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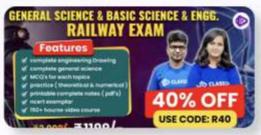


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ELECTION BUH 'We're running against a radical left machine WORLD & PAGE 14





WORLD IS PAGE 14

A picture of a growing economic divide The inequality does not bode well for federalism CONTROLLE PROFES



INSIDE

NCB, Delhi police bust meth lab in

NEW DELIN (Section on convenience out to the bethi police Special Cell, has

Lawyers clash with police after spat with judge

SHARIABAR came to blows in a courtnoon n Ghaziabad on Tuesday afte the judge called them to remove a group of protesting lawyers raising stagent again

him. It PAGE 6

for registration of births, deaths

deaths hassle free o past 4

India urges meet on fishing dispute with Sri Lanka

CHENNA

Mahayuti, MVA seat sharing plans still unclear

Dramatic scenes were witnessed on the last day of filing nominations; BJP opposes NCP's Mumbai candidate; Congress says no 'friendly fights' in MVA; dear picture expected only after Deepavali. Mahayuti couldn't achieve consensus on a few seats where allies were pitted against each other. Cong. will fight in 103 seats in the State, says Chennithala

abarashtra wit-nessest dramatic scenes on the last day of filing nominations for the Assembly election, with confusion in both the ruling and Opposition at liances regarding their es-act formulas for seat-sharing. For the Mahayuti and the Maha Vikas Aghadi, full clarity is only likely after Deepavali when the dea-dline to withdraw nomina tions arrives on November

While a Yawai ve Pawai buttle unfolded in Barama-ti where sharad Pawar and lis nephew were engaged in a war of words, during crupted in Mumbai too when the Ajii Pawarled Nationalist Congress Party leader Nawab Malik filed his nomination papers de-pite heavy opposed only the Bill. While a Pawar vs Pawar



The HIP later issued a state-ment saying it would not convex for a leader who al-legedly had links with the garageter Dawood flynhim. He was a state of the contra-tions on Tuesday, includ-ing Milliad Boeta, Shalita N.C., and Armi Faler. The Congress, UP and NCP-97 each released an official lin of sundatons in

the last day. The Congress lat included 103 candi-dates, the NP declared a list of 148 candidates from the purty as well as from four smaller allies, and the four smaller allies, and the NCP-SP put out a list of 67 candidates. Though the Alli Pawar-led NCP and Ek-nath Shinde-led Shiv Sena also issued lists, they gave nomination forms to can-didates wherever not men

tioned in their lists, taking their fully of fielded candi-dates beyond the official list. Uddhiv Thackeray's faction of the Sens did ust issue any official list of eas-

Deputy Chief Minintee
Deputy Chief Minintee
Devendra Fachards said,
"There will be friendly
fights in four sense. Whe
rever we could not achieve
consensus, we have deelth
consensus," High over
those sense."
For example, in Munipat, the Manayuri fielded
cardidates against each
other in the Mankhuret She

actiove consonais over a few seats where allies were pitted against each other. Ramesh Chemithala, Mahamatura m charge for the Congress said, "We are

aking our party workers to withdraw their candida-tures from places where the alliance partners have fielded their candidates. In

Alumbat, we like Con-gress) will fight in it seats.

gran) will fight in it seats. The atmosphere is peakerful. Congress will fight in 103 seats in the State). Our goal is that we have to get rid of the corrupt government.

vajinagar and Amushakti-nagar seats. While Mr. Ajit gave nordination forms to MI.A Nawah Malik and his staughter Rana Malik, the Shiv Sena also fielded candidates in the same constidislates in the same consti-tuencies as Mahayati can-didates. When asked about whether the Mahayati sag-ported her candidature, Ma. Malik told presquer-soms, "We will seek votes on the basis of our work. We are with bada lajit pa-wari and the people are

Pamily battle
The war of westels between Mr. Alls and his uncle Mr. Pawar turned personal on Tunsday. After Mr. All gas a PAGE 8

war.

"Lum the elderly person in the family. There is no reason for me to break the house. For all these years, I mms, "We will seek votes
on the basis of our work.
We are with Dada Lajit Pawer and the people are
The BIP, however, issued a sistement against
Mr. Midlik. "We will not
carvan for a considiate who
wend Brahlin," Murmba
HIP chief Adalah filesta
told prespersons.
The war of words bretween
Mr. Ajit and his sincle. Mr.

Shah unveils app

restin on Tunsday, during a Joint Working Group on Plaborius most, restorated its call for an early meeting of the

Festive horvest



PM expands health cover + scheme to people aged 70 and over; no income bar

Dindu Shalan Perappadan

In a major exmansion of the Union government's flag-ship scheme, the Ayush-man Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), Prime Minister Narendra Modi on Tuesday Narendra Modi on Tuesday amusinced that health cov-erage under the scheme will now be available to all senior citiens aged 70 and above, regardless of their heating.

"With the expansion now, every elderly person above 70 years of age in the country will get free treat-ment in the hospital with the Ayushman Vaya Vanda-na Card. With an Ayushman Vaya Vandana card for the elderly in the house, the out-of-pocket expenditure will be reduced to a great extent."

Other projects Mr. Modil also launched other health sector pro-jects worth around FI2,850 peers worth around FL/A89.

crore on the occasion of Dharwarister Jayanti and in the comment of the comment of



sevies of free treatment un-der the expanded programme.

"I apologise to all the el-derly aged 70 and above in Delhi and West Bengal that I cannot serve them. I know about your pattre and sufferings, but I won't be able to help you," he said. "The reason is that the ge-vernments in Delhi and West Bergal are not joining the schome due to their

political interests," he added. The Prime Minister inaugurated and laid the foundation stones for pro-jects worth more than \$13,000 crore, including the creation of four centres of excellence unside the Appellence and Appelle

technology in enhance bealthcare and save citi-sons' money under the e-Sanjeevant scheme, through which over 30

Stating that the progres of a nation is directly pro portional to the health of its citizens, Mr. Modi listed vernment's policy: preven tive healthcare, early de-tection of allments, free and low-cost treatmen and medicines, availability of doctors in small towns.

Three militants killed in Akhnoor encounter

The three militants who made an attempt to attack an Army convoy on Mon-day were killed in a 36 hour anti-militancy opera-tion of the security forces Kashunir, the Army sold on "All three hardcore ter-

post intense firefight. After surveillance throughout the night, an intense firethe night, an intense fire-high unicided today more-ing resulting in a significant victory for our forces. Re-leastless operations and actical excellence have led to the elimination of the three terrorists," an Army spokesperson said.

ring resulting to a significant victory for our forces. Be leaders operation and the control of the control of

Battlefield: The Army deployed an armouned velocie, the BMP-R, during a weet/transf-corduin-operation following an attact on an Army sockey in Akhnoos in Jamenu & Rushine on Tuesday. As

Police, Jammu, Joginder Singh said. The Army said special forces were multilised promptly to reinforce the

There is a suddent spurt in militant attacks in Bek this mouth. Rarlies, mili-tants carried out five at-tacks in the Rashmir Vat-ley, which resulted in killing of 10 civilians. Two promptly to reinforce the cordon around the fleeling miliants. "Advanced tech-nology, including night surveillance devices, un-manned ground vehicles, emined real-time tracking and presented potential escapes," the Army said. security personnel were al-so littled in these attacks. I&K Lieutenant-Cover-

Battlefield. The Army deployed an armound versich, the IRIP is, seeming a control of the Saint Control of the Sain

no killed in these stacks.

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PM expands health cover scheme to people aged 70 and over; no income bar

Bindu Shajan Perappadan NEW DELHI

In a major expansion of the Union government's flagship scheme, the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), Prime Minister Narendra Modi on Tuesday announced that health coverage under the scheme will now be available to all senior citizens aged 70 and above, regardless of their income.

The scheme was introduced to "overcome the despair of the poor when illness strikes", Mr. Modi said, noting that the government bears the cost of hospitalisation for beneficiaries up to ₹5 lakh.

"With the expansion now, every elderly person above 70 years of age in the country will get free treatment in the hospital with the Ayushman Vaya Vandana Card. With an Ayushman Vaya Vandana card for the elderly in the house, the out-of-pocket expenditure will be reduced to a great extent," he said.

Other projects

Mr. Modi also launched other health sector projects worth around ₹12,850 crore on the occasion of Dhanvantari Jayanti and the ninth Ayurveda Day, at the All India Institute of Ayurveda (AIIA).

Ayurveda Diwas is being celebrated in more than 150 countries today, Mr. Modi said, offering this as proof of the growing attraction of Ayurveda.

The PM slammed the governments of Delhi and West Bengal for not implementing the scheme, expressing his concern that



Narendra Modi at the event to launch projects at AIIA, New Delhi. PTI

senior citizens in these States cannot avail themsevies of free treatment under the expanded programme.

"I apologise to all the elderly aged 70 and above in Delhi and West Bengal that I cannot serve them. I know about your pains and sufferings, but I won't be able to help you," he said. "The reason is that the governments in Delhi and West Bengal are not joining the scheme due to their political interests," he added.

The Prime Minister inaugurated and laid the foundation stones for projects worth more than ₹13,000 crore, including the creation of four centres of excellence under the Ayush Health scheme, expansion of health services with the use of drones, helicopter services at AIIMS, Rishikesh, new infrastructure at AIIMS, New Delhi and AI-IMS, Bilaspur, expansion of services in five other AIIMS in the country, establishment of medical colleges, the launch of nursing colleges, and other projects related to the health sector.

Mr. Modi said that the

government is leveraging technology to enhance healthcare and save citizens' money under the e-Sanjeevani scheme, through which over 30 crore people have consulted doctors online.

Five pillars

Stating that the progress of a nation is directly proportional to the health of its citizens, Mr. Modi listed the five pillars of his government's policy: preventive healthcare, early detection of ailments, free and low-cost treatment and medicines, availability of doctors in small towns, and the expansion of technology in health services.

There are 7.5 lakh registered AYUSH practitioners already contributing to the nation's healthcare, the PM said.

The Prime Minister inaugurated the second phase of India's first All India Institute of Ayurveda, and three medical colleges at Mandsaur, Neemuch and Seoni in Madhya Pradesh, and laid the foundation stones for five nursing colleges, and 21 critical care blocks.

