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Womenia

TWEET PATROL



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It's important to love yourself & your body. We take r bodies 4 granted & forget that a healthy body is the seat of a healthy mind & is the only wealth that matters कदुर्वा जान है से जहान है ☺ #Lageraho #pzfit #loveyourself #gym #core #lpl2020 🇮🇳 #pzipldiaries #dontgiveup #ting ♥



BEST CARE FOR BREAST CANCER

In the last few months of lockdown and after the relaxation, I have continuously been counseling my various clients, family and friends on how to increase their phytochemicals. These big chemicals prevent infections, retard diseases, improve overall mood and help achieve optimum health. A talk about phytochemicals in incomplete without mentioning its foremost enemy, Cancer.

This breast cancer awareness month I would like to share with you that one in eight women are expected to develop breast cancer in their lifetime. Some causes are clearly understood like cigarette smoking, alcohol, sugar, processed white flour, deep fried foods, preservatives, toxins etc. We are exposed to possible cancer causing substances all the time. But do not fear, our bodies have the amazing ability to clean up the damage they cause. For additional assistance, I use Food as a tool.

You will be amazed at the sheer



Naini Setalvad

number of Indian foods and phytochemicals that have shown a promising antidote effect to breast cancer. Let me run you through them:

Carotenoids are phytochemicals with powerful antioxidant activity. Lycopene in tomatoes is one such mighty carotenoid. Beta-carotene found in carrot, pumpkin is known to demonstrate anti-

cancerous effects. Flavonoids; such as those found in onion and black tea, are said to possibly prevent the risk of breast cancer. Bio-active compounds found in cruciferous vegetables like cabbage and cauliflower lower inflammation and thereby lower the risk of breast cancer.

Phytochemical curcumin found in turmeric is one of the most

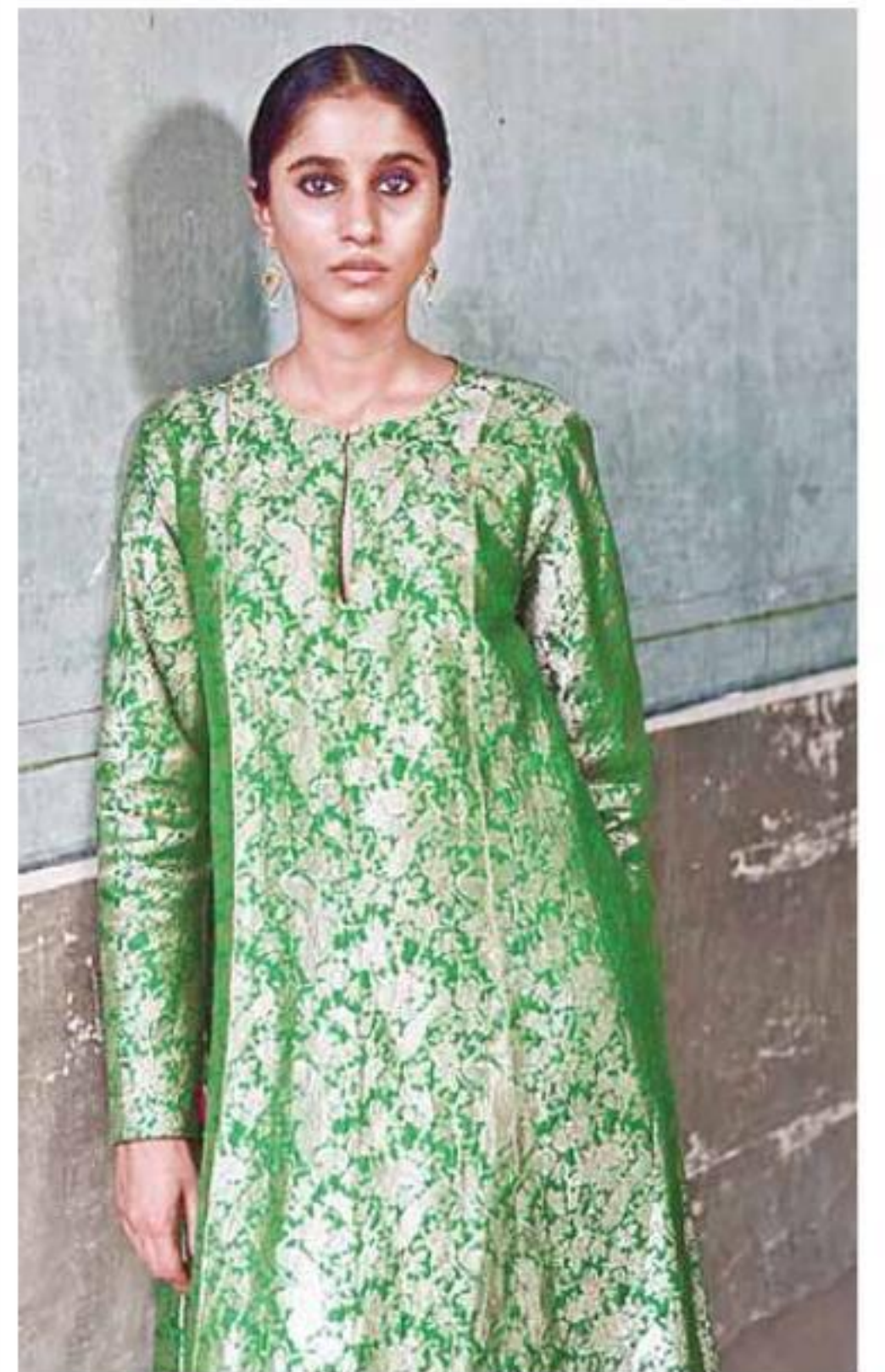
powerful antioxidants to fight cancer. Sulphur and phytochemical allium found in garlic too lend their support in fighting cancer.

