera marked his 100th senior international appearance.

The India-Pakistan clash carries its own history. Their most recent competitive meeting came at the FIH World Cup in Amstelveen on Aug 19, when India edged Pakistan 5-3 in a hard-fought contest. With a place in the final at stake, another fiercely contested encounter now awaits.

Indian boxing added another burst of cheer, with Lovlina Borgohain, Priya Ghanghas and Kapil Pokhariya entering the semifinals and assuring themselves of medals.

Lovlina swept past South Korea's Seong Suyeon 5-0 in the 75kg quarterfinals, while Priya recovered from a slow start to beat Tajikistan's Mijgona Samadova in the 60kg category. Kapil defeated South Korea's Kim Gichae in the 90kg quarterfinals.

Lovlina, a Tokyo Olympic bronze medallist and Hangzhou silver medallist, will next face Kazakhstan's Natalya Bogdanova.



BIG UPSET: Defending champion Jyothi Surekha Vennam was eliminated in women's compound archery

In squash, both Indian teams marched into the quarterfinals. The women beat Japan 2-1, with Joshna Chinappa and Tanvi Khanna delivering the crucial wins, while the men swept aside South Korea 3-0 through Velavan Senthilkumar, Abhay Singh and Veer Chotrani. Both teams had earlier beaten China.

The Indian men's volleyball team made it two wins in a row with a 3-0 victory over Hong Kong, following a similar scoreline against Vietnam in their opening match. Qatar await next.

There was a major upset in compound archery as defending champion Jyothi Surekha Vennam was eliminated by 14-year-old South Korean Kang Yeonseo, who shot a perfect 150. Jyothi had earlier beaten Kazakhstan's Adel Zhexenbinova. Chikitha Taniparthi and Ganesh Mani Ratnam advanced to the quarterfinals.

In tennis, Ankita Raina and Rutuja Bhosale lost their women's doubles opener to Kazakhstan, while rain halted Sumit Nagal's singles match against South Korea's Hong Seongchan at 3-2 in the first set. The match will resume on Tuesday.

India's women's sepaktakraw doubles pair also bowed out after a 1-2 loss to Japan.

FROM POTENTIAL TO PODIUM
IT ALL STARTS WITH A CHANCE
TEAM INDIA | Reliance Foundation

MEDALS TALLY

	Country	G	S	B	T
1	CHN	132	53	45	230
2	JPN	41	68	63	172
3	KOR	21	26	43	90
4	UZB	12	17	13	42
5	KAZ	9	13	23	45
12	**IND**	**4**	**20**	**21**	**45**

INDIANS IN ACTION TODAY

ATHLETICS: Men: Pole vault final - Dev Kumar Meena, Kuldeep Kumar (2:50 pm IST); 800m final - Mohammed Afsal P (4:35 pm); 5000m final - Gulveer Singh, Avinash Sable (4:45 pm); 4x400m final - (5:47 pm); **Women:** High jump final - Pooja, Supriya Basavaraju (3:35 pm); Hammer throw final - Anushka Yadav, Tanya Chaudhary (4:05 pm); 800m final - (4:20 pm); 4x400m final (5.35 pm); **Mixed:** 4x100m relay final (5:18 pm).

BOXING: Men: 80kg semis - Ankush vs Fazliddin Erkinboev (Uzb) (11 am); +90kg semis - Narender vs Aibek Oralbay (Kaz) (11:30 am); **Women:** 65kg semis - Parveen vs Shu Li (10.15 am).

SHOOTING: Men: Trap Individual qualification & Team final - Kynan Chenai, Shapath Bharadwaj, Ahvar Rizvi (6:30 am); Individual final (12 pm); **Women:** Trap Individual qualification & Team final - Neeru, Aashima Ahlawat, Manisha Keer (6:30 am); Individual final (10:30 am).

SURFING: Men: Shortboard Kishore Kumar A vs Toby Espejon (Phi) (4:54 am).

VOLLEYBALL: Men: India vs Qatar (12:30 pm).

AFI WILL MOVE CAS OVER SHAILI CONTROVERSY

Nagoya: Claiming that the officials at the ongoing Asian Games took a "shorter" measurement of long jumper Shaili Singh's effort which denied her a medal, the Athletics Federation of India (AFI) has decided to move the Court of Arbitration for Sport (CAS) against their decision.

PTI



Shaili in action on Sunday

Shaili finished fourth with a best jump of 6.42m in the women's long jump event on Sunday. The bone of contention is Shaili's fourth attempt, which officially measured 6.41m. According Shaili's mentor and legendary long jumper Anju Bobby George, the distance was wrongly measured. "We saw her jump was clearly ahead of the gold-winning mark. Initially, the official near the landing pit pointed to Shaili's leg mark for the measurement. But another official who was standing far behind came and pointed to a mark which was far shorter from board," she said. PTI

Vithya moves the Usha '84 clock forward

Breaks 42-Yr-Old 400m Hurdles Mark, Dedicates Bronze To Her Injured Twin, 100m Hurdler Nithya

Manuja.Veerappa@timesofindia.com

Nagoya: Forty-two years after PT Usha set a mark that became a measuring stick for generations of Indian quarter-milers, Vithya Ramraj finally moved the clock forward. For a few agonising seconds, though, the 28-year-old had no idea she had done it.

Hunched over on her knees after crossing the finish line of the 400m hurdles final, Vithya turned towards the giant screen. The time for third place had yet to appear. Then came the numbers — 54.75 seconds.

She leapt into the air and broke into a little jig, a celebration her twin sister Nithya had taught her, telling her she would climb the podium here.

The jig carried history with it. Vithya had become the first Indian to better Usha's 55.42-second mark from the 1984 Los Angeles Olympics, running under 55 seconds for the first time. Usha, now the Indian Olympic Association president and seated in the VIP arena, rose to applaud the 28-year-old.

It was a moment that neatly bridged two generations of Indian athletics. Usha, whose record had stood since 1984, and Vithya, who had spent the last three years trying to break through it.

Vithya had produced a near-flawless run, her strides confident and her pace measured. She surged into the final bend, but UAE's Mariam Kareem found another gear at the last hurdle to win gold in a Games record 54.31 seconds. Kazakhstan's Adelina Zems followed in 54.58, leaving Vithya with bronze.

> **Records are meant to be broken, and there is no greater reward for an athlete than to see the next generation go beyond the boundaries we once set. Vithya Ramraj breaking my 42-year-old national record in the 400m hurdles is an incredibly special moment for me."**
> —**PT Usha**

For Vithya, the wait had begun at the 2023 Hangzhou Games, where she equalled Usha's record.

However later, she insisted it was never really about breaking the record. It was about lowering the 55 seconds mark.

The daughter of a truck driver from Coimbatore, Vithya had set herself that target — one her coach Nehpal Singh Rathore believed she was capable of reaching long before she did.

"My coach always believed I could run below 55 seconds. I had my doubts. It took me three years to get here. It is not about the record but the timing," she said.

And that timing, Vithya believes, could have significance beyond her own medal.

The medal, however, belonged as much to Nithya as it does to her. "She is injured now, but always supports me. This medal is for her," Vithya said.

An ankle fracture in 2025 has also left Vithya with a lingering fear of injury, particularly over the hurdles. With rain lashing Nagoya, that fear was heightened on Monday. "As it is, I'm afraid of the hurdles after Nithya's fall and I was scared of injuries during the rain, so I kept praying for the rain to stop. Thankfully, during my event it did," she said.

Vithya's record ranks 33rd in 2026 World list

Erasing PT Usha's Record A Big Feat, But Still A Long Way To Go

Biju.BabuCyriac@timesofindia.com

Bengaluru: For more than four decades, PT Usha's 55.42 seconds remained the gold standard for India's women 400m hurdlers. Very few athletes matched her class, and even fewer had the grit to put in the hard yards and challenge the magical number while many others simply found it insurmountable.

Even as the new millennium dawned, India's top women hurdlers struggled to dip below the one-minute mark. That time was clocked at the 1984 Los Angeles Olympics, when Usha lost the bronze by milliseconds.

It was an achievement that put her on the same pedestal as 'Flying Sikh' Milkha Singh who also came close to a bronze in the men's 400m at the 1960 Rome Olympics.

As India enters the cycle for the 2028 Los Angeles Games, the national mark which became nearly permanent has been erased. Fittingly, the 'Payyoli Express' has been overtaken by the Coimbatore Super Fast. Vithya Ramraj had earlier equalled the mark three years ago in the heats at the Hangzhou Asiad.

When asked why it took so long for Usha's record to be erased, experts agreed that Usha had set the bar very high, very early in a highly demanding event.

"The time clocked in 1984 was world class. PT Usha was a generational talent and she had the talent to go even faster.

Then we hardly had athletes of that calibre," said noted coach PB Jaikumar. Jaikumar trained Anu Raghavan for many years, leading to her winning the bronze at the 2010 Asiad. The 33-year-old, returning to the Asiad after a 14-year gap, clocked her personal best time of 55.88s in Nagoya and finished a creditable fifth on Monday.

"It's a highly technical event, where you need both speed and the technique to fly over the 10 hurdles. We have produced very few athletes of Usha's calibre over the decades, which is why the record stood for so long," added Jaikumar.

> **I knew she would peak in this competition. I was almost sure that she would do sub 54.5, but it was 54.7. But it is okay because, without progression, you cannot perform at that big level. At the Delhi meet on Sep 10, she fell down from a hurdle; otherwise, we were expecting around 55s there and then the progression from there (to the National record)."**
> —**Nehpal Singh** | VITHYA'S COACH

Experts also felt that the athletics federation's focus to make a quality 4x400m relay squad was another reason for the record to stay for so long. "We had quite a few top-class 400m runners but very few of them did well in the individual events like the 400m or 400m hurdles. The moment they began to impress, coaches eyed including them in the relay squad and over the years, priorities shifted from individual events to the relay," another national coach said.

Still way behind

Jaikumar also said India still has a long way to catch up with the current world standards despite lowering the record below 55 seconds. "It's a big feat to break a 42-year-old record but you can't read too much into it. The new record will still place Vithya among the 35-40 fastest in the world. That shows how far we have to catch up. The main takeaway should be the confidence for our athletes that all records can be broken, provided they keep working hard.

"We know our athletes don't stand much of a chance in the Olympics, so we should target the Asian Games. We should train in such a way that our athletes achieve their personal best at these Games. Count how many of our athletes achieved their personal bests in Nagoya," Jaikumar signed off.

Pincky battles through pain for bronze

AP



Manuja.Veerappa@timesofindia.com

Nagoya: With her right knee heavily strapped, **Pincky Balhara** knew there was little room for error when she stepped on the mat for the women's 78kg kurash semifinals. She fought through the pain but could not go the distance, settling for bronze at the Prefectural Martial Arts Hall.

Challenges, however, are nothing new for the 27 year old. Kurash was never Pincky's first choice. Judo was. After failing to make the cut in judo, she turned to kurash to keep her Asian Games dream alive and made the Indian team for the 2018 Jakarta Games. The build-up to those Games was marked by personal losses. She lost three family members in the space of three months. Yet she went on to win silver on her Asian Games debut.

On returning home, she tried to revive her judo ambitions, only for those plans to be derailed by her runins with the national federation. So she returned to the sport that had given her an identity and recognition. This time, there was only one thought on her mind: Gold.

However, her campaign here took an unexpected turn when she injured her right knee during the 3-0 win over Korea's Garam Lim in the quarterfinals. "I took a hit on my right knee and by the time I finished the bout, the pain was unbearable," Pincky told **TOI**.

Barely three hours later, she was back on the mat for the semifinal. Her opponent, another Korean Sumin Mo, knew of the vulnerable spot. "My opponent was very aware of my injury and she kept attacking me in the same place. But nothing against her. At the end of the bout, I could barely stand and I have gone through a series of tests after the bout," she said. Pincky had competed in the 52kg category at the previous edition and was participating in the 78kg event for only the second time.

The bronze, though not the colour she had travelled to Japan seeking, carried significance far beyond the medal itself.

Regn No. TNENG/2008/24638
This newspaper is published by P Manikantan from Kochar Tower, 19, Venkatnarayana Road, Theagaraya Nagar, Chennai 600017 on behalf of Bennett Coleman & Co Ltd, edited by Arun Ram (Chennai Market - Responsible for selection of news under PRB Act) and printed by Julien Felix at The Times of India Press, 140 Old Mahabalipuram Road, Chemmenchery, Chennai 600119. All rights reserved. Reproduction in whole or in part without the written permission of the Publisher is prohibited. Tel. Nos. Chennai (044) 40401234, Fax: (044) 24335511.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Any feedback related to stories in Chennai Times?
@ chennaitimes@timesofindia.com

Chennai Times

TUESDAY, SEPTEMBER 29, 2026
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE

Rajamouli teases future collab with Suriya P1

HOT TAKES

Pa Ranjith begins shoot of *Sarpatta 2* P1

Nayan and Wikki celebrate fourth b'day of twins P2



Elavenil Valarivan has bagged silver in both the women's 10m air rifle team and individual events at the ongoing Asian Games

'I dedicate my Asian Games medals to my entire support system'

Soumitra Das

Elavenil Valarivan, who returned to India on Sunday after her Asian Games heroics, received a grand welcome back home. The ace shooter, who opened India's medal tally at the ongoing Asian Games (along with Sonam Maskar and Vidarsa Vinod) with a silver in the women's 10m air rifle team event, later won another silver medal in the women's individual 10m air rifle event.

Talking to us, an elated Elavenil shares, "I'm looking forward to spending a couple of days at home, before I leave again to train for future events. We had a memorable family lunch to celebrate the occasion. My aunt, who is an amazing cook, prepared all my favourite delicacies, including fish curry and fish fries. I feel grateful for all the love coming my way, but there is no room for any complacency."

Elavenil, who emulated her mentor Gagan Narang with the two medals (Narang had won two silver medals for India at the 2010 Asian Games), adds, "I had a memorable chat with Gagan sir after my second medal, and he jokingly asked me, 'When will you stop copying me?' I just feel grateful to follow in his footsteps."

CONTINUED ON 3

> I had a memorable chat with Gagan (Narang) sir after my second medal, and he jokingly asked me, 'When will you stop copying me?' I just feel grateful to follow in his footsteps

Rajamouli: Suriya is my inspiration for pan-India films



Suriya and Rajamouli

SS Rajamouli credited Suriya as the true pioneer who inspired him to take Telugu cinema beyond regional borders.

Speaking at an event in Chennai on Sunday, the *Baahubali* filmmaker cited the *Karuppu* actor's promotional efforts during *Ghajini* (2005) as a case study for reaching wider audiences.

"The main inspiration for me wanting to take Telugu cinema beyond Andhra Pradesh and Telangana is Suriya. Suriya, you are my inspiration for the pan-India film market," Rajamouli stated.

At the event, Rajamouli also hinted that he and Suriya have been in talks for a film together. "Whenever we do it, it's going to be really special," he said, while also expressing regret that their collaboration hasn't materialised yet.

Suriya was the original choice for Rajamouli's initial choice for his 2009 blockbuster *Magadheera*, but the actor had turned down the offer.

The filmmaker also heaped praise on Suriya's recent run, calling his back-to-back 2026 successes, *Karuppu* and *Vishwanath & Sons*, a "double *dhamaka*".

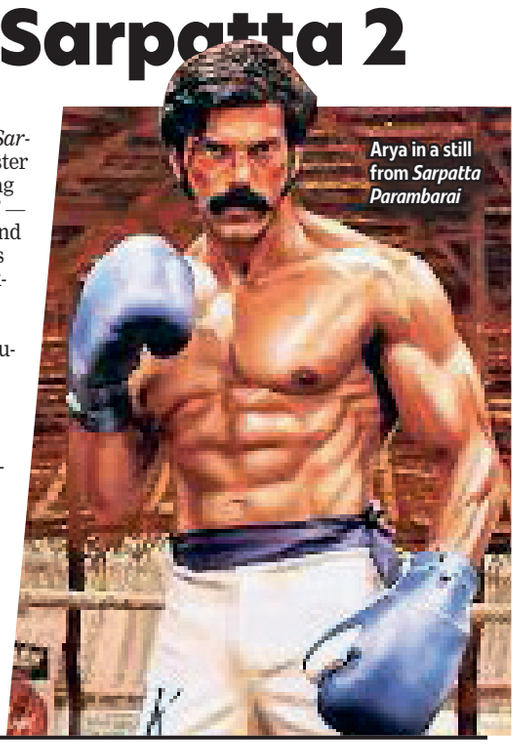
Ranjith, Arya get back in the ring for Sarpatta 2

Director Pa Ranjith has begun shooting the much-awaited sequel to his boxing drama *Sarpatta Parambarai*. The team unveiled a poster on Monday announcing the film, featuring a boxing ring and the words "The Origin of" and "Round 2" — hinting that the film will serve as both a prequel and a sequel. Buzz is that the film will trace the origins of the titular Sarpatta Parambarai while also picking up Kabilan's (Arya) story from the first film.

A source tells us, "Almost every actor from the principal cast of the original, including Arya, Pasupathy, Kalaiyarasan and Dushara Vijayan, will be part of this film as well. In addition, a few foreign actors have joined the cast this time. The shoot started three days ago in Chennai, and the team will be filming in places like Poonamallee and Nolambur during this schedule."

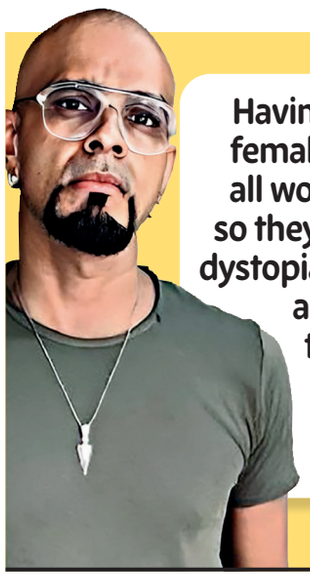
The source shares, "A Kishor Kumar, who shot *Thangalaan*, has been roped in as cinematographer. But the music director has not been fixed yet." Santhosh Narayanan had composed the music for the original.

The source shares, Ranjith has completed work on his current project *Vettuvam*, which is "ready for release". "He's set to begin his Hindi project next and will wrap up *Sarpatta 2* fast."



Arya in a still from *Sarpatta Parambarai*

VOICES



Having a Chief Minister (a female one at that) telling all women to stay indoors so they don't get raped is so dystopian, I can't believe these are the things we need to protest against now! But protest, we will. And bring the change that is needed

— Raghu Ram in a post on Instagram



The day a daughter can walk home alone at night, sit in a park after dark, wear whatever the hell she wants, take public transport without fear, or simply exist in a public space without calculating the risk of being assaulted... That is the day we should celebrate Daughter's Day

— Kriti Sanon in a post on Instagram

Taylor Swift, Madonna win big at a female-dominated VMAs

Taylor Swift and Madonna emerged as major winners at the 2026 MTV Video Music Awards, in a ceremony that largely celebrated female artistes. Swift took home the night's top honour, extending her record as the most-awarded artist in VMA history. Madonna, who entered the ceremony with 13 nominations, won seven trophies, including three presented during the telecast. Her wins included Best Collaboration for her track with Sabrina Carpenter, Best Dance and Artist of the Year.

TNN

> Most of you were probably not born when I performed at the very first VMAs 43 years ago. I spent the last year and a half finding myself, believing in myself and really making the music that I wanted to make... My hope for all of you here tonight is that you do the same. Find yourself and believe in yourself
>
> - Madonna, 68, as she accepted Artist of the Year award



Madonna brought the '80s club scene back to life at the VMAs, performing *Bring Your Love* with Sabrina Carpenter

FOR MORE 3



Want to dedicate this to the ultimate showgirl, Dolly Parton: Swift

Taylor Swift dedicated her award for Best Music Video at the 2026 Video Music Awards to the late Dolly Parton, "the ultimate showgirl." The winning video, *The Fate Of Ophelia*, from Swift's most recent album, *The Life Of A Showgirl*, was written and directed by Swift herself. "I want to thank and dedicate this award to one person, without whom this wouldn't be happening, and that person is the ultimate showgirl, Dolly Parton. Every single song that she wrote, her storytelling was so vivid and so rich. Listening to her songs, it's like watching the best music video you have ever seen in your life, every single time you hear what she has written," she wrote.

'There has to be censorship on social media'



Salman Khan

Salman Khan has raised concerns over the growing misuse of AI to create deepfake videos, calling it a "very serious thing" and urging stricter laws and action against those responsible.

Talking about it on a reality show, the actor said, "Someone made an AI video, or did AI voice dubbing; that is wrong. AI has progressed so much that it's very scary. It's a very serious thing. You said something, and someone used AI to edit it and hurled abuse at someone. You know what they're doing? They are making AI videos. Of a lot of people, and even I am there in the AI video."

He further added, "They should be put behind bars. Until at least one or two people like this go to jail, this is not going to stop. There has to be a law that needs to be passed, and there has to be censorship on social media." TNN

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

Know your heart before it warns you

For many people, a heart check-up begins only after chest pain, breathlessness, or an abnormal health report. But cardiovascular disease can develop silently for years," begins prof Dr Ajith Pillai.

"Preventive cardiology focuses on identifying and controlling risk factors before they lead to serious heart problems," he adds.

Stating that prevention should begin well before a heart attack, the doctor adds, "Early identification of risk factors gives us an opportunity to change the course of cardiovascular health."

KNOW YOUR NUMBERS

According to the doctor, regular monitoring of blood pressure, cholesterol, blood sugar, weight, and family history provides a more meaningful assessment of heart risk than relying on a single test such as an echocardiogram (ECG).

> **Healthy daily habits — including physical activity, a balanced diet, avoiding tobacco, adequate sleep, and managing stress — form the foundation of lifelong heart health**
>
> — Dr Ajith Pillai

"Cardiovascular risk should not be assessed using a single number. We need to consider the individual's age, family history, blood pressure, cholesterol, diabetes status, and lifestyle together," Dr Pillai explains.



Prof Dr Ajith Pillai, Interventional Cardiologist, Head of Department, Kauvery Hospitals, Radial Road, Chennai

IS A NORMAL ECG ENOUGH?

"A normal ECG does not necessarily mean that a person has no cardiovascular risk. These tests provide information about the heart, but do not replace assessment of factors such as hypertension, high cholesterol, diabetes, smoking, and obesity," the doctor shares.