• Scheme Overview (योजना का अवलोकन)

- Prime Minister Narendra Modi announced an expansion of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY) to include citizens aged 70 and above without any income bar.
- प्रधानमंत्री नरेंद्र मोदी ने आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (पीएम-जेएवाई) का विस्तार करते हुए 70 वर्ष और उससे अधिक आयु के नागरिकों के लिए बिना किसी आय सीमा के लाभ देने की घोषणा की।

• Key Benefits (मुख्य लाभ)

- The scheme now ensures free hospital treatment up to ₹5 lakh for senior citizens above
 70.
- योजना के तहत अब 70 वर्ष से अधिक उम्र के विरष्ठ नागरिकों को ₹5 लाख तक मुफ्त अस्पताल इलाज की सुविधा मिलेगी।
- Beneficiaries will receive an Ayushman Vaya Vandana Card, helping reduce out-of-pocket expenditures for senior citizens.
- लाभार्थियों को आयुष्मान वया वंदना कार्ड मिलेगा, जो वरिष्ठ नागरिकों के खर्च को कम करेगा।

- Criticism of Non-participating States (गैर-भागीदार राज्यों की आलोचना)
- PM Modi expressed disappointment that Delhi and West Bengal have not joined the scheme, limiting benefits for senior citizens in these states.
- प्रधानमंत्री ने असंतोष व्यक्त किया कि दिल्ली और पश्चिम बंगाल ने इस योजना में भाग नहीं लिया है, जिससे इन राज्यों के वरिष्ठ नागरिकों को लाभ नहीं मिल पा रहा है।

• Healthcare Infrastructure Projects (स्वास्थ्य ढांचे के परियोजनाएँ)

- PM Modi inaugurated projects worth ₹12,850 crore on Ayurveda Day, focusing on promoting Ayurveda.
- प्रधानमंत्री ने धन्वंतरि जयंती और आयुर्वेद दिवस पर आयुर्वेद को बढ़ावा देने के लिए ₹12,850 करोड़ की परियोजनाओं का उद्घाटन किया।
- New facilities include AIIMS upgrades, nursing colleges, and health services expansion through drones and helicopters.
- नई सुविधाओं में एम्स का उन्नयन, नर्सिंग कॉलेज और ड्रोन तथा हेलीकॉप्टर द्वारा स्वास्थ्य सेवाओं का विस्तार शामिल है।

offensive approach against cyberthreats'

The Hindu Bureau

ity from adversaries resort-ing to a new kind of cyberarfare and, therefore, an wartane and, therefore, an offensive appreach involv-ing "super cyberforce" and "surgical strikes" is re-ported, according to a re-port by non-government

port by non-government organisation Frahar. The report, titled The Invisible Hand, projected that if unchecked, cybera-tacle on India was likely to rise to one trillion per as-num by 2023, reaching 17

num by 2023, reaching I7 rillion by 3047. Stating that cyberspace is the new battleield, the report suggested that india must go on the offensive. "Other inserventions is clude applicational in-clude application of the provenient, whitelisting and educating citizens. Un-til India creates a holistic fiable legitimate platforms could push officers into the hands of dark web operators," it said.

The report noted that in 2023, the country expe-rienced over 79 million

of 2024, reports indicated a sharp rise in cyberatiscks with over 500 million inci-dents blocked in just three months. In the first four months, indians lost more than \$1.780 crore to cyber criminals, reported through over 7,40,000 complaints on the sational cybercrime reporting pur-tal, said the report.

A release quoted joint A release quoted point secretary Haragae Mitta-Goth an saying. "The hug-man properties of the con-a grim reminder of the challenges that a deter-worsay can present for In-tida's national security. It second that langitateds was proverbal chain to encir-cie india and long it ted. proverbal chain to encir-cie india and long it ted. proverbal chain to encir-cie india and long it ted. Proverbal chain to encir-cie india and long it ted. Proverbal chain to encir-cie india and security. And Agrewal, Members Suppresse Caur Bar Associa-ties of the country of the country of the Country for Research, on the Country for Research on the Research on the

the Centre for Research on Cyber Crime and Cyber Law, said: "Limiting legal demonsts colling platforms with ourright bens or un-warranted restrictions on by drives users desper into the shadows, where they are more vulnerable to exploitation by the offshore vive community gover-nance in address many of these issues...informed us-ers are empowered users."

India must adopt an India calls for early meeting with Sri Lanka to discuss issues concerning fishermen

This assumes significance in the wake of the increase in detention of Indian fishermen and their

ndia on Tuesday, dur-ing a meeting of the India-3rt Lanka Joint Working Group (JWG) ndia on Tuesday, dur es, retterated its call for an early meeting of the fubermen's associations of the two countries the two

This was conveyed at the sixth meeting of JWG in Galsapho

Colembo.

It assumed significance in the wake of the "intime the wake of the "intime the wake of the "indian fishermen and their
posts in Sri Jarnkan custer
dy, including the imposttion of long sentences and
heavy fises," a matter that
mida raised at the meeting,
according to a release in
Commission in Colembo.

Commission in Colombo.
The Group last met in
March 2022, virtually.
The arrested fishermen
are all from the Palk flaybordering districts of Tamil Nasiu.

They have been accused of having transgressed the international Maritime Houndary Line (MIL)

Tamii Nadu Chief Minis-ter M.K. Stalin. In his latest letter to External Affairs Minister S. Jaishankar, pointed our that "In the year 2024 alone, 30 such incidents have occurred. As of inday (October 27, 2024), 140 fishermen and 200 fishing boats are under the custody of the Sri Lankan authorities."
The arrests in recent

Don't use force At the JWG meeting, India, months had triggered prot-ests by the habermen of Rameswaram. However, which referred to the "re-cent tragic inclidents as sea" leading to unfortunate fishermen of the Northern

ment, "strongly reiterated" that the use of force should be avoided under all cir.

enstances. Calling for the release Lindian Sebermen and of Indian beforened and their boats under Sri Lan-kan custody at the earliest, New Delhi stressed the need for upholding 'esta-blished understandings and modalities' on issues related to the fishermen.

Humanitarian manner both sides agreed that the highest priority should be accorded to address the in-ness faced by the fisher-men in a "humanitarian manner" as they "per-tained to livelihood con-cerns," the release stated, "The indian delegation was led by Abhilateh Aleh,

Secretary, Department of Pisheries while the Sri Lan kan team was headed by M.P.N.M. Wickramasinghe, Secretary, Ministry of Fishthe two sides would

continue to have "compre-hensive discussions on the issues related to fishermen for hinding a musually ac-ceptable and long lasting

Shah unveils mobile app for birth and death registration

Union Home Minister Amit Mah on Tuesday launched the Civil Registration Sys-tem (CDS) mobile applica-tion to "integrats technolo-gy with governance. Mr. Shah said the appli-

eation would make regis-tration of births and deaths seamless and hasale-free

seamines and hasle-free by allowing sitteents to regates at any time, from any
official language.

"It will significantly reregistration," he said in a
post on X.

According to the legisAccording to the legispost of the legisthe legistration of the legisthe legistration of the legistration o gov.in.

Single document
The digital birth certifi-cates will be a single docu-ment to prove the date of birth for various services such as admission to educational institutions, go-vernment jobs and mar-

Register (NPIO, ration



carde, property registra non and electoral rolls.

Data for the NPR, first
collected in 2010 and updated in 2015 through
door-to-door enumeration, already includes in
formation on 119 crore realdents. NPR is the first step to the creation of the Na-tional Register of Citizens (NPR), as per the Citizen-ship Act.

Patel remembered

hat Patel at the Census

of unity, laying the founda tion for a strong India "This statue of the tror Man, a symbol of struggle and sacrifice for national ment to his unwavering de dication to establishing de

General Electric may deliver engines for LCA by March or April; India invokes penalty clause

(LCA)-MkIA, are expected to be delivered by the U.S. engine manufacturer Genend Electric (GE) by March or April 2038, according to contractual obligations is terms of penalty for de layed deliveries have been volced, sources boys sale The deal is between the GE and the defence public ctor undertaking Hin-stan Aeronautics Ltd.

thatan Aeronautics Ltd.

(HAL). However, sources
said there were no politics
involved, and termed the
deby in deliveries a "pure
legistical issue".

In Pebruary 2021, the
Defence Ministry had



LCA-MidA, a more capable subsequent five years.

fighter than the current LCA-Mid in service. Follow-LEA-MIS In service, Following this, in August 2023, the HAL signed a \$730 million deal with GE Aviation for 99 F-404 sireraft engines and support services for the LCA-Mich.

be used to deliver two jets to the Indian Air Force (AP) while regular deliver its are avoided. The origines are now expected by March or April next year, which is a two-year delay from the contractal terms.

A source hald that one.

A source said that con-tractual terms will have to be implemented. High-va-hue defence contract typi-cally have a penalty clause for delays or violations. Another source confirmed that the penalty clause in the deal has been invoked.

Minister discussed The engine delays were al-so discussed between the National Security Advisers thes involved," the first source said, saying that the has supply chain lesses with the engines and they are now tying that up to restart regular production. There are two engines available with tift for now

continues to experience unprecedented supply chain pressures. The GR Aerospace is working with our partner HAL and sup-

Province have been con-tending that, in addition to illegal fishing, the Tamil Nadu fishermen have been

bottom frawling, a practice banned by Sri Lanka since July 2017, in view of its abil-ity to deplete the marine

resorting to "destructive bottom trawling, a practic

IN20 engines for the LCA-Mid programms."

The Security of Supply Arrangement (SoSA) that India and the U.S. conclud-ed recently enables this kind of cooperation, sourc-

en noted. In addition to the 43 MilA aircraft on order, the Defence Ministry has given approval for procurement of another 97 of them. This would eventually make 180 LCA-MkIA jets and 220 jets of the MKI variant.
The combined cost of

Cong. slams Modi, says PM destroying SEBI's sanctity

Mounting an all-out offen-sive against Securities and fectories Board of India (SIBB Chairperson Madha-bi Buch, the Congress on Toesday accused Prime Mi-nister Norendra Modi, of destroying' the SEBI's sancitly and Jemparkising' the savings of crores of small and medium

investors.