Over 200mg of Vitamin C doubles the survival odds. Choose Amla, Guava, Lemon. Favour fiber over simple sugars. Add in your whole grains from the wide variety of whole wheat, millets, seed grains and unpolished rice.

Flaxseeds, an ancient seed mentioned in 5000 year old Ayurvedic literature is packed with antioxidant Omega-3. Eat good quality fat from nuts, coconut, peanuts, pumpkin seeds and sesame seeds. Avoid frying foods as it produces toxic compound acrylamide; which is a known carcinogen.

Healing spices of India are super rich sources of plant compounds that fight oxidation and free radical damage. This damage causes inflammation- the genesis of cancer. Opt for plant proteins from your variety of dals and whole pulses that we have at our disposal. Go organic by choosing food which is chemical and pesticide free. Satisfy your sweet cravings with natural sugar from fruits and dry fruits, keep it at minimum. Completely remove refined white sugars as they are a match made in heaven for any cancer.

Add on these wonder drugs that are found in your plant kingdom and avoid FAD promoting guides. I have laid forth the armament to destroy this disease that we shall together conquer; like we have every challenge that came our way.



Raw Mango's latest collection inspired by Rajasthani folklore

Designer Sanjay Garg's latest collection is inspired by classic and folk forms from his home state Rajasthan.

Garg under his label Raw Mango launched the collection 'Moomal' on Day 1 of the ongoing digital edition of Lakme Fashion Week. The annual event which takes place twice a year in Mumbai has gone digital due to the impact of the COVID-19 pandemic. Through a video clip, the designer takes the audience on a trip down memory lane and transports them to Rajasthan, known as the craft soul of India. A part of the film includes old photographs highlighting the culture of the region and its traditional clothing.

The film featured women wearing Garg's collection inspired by the traditional Rajput outfits re-imagined with a futuristic approach. No models were cast in the fashion film. Garg known for his rich handwoven textiles and authentic traditional handwoven ensembles is one of the pioneers of slow fashion

Garg under his label Raw Mango launched was the closing act on Day 1 of the ongoing digital edition of Lakme Fashion Week

In the country with a focus on sustainability and Make in India.