The need for cardiac investigations, he says, should therefore be based on an individual's symptoms, age, and overall risk profile.

PREVENTION STARTS WITH EVERYDAY CHOICES

"Healthy daily habits — including physical activity, a balanced diet, avoiding tobacco, adequate sleep, and managing stress — form the foundation of lifelong heart health," he says, adding, "People who spend long hours sitting should also break up prolonged periods of inactivity with regular movement. Stress and poor sleep deserve attention as well, as they can contribute to cardiovascular risk."

"The aim of preventive cardiology is not to create fear about heart disease. It is to help people understand their risk and take action while there is still an opportunity to prevent future problems," says the doctor.

DON'T WAIT FOR THE WARNING

Sharing that preventive cardiology does not mean that everyone needs extensive cardiac testing, he states, "It means identifying people at increased risk and taking appropriate action early — through lifestyle modification, monitoring, or medication when clinically indicated."

"Heart health should not be treated as a concern only for older adults. Risk factors can accumulate from early adulthood. Knowing your family history, checking your health periodically and maintaining healthy habits can make prevention a lifelong process," the doctor concludes.

Disclaimer: The views/suggestions/ opinions expressed in the article are the sole responsibility of the experts.

SNAPSHOTS

@nayanthara







Actress Nayanthara and filmmaker Vignesh Shivan celebrated their twin sons, Uyir and Ulag's fourth birthday with a grand jungle-themed bash. The birthday boys twinned in grey co-ords and white T-shirts, while Vignesh matched them. Nayanthara opted for a pink checked *sari* for the celebrations.



SUDOKU CHALLENGE

Level: Medium

3					5	9	7	
					3			4
		9			7	1		
	4	6						
	9	5				7	4	
						5	6	
		1	6			2		
6			8					
	3	8	9					6

HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box.You can't change the digits already given in the grid. Every puzzle has one solution.

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

BEEOS

PSYIT

EHORPT

AIMSFH

HOW TO PLAY

Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

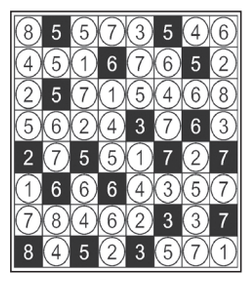
He that first cries out "___ _____" is often he that has stolen the treasure. - William Congreve (4,5)

TIMES HITORI

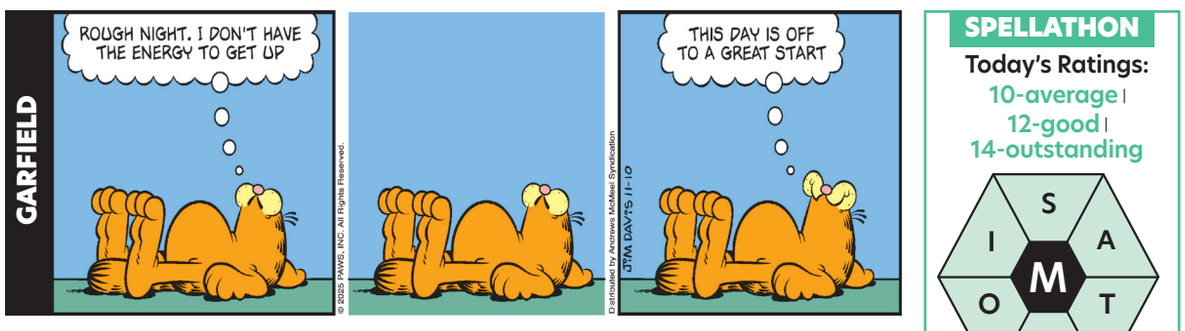
HOW TO PLAY

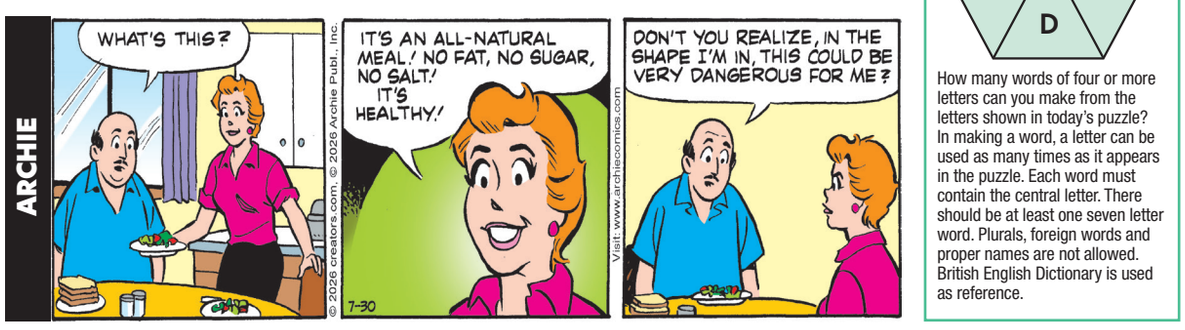
1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated.
5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 (4) 6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

2	6	4	9	6	1	6	2
2	8	4	6	3	7	5	9
2	2	7	9	4	2	1	3
6	3	6	1	3	4	5	8
2	1	2	4	9	3	7	5
1	9	4	2	7	5	1	4
7	7	1	3	6	1	9	2
3	5	3	7	8	2	4	1



Example





SPELLATHON

Today's Ratings:
10-average | 12-good | 14-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

THE DAILY CROSSWORD

1	2	3	4	■	5	6	7	8	9	10	■	11	12	13
14				■	15						■	16		
17				18							19			
20			■	21				■	22					■
23			24						25				■	■
■	■	■	26			27		28					29	30
31	32	33		■	34		35		■	■	■	36		
37				■	38				39		40			
41			■	■	■	42				■	43			
44			45	46	47		■	48		49		■	■	■
■	■	50				■	■	■	51			52	53	54
■	55					■	56	57			■	58		
59						60					61			
62			■	63						■	64			
65			■	66						■	67			

Created by Stella Zawistowski 29/09/2026

ACROSS
1 Contest of speed
5 Easter animal
11 Sales label
14 Chemistry building block
15 "Anchors __" (Navy song)
16 COVID-19 vaccine molecule: Abbr.
17 Canadian MLB team: 3 wds.
20 Finish
21 Archipelago part
22 Area for competition
23 Architect's work
25 Meshed fabrics
26 Restaurant worker
28 Royal fortresses
31 Texas city
34 Japanese wrestling style
36 Become more mature
37 Saudi Arabia neighbor
38 Literary cliche
40 Right away, to a doctor
41 "That's __ fair!"
42 Follow orders
43 Microscope part
44 Rules of a language
48 Sandwich shop
50 Severe discomfort
51 Big river animals
55 "No idea"
56 Top of a house
58 Starter course, for short
59 Rabbi or priest: 2 wds.
62 Pet that purrs
63 Foolish
64 Melody
65 TV interruptions
66 Courtroom note-takers
67 Simplify

DOWN
1 Gave four stars to, say
2 Make amends
3 Electronics cables
4 Moody genre
5 Very messy space: 2 wds.
6 Truant Gl: Abbr.
7 Actress Neuwirth
8 Cartoonist Keane
9 Reptile kept as a pet
10 "__ nothing more to say"
11 Convert to another language
12 Actress Taylor-Joy
13 Car's fuel
18 Almost here
19 Rocker Joan
24 Clickable image
27 Uproar
28 Made do
29 Author Jennifer
30 Solidifies
31 Comedian Ali
32 Love, in Spanish
33 Siege weapons
35 Unruly crowd
39 Slits in a mask
40 Long undergarment
45 Hand treatment
46 Charles of jazz
47 Rub with holy oil
49 __ of the party
52 City near Venice
53 Unlocks
54 Shopping bender
55 __ to the world
56 Render unusable
57 Veal __ buco
59 TV brand
60 Be in debt
61 Consumed

Monday's Puzzle Solved

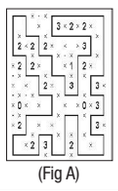
R	E	D	O	■	M	E	S	S	■	R	I	D	E	S
A	P	O	P	■	A	R	E	A	■	A	D	E	L	E
W	I	S	E	■	Y	A	W	N	■	T	E	A	S	E
■	C	A	R	L	O	S	S	A	N	T	A	N	A	■
■	■	A	E	R	■	■	N	U	L	L	■	■	■	■
P	R	O	T	E	S	T	■	T	R	E	S	S	E	S
L	I	N	E	■	■	A	M	O	S	■	■	A	P	T
A	G	E	D	■	T	B	O	N	E	■	P	U	C	E
Y	E	A	■	■	P	E	D	I	■	■	A	T	O	M
A	L	L	S	T	A	R	■	O	U	T	L	E	T	S
■	■	■	T	H	I	N	■	■	R	A	P	■	■	■
■	A	G	A	I	N	A	N	D	A	G	A	I	N	■
A	L	O	N	G	■	C	O	E	N	■	B	R	E	W
P	O	A	C	H	■	L	U	A	U	■	L	I	A	R
P	O	L	E	S	■	E	N	D	S	■	E	S	P	Y

©2026 Tribune Content Agency, LLC 28/09/2026

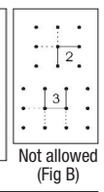
LOOP THE LOOP

RULES

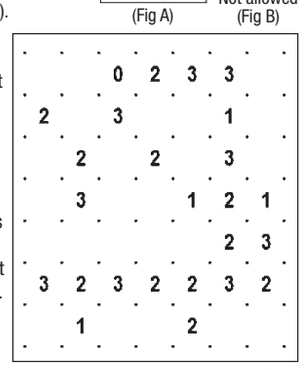
- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.



(Fig A)



Not allowed (Fig B)



HOW TO BEGIN:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend **(Fig B)**.



Book **Anupam V Kapil** for appt/written predictions: **9822042295** or **anupamvkapil@gmail.com**.

See what the stars have in store for you - according to your moon sign.

ARIES: You are realistic about your abilities and expectations for success. You might get more done than anticipated. Organizing things is a habit you might want to integrate into your everyday life.

TAURUS: Using your time practically will most certainly pay off at work. Turn your attention to matters of the heart. This is a very lucky day for making plans or decisions. Financial matters may grab your attention this afternoon.

GEMINI: You might have trouble getting started. How you express yourself will be very important. You may discover and find ways through any problem. Good advice from a close friend may be forthcoming.

CANCER: You need to decide on an exact date in order to make your goal happen. Faith, optimism, and a yearning to explore all kinds of new horizons are some of the focal points in your life at this time.

LEO: Be prepared to defend your work. The situation at work may put you in a position of demand. Slowly build up a strong base for financial security at your own pace.

VIRGO: Spend some time reviewing what you could do better. A colleague may change attitude for the better. You will be rewarded much sooner than you think. You are filled with good energy and possibly provoking a sensation of rebirth.

LIBRA: Someone is pushing you to make a big decision. You will have a big influence within group meetings. Time to show everyone your talents and changes. Chances of increasing your money are good.

SCORPIO: Your idea about how to make money will be very different from that of your boss or colleague. Keep talking, though. Your level of energy is high. You have the ability to turn a negative situation into a positive one with your insights.

SAGITTARIUS: You will find that relationships develop in a most positive way. Be creative and inventive in your work. Take a chance on your natural abilities. The return on your efforts will be worth it.

CAPRICORN: Hide your frustrations. You may find yourself probing some great internal changes. Do not take things too seriously; consider speaking out. Keep your finances under control.

AQUARIUS: Soon you will be able to see progress toward achieving your goals. Spend a great deal of effort in balancing commitments. You create positive outcomes when you remain focused and positive. It would be easy to make choices.

PISCES: This morning is in your favour for personal business. Your timing should be perfect, and those around you may find you most spontaneous.

EVENTS

MUSIC

Flute Recital: Sikkil Mala chandrasekhar at 6.15pm, at Arkay Convention Center, Luz, Mylapore.

Sivanisai Festival: Kunnakudi M Balamuralikrishna, MA Sundareswaran, Mylai M Karthikeyan at 5pm, at Narada Gana Sabha, TTK Road, Alwarpet.

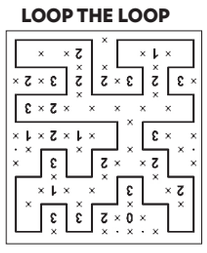
Email us at chennaitimes@timesofindia.com

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

2	3	8	9	7	1	4	5	6
6	7	4	8	5	2	3	9	1
9	5	1	6	3	4	2	8	7
1	2	3	7	4	8	5	6	9
8	9	5	3	1	6	7	4	2
7	4	6	5	2	9	8	1	3
4	6	9	2	8	7	1	3	5
5	8	7	1	9	3	6	2	4
3	1	2	4	6	5	9	7	8

LOOP THE LOOP



TIMES HITORI

3	5	■	7	8	2	4	1	■
■	9	■	1	3	6	■	7	■
1	9	2	■	2	7	5	■	4
5	1	2	4	9	3	7	■	8
6	3	■	1	■	4	■	8	■
■	2	7	■	4	■	1	3	■
2	8	■	6	3	7	5	9	■
6	4	9	■	1	■	■	■	2

SPELLATHON

admit, amid, amidst, atom, diatom, maid, mast, MASTOID, midst, mist, moat, moist, most, omit

SCRAMBLE

Words: Obese, tipsy, potter, famish
Answer: He that first cries out "stop thief" is often he that has stolen the treasure - William Congreve

Volume 19, Issue 270 Regno: TNENG/2008/26393
This newspaper is published by P Manikantan from Kochar Tower, 19, Venkatnarayana Road, Theagaraya Nagar, Chennai 600017 on behalf of Bennett Coleman & Co Ltd, edited by Kavya Christopher (Chennai Market - Responsible for selection of news under PRB Act) and printed by Julien Felix at The Times of India Press, 140 Old Mahabalipuram Road, Chemmenchery, Chennai 600119. All rights reserved. Reproduction in whole or in part without the written permission of the Publisher is prohibited. Tel. Nos. Chennai (044) 40401234, Fax: (044) 24335511

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)



‘If not for my support system, I’d have quit long ago’

Shooter Elavenil Valarivan won two silver medals at the 2026 Asian Games; (inset) with her coach Gagan Narang

CONTINUED FROM 1



Reflecting on her recent success, Elavenil says, “After the team event, I became more confident about doing well in the individual event too. Considering it’s the first time I have won medals at the Asian Games, it will always remain very special. I won quite a few bronze medals last year, so I feel happy to have done better on such a big stage.”

She adds, “People have praised me for being consistent over the last couple of years, and the credit goes to my entire team: my coaches, psychiatrist, nutritionist, manager and others. All of us have been in sync and worked hard on all those micro aspects which are crucial in such a competitive sport. I dedicate these medals to my entire support system. If I am here today, it’s largely due to the support of Gagan sir and my coach Neha Chavan, who never stopped believing in me.”

‘THERE WAS A PHASE WHEN I FELT LIKE GIVING UP’

While she remains one of India’s best shooters, Elavenil has had her share of lows too. She was criticised a lot when she failed to win a medal at the Olympics, and she had a couple of major injury scares (2017 and 2022). She says, “There were instances when I felt like giving up. After the 2022 injury, I was not in a good space physically and mentally. I had lost a lot of weight and was struggling with disc bulges. I am grateful to my support system because had it not been for their constant encouragement, I would have probably quit the sport a long time ago. They kept me going and asked me not to lose hope.”

> People have praised me for being consistent over the last couple of years, and the credit goes to my entire team. I dedicate these medals to my entire support system. If I am here today, it’s largely due to the support of Gagan sir and my coach Neha Chavan

FROM DESI BADDIES TO SUPERHERO CHIC:

Leading ladies at the VMAs



Charli XCX turned the VMAs into the ultimate fever-dream late-night party, teaming up with Madonna for a wild *Danceteria Afterhours* performance that brought out Sabrina Carpenter, Sombr, Debi Mazar, Julia Garner, and even Seth Rogen

Raye brought the Hollywood glamour aesthetic to life with her signature curled bob and her sparkly gown. She also delivered a red-hot rendition of *Where is My Husband!*

David Corenswet swapped his superhero cape for a strictly low-key suit at the VMAs

Paris Hilton iced herself in crystals from head to toe while hard-launching her new hair look at the VMAs

Lisa chose a wrestling-inspired outfit, complete with knee-high leather boots and with the words ‘Lisa Worldwide’ inscribed across the chest. She performed her newly released single, *SaWaDiKa*

Sombr’s makeup look did the heavy lifting in his custom ERL fall 2026 ensemble

Tyla looked like a desi baddie in a blue snakeskin-print bralette and low-rise skirt complete with a matching scarf-style choker

Stars who took home the honour

TECHNICAL CATEGORIES

Best Direction
Winner: Taylor Swift - *Opalite*

Best Art Direction
Winner: PinkPantheress - *Stateside* + Zara Larsson

Best Cinematography
Winner: Madonna - *Confessions II - The Film*

Best Editing
Winner: Sabrina Carpenter - *House Tour*

Best Choreography
Winner: Madonna - *Confessions II - The Film*

Best Visual Effects
Winner: Ariana Grande - *hate that i made you love me*

GENRE-SPECIFIC CATEGORIES

Best Pop
Winner: LISA - *Dream feat. Kentaro Sakaguchi*

Best Hip-Hop
Winner: *Cardi B feat. Kehlani - Safe*

Best R&B
Winner: *Bruno Mars - I Just Might*

Best Alternative
Winner: *Olivia Rodrigo - the cure*

Best Dance
Winner: *Madonna - Confessions II - The Film*

Best Latin
Winner: *Bad Bunny - NUEVAYoL*

Best K-Pop
Winner: *BTS - SWIM*

Best Country
Winner: *Ella Langley - Choosin’ Texas*

GENRE-NEUTRAL CATEGORIES

Video of the Year
Winner: Taylor Swift - *The Fate of Ophelia*

Artist of the Year
Winner: Madonna

Song of the Year
Winner: BTS - *SWIM*

Best New Artist
Winner: Sienna Spiro

Best Collaboration
Winner: Madonna & Sabrina Carpenter - *Bring Your Love*

SOCIAL CATEGORIES

Best Group
Winner: BTS

Best Album
Winner: Madonna - *Confessions II*

Best Long Form Video
Winner: Madonna - *Confessions II - The Film*

Song of Summer
Winner: *hate that i made you love me*



ECR, Injambakkam, Chennai | www.vgpuniversalkingdom.in | +91-8939700588



Visuals are for representation purposes only. Marine life and species may vary.

AYUDHA POOJA & DIWALI Orders Accepted
Ps4
Perambur Sri Srinivasa Sweets & Snacks
TRADITION SINCE 1981

Now @ GST ROAD
TAMBARAM SANATORIUM



Sweets & Snacks Pan India Delivery
Chennai | Thiruninravur | Tiruvallur | Tirupati
Festival Orders Booking Contact
78248 87732 / 92824 44888 / 89398 78733 / 89398 78735
perambur_sri_srinivasa perambur sri srinivasa Mail : info@perambursrinivasa.com www.perambursrinivasa.com

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

WORLD HEART DAY

SEPTEMBER 29, 2026

MSN Research for Better Medicines

Heart to Heart Promise

— A Patient Awareness Initiative —

WOMEN FACE HIGHER RISK OF HEART FAILURE AFTER HEART ATTACK



Dr. Asha Moorthy
Cardiologist

Women face a higher risk of developing heart failure after surviving a heart attack compared with men. Delayed treatment and less aggressive care contribute to this increased risk. Heart failure occurs when the heart cannot pump blood effectively, leading to breathlessness, fatigue, swelling, and reduced quality of life. Women may also experience slower recovery and more hospital readmissions. Early diagnosis, appropriate medications, lifestyle changes, and cardiac rehabilitation can significantly reduce complications. Regular follow-up care is essential to monitor heart function and prevent further damage. Awareness of this risk helps women seek timely care and adhere to treatment plans. With proper management, many women can live active and fulfilling lives after a heart attack.

BLOOD PRESSURE: THE SILENT RISK

High blood pressure is often called a silent condition because many people may have no noticeable symptoms. Yet uncontrolled blood pressure can place continuous stress on arteries and the heart and increase cardiovascular risk. World Heart Day is a timely reminder to check blood pressure regularly and understand the importance of maintaining it within a healthy range. Lifestyle measures such as reducing excess salt, eating a balanced diet, exercising regularly, maintaining a healthy weight, managing stress, and avoiding tobacco can help. Some people also need prescribed medicines, which should be taken consistently as advised. A single reading may not provide the complete picture, so repeated measurements may be recommended. Do not ignore persistently high readings because you feel well. This World Heart Day, make blood pressure monitoring part of your health routine



Dr. Aswin
Cardiologist

INCREASE PHYSICAL ACTIVITY AND REDUCING STRESS IN HEART FAILURE

Managing heart failure requires a holistic approach. Here are some tips:

Physical Activity: Aim for 30 minutes of exercise per day, most days of the week. Break it into shorter segments, and incorporate activities like walking, cycling, or swimming. Consult your clinician before starting any new exercise routine.



Dr. Bharath Kumar
Cardiologist

Reducing Stress: Engage in stress-reducing activities like deep breathing, yoga, tai chi, or hobbies. Take time to relax and recharge.

Getting Support: Don't isolate yourself. Talk to your healthcare provider about support options, such as counseling or support groups. Stay connected with friends and family, and prioritize your mental and emotional well-being.

MAKE EVERY BEAT COUNT



Dr. E Satish Kumar
Cardiologist

The heart beats continuously, supporting every moment of our lives. Yet many people pay attention to heart health only when symptoms appear. World Heart Day reminds us that prevention should begin before problems develop. A heart-healthy lifestyle includes nutritious food, regular physical activity, healthy weight management, adequate sleep, stress control, tobacco avoidance, and appropriate medical check-ups. Knowing important health numbers such as blood pressure, cholesterol, and blood sugar can help identify risks early. Heart health is influenced by daily choices, but it is also shaped by supportive families, workplaces, and communities. This World Heart Day, take a moment to appreciate your heart and commit to protecting it. Every healthy choice matters, every day, because every heartbeat counts.