The Leader of the Oppo-sition in the Lok Sabba, Rahal Gandhi, said the "Mo-nepoly Bachae Syndicate" was at work, at the core of which was a 'dangerous' nexus among the Adani Group, key regulatory bu-dies, and the BIP.

dies, and the BP.
Party chief Mallikarjun
Kharge said the sanctity of
stock markets regulator
has been compromised.
"Narendra Mod! Ji, you
cannot shield the rot creat-

ed in SiBit under the chair-person appointed by you. The continuing barrage of the continuing barrage of tion intendable. You have destroyed the sanctity of SEBI - India's market regu-lator, paintakingly created over the years, thereby joo-seeings of cross of small.

savings of crores of small and medium investors!" Mr. Kharge said. "It also unmasks how you engineered a monopoly for your dear friend Adanil A therough IPC is required to probe every aspect of this syndicate!" the Congress chief added.

National security

Syndicate' thrives through the complicity of institu-

tions like SEM under Mad-hubi Buch, who is accused of manipulating the system to protect Adani's inflated valuations," the Congress leader said-

Rajnath flags off Sagarmala Parikrama to Thoothukudi

Dinakar Pari

Defence Minister Rajnath Singh on Tuesday virtually flagged off the Ragarmala Partkrama, a 1,500-km pastured by Sagar Defence En-gineering, from Mumbai to Thoothukudi.



Defence India Start-up Challenges (DBC 13) aimed to advance indigenous defence technologies and opADIT 3.0 features a challenge from the Newy to design a high-prover microwine weapon system. DBC in the control of t

nirbhar force" by 2047. "I am delighted to share that through constant conversation and collaborative efforts of Defence Innovation Organisation and NIIO, 173 challenges presented to in-

"The GR issue is purely logistical. There are no pol-nics involved," the first

challenges presented to be churry by the Nico, techni-ting all the 7s challenges the Nico, the sustained in Practice assumers, he said. This, the Nico, this said, has resulted in Practi-tive assumers, he said. This, the Nico, this said, has resulted in Practice of said, has resulted in Practice of the said, has resulted in Practice of the Nico, and the Nico, the Nico, the Nico, and the Nico, the Nico, the Nico, and the Nico, the N forevertive Technologies moss bots among others. "global frests, game changed the plant of the p

India granted long-term visas to 145 Pakistanis in Sept.

ranted long-term visas to 145 Pakistania in Septem-ber, a senior government official has said.

Long-term visas are typ-ically granted to citizens of Pakistan, Bangladesh and Algbanistan, who enter in dia on short-term visus, in a bid to acquire tridian citi-zenship. The majority of applicants for such visus

Christians - from the three eligible for five-year long-

On another note, the official said that a list of 366 Pakistani prisoners and 86 fishermen ledged in Indian jalls has been shared with Pakistan in July. Since Janu-ary, nine Pakistani prison-

ough the members of six non-Muslim communities Hindus, Sides, Sudd-bists, Jains, Parsis and the conditions to acquire citizenship by naturalisa-tion is that the applicant should have lived in India

for at least II years, includ-ing a continuous stay dur-ing the last 12 months be-fore applying for citizenship. citizenship.
According to Reemant
Lok Sangathan, a group
that advocates for the

migrants in India, nearly 500 Hindus have arrived in India on short turm visas in the past six months.

'Resume Thar Express' The organisation has demanded the resumption of services of the Thar Express, the rail link between Jodhpur and Karachi. B was appended by Pakistan in 2010 following the revo-cation of the special status

restored as most Pakistani Hindus who arrive in Ita-janthan live in Sindh pro-vince, across the burder," the Attart-Wagah immuro tion post is operational, pe-ople from Sindh have to

Four elephants found dead at tiger reserve in M.P.

Four elephants were found dead and five in poor health in the Bandbaygarh Tiger Beserve in Madbya Pradesh on Tuesday, off-cials said.

Chief Wildlife Warden
The Barolliaygarh Tiger ReThink and three female elephants from a herd of 13
were found dead and five
the ground.

"On Detobre 20, during
"gular particuling, safe of
whillife health officers and
wildlife venturarians are
wildlife venturarians are
wildlife venturarians."

"The Safe of the Barolliaygarh Tiger ReThe Safe of the Safe of the

perts from Wildlife Insti-tute of India, Dobradun," Mr. Ambade said. He said that the cause of teath will be ascertained after post-mortem exami-

Shah unveils mobile app for birth and death registration

The Hindu Bureau

NEW DELHI

Union Home Minister Amit Shah on Tuesday launched the Civil Registration System (CRS) mobile application to "integrate technology with governance".

Mr. Shah said the application would make registration of births and deaths seamless and hassle-free by allowing citizens to register at any time, from any place, and in their State's official language.

"It will significantly reduce the time required for registration," he said in a post on X.

According to the Registration of Births and Deaths (Amendment) Act, 2023, all reported births and deaths in the country occurring from October 1, 2023, are to be digitally registered through the Centre's portal dc.crsorgi. gov.in.

Single document

The digital birth certificates will be a single document to prove the date of birth for various services such as admission to educational institutions, government jobs and marriage registration.

The centralised database will also help update the National Population Register (NPR), ration



Amit Shah, ANI

cards, property registration and electoral rolls.

Data for the NPR, first collected in 2010 and updated in 2015 through door-to-door enumeration, already includes information on 119 crore residents. NPR is the first step to the creation of the National Register of Citizens (NPR), as per the Citizenship Act.

Patel remembered

Mr. Shah also unveiled a statue of India's first Home Minister Sardar Vallabhbhai Patel at the Census Building in the capital.

He said that Patel wove the country into a thread of unity, laying the foundation for a strong India. "This statue of the Iron Man, a symbol of struggle and sacrifice for national interest, will continue to inspire everyone as a testament to his unwavering dedication to establishing democratic values in the country," Mr. Shah said.

Shah Unveils Mobile App for Birth and Death Registration (शाह ने जन्म और मृत्यु पंजीकरण के लिए मोबाइल ऐप लॉन्च किया)

Launch of Civil Registration System (CRS) Mobile App

- Union Home Minister Amit Shah launched the Civil Registration System (CRS) mobile app to integrate technology with governance.
- केंद्रीय गृह मंत्री अमित शाह ने शासन में प्रौद्योगिकी को एकीकृत करने के लिए नागरिक पंजीकरण प्रणाली (CRS) मोबाइल ऐप लॉन्च किया।

• Key Features of the App (ऐप की प्रमुख विशेषताएँ)

- Allows seamless, hassle-free registration of births and deaths from any place, at any time, in the State's official language.
- जन्म और मृत्यु का सहज और परेशानी मुक्त पंजीकरण किसी भी स्थान और समय से राज्य की आधिकारिक भाषा में किया जा सकता है।
- Expected to significantly reduce the time required for registration.
- पंजीकरण के लिए आवश्यक समय को काफी हद तक कम करने की उम्मीद है।

- Mandate as per the Registration of Births and Deaths (Amendment)
 Act, 2023
- All reported births and deaths from October 1, 2023, must be digitally registered via the Centre's portal.
- 1 अक्टूबर 2023 से सभी रिपोर्ट की गई जन्म और मृत्यु की घटनाओं का डिजिटल पंजीकरण केंद्र के पोर्टल पर करना अनिवार्य है।

- Single Document for Multiple Services (विभिन्न सेवाओं के लिए एकल दस्तावेज़)
- Digital birth certificates will serve as a single document for various services like educational admission, government jobs, and marriage registration.
- डिजिटल जन्म प्रमाणपत्र शैक्षणिक प्रवेश, सरकारी नौकरियों और विवाह पंजीकरण जैसी विभिन्न सेवाओं के लिए एकल दस्तावेज़ के रूप में काम करेगा।

- Database Integration with National Population Register (NPR) (राष्ट्रीय जनसंख्या रजिस्टर के साथ डेटाबेस का एकीकरण)
- The centralized database will aid in updating the National Population Register (NPR), which includes information on 119 crore residents.
- केंद्रीकृत डेटाबेस राष्ट्रीय जनसंख्या रजिस्टर (NPR) को अपडेट करने में सहायता करेगा, जिसमें 119 करोड़ निवासियों की जानकारी शामिल है।

1.Tribute to Sardar Patel (सरदार पटेल को श्रद्धांजलि)

- 1. Shah also unveiled a statue of India's first Home Minister, Sardar Vallabhbhai Patel, at the Census Building in the capital.
- 2. शाह ने राजधानी में जनगणना भवन में भारत के पहले गृह मंत्री सरदार वल्लभभाई पटेल की प्रतिमा का अनावरण भी किया।
- 3. Described Patel as a symbol of unity and dedication to democratic values in India.
- 4. पटेल को भारत में एकता और लोकतांत्रिक मूल्यों के प्रति समर्पण का प्रतीक बताया।

'India must adopt an offensive approach against cyberthreats'

The Hindu Bureau

NEW DELHI

India is facing growing threat to its national security from adversaries resorting to a new kind of cyberwarfare and, therefore, an offensive approach involving "super cyberforce" and "surgical strikes" is required, according to a report by non-government organisation Prahar.

The report, titled *The Invisible Hand*, projected that if unchecked, cyberattacks on India was likely to rise to one trillion per annum by 2033, reaching 17 trillion by 2047.

Stating that cyberspace is the new battlefield, the report suggested that India must go on the offensive. "Other interventions include sophisticated tech infrastructure, skill improvement, whitelisting digital apps and platforms, and educating citizens. Until India creates a holistic cyberpolicy and execution strategy, restricting identifiable legitimate platforms could push citizens into the hands of dark web operators," it said.

The report noted that in 2023, the country experienced over 79 million cyberattacks, ranking it third globally in terms of the number of such incidents. In the first quarter

of 2024, reports indicated a sharp rise in cyberattacks with over 500 million incidents blocked in just three months. In the first four months, Indians lost more than ₹1,750 crore to cybercriminals, reported through over 7,40,000 complaints on the national cybercrime reporting portal, said the report.

A release quoted Joint Secretary Bhargav Mitra (retd) as saying: "The happenings in Bangladesh are a grim reminder of the challenges that a determined and conniving adversary can present for India's national security. It seems that Bangladesh was probably the last link in the proverbial chain to encircle India and keep it tied down to the South Asian region."

Anuj Agarwal, Member Supreme Court Bar Association and chairperson of the Centre for Research on Cyber Crime and Cyber Law, said: "Limiting legal domestic online platforms with outright bans or unwarranted restrictions only drives users deeper into the shadows, where they are more vulnerable to exploitation by the offshore platforms...we need to revive community governance to address many of these issues...informed users are empowered users."