The collection is perfect for the festive season with its jewel tones comprising of poshaks, lehengas, jackets and graphically constructed cholis in colours like white, green, pink, yellow. The designer has used Bandhej techniques, brocade and hand embroidery to give the ensembles a rustic vibe.



6 designers join hands to support craft clusters hit by pandemic

PUJA GUPTA

Six fashion designers came together to support marginalised craft clusters and those heavily impacted by the pandemic by generating livelihood opportunities for the artisans. The designers showcased their collection virtually at the ongoing digital edition of the Lakme Fashion Week.

Veteran designers Abraham and Thakore, Rajesh Pratap Singh, Urvashi Kaur, Payal Khandwala, Anavila and Suket Dhir highlighted crafts like ikat, block prints, jamdani, brocade, khatwa and shibori techniques via a fashion film, inspired by the contrast typically seen in the fashion supply chain in production and retailing.

David Abraham and Rakesh Thakore for their label Abraham & Thakore presented a capsule collection of block printed garments in sand and gold colour. The line includes separates with mix and match options. Gold studded, pin-striped saree worn with a sophisticated Victorian-style, long-sleeved, ruffled, neckline blouse, kedia jacket highlighted with gold dots and teamed over a simple tunic and a trouser with a graduating gold dot design. A ruffled maxi skirt was teamed with a cut-away shoulder blouse. For semi-formal options, wide-legged pants with giant gold dots were worn with a cross over tie-up blouse with ruffled sleeves and deep décol-

letage.

Singh for Satya Paul unveiled the beauty of double ikat in stark black and white. The blurred geometry of the patterns was visualised on simple cotton sarees with the ikat accentuating the pallav (trail), while the black borders featured as a contrast on white sarees. There were linear ikats for a black and white colour blocked saree.

Anavila Mishra launched the 'Dhanak' collection which saw her signature linen woven sarees with fine zari and khatwa work. The colours were in jewel tones of garnet, citrine, jade, amethyst, emerald, topaz, sapphire and rose quartz. The silhouettes were easy and comfortable.

There were kaftans with a smattering of floral embroidery on the shoulders and batwing sleeves which had a layered silhouette and were ideal for comfort wear; red sarees draped with dazzling borders were teamed with embroidered choli. A turquoise blue saree was a stunner with a garland of flowers along the border and worn with a Zigzag motif design, empire line blouse.

Payal showcased her limited edition of 10 jamdani sarees in fine muslin on handlooms. She has used colour-blocked silks, traditional motifs in floral or geometric shapes and added a modern version of the wildflower print story. Payal showcased in each saree a meticulous for-

mat, when two-inch strips of designs are placed under the loom with myriad dots in watercolour added to the woven warp, to recreate the pattern on the yarn. The weaving done by wooden shuttles according to guidelines had a silver metallic yarn with the assistance of a separate metallic needle.

Urvashi Kaur brought alive the beauty of Shibori tie-dye patterns with her collection 'Tahul'. Tiered and shirt dresses vied for attention with the oversized silhouettes that offered trans-seasonal relaxed dressing options. The multi-layers had numerous mix and match choices for both genders in a sheer and opaque format for a stylish appeal. Detailing created a strong accent in the form of micro pleating and hand blocks while the fabric base was as diverse. Urvashi selected handwoven organic cotton, sheer Kota silk, Jamdaani and then brought in sheer nails that had inserts of intricate stitch line texturing.

Bringing the grandeur of handwoven silk brocades to the forefront, Suket Dhir worked with the gorgeous weaves in jewel tones of vermillion, aqua, grey or fuchsia as the base for the practical, easy, line of separates. Celebrating the 'Nature Within' concept, Suket introduced a mélange of varied animal prints that lit up the landscape on the handwoven silk brocades.