DIET IN HERAT FAILURE

To manage heart failure, adopting a healthy diet is crucial. Here are some tips:

- Limit sodium intake to 2,000 mg per day to reduce water retention and alleviate symptoms.
- Be mindful of "hidden" salt in processed and prepared foods, and read food labels carefully.
- Limit alcohol and fluids as advised by your physician.
- Opt for lean meats, poultry, and oily fish (like salmon) at least twice a week.
- Avoid processed and prepared foods high in sodium and unhealthy fats.
- Choose baked or steamed dishes over fried options when dining out.
- Use herbs, lemon juice, and spices to add flavor instead of salt.



Dr. G Panneerselvam
Cardiologist

WHAT IS HEART FAILURE?

Heart failure does not mean that the heart has stopped working. It is a condition in which the heart cannot pump blood sufficiently to meet the body's needs. It can develop because of coronary artery disease, previous heart attack, high blood pressure, heart valve disease, cardiomyopathy, diabetes, and other conditions. Common symptoms include breathlessness, fatigue, swelling of the legs or ankles, reduced exercise tolerance, and difficulty breathing when lying down. Symptoms can develop gradually and may sometimes be mistaken for normal ageing. Early diagnosis and appropriate treatment can improve symptoms, reduce hospitalizations, and support quality of life. On World Heart Day, understanding heart failure is important because early recognition and comprehensive management can help people live healthier lives while reducing the burden of this condition.



Dr. K N Srinivasan
Cardiologist

THE HEART AND KIDNEY CONNECTION

The heart and kidneys work closely together to maintain circulation, fluid balance, and blood pressure. Problems affecting one organ can influence the other. Chronic kidney disease is associated with increased cardiovascular risk, while heart conditions can also affect kidney function. High blood pressure and diabetes are important shared risk factors for both conditions. Managing these risk factors can therefore benefit multiple organs simultaneously. People with kidney disease may require regular monitoring of blood pressure, blood tests, medications, and other aspects of cardiovascular health. Individuals with heart disease should also follow medical advice regarding kidney function and fluid management. World Heart Day highlights the importance of viewing the body as an interconnected system. Protecting the heart is not an isolated goal; it is part of protecting overall organ health.



Dr. Karthik Sabapathy
Cardiologist

BLOOD PRESSURE CONTROL IS CRITICAL FOR WOMEN'S HEART HEALTH



Dr. N Muhasudeen
Cardiologist

Blood pressure control is critical for women's heart health and wellbeing. High blood pressure often develops silently, causing damage to arteries and the heart without obvious symptoms. Women may experience hormonal changes, pregnancy-related complications, or menopause-related increases in blood pressure, raising cardiovascular risk. Uncontrolled blood pressure significantly increases the chances of heart attack, stroke, heart failure, and kidney disease. Regular monitoring helps detect problems early and guide treatment decisions. Lifestyle measures such as reducing salt intake, maintaining a healthy weight, exercising regularly, and managing stress play a key role. Many women also require medications to achieve safe targets. Effective blood pressure control protects the heart and improves quality of life.

MSN Research for Better Medicines

Presents

Heart to Heart Promise

A Patient Awareness Initiative

HEART ATTACK RECOVERY CAN BE MORE CHALLENGING FOR WOMEN

Heart attack recovery can be more challenging for women due to social and biological factors. Women often experience delayed diagnosis, which may result in greater heart damage and slower healing. After discharge, many women report persistent fatigue, breathlessness, and reduced confidence when resuming daily activities. Emotional challenges such as anxiety and depression are also more common and may interfere with recovery. Women are less frequently referred to cardiac rehabilitation, despite strong evidence that these programs improve survival and quality of life. Family responsibilities and limited support can restrict participation in recovery care. Regular follow-up, adherence to medicines, physical activity, and emotional support are essential for recovery.



Dr. P Pugazhendhi
Cardiologist

HEART FAILURE: COMMON QUESTIONS IN THE PERSON'S MIND

Heart failure occurs when the heart becomes too weak or stiff to pump blood effectively. Several factors contribute to heart failure, including:

- Coronary artery disease (CAD), which blocks blood supply to the heart
- High blood pressure, which strains the heart
- Damaged heart valves, which can be repaired to improve heart function

To diagnose heart failure, doctors assess the heart's ejection fraction, which measures the percentage of blood pumped out by the left ventricle. A normal ejection fraction is 50-65%. Heart failure can be categorized into two types: systolic heart failure (HF-rEF) and diastolic heart failure (HF-pEF).



Dr. Ravindran R
Cardiologist

AVOID THESE FOODS IN HEART FAILURE

To improve quality of life with heart failure, make simple dietary adjustments. Focus on eating a variety of fresh fruits and vegetables daily, which are low in calories and rich in vitamins, minerals, and fiber.

Limit or avoid:

- Alcohol, which can weaken the heart muscle
- Excessive salt, which can cause fluid retention and worsen high blood pressure
- Highly processed grains, such as white bread and sugary cereals
- Processed meats, which are high in sodium
- Saturated fats, instead opting for monounsaturated and polyunsaturated fats from sources like olive oil, avocados, and nuts.



Dr. Velmarriyappan
Cardiologist

HEART HEALTH AT EVERY AGE



Dr. Vimal Kumar R
Cardiologist

Heart health begins long before old age. Children and young adults can develop habits that influence cardiovascular health for life. Regular movement, nutritious food, healthy sleep, and avoiding tobacco can establish a strong foundation early. As people grow older, monitoring blood pressure, cholesterol, blood glucose, weight, and other risk factors becomes increasingly important. Family history may also influence risk, making awareness especially valuable. Heart disease is not simply an older person's problem, and younger age does not make unhealthy habits harmless. The best approach is to build healthy routines before problems. This World Heart Day, families can make heart health a shared goal by walking together, preparing nutritious meals, and encouraging active lifestyles. Protecting the heart is a lifelong journey, and every age offers an opportunity to make healthier choices.

This is patient awareness initiative by MSN labs. The views and opinions expressed here are based on the expertise of the doctors and is not endorsed by MSN labs and BCCL. Reader's are advised to seek to necessary medical advised from a qualified medical practitioner

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TIMES HEALTH SURVEY

Circulated with The Times of India, Chennai

Tuesday, 29 September, 2026

An Advertorial, Health Promotional Feature
An Optimal Media Solutions Initiative, A division of Times Internet Limited

ALL INDIA LIFESTYLE HOSPITAL & CLINIC RANKING SURVEY 2026

The objective of this research was to identify the Hospitals/ clinics for various Lifestyle Specialities in India. The specialities that were included in the research were Bariatrics, Orthopedics, Diabetes, Hair & Tricology, Plastic Surgery, Skin & Dermatology, Opthalmology, Dental and IVF.

M-Multi-Speciality Hospital; S-Single Speciality Hospital; C-Clinics; SC-Super Clinic Chain

BARIATRICS

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Laparo Obeso Centre - (LOC) Healthcare, Sadashiv Peth, Pune	S
3	GEM Hospital, Ramanathapuram, Coimbatore	S
4	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
5	P. D. Hinduja Hospital & Medical Research Centre, Khar, Mumbai	M
6	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
7	Max Super Speciality Hospital, Saket, Delhi	M
7	KIMS - LIVLIFE Hospitals, Begumpet, Hyderabad	S
8	Medanta - The Medicity, Sector-38, Gurugram	M
8	Fortis Memorial Research Institute, Sector 44, Gurugram	M
9	Mohak Bariatrics And Robotics, Ujjain State Highway, Indore	S
9	MGM New Bombay Hospital, Vashi, Mumbai	M
10	Manipal Hospitals, Mukundapur, Kolkata	M
11	AIG Hospitals, Gachibowli, Hyderabad	M
12	Kauvery Hospital, Mylapore , Chennai	M
13	Noble Hospital and Research Centre, Hadapsar, Pune	M
13	Sahayadri Super Speciality Hospital, Deccan Gymkhana, Pune	M
14	Sir Ganga Ram Hospital, Old Rajinder Nagar, Delhi	M
14	Fortis Flt. Lt. Rajan Dhall Hospital, Vasant Kunj, Delhi	M
15	GEM Hospital, Gandhi Nagar, Chennai	S
16	BLK-Max Super Speciality Hospital, Rajindera Nagar, Delhi	M
16	Park Hospital, Sector-47, Gurugram	M
17	Lifeline Multispecialty Hospitals, Kilpauk, Chennai	M
18	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
19	Dr L H Hiranandani Hospital, Powai, Mumbai	M
19	Jupiter Hospital, Thane, Mumbai	M

SOUTH REGION – MULTI HOSPITALS

Rank	Name	M/S
1	AIG Hospitals, Gachibowli, Hyderabad	M
2	Kauvery Hospital, Mylapore , Chennai	M
3	Lifeline Multispecialty Hospitals, Kilpauk, Chennai	M
4	Gleneagles Global Hospitals, Lakdi ka pul, Hyderabad	M
4	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
5	MGM Healthcare, Amnijkarai, Chennai	M
6	Chettinad Super Speciality Hospital, Kelambakkam, Kanchipuram	M
7	PSG Hospitals, Peelamedu, Coimbatore	M
8	Royal Care Super Speciality Hospital, Neelambur, Coimbatore	M
9	Sri Ramakrishna Hospital, Sidhapudur, Coimbatore	M
10	Aster CMI Hospital, Hebbal, Bengaluru	M

SOUTH REGION – SINGLE HOSPITALS

Rank	Name	M/S
1	GEM Hospital, Ramanathapuram, Coimbatore	S
2	KIMS - LIVLIFE Hospitals, Begumpet, Hyderabad	S
3	GEM Hospital, Gandhi Nagar, Chennai	S

CHENNAI CITY – MULTI HOSPITALS

Rank	Name	M/S
1	Kauvery Hospital, Mylapore	M
2	Lifeline Multispecialty Hospitals, Kilpauk	M
3	MGM Healthcare, Amnijkarai	M
4	MIOT International, Manapakkam	M
5	Glenagles Health City, Perumbakkam	M
6	Sri Ramachandra Medical Centre, Ramachandra Nagar	M
7	Chennai Meenakshi Multispeciality Hospital, Mylapore	M
8	Aarthi Hospital, Kovilpatti	M
9	Noble Hospital, Purasaiwakkam	M
10	St Thomas Hospital, Defence Colony Road	M

CHENNAI CITY – SINGLE HOSPITALS

Rank	Name	M/S
1	GEM Hospital, Gandhi Nagar	S

CHENNAI CITY – CLINICS

Rank	Name	
1	Chennai Gastro Care, Alwarpet	C
2	Chennai Obesity & Gastro Surgeons Centre (COGS), Velacherry	C
3	UNI Slim Care, Alwarpet	C

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

ORTHOPEDICS

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
1	P. D. Hinduja Hospital & Medical Research Centre, Mumbai	M
2	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
2	Max Super Speciality Hospital, Saket, Delhi	M
3	Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Andheri, Mumbai	M
4	MGM New Bombay Hospital, Vashi, Mumbai	M
4	Medanta -The Medicity, Sec- 38, Gurugram	M
5	Sahyadri Super Speciality Hospital, Deccan Gymkhana, Pune	M
5	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
6	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
7	Dr L H Hiranandani Hospital, Powai, Mumbai	M
7	Jupiter Hospital, Thane, Mumbai	M
8	Hiranandani Hospital (A Fortis Network Hospital), Vashi, Mumbai	M
8	Manipal Hospitals, Mukundapur, Kolkata	M
9	Breach Candy Hospital, Bhulabhai Desai Road, Mumbai	M
9	KIMS-Sunshine Hospitals, Begumpet, Hyderabad	M
10	Lilavati Hospital and Research Centre, Bandra, Mumbai	M
11	Saifee Hospital, Charni Road, Mumbai	M
11	Soundarapandian Bone and Joint Hospital, Anna Nagar, Chennai	S
12	S.L Raheja Hospital (A Fortis Associate), Mahim, Mumbai	M
12	Sarvodaya Hospital, Sector- 8, Faridabad	M
13	BLK-Max Super Speciality Hospital, Rajinder Nagar, Delhi	M
13	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
14	Bharati Vidyapeeth's Bharati Hospital and Research Center, Dhankawadi, Pune	M
15	Aster Medcity, Cheranalloor, Kochi	M
16	Indian Spinal Injuries Centre, Vasant Kunj, Delhi	M
17	PSRI Hospital, Sheikh Sarai, Delhi	M
18	Park Hospital, Sector 47, Gurugram	M
18	Fortis Hospital, Sector-62, Mohali	M
19	Srikara Hospitals, RTC Cross Road, Hyderabad	M
20	Fortis Memorial Research Institute, Sector 44, Gurugram	M

SOUTH REGION – HOSPITALS

Rank	Name	M/S
1	KIMS-Sunshine Hospitals, Begumpet, Hyderabad	M
2	Soundarapandian Bone and Joint Hospital, Anna Nagar, Chennai	S
3	Aster Medcity, Cheranalloor, Kochi	M
4	Srikara Hospitals, RTC Cross Road, Hyderabad	M
5	Aster CMI Hospital, Hebbal, Bengaluru	M
5	HOSMAT Hospital, Magrath Road, Bengaluru	M
6	Kauvery Hospital, Alwarpet, Chennai	M
6	Dr. Mehta's Hospitals, Chetpet, Chennai	M
7	Dr Muthus Super Specialty Ortho Hospital, Singanallur, Coimbatore	S
8	Dr. Lenin's Orthoinde Hospital, Anna Nagar, Chennai	S
8	Rathimed Speciality Hospital, Anna Nagar, Chennai	M
9	MGM Healthcare, Amnijkarai, Chennai	M
9	United Hospital, Kalaburagi, Kalaburagi	M
10	Star Hospitals, Banjara Hills, Hyderabad	M
11	Yashoda Hospitals, Somajiguda, Hyderabad	M
12	MAMS Hospitals, Bachupally, Hyderabad	M
13	Sri Hospitals, Tondiarpet, Chennai	M
14	Trilife Hospital, Kalyan Nagar, Bengaluru	M
14	Fortis Hospital, Bannerghatta Road, Bengaluru	M
15	Ortho-One Orthopaedic Speciality Centre, Trichy Road, Coimbatore	S

CHENNAI CITY – MULTI HOSPITALS

Rank	Name	M/S
1	Kauvery Hospital, Alwarpet	M
1	Dr. Mehta's Hospitals, Chetpet	M
2	Rathimed Speciality Hospital, Anna Nagar	M
3	MGM Healthcare, Amnijkarai	M
4	Sri Hospitals, Tondiarpet	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	LIFELINE Multispeciality Hospitals, Kilpauk	M
8	Prashanth Hospital, Velachery	M
9	COSH Multispeciality Hospital, Tambaram	M

CHENNAI CITY – SINGLE HOSPITALS

Rank	Name	M/S
1	Soundarapandian Bone and Joint Hospital, Anna Nagar	S
2	Dr. Lenin's Orthoinde Hospital, Anna Nagar	S
3	Orthomed Hospital, Royapettah	S

CHENNAI CITY – CLINICS

Rank	Name
1	Astra Ortho n Spine Center, Velachery

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

OPHTHALMOLOGY

NATIONAL - HOSPITALS

Rank	Name	M/S
1	L V Prasad Eye Institute, Banjara Hills, Hyderabad	S
1	Sir H. N. Reliance Foundation Hospital and Research Centre, Girgaon, Mumbai	M
2	Narayana Nethralaya, Rajajinagar, Bengaluru	S
3	Asian Eye Hospital and Lasik Laser Institute, Sakar 10, Pune	S
3	P. D. Hinduja Hospital and Medical Research Centre, Mumbai	M
4	Rajan Eye Care Hospital, T.Nagar, Chennai	S
5	Centre for Sight Eye Hospital, Safdarjung Enclave, Delhi	S
6	Sankara Nethralaya, College Road, Chennai	S
7	Aravind Eye Hospital, Anna Nagar, Madurai	S
8	Dr Dudhbhate Netralaya And Retina Centre, Manik Baug , Pune	S
8	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
9	Sanjivani Eye Hospital, Navrangpura, Ahmedabad	S
10	MGM New Bombay Hospital, Vashi, Mumbai	M
10	Smart Vision Eye Hospitals, Srinagar Colony, Hyderabad	S
11	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
12	Fortis Memorial Research Institute, Sector 44, Gurugram	M
13	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
13	L V Prasad Eye Institute, Patia Rd, Bhubaneswar	S
14	Dr L H Hiranandani Hospital, Powai, Mumbai	M
14	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
15	Navkar Eye Hospital, Ambawadi, Ahmedabad	S
15	Park Hospital, Sector 47, Gurugram	M
16	Dr Muralidhar Eye Hospital, Nayapalli, Bhubaneswar	S
16	Ruby Eye Hospital, Govinda Bihar, Berhampur	S
17	Eye7 Hospitals, Lajpat Nagar, Delhi	S
18	Aster MIMS Hospital, Govindapuram, Calicut	M
19	Max Super Speciality Hospital, Saket, Delhi	M

SOUTH REGION – MULTI HOSPITALS

Rank	Name	M/S
1	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
2	Aster MIMS Hospital, Govindapuram, Calicut	M
3	Kasturba Hospital, Manipal	M
4	Aster CMI Hospital, Hebbal, Bengaluru	M
5	Billroth Hospitals, Shenoy Nagar, Chennai	M
6	Ramaiah Memorial Hospital, M S Ramaiah Nagar, Bengaluru	M
7	ACS Medical College and Hospital, Velappanchavadi	M
8	Royal Care Super Speciality Hospital, Neelambur	M
9	MIOT International, Manapakkam, Chennai	M

SOUTH REGION – SINGLE HOSPITALS

Rank	Name	M/S
1	L V Prasad Eye Institute, Banjara Hills, Hyderabad	S
2	Narayana Nethralaya, Rajajinagar, Bengaluru	S
3	Rajan Eye Care Hospital, T.Nagar, Chennai	S
4	Sankara Nethralaya, College Road, Chennai	S
5	Aravind Eye Hospital, Anna Nagar, Madurai	S
6	Smartvision Eye Hospitals, Srinagar Colony, Hyderabad	S
7	Shekar Eye Hospital, J P Nagar, Bengaluru	S
8	L V Prasad Eye Institute, Tadigadapa, Vijayawada	S
9	Devi Eye Hospital, Koramangala, Bengaluru	S
10	Shekhar Hospital, J P Nagar, Bengaluru	S
11	L V Prasad Eye Institute, Hanumanthawaka Junction, Visakhapatnam	S
12	Maxivision Eye Hospital, Somajiguda, Hyderabad	S
13	Pristine Eye Hospitals, Madhapur, Hyderabad	S
14	MediVision Eye Care Centre, Masab Tank, Hyderabad	S
15	Neo Vision Eye Care & Laser Centre, Habsiguda, Hyderabad	S

CHENNAI CITY – HOSPITALS

Rank	Name	M/S
1	Rajan Eye Care Hospital, T.Nagar	S
2	Sankara Nethralaya, College Road	S
3	Billroth Hospitals, Shenoy Nagar	M
4	ACS Medical College and Hospital, Velappanchavadi	M
5	MIOT International, Manapakkam	M
6	Sri Lalithambigai Medical College & Hospital. Maduravoyal	M
7	MGM Healthcare, Amnijkarai	M
8	Glenagles Health City, Perumbakkam	M
9	Kauvery Hospitals, Mylapore	M

CHENNAI CITY – CLINICS

Rank	Name
1	American Eye Care Centre, Valasaravakkam
2	Uma Eye Clinic, Anna Nagar
3	Darshan Eye Care, Annanagar

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

WE TAKE WALKING FOR GRANTED, UNTIL WE CAN'T

For most of us, walking is almost invisible. We get out of bed, go to work, climb stairs, exercise, travel and move through our day without thinking about the two feet making all of it possible.

For Dr. Vishwanathan Vishnu Vijay (Dr. Vishnu), Co-founder of Stepwise Health, that changed when a fracture temporarily took away something he had always taken for granted—his mobility.

Living alone in the UK at the time, even ordinary activities suddenly required help.

"That experience made me realise that mobility is much more than movement. It is independence. It is the ability to work, to live on your own terms and to retain your dignity," says Dr. Vishnu.

As a doctor, however, he had already seen the other end of that story.

He had watched people live with persistent foot pain and gradually restrict their lives around it. More seriously, he had witnessed people with diabetes develop wounds that progressed into ulcers and, sometimes, lose parts of their feet through successive amputations.

The numbers underline that reality. In one recent Indian urban-community study, 15.29% of people presenting with diabetic foot ulcers underwent a minor or major amputation.

But the loss is not measured only in toes



Dr. Vishwanathan Vishnu Vijay, Co-founder of Stepwise Health







or limbs. It can mean losing the ability to work, exercise, travel independently or simply walk without depending on another person. Mobility, ultimately, is dignity.

These experiences eventually shaped an idea that Dr. Vishnu developed while studying in the UK. Stepwise approaches foot health by beginning not with a product, but with a question: What does this particular pair of feet actually need?



Consider a young professional who develops heel pain after spending ten hours a day on their feet. A person with flat feet who repeatedly experiences discomfort after walking. A senior citizen becoming less confident with every step. Or someone with diabetes who feels perfectly well, but may be gradually losing sensation in the feet. The answer for each can be very different.



At the Stepwise Health Experience Store in Adyar, technology is therefore used to understand the problem before recommending a solution. A 3D foot scan helps identify foot structure and arch patterns that may contribute to discomfort. NeuroTouch assessment helps evaluate nerve sensitivity—particularly important for people who may not adequately feel an injury to their feet. In-shoe pressure assessment goes a step further by examining where excessive pressure develops while a person actually walks.

"Technology is useful only when it helps us answer a practical question: why is this person experiencing a problem, and what can we do about it? We want to understand the feet first and then find the right solution," explains Dr. Vishnu.

Those solutions can range from everyday and therapeutic footwear, customised insoles, bamboo socks and foot-care products to specialised offloading and post-surgical footwear for more complex foot conditions.

The underlying idea remains the same whether it is a working professional with heel pain or a person at risk of a diabetic foot complication: preserve movement for as long as possible.

"We shouldn't have to lose our mobility before we begin valuing it. Our feet carry our work, our independence and, in many ways, our freedom. Give them the care they deserve," says Dr. Vishnu.

For more information, contact:
Stepwise Health — Engineering Foot Wellness
5th St, Padmanabha Nagar, Adyar, Chennai,
+91 98943 99107, 91505 42999
enquiry@stepwisehealth.in

More than meds: How you navigate weight loss, matters most in diabetes

India is home to nearly 90 million adults with diabetes, and almost 43% remain undiagnosed, as per the International Diabetes Federation's 2025 Diabetes Atlas. With numbers this large, diabetes can no longer be treated as a blood-sugar-only condition; it has to be managed as the complex, whole-body syndrome.