- Need for an Offensive Cybersecurity Strategy (आक्रामक साइबर सुरक्षा रणनीति की आवश्यकता)
- India faces increasing cybersecurity threats with adversaries using advanced cyber-warfare tactics.
- भारत को उन्नत साइबर युद्ध रणनीतियों का सामना करना पड़ रहा है, इसलिए आक्रामक रणनीति अपनाना आवश्यक है।

• Report by Prahar (प्रहार द्वारा रिपोर्ट)

- Title: The Invisible Hand
- Projects that cyberattacks on India may escalate to ₹1 trillion annually by 2033 and ₹17 trillion by 2047 if unchecked.
- नाम: द इनविजिबल हैंड
- रिपोर्ट के अनुसार, साइबर हमले बिना रोकथाम के 2033 तक ₹1 ट्रिलियन और 2047 तक ₹17 ट्रिलियन तक पहुँच सकते हैं।

• Suggested Measures (सुझाए गए उपाय)

- Implement "super cyberforce" and "surgical strikes" in cyberspace.
- साइबर स्पेस में "सुपर साइबरफोर्स" और "सर्जिकल स्ट्राइक" का कार्यान्वयन करें।
- Build tech infrastructure, improve skills, whitelist platforms, and educate citizens.
- तकनीकी बुनियादी ढांचा बनाएँ, कौशल में सुधार करें, प्लेटफार्म व्हाइटलिस्ट करें, और नागरिकों को शिक्षित करें।

- India's Cyber Vulnerability (भारत की साइबर संवेदनशीलता)
- Experienced over 79 million cyberattacks in 2023, ranking 3rd globally.
- 2023 में भारत को 79 मिलियन से अधिक साइबर हमलों का सामना करना पड़ा, जिससे यह वैश्विक स्तर पर तीसरे स्थान पर है।
- Indians lost over ₹1,750 crore due to cybercrimes in just four months.
- केवल चार महीनों में भारतीयों ने साइबर अपराधों के कारण ₹1,750 करोड़ \ से अधिक का नुकसान उठाया।

• Strategic Comments (रणनीतिक टिप्पणियाँ)

- Bhargav Mitra: India is encircled by adversarial elements from neighboring regions.
- भागर्व मित्राः भारत दक्षिण एशियाई क्षेत्र में विरोधी तत्वों से घिरा हुआ है।
- Anuj Agarwal: Excessive restrictions on domestic platforms may push users towards unsafe, offshore platforms.
- अनुज अग्रवालः घरेलू प्लेटफार्मों पर अत्यधिक प्रतिबंधों से उपयोगकर्ता असुरक्षित विदेशी प्लेटफार्मों की ओर बढ़ सकते हैं।

GENEVA

Israel is seeking the 'eradication' of Palestinians, says UN rights expert



"generate" in Gaza and added that the country is seeking the "gradication of Palestinians" from their land. She said the offer broad unleasted was "part of a long-term, systematic

CONNECTICUT

Trump-ally Bannon released after serving four months in prison



Longtime Decade Trungs sity Sieve Barners was retisated from prison sorty on Tuesday, after serving a four-month sentence for delying a salqueera in the congressional decessingston into the US. Capital allack on Javonry 6, 2023. Upon for relian, Barners sale for

MONCON

Putin launches drills of nuclear forces simulating retaliatory strike



servise of the country's nuclear forces featuring missile launches it a sirrodation of a retaliatory strike, as he continued to fine the quelry's rustear muscle amid spirating tensions with the West over

Ukraine and South Korea agree to deepen security cooperation



eployment of North Korean troops to aid fivesia with South Sorea's President, Your Suk Yest, and agreed to strengther security cooperation. Both leaders said they would send delegations to each

Hezbollah picks Naim Kassem to lead the group

Associated Press

the botton and Heabodiali announced on Tuesday that it has chosen cleric Naim Kassem to load the Lebanese militant group after the killing of its longitime leader Nasaan Nasraliah in an Israeli air-sirike orr a Bernt salasth in Labanon in late

Lebanon in late September. The group said in a statement that Hexbollah's decision-making Shura Grunell elected Kassem. 71, as its new secretary general and vowed to con-tinue Massallah's policies

"until victory is achieved." Since Nasrallah's death as part of an Israeli offen as part of an ismell offen-sive that took out many of Hoobolish's senior offi-cials, the white-turbaned cleric with a gray beard has often been the public face of the Lebanese militum graus.

seen by supporters as lack-ing his producessor's cha-risms and oratory skills.

Kassem has been sure-tioned by the U.S. His appointment came as no surprise since he had as no surprise since he had served as Namallah's depu-ty for 32 years and had also long bean Hesbollah's pu-blic face, giving interviews to local and foreign media soulors.

At least 93 killed, 40 missing in Israeli strike in north Gaza

Most of the victims in the overnight attack on a residential building are women and children. pospital where the injured are being treated has little resources after an Israeli raid last week

Mence France Presse

agancy said on Triesday that an oversight larant art sinks killed 93 people in a residential building in the northern district of Reif

Labia.
"The number of mar-tyrs in the massacre of the Abu Nasr family home in Abu Nair family home in heit Lahia has risen to 93 marryra, and about 40 are still missing under the rub-ble." agency speckerman Mahmud Bausal said. The teraell military said it was "booking into the reporter."
"Most of the victims are women and children, and

CO) Accounting the dead i Paleotinians transport feelies of victims ahead of the funeral is thet Lahiz in the northern traza htrip, are

The bodies of 15 people killed in the strike were brought to Kamal Adwan Hospital, its director Hus-sam Abu safia told APP. He said 35 wounded people, most of them children.

were being treated at the hospital.
"We are still receiving a number of martyrs and wounded." Mr. Saha said, adding that the hospital was struggling to treat pa-tients due to a lack of staff and mellicines.

and medicines.
"There is nothing left in the Kanud Advon Hospital except first aid materials after the Army arrested our medical team and

our medical team and workers when they invad-ed the hospital during the unitary experience in Jaha-la. Lett. week, the Gana-health ministry said leared troops had stormed the hespital, while the Israeli military said it was operat-ing around it.

New Israeli laws bar UNRWA from operating on its soil

brasil tawmakers panced two laws on Monday that the main turn agency providing and to people in Gas by harring it from operating and to people in Gas by harring it from operating the winter the second of the control of the second of the control o

said they were deeply wor-ried about their potential impact on Palestinians. Under the first law, the

Under the first law, the UN agency for malestriain refugees, or UNRWA, would be battised from conducting "any activity" or providing any service in the least. The second law would sever Jarael's diplomatic ties with the agency.



The laws, which do not immediately take effect, signal a new low for a long troubled relationship between triad and the UN. Ac-

The laws risk rollapsing the already fragile process for distributing aid in Casa it a moment when laread is under increased U.S. pressure to ramp up aid, UNB-WA's chief called them "a dangerous precedent."

The liceal of UNRWA, Philipper Lawaritin, and the laws were part of an "ongoing sampage, to discredit

was accused of planning a 2008 attack on a mosque that killed 14 persons

UNIOWA ? "These Bills will

UNITWA." "These Bills will say deepen the nuffering of balestinians, especially in Gaza." be said.

UN Secretary-General Antonio Guterres said UNEWA would be provined from doing UN General Assembly sunrelated work.

Calming the nerves



envoy after execution of German-Iranian Jamshid Sharmahd

Associated Press

Germany protested to Iran

Germany protested to fran on Tuesday ever the execution to the control of the c

ventionist stance[†] of Ger-man officials. Sharmand, 69, was put

to death in Iran on Munday on terrorian charges, the country's judiciary said. That followed a 2023 trial that Germany, the U.S. and international rights groups discrimined as a shum.

distributed as a blum.

Is was one of several rawin dissidents abroad rawin dissidents dispinate dissidents dissidents dispinate dispin

Germany recalls Iran in attack in Pakistan's Balochistan

Press Trust of India

Five killed

At least five workers were hilled and two others in juried on Tuesday after un-identified gurnters opened for at a sam vonstrustion site in the Pangar district of Patientar's resitee Balo chistan province, officials said.

The militants attacked the security officials and workers who were busy in the maintenance work on the dam site in the Parocos area of Panggar district, spokesperson for the Balochistan government Sha hid Rind said.

hid Rind said.

'Five persons were islied and two others in-jured," Mr. Rind said but didn't confirm if any security officials bad been killed.

launched to arrest the at-tackers," a police official

said.
No group claimed res-ponsibility for the attack but rebels linked with va-rious Baloch nationalist groups often attacked the security forces and government installations

ment installations.
Levies police and district officials reached the site of the article and with a district officials reached the site of the article and the following the state of the stable condition.

Halochistori's Chief Minable of the stable condition.

Halochistori's Chief Minable of the stable condition.

Halochistori's Chief Minable of the stable of the s

gence Ministry published a photograph of him blind-folded.

'We're running against a radical left machine,' says Trump in battleground State of Atlanta

Sriram Lakshman

With a week to go for Elec-tion Day, Republican can-didate and former U.S. President Donald Trump leaned into familiar themes at an election rolls at Georgia Tech, Atlanta, capital of the crucial battle-ground State.

Mr. Trump species of the LLS. being overrun by migrants, made multiple derilater references to his being-craft. Opportunit, and called the media preson at the rally "false the election as a buttle against the "radical derilater", and dail he would tackle unlation and the control of the evening the election as a buttle against the "radical derilater" and aid he would tackle unlation and



Jocelyn Nungaray of Hose-ton who was killed in June. Two undocumented Vene-sucian men were charged with her murder. The case has frequently been refu-

nice and respectful," he said, adding, "She opened up a little bit of a box. She was nasty. That was a big mistake."

when the mouthly be conrenned by Republicanrenned by Republicanrenned by Republicanrenned by Republicanrenned by Republicanrenned by Republicanfor the death.

On Monday Mr. Trump

On Monday Mr. Trump

"Me nice," Mr. Trump

"he nice," Mr. Trump

"he nice," Mr. Trump

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speech in Radamasses, Mr.

I showys tried to be as

I show there is the trump

Are not point when Mr.