One of the biggest shifts in recent years is the growing recognition of how closely diabetes and excess weight are linked. The American Diabetes Association's 2026 Standards of Care now place weight management alongside glycemic control as a primary treatment goal, as even a 5-7% reduction in body weight meaningfully improves glucose, blood pressure and cardiovascular risk.

Apollo Sugar® Clinics

Newer therapies, particularly GLP-1 receptor agonists and dual GIP/GLP-1 agents, offer strong glycaemic control alongside significant weight reduction. But prescribing the medicine is only the first step. These therapies often cause gastrointestinal side effects during dose escalation, and published research suggests that nearly half of the patients discontinue such treatment within the first year when these effects go unmanaged.



This is where Apollo Sugar Clinics' model makes a difference. Patients are supported through a structured, end-to-end journey rather than an isolated prescription: consultants lead clinical decisions, dietitians guide adjustments through dose escalation, and Diabetes Educators stay in regular touch to help patients manage day-to-day challenges, alongside direct nutritionist chats on diet and medication queries.

This continuous-care philosophy already runs through Apollo Sugar's structured programs, Sugar 90 and Sugar 360, where connected devices like the Apollo Glucometer relay blood sugar readings directly to the care team for timely advice on diet, exercise and medication. It is this same model of continuous, connected support that Apollo Sugar now aims to extend to patients on GLP-1-based therapy.

Building on this foundation, Apollo Sugar is developing a comprehensive digital care console to unify a patient's entire journey, from first consultation through therapy initiation, monitoring and follow-up, on a single platform. This platform is expected to be available for use by the first quarter of 2027.

At Apollo Sugar, the goal isn't just starting the right treatment; it's helping patients stay on it, sustainably, for the long term.

For more information, contact:
Apollo Sugar Clinics
Phone: 1860 500 7788
www.apollosugar.com

Apollo Dental: Setting New Standards in Modern Oral Healthcare

Oral healthcare is no longer confined to treating dental problems—it is increasingly recognized as an integral part of overall health and well-being. As patient expectations evolve, the focus of dentistry has shifted towards prevention, precision, and personalized care. Patients today seek healthcare providers who combine clinical expertise with advanced technology, ethical practice, and a reassuring patient experience.Apollo Dental has been one of the forerunners of this transformation, continually raising the standards of organized dentistry in India.

Apollo Dental

With over 294 clinics across 49 cities and a network of nearly 850 dentists and specialists, Apollo Dental has built one of India's largest organized dental healthcare networks. Every year, more than 1.75 lakh patients receive comprehensive oral healthcare services at Apollo Dental, reflecting the organization's unwavering commitment to quality, consistency, and clinical excellence. At Apollo Dental, every patient journey begins with a comprehensive diagnosis and evidence-based treatment plan. Clinical decisions are guided by transparency, ethics, and individual patient needs, ensuring that care is not only effective but also personalized and focused on long-term oral wellness.Modern dentistry continues to evolve through technological innovation. Apollo Dental integrates advanced capabilities such as CBCT imaging, Guided Biofilm Therapy (GBT), Digital Smile Design, digital intraoral scanning, navigation-guided implantology, laser dentistry, dental operating microscopes, and CAD/CAM digital restorations, enabling clinicians to deliver precise, minimally invasive, and predictable treatment outcomes while enhancing patient comfort.

Beyond technology, Apollo Dental believes that excellence is driven by people. Continuous clinical education, multidisciplinary collaboration, and adherence to standardized treatment protocols ensure that every patient benefit from the latest scientific advancements and globally accepted best practices.

As it continues to expand across the country, Apollo Dental remains committed to its enduring purpose—advancing oral healthcare through ethical practice, clinical care, innovation, and compassionate care, while helping every individual achieve a healthier smile and a better quality of life.Services Offered:

- AI-Integrated Diagnostic Dentistry
- CBCT & Advanced 3D Diagnostics
- Digital Dentistry & Complete Intraoral Scanning
- Guided Biofilm Therapy (GBT)



- Digital Smile Design
- Cosmetic & Aesthetic Dentistry
- Invisible Aligners & Orthodontics
- Navigation-Guided Dental Implantology
- Full Mouth Rehabilitation
- Microscope-Assisted Dentistry
- Single-Sitting Root Canal Treatment
- Laser Dentistry
- Crowns, Bridges & CAD/CAM Digital Restorations
- 3D Printing for Dental Appliances
- Advanced Gum Care (Periodontics)
- Preventive Dentistry
- Pediatric Dentistry
- Oral & Maxillofacial Surgery
- Painless Extractions

For more information, contact:
Apollo Dental
Call: 1800 102 0288
Visit: www.apollodental.in

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

M-Multi-Speciality Hospital; S-Single Speciality Hospital; C-Clinics; SC-Super Clinic Chain

DENTISTRY

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Medanta - The Medicity, Sector 38, Gurugram	M
3	FMS Dental Hospitals, Koti, Hyderabad	S
4	Jaslok Hospital & Research Centre, Peddar Road, Mumbai	M
5	Max Super Speciality Hospital, Saket, Delhi	M
6	Balaji Dental And Craniofacial Hospital, Teynampet, Chennai	S
7	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
8	National Dental Care, Kukatpally, Hyderabad	S
9	Manipal Hospitals, Dhakuria, Kolkata	M
10	Institute of Dental Sciences (IDS), SOA (Deemed to be University), Kalinga Nagar, Bhubaneswar	M
10	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
11	MGM New Bombay Hospital, Vashi, Mumbai	M
12	D. Y. Patil Dental College & Hospital, Pimpri, Pune	S
13	Aster Medcity, Cheranalloor, Cochin	M
14	Noble Hospitals & Research Centre, Hadapsar	M
15	BLK-Max Super Speciality Hospital, Rajendra Place, Delhi	M
16	CARE Hospitals, Banjara Hills, Hyderabad	M
17	Peerless Hospital, Panchasayar, Kolkata	M
18	Park Hospital, Sector 47, Gurugram	M
19	Dr LH Hiranandani Hospital, Powai, Mumbai	M
20	Yashoda Hospitals, Somajiguda, Hyderabad	M
20	Fortis Memorial Research Institute, Sector 44, Gurugram	M

NATIONAL – SUPER CLINIC CHAIN

Rank	Name
1	Apollo Dental
2	DENTISTICO- Centre For Dental Excellence
3	Smile & Profile Dental Treatment Centre
4	32 Dental care
5	Partha Dental

SOUTH REGION – HOSPITALS

Rank	Name	M/S
1	FMS Dental Hospitals, Koti, Hyderabad	S
2	Balaji Dental And Craniofacial Hospital, Teynampet, Chennai	S
3	National Dental Care, Kukatpally, Hyderabad	S
4	Aster Medcity, Cheranalloor, Cochin	M
5	CARE Hospitals, Banjara Hills, Hyderabad	M
6	Yashoda Hospitals, Somajiguda, Hyderabad	M
7	Royal Care Super Speciality Hospital, Neelambur, Coimbatore	M
8	KIMS hospitals, Secunderabad, Hyderabad	M
9	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
10	Sri Ramakrishna Hospital, Siddhapudur, Coimbatore	M

SOUTH REGION – SUPER CLINIC CHAIN

Rank	Name
1	Apollo Dental
2	Narayana Specialists Dental and Implant Center
3	32 Dental care
4	Partha Dental
5	DentisTree

CHENNAI CITY – HOSPITALS

Rank	Name	M/S
1	Balaji Dental And Craniofacial Hospital, Teynampet	S
2	Glenagles Health City, Perumbakkam	M
3	Sri Ramachandra Medical College and Research Institute, Ramachandra Nagar	M
4	Lifeline Multispecialty Hospitals, Kilpauk	M
5	A.C.S Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College And Hospital, Maduravoyal	M
7	Sooriya Hospital, Saligramam	M
8	MIOT International, Manapakkam	M

CHENNAI CITY - SUPER CLINIC CHAIN

Rank	Name
1	Apollo Dental
2	32 Dental care
3	DentisTree

CHENNAI CITY - CLINICS

Rank	Name
1	Opal Dentistry, Nungambakkam
2	Dr. Kishor'S Dentistry, Kilpauk
3	Yash Dental, Adyar
4	Balaji Dental Clinic, Padupakkam
5	Blue Dental, Anna Nagar East

CHENNAI CITY - EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

DIABETOLOGY

NATIONAL - MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Sir H. N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
1	P. D. Hinduja Hospital and Medical Research Centre, Mumbai	M
2	Dr. V. Balaji Diabetes Care and Research Institute, Aminjikarai, Chennai	M
3	Jaslok Hospital & Research Centre, Peddar Road, Mumbai	M
4	Medanta- The Medicity, Sec- 38, Gurugram	M
4	Max Super Speciality Hospital, Saket, Delhi	M
5	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
6	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
6	Sahyadri Super Speciality Hospital, Deccan Gymkhana, Pune	M
7	MGM New Bombay Hospital, Vashi, Mumbai	M
8	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
9	Dr. Mehta's Hospitals, Chetpet, Chennai	M
10	Jupiter Hospital, Thane, Mumbai	M
10	Dr L H Hiranandani Hospital, Powai, Mumbai	M
11	Kauvery Hospital, Alwarpet, Chennai	M
12	Nanavati Max Super Speciality Hospital, Vile Parle West, Mumbai	M
13	Bharati Vidyapeeth's Bharati Hospital and Research Center, Dhankawadi, Pune	M
14	Kovai Medical Center and Hospital, Avinashi Road, Coimbatore	M
15	IMS And Sum Hospital, Kalinga Nagar, Bhubaneswar	M
15	Noble Hospital and Research Centre, Hadapsar, Pune	M
16	Breach Candy Hospital, Bhulabhai Desai Road, Mumbai	M
16	Lilavati Hospital and Research Centre, Bandra, Mumbai	M
17	Park Hospital, Sector 47, Gurugram	M
18	Fortis Memorial Research Institute, Sector 44, Gurugram	M
19	CARE Hospitals, Banjara Hills, Hyderabad	M
19	Manipal Hospitals, Mukundapur, Kolkata	M
20	AIG Hospitals, Gachibowli, Hyderabad	M

NATIONAL – SINGLE SPECIALITY HOSPITALS

Rank	Name	M/S
1	M V Hospital for Diabetes, Royapuram, Chennai	S
2	Dr Mohan's Diabetes Specialities Centre, Gopalapuram, Chennai	S
2	Chellaram Hospital Diabetes Care & Multispeciality, Bavdhan, Pune	S
3	Revivo Metabolic Care for Obesity and Diabetes, Alwarpet, Chennai	S
4	Swasthya Diabetes Care, Naranpura, Ahmedabad	S
5	Dr. A. Ramachandran's Diabetes Hospitals, Guindy, Chennai	S

NATIONAL – SUPER CLINIC CHAIN

Rank	Name
1	Apollo Sugar Clinics
1	Dr. Mohan's Diabetes Specialities Centre
2	Lifespan Diabetes Clinic
3	Dibetacare

SOUTH REGION – MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Dr. V. Balaji Diabetes Care and Research Institute, Aminjikarai, Chennai	M
2	Dr. Mehta's Hospitals, Chetpet, Chennai	M
3	Kauvery Hospital, Alwarpet, Chennai	M
4	Kovai Medical Center and Hospital, Avinashi Road, Coimbatore	M
5	CARE Hospitals, Banjara Hills, Hyderabad	M
6	AIG Hospitals, Gachibowli, Hyderabad	M
7	Aster MIMS Hospital, Govindapuram, Calicut	M
8	A.C.S Medical College and Hospital, Velappanchavadi, Chennai	M
9	PSG Hospitals, Peelamedu, Coimbatore	M
10	Aster Medcity, Cheranalloor, Kochi	M
11	Star Hospitals, Nanakramguda, Hyderabad	M
12	Sri Lalithambigai Medical College and Hospital (SLMCH), Maduravoyal, Chennai	M
13	Narayana Health, Bommasandra, Bengaluru	M
14	KIMS Hospitals, Secunderabad, Hyderabad	M

SOUTH REGION – SINGLE SPECIALITY HOSPITALS

Rank	Name	M/S
1	M V Hospital for Diabetes, Royapuram, Chennai	S
2	Dr Mohan's Diabetes Specialities Centre, Gopalapuram, Chennai	S
3	Revivo Metabolic Care for Obesity and Diabetes, Alwarpet, Chennai	S
4	Jothydev's Diabetes Research Center and Hospitals, Kalamassery, Kochi	S

SOUTH REGION – SUPER CLINIC CHAIN

Rank	Name
1	Apollo Sugar Clinics
1	Dr. Mohan's Diabetes Specialities Centre

CHENNAI CITY – MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Dr. V. Balaji Diabetes Care and Research Institute, Aminjikarai	M
2	Dr. Mehta's Hospitals, Chetpet	M
3	Kauvery Hospital, Alwarpet	M
4	A.C.S Medical College and Hospital, Velappanchavadi	M
5	Sri Lalithambigai Medical College and Hospital (SLMCH), Maduravoyal	M
6	Sugam Hospital, Chromepet	M
7	Chettinad Super Speciality Hospital, Rajiv Gandhi Salai	M
8	MGM Healthcare, Aminjikarai	M
9	Gleneagles Health City, Perumbakkam	M

CHENNAI CITY – SINGLE SPECIALITY HOSPITALS

Rank	Name	M/S
1	M V Hospital for Diabetes, Royapuram	
2	Dr Mohan's Diabetes Specialities Centre, Gopalapuram	
3	Revivo Metabolic Care for Obesity and Diabetes, Alwarpet	

CHENNAI CITY – SUPER CLINIC CHAIN

Rank	Name
1	Dr. Mohan's Diabetes Specialities Centre
2	Apollo Sugar Clinics
3	Diabeta Care

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

PLASTIC SURGERY

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Max Super Speciality Hospital, Saket, Delhi	M
3	Medanta - The Medicity, Sec- 38, Gurugram	M
4	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
5	P. D. Hinduja Hospital & Medical Research Centre, Khar, Mumbai	M
6	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
7	CARE Hospitals, Banjara Hills, Hyderabad	M
8	Bombay Hospital & Medical Research Centre, Marine Line, Mumbai	M
8	MGM New Bombay Hospital, Vashi, Mumbai	M
9	BLK-Max Super Speciality Hospital, Rajinder Nagar, Delhi	M
10	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
11	Star Hospitals, Nanakramguda, Hyderabad	M
12	KIMS Hospitals, Begumpet, Hyderabad	M
13	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
14	Noble Hospital and Research Centre, Hadapsar, Pune	M
14	IMS & Sum Hospital, Kalinga Nagar, Bhubaneswar	M
15	Fortis Memorial Research Insititute, Sector 44, Gurugram	M
16	MIOT International, Manapakkam, Chennai	M
17	Nanavati Max Super Speciality Hospital, Vile Parle , Mumbai	M
18	Aster Medcity, Cheranalloor, Cochin	M
19	Dr L H Hiranandani Hospital, Powai, Mumbai	M
20	Life Line Multispeciality Hospitals, Kilpauk, Chennai	M

SOUTH REGION – HOSPITALS

Rank	Name	M/S
1	CARE Hospitals, Banjara Hills, Hyderabad	M
2	Star Hospitals, Nanakramguda, Hyderabad	M
3	KIMS Hospitals, Begumpet, Hyderabad	M
4	MIOT International, Manapakkam, Chennai	M
5	Aster Medcity, Cheranalloor, Cochin	M
6	Life Line Multispeciality Hospitals, Kilpauk, Chennai	M
7	ASTER CMI Hospital, Hebbal, Bengaluru	M
8	Aster MIMS Hospital, Govindapuram, Calicut	M
9	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
10	Kauvery Hospital, Alwarpet, Chennai	M
11	Manipal Hospital, Belvadi, Mysore	M
12	Yashoda Hospitals, Somajiguda, Hyderabad	M
13	Specialists Hospital, Kacheripady, Kochi	M
14	Vydehi Institute of Medical Sciences & Research Centre, Whitefield, Bengaluru	M
14	Koshys Hospital, Rama Murthy Nagar, Bengaluru	M
15	Royal Care Super Speciality Hospital, Neelambur, Coimbatore	M

CHENNAI CITY – HOSPITALS

Rank	Name	M/S
1	MIOT International, Manapakkam	M
2	Life Line Multispeciality Hospitals, Kilpauk	M
3	Kauvery Hospital, Alwarpet	M
4	Dr. Mehta's Hospitals, Chetpet	M
4	COSH Hospital, Tambaram	M
5	ACS Medical College and Hospital, Velappanchavadi	M
6	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
7	Glenagles Health City, Perambukkum	M
8	Chettinad Super Speciality Hospital, Kelambakkam	M
9	Chennai Meenakshi Multispeciality Hospital, Mylapore	M

CHENNAI CITY – CLINICS

Rank	Name
1	Tamira Aesthetic & Healthcare & Lifestyle, Gopalapuram
2	Chennai Plastic Surgery, Chetpet
3	PearlHealth Clinic, Alwarpet
4	Sehat Skin And Hair Clinic, T Nagar

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

Research Methodology

The objective of this research was to identify the Hospitals/ clinics for various Lifestyle Specialities in India. The specialities that were included in the research were Bariatrics, Orthopedics, Diabetes, Hair & Tricology, Plastic Surgery, Skin & Dermatology, Opthalmology, Dental and IVF.

The research had 3 major modules i.e. Desk Research, Factual survey & Perceptual Rating survey followed by a scientifically developed analysis & ranking process.

Fieldwork was conducted beginning July 2026 to September 2026.

- Best efforts were made to reach maximum hospitals/Clinic across specialties; however, any hospital/clinic that did not send a complete "Factsheet" within the allotted time was assigned an average factual score for calculating their overall ranking.
- In some cases where the factual information shared by the hospitals/ clinics was not approved or a piece of information shared was found incorrect was rejected and not considered in either main/ emerging.

Module 1-Desk Research → Module 2- Factual Data Collection → Module 3 - Perceptual Survey → Analysis of data & Final Rankings

MODULE 1 | DESK RESEARCH

Module 1 was a secondary research module. A comprehensive list of Hospitals and Clinics was generated with the help of the internet, magazines, and other publications. The various sources used for the generation of the hospital list included:

- List of Hospitals/clinics from previous surveys.
- A discussion with specialists to add/ delete any Hospitals/ clinics to ensure we have a comprehensive list.

As it is not possible to get a completely exhaustive list of Hospitals/ clinics and include them in the survey, we had the option of adding any new hospital name in the survey form if any respondent mentioned any Hospitals/ clinics name outside our list. Effectively, every hospital/ clinic had a chance of getting covered in the survey if their name was mentioned by the respondents.

MODULE 2| FACTUAL DATA COLLECTION

A detailed questionnaire was sent to all hospitals/ Clinics to collect factual information about their hospitals/ Clinics on various parameters ranging from the hospital's/Clinic infrastructure to the quality of treatment provided. A total of 2486 hospitals/ Clinics were contacted for factual information.

MODULE 3 | PERCEPTUAL SURVEY

In the perceptual survey module for hospitals/ clinics in various lifestyle Specialties, a structured questionnaire was administered to selected respondents including doctors Consulting/ General Physicians as well as specialist doctors like Orthopedic Surgeon & Specialist, Plastic Surgeons, diabetologists, Weight Loss Specialists, Ophthalmologists, IVF and Gynecologists Specialists, Dermatologists and Hair Specialist , etc., patients & their caregivers to get ranking for various hospitals and clinics on various parameters ranging from Infrastructure to quality of treatment provided. A total sample survey of more than 3518 interviews was conducted across various cities viz Delhi/NCR, Mumbai, Kolkata, Chennai, Bangalore, Hyderabad, Coimbatore, Bhubaneswar and Pune.

ANALYSIS & FINAL RANKING OF MULTI SPECIALTY HOSPITALS

A robust approach was followed to arrive at the final rankings. Final scores and rankings were arrived at through step-by-step rigorous statistical analysis as given below:

- The final score for hospitals/ clinics was a weighted average of the respective Hospitals/clinics' Perception Score and Factual Score.
- The rating score and their ranks were recalculated to arrive at the final score for multi-specialty hospitals/ clinics.

SOME DEFINITIONS

- Multi-Specialty Hospital is a healthcare facility providing treatment for 3 or more critical care specialties. However, in the case of IVF and Fertility category, Multi-Specialty Hospital is a healthcare facility that has more than 3 specialties, not necessarily Critical Care ones.
- Single Specialty Hospital is a healthcare facility providing treatment for less than 3 specialties.
- A clinic is a healthcare facility that provides only Day Care and no in-patient services.
- Super Clinic Chain is a clinic brand that is present in more than 3 states and 10 or more units.

The reporting of ranking is done for Hospitals, Clinics and Super Chains separately. While reporting, Multi-specialty and Single Specialty Hospitals have been clubbed as one as they offer treatment in a similar way. However, in the case of IVF and Fertility departments, Multi-Specialty Hospitals are reported separately, and Single Specialty Hospitals are clubbed with Clinics as they offer more focused fertility treatment.

SOME CAVEATS/ASSUMPTIONS

- Govt. hospitals & Hospitals run by a trust or mission (run as govt. hospitals) have been excluded from this survey.
- Any entity which expressly stated that it did not wish to participate in the survey was excluded from the survey. Also, in case it was learnt that specifically any hospital/ clinic facing/faced major issues like license, insolvency case etc., was excluded from the survey.
- In some cases, the GAP between hospitals/clinics was minimal, and those hospitals/clinics are awarded the same rank.
- Hospitals established before 2023 are part of the main ranking and established after 2023 onwards have been shown in the emerging category.

ABOUT AVANCE INSIGHTS PVT LTD (AVANCE INSIGHTS)

Avance is a new age strategic research and consulting firm founded by Industry experts from diverse academic and Industry background. Avance leverages advanced technologies to provide actionable insights to power client's businesses in real-time.

Avance success rests on strong pillar of its core values ie: Ethics, Integrity, and Transparency. Avance has an eco-system where clients' interests are aligned with the best-in-class tailored made solutions.

The company has a 360-degree approach which includes qualitative and quantitative parameters in concern to derive all the knowledge which is needed for effective business decision-making. Avance revels in delivering insights that brings clarity to decision-making process.