Trump was talking about

Ms. Harrity, the crowd

"le where is the trump

"he nice," Mr. Trump

"Be nice," Mr. Trump

"Me nic

Espare Carden, New York, which some bemocrate had likened, last week, to a Note rally held at the same venue in 1939. The rally was criticised for racist comments by some of the speakers who opened the ning, including a come

dian.
"Fin not a Naul, Fin the opposite of a Naul," Mc. Trump said on Monday. With reference to Me. Harrian and U.S. Frestdom Joe and the said of the mocrat Party.

ceived their last message from him on July 28, 2020. It's unclear how the abduc-It's unclear how the abduc-tion happened. But truck-ing data showed that Shar-traveled south from Dubal to the city of Al Air on July 25, crossing the border in-terior of the city of the ing data showed the mo-bile phone traveled to the Omani poet city of Solar. Two days later, Iran an-nounced it Rail captured Sharmahd. The Intelli-

New Israeli laws bar UNRWA from operating on its soil

Associated Press

JERUSALEM

Israeli lawmakers passed two laws on Monday that could threaten the work of the main UN agency providing aid to people in Gaza by barring it from operating on Israeli soil, severing ties with it.

The laws, which do not immediately take effect, signal a new low for a long-troubled relationship between Israel and the UN. Israel's international allies said they were deeply worried about their potential impact on Palestinians.

Under the first law, the UN agency for Palestinian refugees, or UNRWA, would be banned from conducting "any activity" or providing any service inside Israel. The second law would sever Israel's diplomatic ties with the agency.



The laws, which do not immediately take effect, signal a new low for a long-troubled relationship between Israel and the UN. AP

The laws risk collapsing the already fragile process for distributing aid in Gaza at a moment when Israel is under increased U.S. pressure to ramp up aid. UNR-WA's chief called them "a dangerous precedent."

The head of UNRWA, Philippe Lazzarini, said the laws were part of an "ongoing campaign to discredit UNRWA." "These Bills will only deepen the suffering of Palestinians, especially in Gaza," he said.

UN Secretary-General Antonio Guterres said UNRWA would be prevented from doing UN General Assembly-mandated work if the laws are implemented. "There is no alternative to UNRWA," he said.

- Gold Transfer from Bank of England (इंग्लैंड के बैंक से सोने का स्थानांतरण)
- In two years, 214 tonnes of gold have been shifted from the Bank of England's vaults to India.
- पिछले दो वर्षों में, इंग्लैंड के बैंक की तिजोरी से भारत में 214 टन सोना स्थानांतरित किया गया है।

- Gold Holdings by RBI (आरबीआई द्वारा सोने का भंडारण)
- As of September, out of the 855 tonnes held by RBI, 510.5 tonnes are stored within India.
- सितंबर तक, आरबीआई द्वारा रखे गए 855 टन में से 510.5 टन भारत में संग्रहित हैं।
- Reasons for the Transfer (स्थानांतरण के कारण)
- India aims to secure its gold holdings domestically amidst global geopolitical tensions.
- वैश्विक भू-राजनीतिक तनाव के बीच, भारत अपने सोने के भंडारण को घरेलू रूप से सुरक्षित करना चाहता है।

• Historical Context (ऐतिहासिक संदर्भ)

- The move is significant as it is one of the largest shifts since the 1990s balance of payments crisis.
- यह कदम 1990 के दशक की भुगतान संतुलन संकट के बाद से सबसे बड़े बदलावों में से एक है।
- Festive Sales Boost (त्योहारों के दौरान बिक्री में वृद्धि)
- Dhanteras saw a spike in sales of gold, electronics, and cars, with discounts boosting consumer demand.
- धनतेरस पर सोना, इलेक्ट्रॉनिक्स और कारों की बिक्री में वृद्धि देखी गई, छूट से उपभोक्ता मांग बढ़ी।

DIG CLEMB

Deepti reaches her career-best rank in ICC ODI bowlers' list



Deepti Sharma moved up two places to reach a career high second pot in the latest ICC women's OBI rankings for bowlers on Tuesday. On the back of some etsong performances in the recent ICC Women's

SPECIFICAL COURT

Williamson to miss third Test, prepare for England series



Prolific New Zealand bataman Rane Williamson will miss the third and finel test against inche starting on triday in Numbel in a bid to get It for the series against England. Former septain Willsemson, 19 was in the squad but did not play in either of the first two Tests in

REN PRANT

SA's de Zorzi and Stubbs make Bangladesh toil on opening day



pener Tony de Zorzi and No. 3 batter fristan Stubby hit maiden conturies to help South Africa dominate translatesh on Day 1 of the final Test on Tuesday. The Protess reached 307 for two before bad

NEW HIGH

Atrachali the first to score 500 tackle points in the PKL



Bengal Warriorz and Puneri Paltan played out an exciting 32-32 tie in the PYo Rabaddi League on Tuesday, Warnorz Skipper Fazel. Atrachali mode history when he become the first to acore 500 tackle.

Sublime Smriti brings festive cheer to Indian fans

The opener shares a H7-run partnership with skipper Harmanpreet as India claims ODI series 21 with a six-wicket win in decider. Halliday's knock helps NZ recover from 88 for five and post 232



the antiset back to the Intion team, the state of the InThe stylish left-hander,
who gives much joy to
cricked's controllassize, his
to cricked's controllassize, his
to holy Intial coast to a sixwicket win against New
Chaining 232, the Women is filles got home with
5-4 owers to spare. They
show hard to refer the same of the the
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cond wecker with wicker keeper Yasutha Bhatia (35, 49b, 4x4) and H7 for the third with skipper Harman-prest. Kaur (59 not out, This was Komitt's sighth century in ODIs and she has now overtaken Milhalt kij as the leading scorer of humbods for India. Mr may have taken some time

to find her rhythm, but once she did, those lofted shots, polls and drives flaw off her blade. The blade of her blade was the blade of her blade have accretioned as food, that, 500) helped the White Ferm recover from a batting collapse. Half the side was back in the pavilion before the half-way hards of the thollaps. At all for five, the limitings of all for fives

the Indians may have hoped for a shorter target to chase, but Hallidge stood firm, she battled than attack and the oppressive heat, shooting only the right balls tage hard begun disactrosity with Suile taste getting may be the property with Suile taste getting may be seen that the second seems of the second sec

realization of resolvin to Designi ide (1996), and, Sarily, Manship Gramm roum at the (1996), 2499, resilected to Sario C. 6. to Designi 2017 (Mills, Lard), Hammarin tomase these in tree-gest in (1906), Land Tarihumb unique toma 24 (1916), Land Tarihumb unique tomi 24 (1916), 2494, 2495, Deben Carrison or Basthan is Nessonian (1200), From Johnson in sub-sould 2 (2001), From Johnson in su

(Carson, 48.5) INDIA BOWLING Hamalia 10-1-40-1, Salma 8.8-2-44-1, Phys 10-1-41-2, Despit

over, Saima Thakor got the ball to shape away a little to produce a block muside edge off Lauren Down, and the control of the control on the block, Periya Mic-hia's googly deaned up Su-phile Devline, Fresh From her match-winning knock, New Zealand was in trou-lide.

171ya and Saima would

30 3: 20-4, Wadhin 4-0-21-0, Harmanipuned in 0-24-0, Harmanipuned in 0-24-0, Harmanipuned in 0-24-0, Harmanipuned in 0-24-0, 12.00, 3.00-0, Hardani (worman i 0-24-0, Harmanipuned Kaur (mai mod.) Harmanipuned K

FALL OF WICKETS 1-16 Dhafall, 3-4), 3-93 Fraction, 30 III, 3-209 (Smith, 40-1), 4-232 MEW SEALAND BOWLING

9-1-50-1.
Tons have Zeeland.
Public Smritti, Public Despite,
distine wore by air wickers with be built wor by air wickers with be built to give to chieft seems 2-1.

'Harman kept telling do it for the team'



Feet of the pile: Smrtii's eighth DDI hamfred took her past

P.K. Alith Kumar

Smitti Manuthana shi a lat of talking to horself after geiting usi sheaply, and in-similar fashion, in the first two OHa against New Sea-land. All that talk seems to have worked, as she scored her eighth. OH hundred six-selved win or Tuesday.

six-wicket win on Tuesday.
She was involved in two crucial partnerships, with Yastika Sharia and skipper Yautha shada and shyner
Harmanprees Ram. "Yauth
Karmanprees Ram." Yauth
Karmanprees Ram. Yauth
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Ka

Mithal Rai's record of saven for india, way scenar

do it for the learn, do it for the team?

She admitted that it hann't been easy for the past muntti and a half.

"We had a bot of expe-tations from all of us, indi-vidually and as a team, in the World Cap," she said.

"This series came too soon for everyone. Half the indied of everyone we will

mind of everyone was still on the World Cup." Pat for debutants

Rana is ready for the longest format, says Sarandeep



nordeling signs flares delivering the goods with but and built

Vivek Krishnan SEW DELIII

Harshit Rana ticked almost all boxes in Delith's victory against. Assum in the Ranji Trophy, underfluing his readiness for the five-fest tour of Australia near meets and the second australia near meets a match that began a day after the pacer was named in India's Bemerning the Australia of the Pacerolds.

travelling reserve for the first Tost in Bengaluru be-fore being released for Del-hi's game to get some overs under his belt in a match

under his test in a match environment.

Delhi coach Sarandeep Singh, who is a former in-dia selector, backed Hana to deliver for the matonal team, "Hana showed he is totally ready to play Test matches," Sarandeep said on Tweedy.

Wade retires from international cricket

Press Trust of India

Matthew Wade, a T20 World Cup winner in 2021, retired from international cricket on Tuesday, and

will now start working in a coaching role in Australia's white-ball set-up. Wade, a wicketkeeper-batter, will join Australia's coaching attiff under Andre Borover for the opcoming T20I series against Pakistan, and the Tasmanian will also be with the group

will also be with the group for the ODI series starting at Melbearne ness week. The Meyear-old has played 36 Tests, 97 ODIs and 92 T20ts in a career that spanned across 13 years, and his last appearance for the national team was in dissyear's T20 Word Cup. However, Wade will continue to play domestic ricket for Tusmania and Big Bash League for Hobart Hurricanes at least for the

Golden day for Spaniards as the Ballon d'Or goes to Rodri and Bonmati



Associated Press

Spanish mulfielders Rodri ish cup a and Altana Boumati won League. the men's and women's flation d'Or award for the world's best football player

words' best footbal player
on Moriday.