Avance has executed assignments spanning large scale surveys in Healthcare, Agriculture, Livelihood, Education, Water and Sanitation, Rural Development Sector, Financial Inclusion, Air Pollution, Climate Change, FMCG, IT & ITes, Automobile, Retail, Fashion, Food & Beverages, Tourism etc.

The team behind the company's success is a mix of experts, experienced Industry veterans and dynamic young professionals which makes a perfect combination of knowledge, experience, and cutting-edge technology.

Avance strongly believes in building value and relationships with clients and its associates to create a workplace where everyone is respected and honoured for their contribution.

Avance has pan India Network and covered entire part of country successfully.

USPS:

- Expertise -100 + Cumulative Industry Experience.
- TAT -Fastest in delivery as the speed matters.
- Quality First -Zero tolerance quality policy.
- Partnership Approach- Never mind going an extra mile to offer the best.

MARKET RESEARCH, SOCIAL & DEVELOPMENT RESEARCH, CONSULTING

- Brand Studies – Track, Perception, Health Monitor, Brand Equity Index
- Communication Testing- Advertisement Evaluation, Campaign Efficacy- Pre & Post
- Monitoring and Evaluation Surveys
- New Product Development and Evaluation, Concept Development and Testing
- Shopper Insights, U & A, Understanding buying Behaviour, Consumer Profiling Study
- Mystery Shopping & Retail Census
- Psychographic & Segmentation Studies
- Opinion Polls
- Ranking Surveys and Many more…

Avance Insights is a corporate member of MRSI and follows the MRSI code of conduct while conducting all its research projects. For more information about the company please visit www.avanceinsights.in and contact us manoj@avanceinsights.in

Note: Present survey has been exclusively conducted by an independent Research Agency named Avance Insights Pvt Ltd using stated methodology for arriving at given rankings. The publication house and its affiliates/ employees/ authorized representatives/ group companies are not responsible/ liable for the said rankings. Readers are advised to take an informed decision before acting upon the survey rankings.



More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TAKING INDIAN INNOVATION ABROAD : SHOWCASING A NEW ERA OF KINEMATIC KNEE REPLACEMENT

For patients with advanced osteoarthritis, knee replacement can restore mobility and independence. But when the disease progresses to severe deformity, achieving a natural-feeling knee becomes more challenging. At Rathimed Speciality Hospital, this is being addressed through personalised kinematic knee replacement, supported by new, indigenously developed surgical instruments.

With over 15 years of expertise in arthroscopy and minimally invasive knee arthroplasty, Rathimed Speciality Hospital has established itself as a centre for advanced joint replacement. Under Dr. Ragunanthan's leadership, the hospital combines clinical expertise, technology and personalised treatment to help patients regain quality of life. The team has performed numerous of kinematic knee replacement procedures since 2016. This extensive experience has provided valuable insights into treating patients with severe deformities and significant bone loss.



Dr. Ragunanthan



THE CHALLENGE OF ADVANCED DEFORMITY

According to Dr. Ragunanthan, a key challenge in personalised kinematic knee replacement is treating patients with advanced osteoarthritis and significant deformity.

Osteoarthritis damages cartilage and can alter the surrounding bone, changing the knee's alignment and structure. By the time some patients seek surgery, their original anatomy may be significantly distorted.

"Determining that pre-damage, pre-arthritic native joint is a major challenge," explains Dr. Ragunanthan. Once the joint has undergone extensive damage, its original level and alignment can be difficult to establish. Unless this is established the patient may not get the natural feeling after knee replacement procedure.

RATHI MED Speciality Hospital
Ortho. Maternity. Gynaec.

USING LIGAMENT TENSION AS A GUIDE

Dr. Ragunanthan has further innovated this approach. The team uses ligament tension as an important reference during surgery. By assessing ligament tension and relative ligament length, the surgeon can accurately determine the patient's native joint level and restore the knee's natural anatomy.

The objective is not simply to replace damaged surfaces but to recreate the relationships that allow the knee to function naturally.

Restoring the appropriate joint level, ligament tension and relative ligament length can help achieve a balanced knee with stable movement. According to Dr. Ragunanthan, maintaining these relationships is central to personalised kinematic knee replacement.

"The main objective is to restore the native joint level and accurately restore the joint to its natural anatomy," he says.

BRINGING PRECISION TO THE OPERATING ROOM

To address this challenge, the team has developed an innovative indigenous instrument, Ligaten m-ROBO, to support this approach. The instrument enables accurate sizing of the implant to match the patient's native anatomy and helps position the implant three-dimensionally in accordance with the natural joint anatomy. This innovation is designed to improve the precision of anatomical restoration, particularly in complex knee replacement cases involving deformity or bone loss.

The development of Ligaten m-Robo represents a further advancement based on the team's extensive experience with kinematic alignment and complex knee deformities.

This technique represents an effort to make personalised kinematic knee replacement more accessible without relying entirely on robotic systems. While robotic-assisted surgery is designed to enhance precision, Dr. Ragunanthan believes this approach could potentially achieve the required accuracy while reducing the additional cost associated with robotic technology.

This could also make the technique easier for more orthopaedic surgeons to adopt.

TAKING THE TECHNIQUE TO THE WORLD

The technique and technology have also received an international platform. On September 11, Dr. Ragunanthan was invited as a guest speaker at the Personalized Arthroplasty Society (PAS) Annual Meeting in Montreal, Canada, where he presented the team's approach and indigenously developed instruments.

The meeting brought together orthopaedic surgeons and specialists from countries including Japan, Germany, the US, Canada and the UK, providing an opportunity to discuss advances in personalised joint replacement.

Unlike presentations that primarily focus on surgical outcomes, Dr. Ragunanthan's presentation highlighted the development and application of the team's instruments.

TOWARDS MORE PERSONALISED KNEE REPLACEMENT

For patients with severe deformity, the central challenge remains understanding and restoring the knee's individual anatomy rather than relying solely on standardised positioning. By combining surgical experience, ligament-based assessment and purpose-built instrumentation, Rathimed Speciality Hospital is working towards a personalised model of knee replacement that aims to restore natural balance while making advanced techniques more accessible.

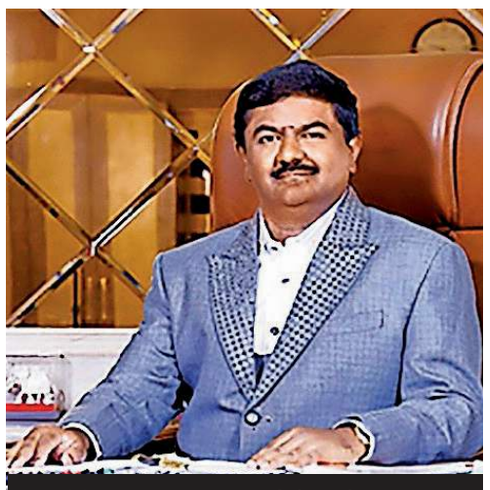
For more information, contact:
Dr. Ragunanthan
MS Orth, DNB Orth, MRCS, FRCS
Tr & Orth Rathimed Speciality Hospital
Q 102, 3rd Avenue, Anna Nagar, Chennai
9841447007
Email:
rathimedspecialityhospital@gmail.com
www.rathimedhospital.com

From Medical Education to Meaningful Healthcare

ACS Medical College & Hospital: A Journey of Growth

In healthcare, growth is often measured in beds, departments and technology. But the more meaningful measure is what happens when those numbers translate into better learning, wider access and a stronger culture of care. That is the journey ACS Medical College & Hospital (ACSMCH) has been building since 2008.


Dr. A.C. Shanmugam, B.A.,B.L.,FRCPS (UK)
Former M.P, Former MLA, Chancellor Dr. M.G.R. Educational & Research Institute, University, Chennai


Er. A.C.S. Arun Kumar, B. Tech (Hons)., MBA,
President Dr. M.G.R. Educational & Research Institute, University, Chennai

What began with a 300-bed hospital and an annual intake of 150 MBBS students has evolved into a substantially larger medical education and healthcare ecosystem. Today, ACSMCH, a constituent of Dr. M.G.R. Educational and Research Institute, Deemed to be University, has an annual MBBS intake of 250 students and an 1,150-bed multi-specialty hospital, including 100 ICU beds.

WHERE A CLASSROOM MEETS A REAL HOSPITAL

The defining strength of a medical institution is not simply the number of courses it offers, but the quality of exposure it gives future doctors. At ACSMCH, students learn in an environment where medical education and clinical practice operate side by side. The institution offers MD/MS postgraduate programmes across 21 clinical and non-clinical disciplines, supported by laboratories, skill labs, libraries, museums, spacious classrooms and auditoriums.

This creates an important bridge between theory and practice. Medical students encounter the complexity of real-world healthcare while developing clinical skills, research interests and an understanding of the human side of medicine. Cultural, sports and student-faculty activities add another dimension to campus life, reflecting the institution's effort to develop well-rounded professionals.

A HOSPITAL DESIGNED AROUND THE BREADTH OF MODERN MEDICINE

The hospital's expansion has been matched by a wide range of clinical services. Patients can access broad specialties such as general medicine, general surgery, orthopaedics, paediatrics, obstetrics and gynaecology, ophthalmology, ENT, dermatology, psychiatry, respiratory medicine, dentistry, radiology, anaesthesiology and emergency medicine.

ACS MEDICAL COLLEGE AND HOSPITAL
Velappanchavadi, Chennai.

Alongside these services are superspecialty departments covering cardiology, cardiothoracic and vascular surgery, neurology, neurosurgery, nephrology, urology, rheumatology, oncology and oncosurgery, plastic surgery, paediatric surgery, geriatrics and gastroenterology. The hospital is equipped with 11 modular operation theatres, an advanced Cath Lab offering 24/7 cardiac care, and modern radiology and diagnostic facilities.

INFRASTRUCTURE MATTERS, SO DOES TRUST

In healthcare, infrastructure earns value only when it is backed by systems that patients and students can trust.

Its participation in government healthcare initiatives further reflects an approach that looks beyond tertiary care to wider access. The institution's healthcare mission is therefore not confined to those who walk through the hospital entrance.

TAKING HEALTHCARE BEYOND THE HOSPITAL CAMPUS

Some of the most important healthcare work happens away from a hospital building. Through its Rural and Urban Health Training Centres, special clinics and outreach programmes, ACSMCH works to take healthcare closer to communities, particularly underserved populations.

For a medical student, such exposure can be as important as a lecture or a procedure. It brings public health, prevention and community responsibility into the learning experience — and reinforces the idea that medicine is ultimately a service profession.

THE NEXT CHAPTER: COMPETENT DOCTORS, COMPASSIONATE LEADERS

ACSMCH's expansion also reflects a wider ambition. With two medical colleges in Chennai and another in Bengaluru, including Sri Lalithambigai Medical College & Hospital with 900 beds, the institution is extending its healthcare and medical education footprint.

Its academic direction is guided by experienced academicians and healthcare leaders, including Dr. S. Geethalakshmi, Vice Chancellor and former Vice-Chancellor of Tamil Nadu Dr. M.G.R. Medical University, and Dr. D. Viswanathan, former Vice-Chancellor of Anna University.

BEYOND NUMBERS

The story of ACSMCH is ultimately not just about moving from 300 beds to 1,150 beds, or from 150 MBBS seats to 250. Those figures represent a larger transition — from an institution that started with a medical college and hospital to an ecosystem attempting to connect education, specialised care and community service.

As healthcare becomes increasingly technology-driven, the institutions that matter most will be those that can combine modern infrastructure with human judgement and empathy. ACSMCH's stated mission is to shape not only competent doctors, but compassionate leaders. That may be the most important measure of its next phase.

For more information, contact:
ACS Medical College & Hospital
Website: https://acsmch.ac.in
Email: contact@drmgrdu.ac.in

A WAY BACK TO LIFE

At 55, Ramesh had no plans of slowing down. Staying independent, continuing to work and keeping pace with his everyday life mattered to him. But persistent knee pain was beginning to change that rhythm. Walking became difficult. Stairs became a challenge. Even familiar routines started demanding more effort. When knee replacement became the next step, there was another concern weighing on his mind. His blood glucose levels were high, making him apprehensive about undergoing surgery and, more importantly, about how smoothly he would recover.

He chose Dr. Mehta's Hospitals, where his treatment journey began well before the operation. His diabetes was managed through OPD visits as part of his pre-operative care, while a multidisciplinary team comprising Orthopaedics, Diabetology, Physiotherapy, Nutrition and Anaesthesia worked together to optimise his health and prepare him for surgery.

The knee replacement surgery was performed in the morning. By afternoon, Ramesh was already up and mobilising with a walker, able to sit comfortably in a chair. Three days later, he was climbing stairs.





Dr.Mehta's Hospitals | 90 PLUS YEARS

The support continued even at home. For the next 10 days, physiotherapy continued at home, helping him gradually regain strength, mobility and confidence. Doctor home visits were also arranged, with post-operative rehabilitation including diabetes care continuing at home, keeping his recovery closely supported at every step.

This meant Ramesh could recover at home without having to make repeated hospital visits, while remaining connected to his medical team. He was eventually back at work and his regular routine.

At Dr. Mehta's Hospitals, knee replacement is not viewed as merely a surgical procedure. The experience encompasses care before and after the procedure, with a multidisciplinary team working together to make the treatment journey as comfortable, coordinated and smooth as possible.

The Centre for Advanced Care, Department of Orthopaedics, headed by Dr. Navin Balasubramanian and team, with the support of the Pain Clinic, provides comprehensive care across knee and hip replacement, sports injuries, ACL and meniscus injuries, ligament injuries, fractures and trauma, advanced spine surgeries and degenerative joint conditions.

COMPREHENSIVE HOLISTIC CARE

The approach brings together clinical expertise, advanced diagnostics, surgical facilities, pain management, physiotherapy and rehabilitation. From pre-operative assessment and surgical planning to post-operative recovery, patients receive coordinated support through the different stages of treatment.

At Dr. Mehta's Hospitals, this approach extends beyond Orthopaedics. Patients can access expertise across Internal Medicine, Pediatrics, Obstetrics & Gynaecology, Cardiology, Endocrinology, Nutrition, and more alongside the primary treating specialty. This enables different teams to work together when patients have multiple or interconnected healthcare needs.

Dr Sameer Mehta,
Chairperson,Dr.Mehta's Hospital

A LEGACY OF CARE

With more than 90 years of healthcare legacy, Dr. Mehta's Hospitals has continued to evolve with changing patient needs while retaining its focus on accessible, comprehensive and compassionate care. With over 400 beds and nearly 80 specialties and services across Chetpet and Velappanchavadi, the hospital brings together specialist teams, advanced diagnostics, surgical infrastructure and post-operative care under one healthcare network.

For more information, contact:
Dr. Mehta's Hospitals,
Chetpet & Velappanchavadi, Chennai
044 4227 1001, +91 98400 81326
appointments@mehtahospital.com

SRI HOSPITALS: A DECADE OF BRINGING SPECIALISED CARE CLOSER TO THE COMMUNITY

Since 2016, Sri Hospitals has been on a journey of bringing comprehensive and specialised healthcare closer to the communities of North Chennai. What began as a centre focused on clinical services has steadily evolved into a developing multispecialty healthcare centre, strengthening its expertise, technology and infrastructure to meet the growing and increasingly complex healthcare needs of the community.



A DECADE OF CLINICAL GROWTH

Over the past decade, Sri Hospitals has steadily expanded its specialised services, building an integrated multispecialty ecosystem designed around the needs of patients. From dedicated speciality services to critical care, emergency medicine, advanced cardiac care and stroke management, the hospital continues to strengthen its ability to manage a wide range of medical and surgical conditions.

A strong healthcare infrastructure supports this clinical growth, ensuring continuity of care, 24/7. Round-the-clock intensive care and emergency services, supported by essential diagnostics such as CT imaging and laboratory services, enable timely evaluation and management of acutely ill patients. An always-available pharmacy and ambulance support further connect the various stages of patient care—from presentation and diagnosis to treatment and recovery.

Sri Hospitals has also expanded its advanced cardiac intervention services with a Cath Lab supporting 24-hour emergency cardiac care and primary stenting. In addition, 24-hour emergency dialysis support provides timely renal care for patients with urgent needs. Together, these services strengthen the hospital's ability to provide coordinated care for critically ill and complex patients within a single hospital environment.

AN ORTHOPAEDIC HUB FOR COMPLEX PROBLEMS

Orthopaedics continues to be one of the key areas of clinical expertise at Sri Hospitals, offering a comprehensive range of services including 24/7 trauma and fracture care, spine surgery, joint replacement, arthroscopy, sports surgery, Foot & Ankle surgery, deformity correction and rehabilitation.

The focus goes beyond surgery. A dedicated physiotherapy and spinal rehabilitation unit, equipped with advanced technology and supported by trained rehabilitation professionals, ensures continuity from treatment to recovery. By bringing surgical care and rehabilitation together, the emphasis remains on helping patients regain meaningful function and return to everyday life.

SPECIALISED FOOT & ANKLE CARE

A significant part of this orthopaedic ecosystem is the Foot & Ankle service led by Dr. J. Parthiban, Senior Foot & Ankle Surgeon, offering comprehensive care for a wide range of foot and ankle conditions.


Dr. J. Parthiban

The service combines clinical expertise with minimally invasive surgical techniques, wherever clinically appropriate. Selected procedures can be performed as day-care or short-stay interventions, with minimal tissue disruption helping support earlier mobilisation and a faster return to routine activities, when appropriate.

The service manages Achilles tendon disorders, flat foot and other deformities, heel pain, post-traumatic arthritis, diabetic foot conditions, rheumatoid foot, foot and ankle trauma, and complex fractures, providing a coordinated pathway from diagnosis and treatment through recovery.

DIABETIC FOOT - TREATING THE LIMB, NOT JUST THE LESION

Some complex diabetic foot and ankle conditions—particularly those involving vascular disease, infection, severe deformity or compromised soft tissue—require more than a single speciality.

At Sri Hospitals, such complex conditions can be managed through a multidisciplinary approach, bringing together Foot & Ankle surgeons, Vascular surgeons, Plastic and Reconstructive surgeons, Diabetologists, Orthotists and rehabilitation specialists.

SRI HOSPITALS
We care | We heal | We lead

This approach focuses on the limb as a whole, addressing circulation, infection, bone and joint stability, deformity, soft-tissue coverage, pressure distribution and rehabilitation rather than treating only an isolated wound or symptom.

The ultimate goal is not simply wound healing or radiological correction, but to restore a stable, functional and plantigrade limb—helping patients stand, walk and return to everyday life with normal commercially available footwear.

LOOKING AHEAD

Sri Hospitals continues its journey of bringing specialised orthopaedic care and technology closer to the community, combining focused clinical expertise with the advantages of a growing multispecialty hospital.

For more information, contact:
Sri Hospitals
32, Varadaraja Perumal Koil Street, Tondiarpet,
Chennai - 600081,
Ph: 044-22112211

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

SKIN & DERMATOLOGY

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Max Super Speciality Hospital, Saket, Delhi	M
3	Jaslok Hospital & Research Centre, Pedder Road, Mumbai	M
4	Medanta - The Medicity, Sec- 38, Gurugram	M
5	P. D. Hinduja Hospital & Medical Research Centre, Mumbai	M
6	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
7	Narayana Multispeciality Hospital, Electronic City, Bengaluru	M
8	Fortis Memorial Research Institute, Sector 44, Gurugram	M
9	BLK-Max Super Speciality Hospital, Rajendra Place, Delhi	M
10	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
11	Yashoda Super Speciality Hospitals, Kaushambi, Ghaziabad	M
12	Koshys Hospital, Ramamurthy Nagar, Bengaluru	M
13	LIFELINE Multispeciality Hospitals, Kilpauk, Chennai	M
14	Bharati Vidyapeeth's Bharati Hospital and Research Center, Dhankawadi, Pune	M
15	Vydehi Super Speciality Hospital, Vittal Mallya Road, Bengaluru	M
16	Ramaiah Memorial Hospital, M S Ramaiah Nagar, Bengaluru	M
16	HOSMAT Hospital, Sadashivanagar, Bengaluru	M
17	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
18	Sarvodaya Hospital, Sector -8, Faridabad	M
19	Belle Vue Clinic, Brahmachari Street, Kolkata	M
20	Max Super Speciality Hospital, Patparganj, Delhi	M

NATIONAL – SUPER CLINIC CHAIN

Rank	Name
1	Dr. Paul's Advanced Hair & Skin Solutions Clinics, Dum Dum
2	Kaayakalp, Kankurgachi
3	Assure Clinic, Andheri

SOUTH REGION – HOSPITALS

Rank	Name	M/S
1	Narayana Multispeciality Hospital, Electronic City, Bengaluru	M
2	Koshys Hospital, Ramamurthy Nagar, Bengaluru	M
3	LIFELINE Multispeciality Hospitals, Kilpauk, Chennai	M
4	Vydehi Super Speciality Hospital, Vittal Mallya Road, Bengaluru	M
5	HOSMAT Hospital, Sadashivanagar, Bengaluru	M
5	Ramaiah Memorial Hospital, M S Ramaiah Nagar, Bengaluru	M
6	Ramakrishna Hospital, Jayanagar, Bengaluru	M
6	RajaRajeswari Medical College & Hospital, Mysore Rd, Bengaluru	M
7	Star Hospital, Nanakramguda, Hyderabad	M
8	Aster Medcity, Cheranalloor, Cochin	M
9	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
10	Bangalore Baptist Hospital, Hebbal, Bengaluru	M
11	Vydehi Institute of Medical Sciences and Research Centre, Whitefield, Bengaluru	M
12	Royal Care Super Speciality Hospital, Neelambur, Coimbatore	M
13	PSG Hospitals, Peelamedu, Coimbatore	M
14	CARE Hospitals, Banjara Hills, Hyderabad	M
15	Chettinad Super Specialty Hospital, Kelambakkam, Chennai	M

CHENNAI CITY – HOSPITALS

Rank	Name	M/S
1	LIFELINE Multispeciality Hospitals, Kilpauk	M
2	Chettinad Super Specialty Hospital, Kelambakkam	M
3	ACS Medical College and Hospital, Velappanchavadi	M
4	Sri Lalithambigai Medical College & Hospital, Maduravoyal	M
5	MGM Healthcare, Aminjikarai	M
6	Billroth Hospitals, Shenoy Nagar	M
7	MIOT International, Manapakkam	M
8	Dr. Kamakshi Memorial Hospitals, Pallikaranai	S
9	Kauvery Hospital, Alwarpet	M