The 26 year-old Rodri
with present programment of the women's trophy was
long Manchester City with
the Presente League and
being a key player in
possable printings.

He succeeded eighttime winner Lioned Mensi
of Agenthia.

The 26-year-old BommaThe 26-year-old BommaThe 26-year-old Bomma-

. . . (000000)

helping Barcelona win the Spanish league, the Span-ish cup and the Champions Johan Gruyff trophly for best men's and women's coach. Coto Assistati (Besi Marisi) and Errora Hayes (se Cholasa, row Bonmati joined Barca teammate Alexia Putellas in winning two titles since the women's trophy was first awarded in 2018.

Resembled Rome transfer for book yearing players (ornine formal (Barcelona); Lev Yachin troppy for book goalliseper: Emiliana Best men's and women's

Golden day for Spaniards as the Ballon d'Or goes to Rodri and Bonmati



The pinnacle: Bonmati and Rodri make their feelings known after winning the coveted one, AP

Associated Press

Spanish midfielders Rodri and Aitana Bonmati won the men's and women's Ballon d'Or award for the world's best football player on Monday.

The 28-year-old Rodri won the prestigious award for the first time after helping Manchester City win the Premier League and being a key player in Spain's European Championship triumph.

He succeeded eighttime winner Lionel Messi of Argentina. ti retained her award after helping Barcelona win the Spanish league, the Spanish cup and the Champions League.

Bonmati joined Barca teammate Alexia Putellas in winning two titles since the women's trophy was first awarded in 2018.

She beat her teammates Caroline Graham Hansen of Norway and Salma Paralluelo of Spain as Barcelona completed a 1-2-3.

Rodri arrived on crutches. He is out for the season after injuring his ACL while playing for City last month. d'Or: Rodri (Manchester City); Women's Ballon d'Or: Aitana Bonmati (Barcelona).

Johan Cruyff trophy for best men's and women's coach: Carlo Ancelotti (Real Madrid) and Emma Hayes (ex-Chelsea, now USA women's national team).

Gerd Mueller trophy for top scorer: Kylian Mbappe (ex-PSG) and Harry Kane (Bayern Munich) (both on 52 goals).

Raymond Kopa trophy for best young player: Lamine Yamal (Barcelona); Lev Yashin trophy for best goalkeeper: Emiliano Martinez (Aston Villa).

Socrates Prize for charity work: Jenifer Hermoso (Tigres Monterrey)

Best men's and women's teams: Real Madrid and

Ballon d'Or



Ballon d'Or trophy, known at the time as the

FIFA Ballon d'Or

Presented by France Football

First awarded 18 December 1956; 67 years

ago

Currently Rodri

held by (1st win)

Most awards ___ Lionel Messi

(8 awards)

Most Cristiano Ronaldo

nominations (18 nominations)

Website francefootball from

super Al looms, says Son

Nvidia undervalued as

iPhones from India

FINANCIAL EXI

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WITH NO NET GAINS, SOVT SETTO DEFER PILLAR 2 TAX RULES



egime, even though it is required to include an enabling provision or this in the income Tax Act, as said of the proposed endalling of enuria Privansh Verma # 0406 P

PM RAISES ISSUE OF NO AYUSHMAN SCHEME IN STATES

HTTING OUT AT the West lengal & Delhi for rul replementing Ayushman Bharat fue to "pullinal interests", FH varendra Modi said he was pained" that the elderly from is avail the acherne, Pade 9

RESULTS CORNER

Maruti misses estimates; profit down 18% PAGE &

Adani Enterprises profit

Canara Bank Sept quarter profit rises 11% exert

OEXPLAINER

How domain name

5 MTPA STEEL FACILITY PLANNED

POSCO to make in India with JSW

Green energy, battery materials also part of MoU

URVI MALVANIA Humbai, Outsider 24

APTER HULTIPLE PAILED efforts to manus facture in India, South Kirea's POSCO Group on Tuesday signed an agreement with the ISW

Initia with an initial capacity of 2 million tenue per annuan (ATPA). The two companies will also collaborate for green energy production and manufacture of instery materials for releasing volution (EVA).

"This operators are research conductor (while a superior and them of understanding (Mail) exits PCRCI marks a significant size forward in our journey to contribute to the Indian steel industry. As one of the world's fashest-growing excitantials, india presents tremeralisms approximation, india presents tremeralisms approximation for sontainable growth and the partnership with POSCO strengthens ISW's commitment to drive that transformation, Sajjan Jindal, chairman, ISW

roup, axiet. Trudia's steed decreased is foreseast to grove 6.96 annually through 2025 to much 240-200 mil-tion tonne, according to McKinsey & Co, dri-ven by infrastructure construction, transport d consumer appliances.
"This cultaineation will contribute signif-

"This collaboration will consisting signal inside by the security in the remainder of the security in the configuration of Korea and India and drives one joint of forth towards in the control of the co

A SIGNIFICANT STEP FORWARD CONTRIBUTE TO THE INDIAN DATA PETRY

THIS WILL CONTRIBUTE TOTHE ECONOMIC DEVELOPMENT



plant, or other details regarding the Mot. 183V had annuaced an investment of \$18,000 cross in 2019 to ramp up the capac-ity at its Vijaynagar facility by 6 MTPA. Industry entireates put the investment for the pro-ject with POSCO at \$1,0000-20,000 store

on the mattertill the time of going to piece.

Diwali deepens spending divide

TIGHTROPE
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ANUPREKSHAJANI, RAGHAVENDRA KAMATIK, VIVEAT SUSAN PINTO, GARIHA SADHWAHI A VAISHALI DAR Humbal/New Debil, October 29

IT'S SATURDAY EVENING, and at the Seasons appared more in Santacruz West, Muns-last, the guesie at the total commits in finished less, the sphere is restricted in the state of the less of the les the levels thank best. Price to barelly a factor for

during the workend jumped 20% versus the provious weekend Donalises this Division with are provious weekend Donalises this Division with are provious the provious and the weekend Donalises this Division with are provious the provious the weekend Donalises this Division with a provious the provious the provious the provious the provious that the provious the provious that the provious that the provious the provious that the

refrigerators and

up 7: 8%, led by premium products, shared spread unindifficed. company director Milesh Cupta. "We am a clear preference for 55-inch and bigger Tvi, two-door and bottom-mount refrigerators and high- and unarightenes, and Gupta.

In constraint, the subscript of Santageur East there dispipers. The remot well just humans as the evening years on.

A Vilay Sales, a popular discrete fraction of the Bill governor Shakilleanta Das products, adding that the control is a diffrance maintainty is absorbed in fraction of the products of the Bill governor Shakilleanta Das products, adding that the morner and framer maintainty is absorbed in greater and imaging till be remarked.

Companies coordinate the toron, "In the per-festive period leading up to Douselbra BSH saw a 40% year-on-year growth in e-consumers sales, primarily fuelled by as

New q-comm idiom: 10-minute return

engaluru, October 29

AFTER THE SUCCESS of 10 minute delivories, quick commune players are usey plan-ning to lasth on to one of the favourier par-times of Indian shoppiers who love to return agoed number of products they buy Section 120 minute return, which meantially means just with PCIECO at CT 9300-30,000 cruser accomming in the inflation and exponenting in the product to be settled (see a substitution as in for extract of the product to be settled (see a substitution as in for extract of the product to be assured to the product to the same of the proceeding in severa of the transmission of the product of the produc

initiates noturn/exchange in case of a size or Its issue with the delivered product. This Continued on Page 7

solves a crucial problem of size accepts for categories like clothing and footwear? Albinder Ohindra, CEO, Blindst and on X. Neeggy Instantant and Zepts are about report-selly testing the fusture. Accurding to experts, as top q-commerce

players focus on category expansion, 10-minute returns can give them an edge over a commance players who idle near day to e consistence players relate inflor most day in specific long return stems. However, they also feel executing this may increase their logis-tics cost. "Returns and exchanger have long been a pain point for traditional commisses, due to the high costs of severar logistics, and Leadwards, Blackit introduced retrieved and cockwards for clothing and footwear within 10 minutes in select cities. "Customers can lot VC cold Fig."

QUICK GETS QUICKER

products and one

introduced returns
& each larges for
clashing, Aparties
within 10 minutes
in select cities

#Pashlon, footwear and accessories see a high frequency of returns





Disciplined re of investing



Pér someries abmit market ups and downs



Aim for better long-term benefits (1) through the power of compounding

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'Unimpressed' Brazil not to join China's BRI

Second BRICS nation after India to do so

PRESS TRUST OF INDIA Beijing, October 29

INAMAJOR setback to China's BRI, Brazil has decided against

joining Beijing's multi-billiondollar initiative becoming the second country after India in the BRICS bloc not to endorse the mega project.

Brazil, headed by President Lula da Silva, will not join the Belt and Road Initiative (BRI) and instead seek alternative ways to collaborate with Chinese investors, Celso Amorim, special presidential adviser for international affairs, said on Monday.

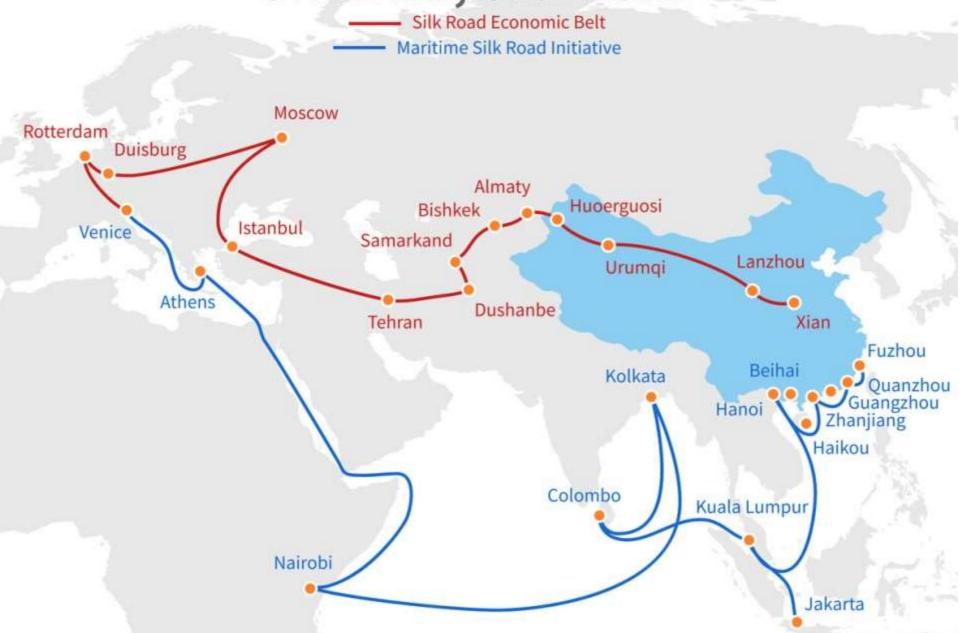
Brazilwants to "take the relationship with China to a new level, without having to sign an accession contract", he told Brazilian newspaper O Globo.