CHENNAI CITY - CLINICS

Rank	Name
1	Hydra Dermatology, Teynampet
2	Dermipure Dermaclinic, Adyar
3	Armoraa Skin, Anna Nagar
4	Sehat The Skin And Hair Clinic, Kilpauk

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

IVF AND FERTILITY

NATIONAL - MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Jaslok-FertilTree International Fertility Centre (A Unit of Jaslok Hospital), Peddar Road, Mumbai	M
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
3	Dr L H Hiranandani Hospital, Powai, Mumbai	M
3	Ruby Hall Clinic, Sassoon Road, Pune	M
4	Akanksha Hospital & Research Institute, Anand, Ahmedabad	M
5	Max Multi Speciality Hospital, Panchsheel Park, Delhi	M
6	Aster Medcity, Cheranalloor, Kochi	M
7	Chettinad Super Speciality Hospital, Kelambakkam, Chennai	M
8	Noble Hospital and Research Centre, Hadapsar, Pune	M
9	Kovai Medical Center And Hospital, Avanashi Road, Coimbatore	M
10	BLK-Max Super Speciality Hospital, Rajendra Place, Delhi	M
11	Bharati Vidyapeeth's Bharati Hospital and Research Center, Dhankawadi, Pune	M
12	IMS & Sum Hospital, Kalinga Nagar, Bhubneshwar	M
12	Maternity Care Hospital, Saheed Nagar, Bhubneshwar	M
13	Aditya Birla Memorial Hospital, Chinchwad, Pune	M
14	Aster CMI Hospital, Hebbal, Bengaluru	M
15	Hi-Tech Medical College & Hospital, Rasulgarh , Bhubneshwar	M
16	Fortis Hospital, Shalimar Bagh, Delhi	M
17	KEM Hospital, Rasta Peth, Pune	M
18	9M Fertility by Ankura Hospitals, Gachibowli, Hyderabad	M
19	Woodlands Multispeciality Hospital, Alipore, Kolkata	M
20	All Asia Medical Institute, Ballygunge, Kolkata	M

NATIONAL – SINGLE SPECIALITY HOSPITALS

Rank	Name	
1	Lilavati Hospital IVF Centre, (Bloom IVF), Bandra, Mumbai	S
2	Fortis (Hospital) Bloom IVF Centre, LaFemme, GK 2, Delhi	S
3	Hegde Fertility (A unit of Hegde Hospital), Madhapur, Hyderabad	S
4	Fortis (Hospital) Bloom IVF Centre, Mohali, Chandigarh	S
5	Cloudnine Hospital, Mayfield Garden, Gurugram	S
6	D Y Patil Fertility Center, Nerul, Mumbai	S
6	Sahyadri Hospitals Momstory, Shivaji Nagar, Pune	S
7	Mamata Fertility Hospital (A Unit Of Infertility Institute & Research Centre), Secunderabad, Hyderabad	S
7	Ferty9 Fertility and Research Center, Secunderabad, Hyderabad	S
8	Fortis (Hospital) Bloom IVF Centre, Sector-44, Gurugram	S
9	Aeva Fertility, Ashok Nagar Cross Road, Hyderabad	S
10	Dr Padmaja Fertility (IVF) Centre, Habsiguda, Hyderabad	S
11	Rao Hospital, R. S. Puram, Coimbatore	S
12	Prashanth Fertility Research Centre, Chetpet, Chennai	S
13	Cloudnine Hospital, T. Nagar, Chennai	S
14	Cloudnine Hospital, Kalyani Nagar, Pune	S
15	Ova Fertility & Women Care, Thane, Mumbai	S
16	Cloudnine Hospital, Shivaji Nagar, Pune	S
17	Juhi Fertility, Shaikpet, Hyderabad	S
18	Dr. Kamini Rao Hospitals, Kumara Park, Bengaluru	S
19	Sree Swapna Fertility, Kondapur, Hyderabad	S

NATIONAL – SUPER CLINIC CHAIN

Rank	Name
1	Milann(A Unit Of Bacc Healthcare Pvt Ltd.)
2	Bavishi Fertility Institute
3	Nova IVF Fertility

NATIONAL – CLINICS

Rank	Name
1	Iswarya IVF & Fertility Centre, Adyar, Chennai
2	NU Fertility, Rajaji Nagar, Bengaluru
2	Shanthi Gynaec, Jayanagar, Bengaluru
3	Corion Fertility Clinic, Lokhandwala Road, Mumbai
4	Renew Healthcare, Ballygunge, Kolkata
5	Prashanth Fertility Research Centre, Chetpet, Chennai
6	ISIS Hospital IVF & Multispeciality Centre, Kailash Colony, Delhi
7	Institute of Reproductive Medicine (IRM), Salt Lake City, Kolkata
8	Abha Surgy Centre, Biren Roy Road, Kolkata
9	Saraogi Hospital & IRIS IVF Centre, Malad, Mumbai
10	GarbhaGudi IVF Centre, HRBR Extension, Bengaluru
10	Milann Fertility Centre, Kumara Park, Bengaluru
11	GG Hospital - Fertility & Women's Speciality Centre, Nungambakkam, Chennai
12	Iswarya IVF & Fertility Centre, Chembur, Mumbai
13	Origyn Fertility & IVF Center, Pitampura, Delhi
14	Xenith Advanced Fertility Centre, GO Square, Pune
15	Iswarya IVF & Fertility Centre, New Siddhapudur, Coimbatore

SOUTH REGION – MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Aster Medcity, Cheranalloor	M
2	Chettinad Super Speciality Hospital, Kelambakkam	M
3	Kovai Medical Center And Hospital, Avanashi Road	M
4	Aster CMI Hospital, Hebbal	M
5	9M Fertility by Ankura Hospitals, Gachibowli	M
6	Pranaam Hospitals, Madeenaguda	M
7	Amrita Institute Of Medical Sciences and Research Centre, Ponekkara	M
8	Kauvery Hospital, Alwarpet	M
9	Sri Ramakrishna Hospital, Siddhapudur	M
10	PSG Hospitals, Peelamedu	M

SOUTH REGION – SINGLE SPECIALITY HOSPITALS

Rank	Name	
1	Hegde Fertility (A unit of Hegde Hospital), Madhapur, Hyderabad	S
2	Mamata Fertility Hospital (A Unit Of Infertility Institute & Research Centre), Secunderabad, Hyderabad	S
2	Ferty9 Fertility and Research Center, Secunderabad, Hyderabad	S
3	Aeva Fertility, Ashok Nagar Cross Road, Hyderabad	S
4	Dr Padmaja Fertility (IVF) Centre, Habsiguda, Hyderabad	S
5	Rao Hospital, R. S. Puram , Coimbatore	S
6	Prashanth Fertility Research Centre, Chetpet, Chennai	S
7	Cloudnine Hospital, T. Nagar, Chennai	S
8	Juhi Fertility, Shaikpet, Hyderabad	S
9	Dr. Kamini Rao Hospitals, Kumara Park, Bengaluru	S
10	Sree Swapna Fertility, Kondapur, Hyderabad	S

SOUTH REGION – SUPER CLINIC CHAIN

Rank	Name
1	Milann(A Unit Of Bacc Healthcare Pvt Ltd.)
2	Iswarya IVF & Fertility Centre
3	Nova IVF Fertility

SOUTH REGION – CLINICS

Rank	Name
1	Iswarya IVF & Fertility Centre, Adyar, Chennai
2	NU Fertility, Rajaji Nagar, Bengaluru
2	Shanthi Gynaec, Jayanagar, Bengaluru
3	Prashanth Fertility Research Centre, Chetpet, Chennai
4	GarbhaGudi IVF Centre, HRBR Extension, Bengaluru
4	Milann Fertility Centre, Kumara Park, Bengaluru
5	GG Hospital - Fertility & Women's Speciality Centre, Nungambakkam, Chennai
6	Iswarya IVF & Fertility Centre, New Siddhapudur, Coimbatore
7	Vriksh Fertility, HSR Layout, Bengaluru
7	Janisthaa Fertility and IVF Center, Basaveshwar Nagar, Bengaluru

CHENNAI CITY – MULTI SPECIALITY HOSPITALS

Rank	Name	M/S
1	Chettinad Super Speciality Hospital, Kelambakkam	M
2	Kauvery Hospital, Alwarpet	M
3	Lifeline Hospitals, Kilpauk	M
4	Rela Hospital, Chrompet	M
5	Sri Lalithambigai Medical College and Hospital (SLMCH), Maduravoyal	M

CHENNAI CITY – SINGLE SPECIALITY HOSPITALS

Rank	Name	
1	Prashanth Fertility Research Centre, Chetpet	S
2	Cloudnine Hospital, T. Nagar	S
3	GBR Fertility Centre, Mogappair	S
4	Jeevan Mithra Fertility Centre, Arumbakkam	S
5	Eva IVF and Women's Care, Madipakkam	S
6	The Hive Fertility Centres, Kolathur	S

CHENNAI CITY – CLINIC

Rank	Name
1	Iswarya IVF & Fertility Centre, Adyar
2	Prashanth Fertility Research Centre, Chetpet

CHENNAI CITY – SUPER CLINIC CHAIN

Rank	Name
1	Iswarya IVF & Fertility Centre
2	Nova IVF Fertility

CHENNAI CITY – EMERGING

Rank	Name
1	Yaal Fertility and Women's Centre, Kilpauk
1	Maa Kauvery, Radial Road
2	Nakshatra Fertilty, OMR
3	Dhiya Fertility and Maternity Centre, Kandhanchavadi
4	Atlantis Healthcity, T. Nagar

HAIR/ TRICHOLOGY

NATIONAL - HOSPITALS

Rank	Name	M/S
1	Sir H.N. Reliance Foundation Hospital & Research Centre, Girgaon, Mumbai	M
2	Max Super Speciality Hospital, Saket, Delhi	M
3	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai	M
4	Jaslok Hospital & Research Centre, Peddar Road, Mumbai	M
5	Breach Candy Hospital, Bhulabhai Desai Road, Mumbai	M
6	Nanavati Max Super Speciality Hospital, Vile Parle West, Mumbai	M
6	Dr. D. Y. Patil Hospital & Research Centre, Pimpri, Pune	M
7	Medanta -The Medicity, Sec- 38, Gurugram	M
8	Belle Vue Clinic, Brahmachari Street, Kolkata	M
9	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
10	Dr L H Hiranandani Hospital, Powai, Mumbai	M
11	Bombay Hospital & Medical Research Centre, Marine Lines, Mumbai	M
12	Fortis Memorial Research Institute, Sector 44, Gurugram	M
13	Manipal Hospitals, Salt Lake, Kolkata	M
14	BLK-Max Super Speciality Hospital, Rajinder Nagar, Delhi	M
15	Fortis Hospitals, Bannerghatta Road, Bengaluru	M
16	Noble Hospitals & Research Centre, Hadapsar, Pune	M
17	Manipal Hospitals , Mukundapur, Kolkata	M
18	Aster Medcity, Cheranelloor, Cochin	M
19	CARE Hospital, Shivaji Nagar, Hyderabad	M
20	Manipal Hospitals, Dwarka, Delhi	M

NATIONAL – SUPER CLINIC CHAIN

Rank	Name
1	Dr Paul's Advance Hair And Skin Solution
2	Asian Institute of Hair Transplant
3	Assure Clinic
4	Advanced Hair Studio
5	Oliva Skin And Hair Clinic

SOUTH REGION – HOSPITALS

Rank	Name	M/S
1	Kovai Medical Center and Hospital, Peelamedu, Coimbatore	M
2	Fortis Hospitals, Bannerghatta Road, Bengaluru	M
3	Aster Medcity, Cheranelloor, Cochin	M
4	CARE Hospital, Shivaji Nagar, Hyderabad	M
5	Koshys Multispecialty Hospital, Ramamurthy Nagar , Bengaluru	M
6	KIMS Hospitals, Begumpet, Hyderabad	M
7	Vydehi Superspeciality Hospital, Vittal Mallya Road, Bengaluru	M
8	Fortis Malar Hospital, Adyar, Chennai	M
9	Vydehi Institute of Medical Sciences & Research Centre, Whitefield, Bengaluru	M
10	Aster MIMS Hospital, Govindapuram, Calicut	M
11	MGM Healthcare, Aminjikarai, Chennai	M
12	Sri Ramakrishna Hospital, Sidhapudur, Coimbatore	M
13	Mallige Hospital, Crescent Road	M
14	Yashoda Hospitals, Secunderabad, Hyderabad	M

CHENNAI CITY – HOSPITALS

Rank	Name	M/S
1	Fortis Malar Hospital, Adyar	M
2	MGM Healthcare, Aminjikarai	M
3	Lifeline Hospitals, Kilpauk	M
4	Gleneagles Health City, Perumbakkam	M
5	AV Hospitals, Old Washermanpet	M
6	Aditya Hospital, Kilpauk	M
7	MIOT International, Mannapakkam	M
8	Aakash Hospital, Tiruvottiyur	M
9	COSH Multi Speciality Hospital, Tambaram	M
10	A.K. Hospital, Aminjikarai	M

CHENNAI CITY – CLINICS

Rank	Name
1	Hydra Dermatology, Teynampet
1	Armoraa Skin, Anna Nagar
2	Dermipure Dermaclinic, Adyar
3	Max Hair Clinic International, Nungambakkam
4	PearlHealth Clinic, Alwarpet
5	Tamira Aesthetic & Healthcare & Lifestyle Pvt Ltd, Gopalapuram
6	Sehat Skin and Hair Clinic, T Nagar

CHENNAI CITY – EMERGING

Rank	Name
#	Atlantis Healthcity, T. Nagar

Dr. V. Balaji Diabetes Care and Research Institute:

Delivering Affordable and Quality Diabetes Care in Chennai

In a time when diabetes is one of India's fastest-growing health concerns, the Dr. V. Balaji Diabetes Care and Research Institute stands as one of the trusted centre for affordable, compassionate care. What began nearly three decades ago as a small outpatient clinic has grown into a fully equipped multispecialty hospital. With modern facilities and a skilled medical team, the institute continues to set benchmarks in diabetes management.

At the helm of this institution is Dr. V. Balaji, a distinguished diabetologist with over 25 years of clinical experience. Backed by a dedicated team of specialists and paramedical staff, he has shaped the hospital into a centre of excellence for diabetes care. Their collective mission is clear: to provide personalized treatment that not only addresses the disease but also empowers patients to lead healthier and more fulfilling lives.




Dr. V. Balaji

EXPLORING POSSIBILITIES
INDIVIDUALISING NEEDS

A HOLISTIC MULTISPECIALTY APPROACH

While diabetes remains the core specialty, the hospital offers a wide range of services that include ophthalmology, foot-care surgery, gestational diabetes management, obesity treatment, gastroenterology, hypertension and dyslipidemia care, physiotherapy, and kidney dialysis facilities. This multidisciplinary approach ensures that patients receive comprehensive care under one roof, significantly reducing the risks associated with untreated complications.

This underscores its commitment to maintaining international benchmarks in medical investigations and treatments. Moreover, the hospital has a distinction that reflects its expertise and contribution to global diabetes education.

PATIENT-CENTERED AND PREVENTIVE CARE

The guiding philosophy of the institute, "Exploring Possibilities, Individualizing Needs," is evident in its approach to patient care. Every individual undergoes a thorough screening process, followed by a customized treatment plan designed to limit the progression of diabetes and prevent long-term complications.

Education forms a vital part of the hospital's strategy. Weekly quiz programs, awareness campaigns, and regular health education sessions are organized to equip patients with knowledge about diabetes prevention and management. These initiatives highlight the hospital's strong commitment to community engagement and proactive healthcare.

HARNESSING TECHNOLOGY FOR BETTER OUTCOMES

Technology plays a key role in the institute's patient care model. The hospital is functioning with sophisticated tools such as the non-invasive ambulatory blood sugar monitor, which continuously records sugar levels for up to 72 hours without the discomfort of frequent needle pricks. Another is the TeckScan diagnostic tool, which detects diabetic foot problems early, allowing timely intervention and avoiding severe complications.

The fully equipped laboratory, staffed by expert technicians, ensures rapid and accurate diagnostic results. With advanced turbo biochemistry analyzers capable of processing up to 360 blood samples in an hour, treatment decisions are made swiftly, improving patient outcomes.

RESEARCH AND GLOBAL RECOGNITION

Beyond treatment, the institute has also contributed significantly to research, Dr. Balaji has more than 200 research papers to his credit particularly in the field of gestational diabetes. It has contributed to the adoption of a non-fasting blood test for pregnant women. This achievement not only demonstrates the hospital's innovative capabilities but also highlights its role in shaping global diabetes care protocols.

EXPANDING FOOTPRINTS AND FUTURE GOALS

From its humble start as a small clinic, the hospital has grown into an advanced diabetes care centre. Major expansions in 2009 and 2011 strengthened its facilities while keeping care affordable. Looking ahead, Dr. Balaji stresses, prevention and early intervention as the key to tackling diabetes. The institute remains committed to delivering cost-effective healthcare without compromising quality.

A LEGACY OF COMPASSION AND QUALITY CARE

Through awareness programs and patient-centered care, the institute reinforces its role as both a medical and social pillar. For Dr. V. Balaji and his team, healthcare goes beyond treatment—it empowers people to live active, fulfilling lives. Amid India's rising diabetes burden, the hospital proves that expertise and compassion can transform outcomes. With innovation and commitment, it continues to shape healthier futures for countless patients.

For more information, contact:
Dr. V Balaji Diabetes Care and Research Institute
#729, P.H. Road, Aminjikarai, Chennai – 600 030
Call: 044 – 40405000 | 044 – 26641414 | 044 – 26641416
balajivijayam@gmail.com

ROBOTIC CATARACT SURGERY: PRECISION, SAFETY AND FASTER RECOVERY

Cataract remains one of the leading cause of blindness in India. Most commonly associated with ageing, cataract causes the eye's natural lens to become cloudy, affecting vision. Surgery, the only definitive treatment for cataracts, has evolved dramatically over the past four decades.

Lens technology has evolved alongside surgical techniques. Foldable lenses can be inserted through tiny incisions, which then unfold inside the eye. Patients can now choose from advanced options such as multifocal, trifocal and extended-depth-of-focus (EDOF) lenses, depending on their visual needs and lifestyle. While trifocal lenses can provide distance, intermediate and near vision, EDOF lenses can be particularly useful for people who drive, play sports or have an active lifestyle.





THE NEXT STEP: ROBOTIC CATARACT SURGERY

More than a decade ago, femtosecond laser technology introduced another significant advancement: robotic cataract surgery. At Rajan Eye Care, the Catalys system from Johnson & Johnson is used to perform key steps of cataract surgery with computer-guided laser technology.

The fundamental advantage is precision and consistency. In conventional surgery, several steps are performed manually, relying on the surgeon's hands and experience. Robotic technology automates key stages, helping reduce variability and improve accuracy. The procedure is bladeless and uses a micro-incision, while advanced imaging contributes to a highly controlled surgical process.

According to Dr. Mohan Rajan, Chairman and Medical Director, Rajan Eye Care, the technology is particularly valuable in challenging cases. These include very hard or mature cataracts, white cataracts, traumatic cataracts, posterior polar cataracts and cases involving moderately small pupils, where manual surgery can be more demanding.

"Consistency is one of the hallmarks of robotic technology," says Dr. Rajan. For patients, this can translate into a predictable surgical experience and faster recovery.

RAJAN EYE CARE
WORLD CLASS EYE CARE
RAJAN EYE CARE
HOSPITAL PVT LTD

TECHNOLOGY BACKED BY EXPERIENCE

Rajan Eye Care has been among the early adopters of robotic cataract technology, introducing the technique in 2016. The centre has performed over 10,000 robotic cataract surgeries.

The broader evolution of ophthalmology has also made advanced technology increasingly accessible in India. According to Dr. Rajan, Indian eye-care centres today have access to technology comparable with some of the leading international markets, while high surgical volumes have helped build considerable expertise in complex cataract cases.

The cost can also be significantly lower than in many countries. Robotic surgery is a little more expensive than conventional cataract surgery, so it is not necessarily used for every patient. Treatment can instead be customised according to clinical requirements, lifestyle and affordability.

PERSONALISED CARE, NOT ONE-SIZE-FITS-ALL

Advanced technology does not mean every patient needs expensive procedures or lenses. At Rajan Eye Care, patients can choose between robotic and manual surgery, and different lens options, based on their individual requirements and budget.

The emphasis is on combining advanced technology with personalised attention. Patients may choose Indian multifocal or trifocal lenses where appropriate, while premium imported lenses are also available for those who prefer them.

With small-incision techniques, many patients can resume routine activities quickly, although precautions such as avoiding dusty environments are advised during early recovery. Patients who lead active lifestyles can often return to activities like tennis or golf within a short period, depending on their recovery.

As cataract surgery continues to evolve, robotic technology represents another step towards greater precision, consistency and convenience. At the same time, the combination of experienced surgeons, advanced technology and personalised treatment remains central to delivering quality eye care.

For more details, contact:
Rajan Eye Care
Helpline 9840177177 (24×7)
T. Nagar, Adyar, Velachery
www.rajaneyecare.com

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

FERTILITY & IVF: FACTS, MYTHS AND THE RIGHT TIME TO SEEK HELP

Starting a family is an important dream for many couples. But when pregnancy does not happen as expected, uncertainty and anxiety can quickly follow. With advances in reproductive medicine, there are several options available today. Understanding fertility and separating facts from myths can help couples seek the right advice without unnecessary fear.



WHEN SHOULD A COUPLE CONSULT A FERTILITY SPECIALIST?

If pregnancy has not occurred after 12 months of regular unprotected intercourse, couples are generally advised to seek an evaluation. For women aged 35 and above, it is advisable to consider an evaluation after six months. Earlier consultation may be appropriate when there are irregular periods, endometriosis, previous pelvic surgery, recurrent miscarriages or known male fertility concerns.

DOES NEEDING IVF MEAN THAT NATURAL PREGNANCY IS IMPOSSIBLE?