"We are not entering into a treaty," Amorim said, explaining that Brazil does not want to take Chinese infrastructure and trade projects as "an insurance policy".

According to Amorim, the aim is to use some of the Belt and Road framework to find "synergy" between Brazilian infrastructure projects and the investment funds associated with the initiative, without necessarily formally joining

the group, the Hong Kongbased South China Morning Post quoted him as saying. The Chinese "call it the belt [and road]...and they can give whatever names they want, but what matters is that there are projects that Brazil has defined as a priority and that may or may not be accepted [by Beijing], Amorim said.

ONE BELT, ONE ROAD



The Belt and Road Initiative

4.6 billion

Combined population of all countries involved in BRI



BRI touches 61 percent of the world's population

\$29 trillion

Combined GDP of all countries involved



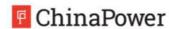
Trade between China and BRI countries between 2014-2017



Low and middle income BRI partners have an average per capita income of \$3,875. China has a per capita income of \$16,760. \$26 trillion
Estimated cost of infrastructure needs



The estimated cost of infrastructure needs in the developing parts of the Asia-Pacific through 2030 is \$26 trillion. China has pledged \$1 trillion.



 Numerous studies conducted by the World Bank have estimated that BRI can boost trade flows in 155 participating countries by 4.1 percent, as well as cutting the cost of global trade by 1.1 percent to 2.2 percent, and grow the GDP of East Asian and Pacific developing countries by an average of 2.6 to 3.9 percent



Dhanteras delight: 102 tonnes gold shifted to India, says RBI

In 2 Yrs, 214 Tonnes Moved From Bank Of England

Sidhartha@timesofindia.com

New Delhi: It is not just Indian households which look to bring gold into their lockers. On Dhanteras, the Reserve Bank of India disclosed that it has shipped another 102 tonnes of gold from Bank of England's vaults in London to secure locations within the country.

At the end of Sept, of the 855 tonnes of yellow metal held by the Indian central bank, 510.5 tonnes was held domestically, the latest report on management of foreign exchange reserves revealed. Since Sept 2022, 214 tonnes have moved into the country as RBI and govt sought to secure their holdings amid heightened geopolitical tensions across the globe. Many

CENTRAL BANK'S GOLD STOCK



in govt believe that it's safer to hold gold at home.

On May 31, TOI was the first to report about 100 million tonnes being moved from the UK and had also said that a similar quantity was planned to be shipped again. The movement marked the first significant shift since gold moved out in early 1990s after govt was forced to

pledge it amid a balance of payments crisis.

Like the last time, RBI and govt undertook a secret mission involving special aircraft and detailed security arrangements to move the gold, acutely aware that the information should not leak out.

▶Related report, P 15

Electronics, gold, car sales get festive sparkle

If the consumer industry was waiting for a big bang stressbuster post the slow-down pangs, Dhanteras brought in much-needed cheer for companies. Buyers didn't disappoint, even when it came to buying gold. Car sales also fired on all cylinders as lucrative discounts and festival spirit saw people thronging showrooms of Maruti Suzuki, Hyundai, Tata Motors and JSW MG.

Sales of smartphones, from iPhones to Oppo, stayed strong, as was the case with TV sets, with LG and Panasonic reporting good demand for premium, large-screen sizes. Tanishq, among India's biggest organised retailer of jewellery, said overall sales on Dhanteras appeared on course to surpass last year's numbers. P15

KNOW YOUR VITAL STATS

Which oil is best for your heart health?

Confused about which oils are healthy and which aren't? The best ones are lower in saturated fats. But the answer is not simple since smoking points of oils differ, so one can be good for deep frying while another is suitable for salad dressings. Let's decode the choices...



SATURATED FATTY ACIDS (SFAs)

Single bonds Stay solid at room temperature

examples | Coconut oil, palm oil, palm kernel oil, beef tallow and lard



Health impact | Excessive consumption linked to increased LDL (bad) cholesterol levels, which can contribute to heart disease

UNSATURATED FATTY ACIDS

One or more double bonds . Liquid at room temperature

fatty acids (MUFAs) like olive oil, avocado oil, canola oil, peanut oil. Another type is polyunsaturated fatty acids (PUFAs). Omega-3 rich PUFAs are fish oil, flaxseed oil, chia seed oil, walnut oil while Omega-6 rich PUFAs are sunflower oil, corn oil, soybean oil, rice bran oil

Health impact

Unsaturated fats — both monounsaturated and polyunsaturated — are considered healthier than saturated fats. They have been linked to lower LDL (bad) cholesterol levels and can help protect against heart disease

	SFA	MUFA	PUFA	(%)	Smoke
	(%)	(%)	N3	N6	point (°C)
SUITABLE FO	R DEEP	FRYING	à		
Rice bran oil	22.5	44	0.5	33	260
Mustard oil	12	60	6.0	15	250
Groundnut oil	10.7	71	0	18	232
Ghee	62	28	0.5	3.0	230
Sesame oil	16.9	42	0.2	40.9	210
SHALLOW FR	YING &	SAUTÉ	ING		
Safflower oil	9.3	11.6	0.2	79	250
Soybean oil	16	23	7.0	51	230
Sunflower oil	9.4	28.3	0.2	62	226
Coconut oil	92	6.0	0	1.6	176
SALAD DRESSING					
Olive oil (extra virgin)	19.4	68	1.6	16.4	210 live oil can

Refined olive oil can be used for sauteing

WHAT NUTRITIONISTS SAY

- A combination of oils with different n6:n3 (Omega 3 and 6) ratios is recommended for a balanced intake of fatty acids
- The National Institute of Nutrition suggests blending oils like mustard and rice bran oil or rice bran and soybean oil for daily low-temperature cooking. For frying, use refined oils that have higher smoke points. Heating oil after it has started smoking leads to nutrient loss and harmful free radicals
- It is advised to use 500-750ml of oil per person per month

Source: Madras Diabetes Research Foundation, Chennai



Census of India to Begin in 2025

 The government plans to begin the long-delayed Census in 2025, which will be followed by delimitation of Lok Sabha seats.

About

- The census, typically conducted **every ten years** to update the **National Population Register (NPR)**, was scheduled for **2021** but had to be postponed due to the Covid pandemic.
- The delimitation of constituencies for the Lok Sabha and State Legislative Assemblies is to be carried out on the basis of the first Census after **2026**.

- Census in India
- A census is a survey of the population of an area that includes collecting details of a country's demographics including age, sex and occupation.
- **History:** Under **W.C. Plowden**, the Census Commissioner of India, the first synchronous decennial (every ten years) census was conducted in **1881**.

- Independent India's first census was held in 1951 and since then it has happened in the first year of every decade.
- The Constitution mandates that enumeration is carried out but the Census of India Act of 1948 does not specify its timing or periodicity.
- The population census is conducted by the Office of the Registrar General and Census Commissioner of India under the Ministry of Home Affairs.

What is Delimitation?

- Delimitation refers to the process of fixing the number of seats and boundaries of territorial constituencies in each State for the Lok Sabha and Legislative assemblies.
- 1. It also includes determining the seats to be reserved for Scheduled Castes (SC) and Scheduled Tribes (ST) in these houses.

- Article 82 and 170 of the Indian Constitution provide that the number of seats in the Lok Sabha and State Legislative assemblies as well as its division into territorial constituencies shall be readjusted after each Census.
 - This process is performed by the '**Delimitation Commission**' that is set up under an act of Parliament.

Delimitation in the Past

- The number of seats in the Lok Sabha based on the 1951, 1961 and 1971 Census was fixed at 494, 522 and 543.
- However, it has been **frozen as per the 1971 Census** in order to encourage population control measures so that States with higher population growth do not end up having higher number of seats.

- This was done through the **42nd Amendment Act** till the year 2000 and was extended by the **84th Amendment Act till 2026.**
 - The boundaries of territorial constituencies were readjusted (without changing the number of seats) and seats for SC and ST were determined as per the 2001 Census and will again be carried out after **2026.**

Election Expenditure in India

The total expenditure for U.S. presidential and Congressional elections in 2024 is estimated at around U.S. \$16 billion (equivalent to ₹1,36,000 crores).

According to the Centre for Media Studies (CMS), the total expenditure by various political parties for the general election to Lok Sabha this year was **around ₹1,00,000 crores**

Election Expenditure Limit in India

It is ₹95 lakh per Lok Sabha constituency in larger States and ₹75 lakh in smaller States.

With respect to Legislative Assemblies, they are ₹40 lakh and ₹28 lakh for larger and smaller States respectively.

These limits are set, from time to time, by the **Election Commission (EC)**.

There are **no limits on the expenditure of political parties** during elections.

Global Standards

- In the U.S., the financing for elections happens primarily by contributions from individuals, corporations, and political action committees (PAC).
 - There are super PACs on which there are no limits for spending.
- In the U.K., a political party is allowed to spend £54,010 for each constituency they contest.
 - There are also limits placed on candidates' spending during the campaign period.

Concerns with High Electoral Expenditure

Inequality in Representation: Wealthy candidates or parties dominate elections, marginalizing those with fewer resources and leading to a lack of diverse representation.

Corruption: It can lead candidates to engage in corrupt practices, such as bribing voters or manipulating election outcomes.

- Creation of Entry Barrier: Increased expenditure that is met primarily through large donations creates an unholy nexus between the elected representatives and donors who seek favours.
 - This acts as an entry barrier into electoral politics for many wellmeaning citizens.

Suggested Reforms

The Indrajit Gupta Committee (1998) and the Law Commission report (1999) have advocated for State funding of elections.