Not necessarily. IVF is one of several fertility treatment options. The appropriate treatment depends on factors such as age, ovarian reserve, sperm parameters, duration of infertility and the underlying cause. Some couples may require medication or IUI, while others may benefit from IVF or ICSI.

IS INFERTILITY ONLY A WOMAN'S PROBLEM?

No. Male factors can contribute significantly to difficulty conceiving. Evaluation of both partners is therefore important. A semen analysis and appropriate male fertility assessment may provide valuable information.

DOES IVF GUARANTEE PREGNANCY?

No fertility treatment can guarantee pregnancy. IVF success depends on several factors, including age, egg and embryo quality, sperm factors, uterine health and individual medical history. A specialist can explain realistic expectations based on each couple's circumstances.

IS IVF PAINFUL?

Most women tolerate IVF treatment well. Ovarian stimulation involves injections, followed by egg retrieval under appropriate anaesthesia or sedation. Some women may experience temporary bloating, discomfort or tiredness. The experience varies from person to person.

DOES IVF ALWAYS RESULT IN TWINS OR MULTIPLE BABIES?

No. Modern fertility treatment increasingly focuses on safe embryo transfer and reducing the risks associated with multiple pregnancy. Depending on the individual situation, transferring a single embryo may be recommended.


Dr.A.Nasrin


Dr.R.Archana

DOES AGE AFFECT FERTILITY?

Yes. Female fertility gradually declines with age, particularly because of changes in egg number and quality. This makes timely evaluation important, especially when pregnancy is being planned at a later age.

TAKING THE NEXT STEP

Infertility is a medical condition, not something to feel ashamed about. The earlier couples understand the reason for difficulty conceiving; the sooner they can explore appropriate options.

EVA IVF & Women's Centre was founded by Dr. R. Archana, DGO, DNB, MNAMS, FRM, FMAS, and Dr. Nasrin, MS (OBG), DNB, FRM, FMAS, who are the Co-Founders and Directors of the centre. Together, they are committed to providing personalised, ethical and comprehensive fertility and reproductive care.

Today, EVA IVF & Women's Centre has five centres across Chennai — Madipakkam, Mannady, Chromepet, OMR and Adyar — offering fertility evaluation, IUI, IVF, ICSI, fertility preservation, donor programmes and male fertility services.

For couples who are trying to conceive, asking questions and seeking the right information can be the first step towards replacing uncertainty with clarity. Every fertility journey is unique, and the right guidance can help couples move forward with greater confidence and hope.

For more details:
info@evafertilityclinic.com/
www.evafertilityclinic.com
For appointments:+91-7448822280
Centers: Madipakkam, Omr, Mannady, Adyar, Chrompet

WHERE MEDICAL EDUCATION MEETS THE REAL WORLD OF PATIENT CARE

Sri Lalithambigai Medical College & Hospital builds an integrated ecosystem for future doctors and the community

Medical education is increasingly being defined not only by classrooms and curriculum, but by the quality of clinical exposure, technology, mentorship and the ability to understand patients as people. Sri Lalithambigai Medical College & Hospital (SLMCH), under the Dr. M.G.R. Educational and Research Institute University, has been developing its identity around this integrated approach since its establishment in 2020.


Dr. A.C. Shanmugam, B.A., B.L., FRCPS (UK) Former M.P, Former MLA, Dr. M.G.R. Educational & Research Institute, University, Chennai


Er. A.C.S. Arun Kumar, B.Tech (Hons)., MBA, President Dr. M.G.R. Educational & Research Institute, University, Chennai

A CAMPUS DESIGNED AROUND LEARNING AND CARE

Recognized by the National Medical Commission (NMC), SLMCH offers MBBS education supported by modern infrastructure and experienced faculty. The institution admits nearly 200 students annually and follows NEET-UG, NMC and deemed university regulations. Its academic environment combines smart classrooms, digital libraries, simulation laboratories and structured case discussions, with an emphasis on learner-centred education, professional ethics and holistic development.

SRI LALITHAMBIGAI MEDICAL COLLEGE AND HOSPITAL
SLMCH Caring Lives

THE HOSPITAL BECOMES THE EXTENDED CLASSROOM

For a medical student, exposure to real patients can transform textbook knowledge into clinical understanding. At SLMCH, the attached multi-specialty hospital provides round-the-clock inpatient care with 940 beds and outpatient services. Critical care facilities include ICU, ICCU, NICU, PICU, SICU and GICU units, with around 60 dedicated critical-care beds. The hospital also has 11 state-of-the-art operation theatres across two ultra-modern OT complexes.

TECHNOLOGY WITH A HUMAN PURPOSE

Advanced infrastructure is positioned as a means to strengthen diagnosis and treatment rather than as an end in itself. MRI, CT, ultrasound, X-ray, TMT, ECHO, 24-hour laboratory services, a blood bank centre and pharmacy support the hospital's patient-care ecosystem. Specialised services, including the Lalithambigai Fertility Centre, add focused reproductive healthcare supported by in-house multi-specialty doctors.

HEALTHCARE THAT REACHES BEYOND THE CAMPUS

The institution's role extends into the community through free medical camps, outreach clinics and emergency ambulance services. This outreach reflects a broader vision of healthcare—one that recognises accessibility and community service as important parts of medical education and institutional responsibility.

LEADERSHIP WITH A LONG-TERM VIEW

The institution's direction is shaped by Dr. A.C. Shanmugam, Chancellor, whose academic and public-service journey includes international fellowships and service as a former MLA and MP. Er. A.C.S. Arun Kumar, President, has actively strengthened institutional healthcare infrastructure and student welfare initiatives.

MORE THAN A MEDICAL DEGREE

The student experience at SLMCH extends beyond the lecture hall and hospital ward. Separate furnished modern hostels, transport, security, mess facilities and extracurricular and cultural activities are designed to create a supportive campus environment. The larger vision is to develop doctors who are clinically competent, professionally ethical and socially responsible.

A DESTINATION TAKING SHAPE IN CHENNAI

Strategically located at Adayalampattu, Maduravoyal, near the Maduravoyal junction, SLMCH combines academic infrastructure, clinical exposure and round-the-clock hospital services in one accessible campus. Its stated vision is to become a global leader in education and research, while its mission places patient-centred service, community-oriented research and outreach to underserved sections at the heart of its development.

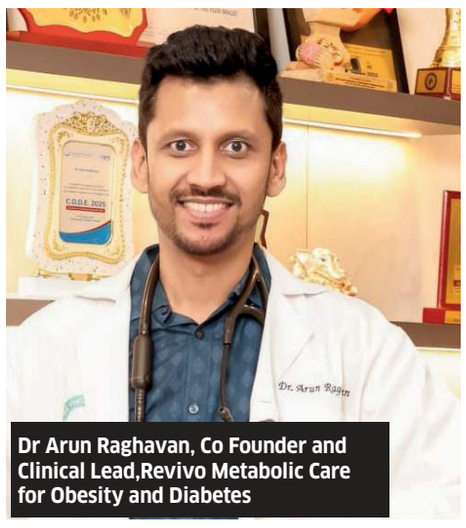
> The defining proposition is simple: when medical education and patient care operate together, students learn from the realities of healthcare while patients gain access to a broader institutional ecosystem

As healthcare and medical education continue to evolve, institutions are increasingly expected to do more than produce qualified graduates. They are expected to create confident professionals, deliver dependable patient care and remain connected to society. With its integrated medical college and multi-specialty hospital model, SLMCH is positioning itself around precisely that intersection—where education meets experience, technology meets compassion, and a medical campus becomes part of the community it serves.

For more information, contact:
Sri Lalithambigai Medical College & Hospital
Adayalampattu, Maduravoyal, Chennai

Working towards reversing prediabetes


Arvind Ashok, Co Founder and Metabolic Health Coach, Revivo Metabolic Care for Obesity and Diabetes


Dr Arun Raghavan, Co Founder and Clinical Lead,Revivo Metabolic Care for Obesity and Diabetes

Around 2,500 years ago, Sushruta described a condition in which the patient's urine drew ants. He called it madhumeha — honey urine. He saw it mostly in the wealthy and the sedentary, and his prescription was movement: walk, labour, sweat. Diabetes used to be a disease of the privileged.

As per DEEP Trust Health Insights today, 101 million Indians have diabetes. 136 million have prediabetes. With a sedentary lifestyle, poor sleep, extremely poor food choices, too many people are slipping into this disease.

People accept diabetes too readily. Almost everyone knows someone who has it and people don't think it is a big deal. Normalising it has resulted in a crisis though. Instead, people must fight the good fight, and try to reduce it — sometimes to reverse it. This isn't wishful thinking. Since 2021, the world's main diabetes bodies have had a formal definition of remission for type 2: normal sugar, held for three months, on no medication. It is possible.

And when it comes to prediabetes, reversal is the expected outcome when the right things change. Yet because people with prediabetes feel fine, look fine, and most people have forgotten to pay attention to the subtle cues from their body, one fine day they are suddenly diagnosed as diabetic.

So, what's actually breaking? Your metabolism. How your body gets energy in, stores it, and spends it. When it works, your body handles a heavy meal, a hard workout, a bad night's sleep, and adjusts. Metabolism is not a factor of age - it is a factor of organ health and muscle mass, amongst other things. As physical activity, especially hard labour is non-existent, most people do not have muscle. Which means they are easily susceptible to high blood sugar, blood pressure, visceral fat. The word for it is metabolically inflexible. Your body has forgotten how to switch between burning what you just ate and what you've stored. Almost everyone carries a significant amount of stored fat, and never burns it, because of this inflexibility.

South Asians tend to develop metabolic disease at lower BMI and have higher cardiometabolic risk at a given BMI than many other populations, with differences in body-fat distribution and lean mass among the proposed contributors.

Why is metabolic health poor? People eat out more than they ever have. People eat more than they need. The food is ultra-processed and engineered to be hard to stop eating. People spend an hour walking or at the gym and then spend the rest of the day in a chair, cooped up under artificial lighting. People sleep poorly, recover very poorly. People are in a constant state of stress, with their nervous system never finding the right balance.

These aren't personal failings. They're symptoms of the world people live in, the environment around them. It is an uphill battle, and most people do not realise they are in one.

Here's what bothers the doctors about how it is treated

Medicine reads your numbers, writes a prescription, and sends you back to the exact life that produced those numbers. The approach in wellness is the opposite. It sells you the diet, the discipline, the lifestyle, and pretends the medicine isn't sometimes necessary. Anyone who grew up on Asterix knows how that goes: Vitalstatistix is packed off to the spa, suffers a cure of boiled vegetables, comes home thinner, and is his old size again in the next comic book. Because the spa fixed the chief and left the village alone. Back at his old haunts, he slipped back to his old lifestyle.

Do doctors treat the body or fix the lifestyle? Instead of two disparate answers, the authors realised the answers all align when everyone sits in the same room. Because there's actually no disagreement. People have simply been reductionist in their thinking.

A Chennai trial published in 2016 got close to this. The Diabetes Community Lifestyle Improvement Program took nearly 578 people with prediabetes and started every one of them on lifestyle change — food, movement, coaching. Metformin was not handed out at the door. It was added only to those whose sugars had not moved after a few months, and only then. Over three years, about a third fewer people progressed to diabetes.

Treatment should be dynamically adjusted rather than treating medication and lifestyle as two disconnected prescriptions. That's the gem.



D-CLIP worked on food and movement. Sleep and stress were not part of it. The authors have found that when those two are treated with the same seriousness — a sleep coach and a counsellor in the same room as the doctor and the dietitian — the early results at their clinic are better than expected. Early, and their own, so take that for what it is. But the direction is the same as the trials.

Integration means the medication is dosed to what your lifestyle is actually doing this month, and the lifestyle prescription is built on where you are right now and where your gap is, not where a chart says you should be. It starts small on purpose, because a plan that overwhelms you in the second week does not survive to the third. As one moves, the other gets adjusted. Both are pointed at the same target, which is needing less of both. And by the end, the coaching and the habit change have left you somewhere you can hold on your own.

Dr Arun Raghavan is a diabetologist, who has seen thousands of patients and helped them with their insulin resistance. Arvind Ashok, on the other hand, has spent fifteen years getting ordinary people to lift heavy things and towards a sustainable lifestyle. This is an odd pair to find sharing a patient file. They believe such partnerships are how the health crisis will be solved.

How do they do it? It is simple. By understanding you. The right blood work, the right clinical tests, and an honest look at how you live. Your eating habits and where life breaks them. Your activity patterns and whether that is enough. Your sleep quality and hygiene, and whether you are recovering enough. And finally, your stress. Put together, that gives them a precise map of where your gaps are. Then they close them, sometimes one at a time, sometimes on multiple fronts. And they watch how it survives contact with your real life.

Medication has a place in this. They use it when it earns its place, sensibly, and with a plan to get you off it where possible. All solutions must involve fitness, nutrition, sleep, and stress management. Along with the doctor and medication. They are under the same roof and the protocols are truly holistic - they revolve around you.

They are looking for the few things that are most responsible for where you are today. Sometimes it's food. Sometimes it's muscle and activity. Sometimes sleep is the thing holding everything else back. Often, it's two or three of them together. The fancy term for this is gap analysis. Your blood work, clinical tests, and body composition reveal the severity of the problem. They craft a plan for you that starts at the right pace and goes on until the outcome is reached, instead of fitting into a limited/urgent timeframe.

A business whose goal is to need you less sounds odd, they know. But that is the right thing to do. Their engagement ends when your markers are where they should be, your medication is lower or gone, and you have the habits to hold it there without them. They are not trying to manage your disease for the rest of your life. That's a lose-lose for both sides. Instead, how about you get to a healthy, sustainable lifestyle where you do not need them?!

This isn't just how one clinic should work. It is where healthcare and wellness both have to go. For people with disease, it is medicine and lifestyle run as one treatment. For people who are not yet diseased, a focus on lifestyle today is best.

India didn't become the diabetes capital of the world by accident. And doctors are not going to undo that one prescription at a time.

For more details, contact
Revivo Metabolic Care for Obesity and Diabetes
514, TTK Road
7550011866

REVIVO CLINIC
Metabolic care for Obesity and Diabetes



More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

THE SANCTUARY OF SKIN TREATMENTS WITH A PLATINUM STANDARD OF CARE

Comfort in Your Own Skin: Dr. Sowmya Dogiparthi's Approach to Modern Beauty

Tucked into a quiet stretch of Padmanabha Nagar in Adyar, Dermipure Dermaclinic has quietly become the address Chennai turns to when skin, hair, or confidence needs restoring. Rating on the internet and over 5,000 patient recoveries to its name, the clinic has earned its place as one of Adyar's most trusted destinations for medical and aesthetic dermatology, a reputation built not on promises, but on results.

At the helm is Dr. Sowmya Dogiparthi, Founder and Managing Director, whose own journey mirrors the philosophy she practises. Raised abroad, she returned to India in 2004 to study medicine at Sri Ramachandra Medical College, later choosing to build her practice in the city she now calls home. Today, she is a celebrated dermatologist and cosmetologist who believes beauty is less about appearances and more about the confidence to walk into a room unguarded.


Dr. Sowmya Dogiparthi

THE HOLISTIC ARCHITECT: HEALING FROM THE ROOT

"We don't fix skin," Dr. Sowmya says. "We restore it." That philosophy shapes every consultation at Dermipure, where the first step is never a prescription but a clinical face and hair scan: a high-definition diagnostic map of the patient's own biology, shared directly with them for complete transparency. From there, she builds a 360-degree plan that brings skin, hair, and weight loss management under one roof, pairing targeted medication with tailored dietary and lifestyle guidance. Every procedure in that plan is US-FDA approved, and every product used is sourced internationally from Spain, the US, and France, a standard Dr. Sowmya refuses to dilute, because on quality, there is simply no room for compromise.

ZERO COMPROMISE: THE TECHNOLOGY OF PRECISION

That rigour extends to the machines too, including a premium laser hair removal system imported directly from the US, a one-of-a-kind addition offering precision and comfort still unmatched nationwide.

FROM MEDICAL TO AESTHETIC: ONE ROOF, EVERY CONCERN

The clinic's range is deliberately wide. On one end sit medical dermatology concerns such as psoriasis, eczema, and paediatric dermatology; on the other, aesthetic goals like acne and anti-ageing. Dermipure offers a range of aesthetic and dermatological treatments, including PDRN and exosome-based treatments are among the procedures offered in the field of skin and hair care. The suitability of these treatments may vary depending on individual requirements and should be assessed by a qualified medical professional, botulinum toxin treatments, dermal filler procedures and the GPS Facial. Treatment options are considered based on individual assessment and clinical suitability.

A DECADE OF LEADERSHIP

Beyond her clinic walls, Dr. Sowmya has spent over 12 years shaping the profession itself, training fellow dermatologists through advanced-procedure workshops, and holding a Professorship that keeps her tethered to the latest research even as she practises it daily.

"True self-esteem comes from within," she often tells her patients, "but feeling comfortable in your own skin is the first step toward standing tall." It's a line that could double as Dermipure's mission statement, one Adyar's patients seem to have taken to heart.

AT A GLANCE: DR. SOWMYA DOGIPARTHI

- Roles: Senior Consultant (Apollo Hospitals); Professor; MD (Dermipure Dermaclinic)

For more information, contact:
Dermipure Dermaclinic
Location: 28/118, Seshadri Nilayam, 5th St, Padmanabha Nagar, Adyar, Chennai - 600020.
WhatsApp/
Call: +91 86047 04804, 044 2445 3879.
Web: www.dermipure.in.
Instagram: @dr.sowmyadogiparthi and @dermipuredermaclinic.

COMPLETE SPINE CARE: FROM EVERYDAY BACK PAIN TO COMPLEX SPINE SURGERY

Specialists in personalized treatment, advanced surgical support, and rehabilitation

Back pain is common, but the cause may differ from one person to another. It may be due to poor posture, a disc problem, nerve pressure, weak bones, or a change in the shape of the spine. That is why proper assessment is important before starting treatment.

At Soundarapandian Bone and Joint Hospital, they first listen to the patient and understand how the problem affects daily life. They then examine the spine and advise scans or tests only when needed. Based on the findings, they plan the right treatment for each patient.



SPINE CONDITIONS THEY TREAT: POSTURAL NECK AND BACK PAIN

Long hours of sitting, screen use, poor posture, and lack of exercise can strain the neck and lower back.

Treatment may include pain relief, posture correction, strengthening exercises, mobility training, and workplace advice. The aim is not only to reduce pain but also to help prevent it from returning.

SLIPPED DISC AND LUMBAR CANAL STENOSIS

A slipped or herniated disc can press on a nearby nerve. It may cause lower-back pain, pain travelling down the leg, numbness, tingling, or weakness.

Lumbar canal stenosis is a narrowing of the space around the nerves in the lower spine. Patients may feel pain or heaviness in the legs and may find it difficult to walk for a long distance.

Many patients improve with medication, activity changes, and physiotherapy. Surgery is considered only when symptoms continue, walking becomes difficult, or nerve function is affected.

SCOLIOSIS AND SPINAL DEFORMITIES

Scoliosis is a sideways curve of the spine. It can develop in children, teenagers, or adults. In growing children, the curve may increase without causing much pain. Early assessment is therefore important.



DON'T LET SPINE PROBLEMS LIMIT YOUR MOVEMENT

- Back pain, neck pain, pain travelling into the arms or legs, reduced walking ability, and visible changes in posture can have different causes
- Persistent symptoms require proper evaluation rather than repeated temporary relief
- From everyday back and neck pain to complex spinal disorders, Soundarapandian provides comprehensive spine care at every stage

Parents may notice uneven shoulders, one shoulder blade standing out, an uneven waist, leaning to one side, or a raised rib area when the child bends forward.

Not every patient with scoliosis needs surgery. Treatment depends on the patient's age, remaining growth, type of curve, and whether it is getting worse. They may advise regular follow-up, physiotherapy, bracing during the growing years, or surgery for severe or progressive curves.

OSTEOPOROSIS, SPINAL TUMORS, AND INFECTIONS

Osteoporosis is a condition that makes the bones weak. In the spine, it can cause fractures, sudden back pain, loss of height, or a bent posture.

Spinal tumors are abnormal growths in or around the spine. They can press on the spinal cord or nerves, causing pain, numbness, weakness, or difficulty walking.

Spinal infections occur when germs affect the spinal bones or discs. They can cause severe back pain, fever, weakness, or damage to the spine if not treated early.

Early assessment helps identify the cause and begin the right treatment.

SURGERY IS NOT ALWAYS THE FIRST STEP

Most spine problems do not need surgery. Treatment may include medication, posture and activity changes, physiotherapy, strength training, bone-health care, or regular follow-up.

When surgery is required, they explain the procedure, expected results, recovery, and rehabilitation plan to the patient and family. For selected complex spine surgeries, they use intraoperative neuromonitoring to monitor the spinal cord and nerves during the procedure.

WHY CHOOSE SOUNDARAPANDIAN FOR SPINE CARE?

- More than four decades of orthopedic experience
- Care for common and complex spine conditions
- Personalized surgical and non-surgical treatment
- Advanced support for selected complex spine surgeries
- Physiotherapy, rehabilitation, and continued follow-up
- Coordinated care for patients with other medical conditions

For more information, contact:
Soundarapandian Bone and Joint Hospital
Anna Nagar, Chennai,
044 3506 6666

FERTILITY CARE WITH HOPE, HONESTY AND HEART

Dr. Rukkayal Fathima believes trust and affordability belong in the same consulting room

Couples who walk into a fertility clinic rarely carry only their medical files. They bring years of waiting, the quiet arithmetic of cost weighed against chance, and a hope tested more often than they care to admit. Dr. Rukkayal Fathima, Founder and Clinical Director of Yaal Fertility & Women's Centre, has spent fifteen years listening to what goes unsaid in those rooms, and has built an institution around it.

Yaal now spans eight centres across Chennai, anchored by its own IVF laboratory. Its name is borrowed from the yaazh, the ancient Tamil stringed instrument long associated with harmony and joy. It is a fitting emblem for a practice that seeks to bring composure to one of life's most unsettling journeys.

Her founding conviction is disarmingly simple. "No couple should ever have to choose between care they can trust and care they can afford," she says.

That conviction rests on a distinguished academic record. She graduated as Best Outgoing Student of the 2006 MBBS batch at Chettinad Hospital & Research Institute, winning the Hobart and Avvai Shanmugam medals in obstetrics and gynaecology and the medal for topping the final examinations.