• This would mean the government partially bears the election expenditures of candidates nominated by recognised political parties.

- Simultaneous elections are suggested for addressing the issue of rising election expenditures.
 - It refers to the idea of holding Lok Sabha and State legislative assembly elections together, with the aim of reducing the frequency of elections and their associated costs.

Sohrai Painting

- PM Modi presented a **Sohrai painting** to the Russian President Vladimir Putin during the BRICS summit.
- About
- Sohrai Painting is a folk/tribal painting tradition mostly practiced in the villages of Jharkhand's Hazaribagh area.

•

- The colors used in this picture (red, black, yellow, and white) are natural earth colors foraged from the wild or purchased from local merchants.
 - Chewing twigs are used as paint brushes, while cloth rags are used to apply the base coat.
- Theme: The paintings are known for their expressive storytelling, depicting animals, birds and nature, which is a reflection of the agrarian lifestyle and the reverence for wildlife in tribal culture.



Rule of Law Index

- Recently the Rule of Law Index has been published by the World Justice Project (WJP).
- About
- It has evaluated countries based on **different factors**, including constraints on government powers, absence of corruption, open government, fundamental rights, order and security, regulatory enforcement, civil justice, and criminal justice.
- India stands at 98 out of 142 countries.

Top Rank: Denmark has secured first rank, followed by Norway, Finland, Sweden, and Germany in terms of law and order.

Worst Rank: Pakistan has been ranked 140 among 142 countries making it the third worst country in the world.

Mali and Nigeria are the only countries ranked lower than Pakistan.

The World Justice Project (WJP)

It is an independent, nonpartisan, multidisciplinary organization working to create knowledge, build awareness, and stimulate action to advance the rule of law worldwide.

Pradhan Mantri Vanbandhu Kalyan Yojana

Pradhan Mantri Vanbandhu Kalyan Yojana (PMVKY)

About:

- It is a landmark initiative, launched on October 28, 2014, aimed at the holistic development of tribal communities.
- It addresses the unique challenges faced by India's tribal populations, which constitute about 8.9% of the country's population.
- It aims to empower tribal communities through comprehensive development strategies.

•

Key Components:

Pradhan Mantri Adi Adarsh Gram Yojana (PMAAGY)

Development of Particularly Vulnerable Tribal Groups (PVTGs)

Pre-Matric and Post-Matric Scholarships:

- Eklavya Model Residential Schools:
- These have been established to provide quality education to STs students from classes VI to XII in every block having more than 50% ST population and at least 20,000 tribal persons (as per census 2011).

- Pradhan Mantri Janjatiya Vikas Mission (PMJVM):
- It has been restructured by merging and extending two existing schemes: the 'Mechanism for Marketing of Minor Forest Produce through Minimum Support Price' and the 'Institutional Support for Development and Marketing of Tribal Products'.

Coral Triangle

- Experts recommend the Coral Triangle be classified as a Particularly Sensitive
 Sea Area to provide it with special protection from harmful maritime activities
- About
- The Coral Triangle, often referred to as the 'Amazon of the seas', is a huge marine area spanning over 10 million square kilometres.
- It **includes countries** like Indonesia, Malaysia, Papua New Guinea, Singapore, the Philippines, Timor-Leste, and the Solomon Islands.







 This region is home to 76 percent of the world's coral species and supports more than 120 million people who rely on its resources for their livelihoods.

- Serious dangers brought by fossil fuel expansion to the Coral Triangle, were highlighted by a report released in 16th Conference of Parties (COP16) to the Convention on Biological Diversity (CBD).
 - The report highlighted the overlaps with oil and gas blocks, affecting 24 percent of coral reefs, 22 percent of seagrass areas, and 37 percent of mangroves.

- A Particularly Sensitive Sea Area (PSSA)
- It is an area that needs special protection through action by the International Maritime Organisation (IMO) because of its significance for recognized ecological or socio-economic or scientific reasons.
- The area must be vulnerable to damage by international maritime activities.
- Examples of PSSAs include the Great Barrier Reef, the Galapagos Islands, and the Wadden Sea



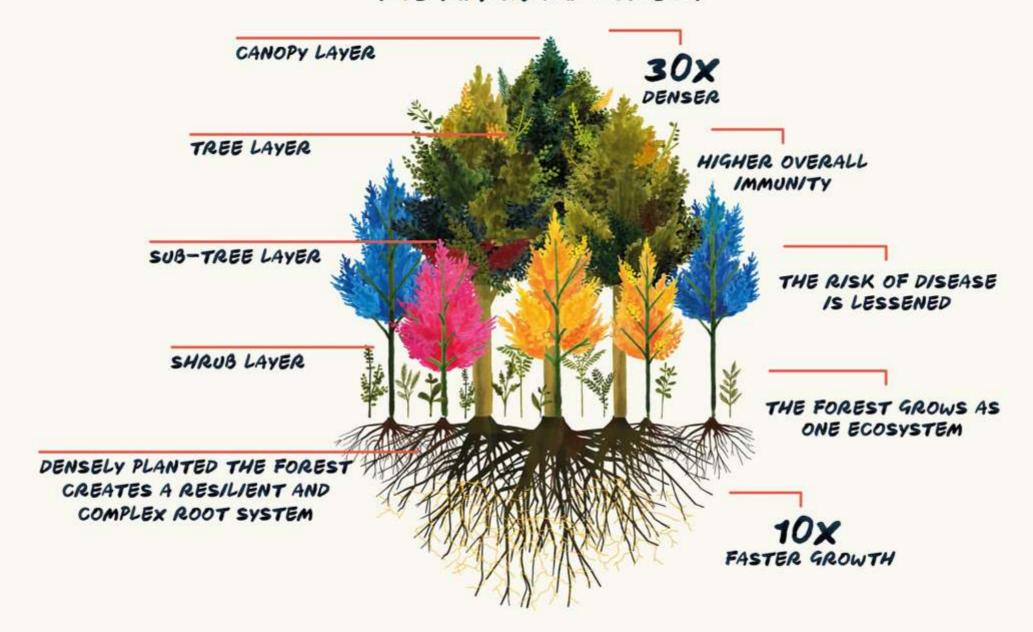
- Uttarakhand's forest department has created the world's highestaltitude Miyawaki forest at 8,000 ft in Pithoragarh, beating extreme conditions like sub-zero temperatures and wildlife threats.
- What is Miyawaki forest?
- Named after Japanese botanist Akira Miyawaki, who developed this methodology in the 1970s, it involves creating dense urban forests in a small area.

It involves planting two to four different types of **indigenous trees** within every square metre. The trees grow to their full length within **three years**.

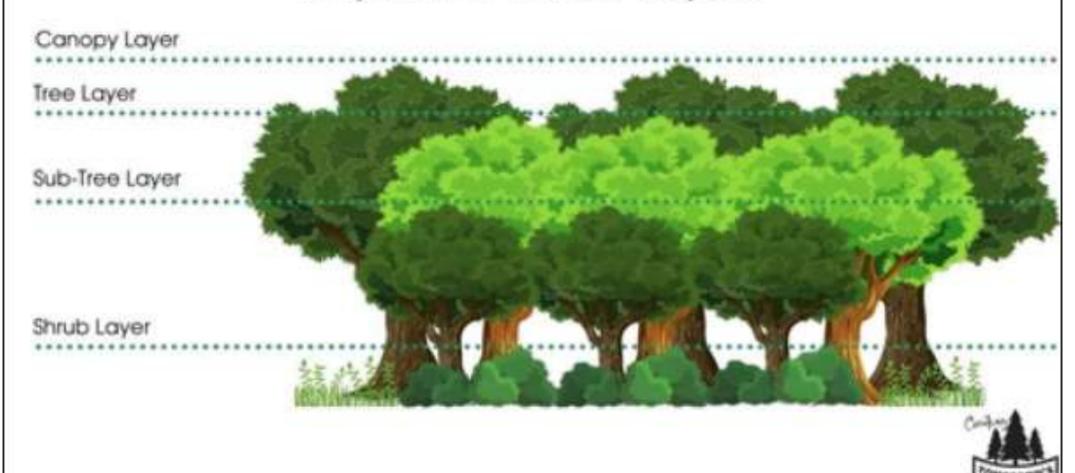
The dense green cover of indigenous trees plays a key role in **absorbing the dust particles** and regulating surface temperature.

The plants used are mostly **self-sustaining** and do not require regular maintenance like manuring and watering. Some of the common plants used include Anjan, Amala, Bel, Arjun and Gunj.

THE MIYAWAKI FOREST



Miyawaki Forest Layers









Smart Insulin for Diabetes

• The latest study introduces **an engineered insulin molecule**, **named NNC2215**, which includes a built-in **"on-and-off switch"** that allows it to automatically respond to fluctuations in blood glucose levels.

- Two Main Components of NNC2215:
 - A Ring-Shaped Structure allows the insulin molecule to change shape depending on blood sugar levels.
 - A **Glucoside Molecule** resembles glucose in structure and helps control the activation of insulin.

About Diabetes:



Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.



As per the WHO, in 2019, diabetes was the direct cause of 1.5 million deaths across the globe and 48% of all deaths due to diabetes occurred before the age of 70 years.

Diabetes: Type 1 vs. Type 2

Diabetes is on the climb — but there is a difference between Type 1 and Type 2. Do you know it?

Type 1 Diabetes

Your body is no longer able to produce insulin



Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently

Type 2 Diabetes

Usually develops during childhood, but can develop at any age



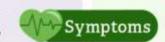
Can develop at any age but is most common in adults over 45

Family history



- Overweight and/or inactive
 - Family history
 - High blood pressure

- Bedwetting Blurry vision
 Frequent urination
- Increased appetite and thirst
- Mood changes and irritability
 - Tiredness and weakness
 - Unexplained weight loss



- Increased appetite and thirst
- Dark patches on armpits/neck
 - Frequent urination
 - Blurry vision
 - Tiredness and weakness
 - Unexplained weight loss

No known prevention methods



Healthy lifestyle

Insulin injections



Healthy living, possible insulin support

Word of the day

Furtive:

attempting to avoid notice or attention

Synonyms: hidden, covert, secretive

Usage: There is something furtive about their behaviour.

Pronunciation: newsth.live/furtivepro

International Phonetic Alphabet: /fɜ:tɪv/

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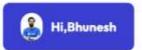






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