At Madras Medical College's Institute of Obstetrics & Gynaecology, she added the Dr. Mira Sengupta and Prof. Dharani Srinivas gold medals. She earned her MRCOG from the Royal College of Obstetricians and Gynaecologists, UK, in 2019, before training in reproductive medicine in Kiel, Germany.

Yet her practice is defined less by the letters after her name than by clinical restraint. In a field often accused of hurrying couples towards IVF, she begins with understanding: the couple's history, the reasons behind their difficulty, and whether natural conception remains a reasonable possibility. When assisted treatment is warranted, the plan is shaped around the individual rather than lifted from a fixed protocol.

That candour extends to subjects many clinics prefer to leave vague. At Yaal, patients are told what is being recommended, why, what it will cost and what their realistic chances are.

New techniques are embraced, but only where they offer a proven benefit.

The network offers the full range of modern fertility medicine, from IUI, IVF and ICSI to egg and embryo freezing, genetic testing and the treatment of male infertility. Her expertise in high-risk obstetrics and laparoscopic surgery allows her to stay beside women from the first consultation through treatment and pregnancy. For her, fertility is never separate from a woman's wider reproductive health.

There is a personal dimension, too. "As a mother myself, I understand what is being asked for in that consulting room," she says. "The hope, the uncertainty and how much that one wish can mean to a family."


Dr. Rukkayal Fathima, Founder & Clinical Director, Yaal Fertility & Women's Centre

Her ambition is anything but modest: to make Yaal the world's most trusted destination for fertility care. Growth, she maintains, will be measured not by the number of centres opened, but by whether every family receives the same standard of care and unhurried attention.

"We are eight centres today," she says. "But to me, this is only the beginning."

For more details, contact:
Dr. Rukkayal Fathima M.B.B.S., M.S. (O&G), MRCOG (UK), FRM (Kiel) Founder & Clinical Director Yaal Fertility & Women's Centre
Website: www.yaalfertility.com
Appointment number: 9943644633
info@yaalhealth.com

COMPREHENSIVE CARE AND QUALITY AT HYDRA DERMATOLOGY

True expertise in skin care requires a delicate balance of deep medical knowledge, clinical precision, and an unwavering commitment to patient well-being. Dr. Shwetha Rahul, a distinguished dermatologist with over 18 years of clinical experience, exemplifies this balance. Having earned her MBBS from Kilpauk Medical College and her MD from Madras Medical College, Dr. Shwetha built a career grounded in academic quality.

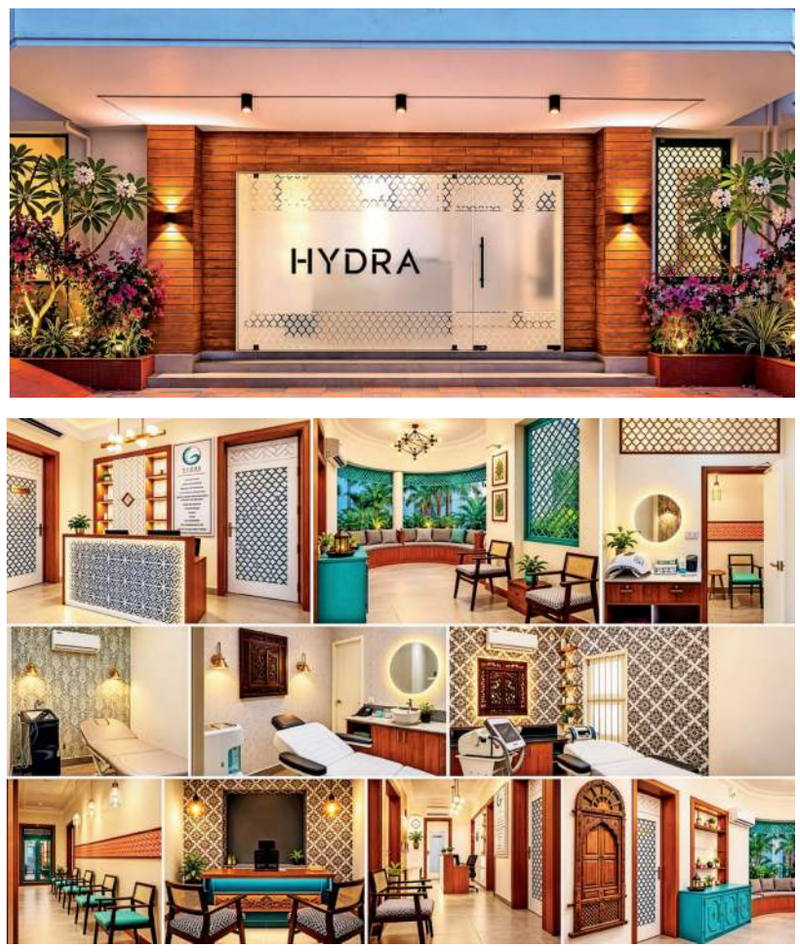
Throughout her nearly two-decade career, Dr. Shwetha has worked extensively across both rural healthcare settings and some of the top-tier corporate setups. This broad exposure gives her a nuanced understanding of dermatological conditions across diverse demographics. Today, her practice spans the full spectrum of the field, encompassing clinical and medical dermatology, dermatosurgery, and advanced aesthetics. Recognized as an authority in her field, she regularly trains rising dermatologists and serves as a speaker at prominent national and international medical conferences.

To bring quality skin care to her community, Dr. Shwetha established Hydra Dermatology as one of the premier Center of Excellence. Today, she leads a large team of dermatologists who possess extensive expertise to manage every dermatological condition with absolute precision. Designed as a comprehensive destination for skin, hair, and nail health, the clinic seamlessly integrates medical dermatology, laser technology, dermatosurgery, and aesthetic enhancements under one roof.

At the core of Hydra Dermatology is a philosophy rooted in ethics, transparency, and clinical integrity. Rather than offering temporary fixes, Dr. Shwetha and her team focus on diagnosing and treating the root causes of skin, hair, and nail disorders. This honest, evidence-based approach ensures sustained results that significantly elevate each patient's overall quality of life.

In medical dermatology, Hydra Dermatology offers modern interventions for complex conditions, including advanced biological therapies for difficult-to-treat diseases like psoriasis. The clinic provides comprehensive management for all skin, hair, and nail concerns using advanced procedural and laser techniques engineered for effective treatment outcomes.

In trichology, Hydra Dermatology utilizes advanced diagnostic equipment to accurately pinpoint the root causes of hair loss and scalp issues. Combining diagnostic precision with the best available advanced therapies, the clinic delivers tailored treatment plans that stimulate hair growth and restore long-term hair health. Equipped with state-of-the-art, international-standard equipment, Hydra Dermatology continues to fulfill Dr. Shwetha's vision of delivering global-standard technology and ethical clinical care directly to her city.






Dr Shwetha Rahul

For more information, contact:
Hydra dermatology
9884849372
08065908840

For any further details about Times Health, info.oms@timesofindia.com

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL, HEALTH PROMOTIONAL FEATURE, ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORIZED REPRESENTATIVES, TO WHICH EFFECT, PUBLICATION HOUSE/ ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

TIMES HEA

Circulated with The Times of India, Chennai

Tuesday, 29 September, 2026

COMPREHENSIVE BREAST CARE WITHIN A MULTI-SPECIALITY HOSPITAL: THE NEED OF THE HOUR

Breast health is not something to postpone. According to estimates from India's National Cancer Registry Programme, approximately 2.33 lakh new cases of female breast cancer were projected for 2025. In December 2025, a Bill titled the Breast Cancer (Awareness, Early Detection and Diagnosis) Bill, 2025 was introduced in the Rajya Sabha, proposing measures including awareness, screening, early detection, diagnosis and treatment of breast cancer.

Breast cancer is one of the most common cancer in Indian women, but still there are no standard country specific guidelines on breast cancer screening. What our women need today is not scattered care, but a single, trusted destination where every step — screening, diagnosis, and treatment — comes together seamlessly. That is the strength of a comprehensive breast centre.

Currently, women with a breast lump or those who need screening move between multiple facilities. A mammogram may be performed at one centre, a biopsy by a different specialist at another, a PET scan elsewhere and surgery and further treatment like chemotherapy and radiotherapy across multiple hospitals and providers. Because of these factors, there is no standardisation of technique and expertise. Due to multiple facility visits, there could be a lack of continuity in care which may lead to misdiagnosis.

Current evidence points to considerable gaps in breast cancer diagnosis in India. Further, there are also disparities between analog mammograms and full field digital mammograms, in image guided biopsy of appropriate lesions, diagnosis of malignancy in screen detected sub centimetric lumps and misdiagnosis in pathology. These lead on to no treatment in women with disease or the wrong treatment for those without cancer. A missed diagnosis and reporting of a normal mammogram give pseudo confidence to the patient, whereas an overdiagnosis leads to over treatment, unnecessary anxiety and stress for the patient and family.

Dr. Rajasundaram, Surgical Oncologist and CEO of Iswarya Cancer Centre, believes, "A comprehensive breast centre ensures advanced mammography, breast ultrasound, biopsies, pathology, PET CT and consultations with expert breast radiologists, surgical oncologists, medical oncologists and radiation oncologists in the same place (all critical services are under one roof). Thus, every step from diagnosis to treatment to follow up is taken care of. This integrated model eliminates delays, reduces stress, and ensures a faster, more accurate diagnosis and fast tracks treatment. As breast cancer is a systemic disease, a comprehensive centre in a multi-speciality hospital with other specialities like Cardiology, Pulmonology, Neurology and Spine Surgery, gives a holistic treatment to the patient.




Dr. Rajasundaram


Dr. Deepa Chegu

Dr. Deepa Chegu, Director, Iswarya Breast Centre, further reveals, "The incidence of breast cancer among young women in India is nearly 15-20% of all cases. In young patients, breast cancer is biologically different and more aggressive, with genetic preponderance. Hence, it needs a comprehensive breast care model—integrating dedicated breast imaging specialists and specialised multidisciplinary expertise. A 3D Tomosynthesis/ Digital Breast Tomosynthesis is essential to prevent delayed or inaccurate diagnosis of breast lesions in younger women with dense breasts."

Early detection saves lives. But early detection needs the right technology, the right specialists, and a coordinated approach at the right comprehensive centre. Dr. Arun Muthuvel, MD Iswarya Hospital says, "At Iswarya Breast Centre, every woman receives personalised guidance, streamlined appointments, and clear communication at every stage — ensuring no confusion, no waiting, and no delay in the diagnosis-to-treatment pathway. Choose timely care. Choose clarity. Choose Iswarya Breast Centre."

For women, timely and precise breast care is not a luxury — it is a necessity. A comprehensive breast centre provides confidence, clarity, and care that truly makes a difference.

For more information, contact:
Iswarya Hospital
110.Rajiv Gandhi Salai, OMR,
Taramani,
Opp. Tidel Park, Chennai – 41
Ph – 81 00 00 24 24 / 044 2025 2025
Web: www.iswarya.com

Atlantis Healthcity: Bringing Advanced Healthcare Closer to Communities with Care, Without Compromise

Atlantis Healthcity, a growing chain of multi-speciality hospitals with centres in T. Nagar and Triplicane in Chennai, and Tiruppur, is establishing itself as a destination for quality healthcare, advanced technology and patient-centred services.

Atlantis Healthcity was inaugurated on 8th June 2025 by the then Health Minister, marking the start of its mission to provide accessible, advanced healthcare across communities.

With around 60 beds each in major centre, Atlantis Healthcity offers a broad range of medical and surgical services. Its care model is built on Ethics, Empathy and Excellence, guided by the philosophy "Care Without Compromise."

The hospitals provide modern diagnostic, critical-care and surgical facilities, including Smart ICU and Smart NICU facilities, advanced Dialysis units, 24/7 pharmacy and laboratory services, 24/7 CT Scan and Digital X-ray facilities, and round-the-clock Emergency and Trauma Care. They also offer 24/7 ambulance services.

Atlantis Healthcity is supported by a team of well experienced and qualified consultants, specialists and surgeons across multiple disciplines. Their expertise, combined with modern infrastructure compromising of quality and precision equipments from Siemens, GE, Roche, Karl Storz, Drager, Stryker and multidisciplinary collaboration, enables the institution to provide comprehensive care for both routine and complex medical conditions.



Atlantis Healthcity- Triplicane

Diagnostic and women's healthcare services include 4D Ultrasound and Colour Doppler studies, ECHO services for adults, paediatric patients and neonates, and dedicated labour suites. The hospitals also feature modular operating theatres and Deluxe and Suite inpatient rooms.

Atlantis Healthcity has undertaken nearly 700 major surgical procedures across specialities including Orthopaedics, Neurosurgery, Gastroenterology, Vascular Surgery, Plastic Surgery, Urology, Onco Surgery, Obstetrics and Gynaecology, Facio-Maxillary Surgery, ENT Surgery, and others.

The institution also performs advanced laparoscopic surgeries and has effectively done several Advanced Robotic knee replacement surgeries, bringing technology-assisted surgical care to patients.

Government-approved renal transplants are done at Atlantis Healthcity, with a well experienced team, reflecting the institution's expanding capabilities in complex and specialised medical care.

Atlantis Healthcity is also strengthening its cardiac services. An advanced Cath Lab facility is expected to be introduced shortly at the T. Nagar centre, expanding access to interventional cardiology and advanced cardiac diagnosis and surgeries.

The institution's future vision is to develop a chain of hospitals across Tier 2 and Tier 3 cities bringing advanced healthcare closer to communities with limited access to specialised services. This expansion will combine modern infrastructure, advanced technology and experienced clinical teams with compassionate and ethical care.

As Atlantis Healthcity expands across Chennai, Tiruppur and other emerging healthcare markets, it remains committed to its core values of Ethics, Empathy and Excellence, while staying true to its promise of "Care Without Compromise."



atlantis Healthcity- T.nagar



Atlantis Healthcity- Tiruppur

For more information, contact:
Atlantis Healthcity
For appointments +91 9561006100
Visit www.atlantishealthcity.com
T. Nagar – Chennai: No. 4, Lakshmi Kanthan Street, T. Nagar, Chennai – 600017
Triplicane – Chennai: No. 23 (11), Triplicane High Road, Chepauk, Chennai – 600005
Tiruppur: No. 35 & 36, Kuli Chettiyar Street, Near Old Bus Stand, Tiruppur – 641604.

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

When Should a Couple Seek Help When Trying to Conceive?

Trying to conceive is an exciting journey, but knowing when to seek medical advice can make a significant difference. For couples where the woman is below 35 years, evaluation is generally recommended after 12 months of regular, unprotected intercourse without conception. If the woman is 35 or older, it is advisable to seek help after six months, as fertility can decline more rapidly with age.

However, there is no need to wait if there are already known concerns. Irregular or absent periods, suspected PCOS, endometriosis, previous pelvic infections or surgeries, recurrent miscarriages, tubal problems, or a history of cancer treatment warrant earlier evaluation. Male factors are equally important, and a semen analysis should be part of the initial assessment when indicated.

Importantly, seeking help does not automatically mean IVF. A fertility specialist first identifies the underlying cause and recommends treatment based on the couple's individual needs. Timely evaluation can prevent unnecessary delays and help couples make informed decisions about their reproductive journey.



Dr. Arun Muthuvel MD & CEO, Iswarya Fertility Center

ISWARYA FERTILITY CENTER

Access to the right fertility care is equally important. With a growing network of centres across India and Sri Lanka, Iswarya Fertility Center, one of the pioneer in fertility treatments aims to bring advanced reproductive care closer to couples seeking treatment. With four decades of experience, the centre offers a comprehensive range of services, including IUI, IVF, ICSI, fertility preservation, advanced laparoscopic and hysteroscopic procedures, genetic services and high-risk pregnancy care. Its patient-centric approach focuses on individualized treatment based on the underlying cause of infertility, while ensuring ethical and transparent care. The goal is not simply to offer advanced technology, but to make evidence-based fertility treatment more accessible to couples across different regions.

For more information, contact:
Iswarya Fertility Center
Phone: +91 99627 00000
www.iswaryafertility.com

Beyond IVF: How GBR Fertility Centre is Redefining the Journey to Parenthood

Two decades of personalised fertility care, advanced genetics, fertility preservation, fertility-enhancing surgery and AI-enabled embryology - bringing science, precision and empathy together under one roof

GBR Fertility Centre was founded in 2005 with a vision that fertility care should go beyond a procedure - it should begin with understanding the person, the couple and the reason conception is difficult. Two decades later, that philosophy continues to define GBR: personalised care supported by advanced reproductive technology, genetics, minimally invasive surgery, fertility preservation and data-driven embryology.



Dr G Buvaneswari, Clinical Lead & Medical Director

At the centre of this journey is Dr G Buvaneswari, Clinical Lead & Medical Director. With qualifications including MBBS, DGO, DNB (OBG), Dip. ALS (Germany), AMRCOG (UK) and FICOG, and more than two decades of dedicated infertility experience, she has championed personalised fertility care from the early days of her practice.

Her work spans complex infertility, reproductive genetics, fertility-preserving surgery and advanced reproductive medicine. Her clinical philosophy has consistently centred on understanding the couple, identifying the problem and choosing the most appropriate pathway rather than applying a one-size-fits-all protocol.

WHY GBR?

Because not every fertility journey needs to begin with IVF. At GBR, evaluation focuses on identifying the underlying factors - female, male, hormonal, genetic, anatomical or age-related - and then choosing the least complex treatment that is clinically appropriate. For some, that may mean medical treatment or surgery and a chance at natural conception; for others, IUI, IVF/ICSI or advanced reproductive technologies may be appropriate. Combined with counselling and continuity of care, this integrated approach has helped GBR build a strong reputation.

PRECISION THROUGH FERTILITY GENETICS

A distinctive strength is its focus on fertility genetics and advanced diagnostics. The centre offers Preimplantation Genetic Testing, including PGT-A, PGT-M and PGT-SR, along with carrier screening and advanced sperm DNA testing. DFI can add a functional dimension to the evaluation of male infertility beyond conventional semen analysis. For selected cases of implantation difficulty, ERA is available to assess the endometrial environment and help personalise embryo-transfer timing. GBR also offers PRP-based therapies and explores regenerative approaches including stem-cell-related treatments in evolving clinical settings.

Oncofertility to social fertility preservation

Fertility preservation extends this expertise beyond immediate treatment. GBR provides egg, sperm and embryo freezing for patients who may face fertility-threatening cancer treatment or other medical interventions, while also supporting social fertility preservation for those choosing to defer parenthood for personal, educational, career or life reasons. The objective is simple: preserve reproductive options before time or treatment narrows them.

FERTILITY-ENHANCING SURGERIES

Surgery remains another important part of the GBR philosophy. Fertility-focused hysteroscopy, laparoscopy, myomectomy, endometriosis management and tubal recanalisation can correct conditions that interfere with pregnancy. In appropriately selected women, restoring reproductive anatomy can create an opportunity for natural pregnancy and may avoid or delay assisted reproduction. GBR's clinical experience includes pregnancies following procedures to address tubal blocks.

AI-ENABLED EMBRYOLOGY

GBR is also embracing the next generation of fertility science. It is an early adopter of Garbha.ai for AI-assisted embryo grading, following more than two years of joint research. Dr G Buvaneswari serves as Strategic Clinical Advisor to Garbha.ai, working with the Hyderabad-based team on clinical validation and the evolution of AI tools. The technology is designed to support embryologists with more consistent, explainable assessment - complementing, rather than replacing, clinical judgement.

A RECORD OF RECOGNITION

For GBR, such recognition is not simply a milestone; it reflects an ongoing commitment to clinical excellence, innovation and patient-centred care.

A FERTILITY CENTRE BUILT AROUND CHOICE AND POSSIBILITY

What distinguishes GBR is not a single technology, procedure or success story, but the way these capabilities are brought together. A couple may need a diagnosis before a treatment; a patient may need surgery before IVF; a cancer patient may need preservation before treatment; another may need genetic testing before embryo transfer; and an individual may simply need the option of preserving fertility for the future. GBR has built its model around that continuum of care.

This combination of clinical experience, personalised care, fertility genetics, fertility-enhancing surgery, preservation and emerging AI technology defines GBR Fertility Centre's continuing journey: not simply helping couples undergo fertility treatment but continually evolving how fertility care itself is understood and delivered.

For more details,contact :
Flight Lieutenant L. Ramesh
Director & CEO
Call: +91 - 9840490902
Address: HIG – 1027, 6th Main Road, Mugappair Eri Scheme, Mugappair West, Chennai – 600 037, Tamil Nadu, India
Email: contact@gbrclinic.com
Website: gbrclinic.com



More Newspapers and Magazines join telegram https://t.me/NewsTG8 (@NewsTG8)

To Get All The Popular Newspapers.

Save My Contact Number 8890050582 send Message telegram ya Whatsapp If You Want to get these Newspapers Daily at earliest

English Newspapers»»

Indian Express, Financial Express, The Hindu, Business Line, The Times of India, The Economic Times, Hindustan Times, ET wealth, Business Standard, First India, Mint, Greater Kashmir, Greater Jammu, The Himalayan, The Tribune, Brill Express, The Sikh Times, Avenue Mail, Western Times, Millennium Post, The Statesman, State Times, The Pioneer, Hans India, Free Press, Orissa Post, Mumbai Mirror, Mid-Day, Deccan Chronicle, Deccan Herald, Telangana Today, Financial Times, The Asian Age, The Telegraph, Oheraldo, Gulf of Times, The New York Times, The Washington Post, Los Angeles Times, USA Today, The Wall Street Journal, The Guardian, The Times

Hindi Newspapers»»

दैनिक जागरण, राजस्थान पत्रिका, दैनिक भास्कर, दिव्यभास्कर, हिंदुस्तान, नवभारत टाइम्स, बिजनस स्टंडडर, अमर उजाला, जनसत्ता, द पायोनीर, राष्ट्रीय सहारा, प्रभातखबर, लोकसत्ता

Others»»

Hindi & English Editorial, Employment News, Malayalam Newspapers, Tamil, Telugu, Urdu, Gujarati

Type in Search box of Telegram @NewsTG8 And you will find a Channel named NewsTG join it and receive daily editions ofall popular epapers at the earliest

Or you can click on this link https://t.me/NewsTG8