SOLUTION TO OCTOBER 22

CROSSWORD

Across

- 1 Pepper's partner (4)
- 4 Counting frame (6)
- 8 Mire (3)
- 10 Has to (4)
- 13 Warily (8)
- 14 Arm coverings (7)
- 15 Employ or hire (6)
- 17 Livable (9)
- 21 Antiquity (3)
- 22 British parent, familiarly (3)
- 23 Affected individual (3)
- 26 Curb, check or confine (9)
- 27 Classical composer Bela ____ (6)
- 28 Filled (7)
- 32 Outline of film or play (8)
- 34 24 hour periods (4)
- 35 Chatter (3)
- 36 Gracefully slender (6)
- 37 A sea-fog - "Ahar" anagram? (4)

Down

- 1 Amounts (4)

SUDOKU

- 2 Fail to win (4)
- 3 Enormous (4)
- 5 Past (6)
- 6 Mongrel (3)
- 7 Fashions (6)
- 9 Prefix with "cover" and "please" (3)
- 11 Forearm bones (5)
- 12 Not very warm (5)
- 15 Large deciduous trees (4)
- 16 Wild ox of Celebes (4)
- 18 Smear (4)
- 19 Berserk (4)
- 20 Prohibit (3)
- 23 Sigmund ____ : father of psychoanalysis ? (5)
- 24 Terse, condensed and forcible (5)
- 25 Mistreats (6)
- 26 Silvery white metal (6)
- 28 Soft pear-shaped fruit (3)
- 29 Thoroughfare (4)
- 30 Slangily crazy (4)
- 31 Emperor of Russia (4)
- 33 Organ of sight (3)

NEWS ROUNDUP

Importance of Gene Testing in Hereditary Cancers

According to the World Health Organization (WHO) and the American Cancer Society, cancer accounts for about 1 in 6 deaths worldwide more than HIV/AIDS, tuberculosis and malaria combined. The report states that by 2040, the global burden is expected to reach 27.5 million new cancer cases and 16.2 million cancer deaths. A WHO estimate in 2018 projected that 1 in 10 Indians will develop cancer during their lifetime and 1 in 15 will die of the disease.

About 5-10% of all cancers are hereditary and occur due to inheritance of a genetic variation/mutation within families, especially in close family members. Examples of such hereditary cancer syndromes, also called familial cancer syndromes, are hereditary breast and ovarian cancer syndrome, Li-Fraumeni syndrome, Cowden syndrome and Lynch syndrome.

Dr Vedam Ramprasad, CEO, MedGenome, "Unlike localized (somatic) genetic variations that are acquired over the course of one's life, inherited or familial variations are transmitted from one generation to another and can thus predict the increased lifetime risk of developing cancer. The presence of such variations can also indicate early onset of the disease. Hence, identifying individuals with inherited genetic variations offers tremendous health benefits to both patients and their at-risk family members."

There are about 100 genes that are associated with hereditary cancer development and information about mutations in these genes can be used to tailor prevention, surveillance and treatment of cancer. Genetic testing to detect such inherited variations helps an Oncologist in making a well-informed treatment decision. Apart from predicting risk for developing cancer, genetic testing helps in understanding the course of disease, also known as Prognosis.

Ploy to hand-over TRP case to CBI: Sena justifies blocking agency in Maha



MUMBAI

THE Central Bureau of Investigation (CBI) interferes with ongoing local cases, which is an abuse of the state's rights, the Shiv Sena said explaining why the Maharashtra government had withdrawn a general consent to the Central agency.

"In the case of a national issue, CBI has the authority to investigate. We had to take this decision because of its interference in the

matters of the State already being probed by our police," ANI reported Shiv Sena leader Sanjay Raut as saying.

"Maharashtra and Maharashtra Police have their own rights as per the Constitution and if someone tries to abuse these rights, then the government has to take such decisions," Raut said.

Maharashtra Home Minister Anil Deshmukh, too, justified the state government's move.

"There was talk of the CBI being

misused. It is a professional and premier investigative organisation. The TRP case is being probed by Mumbai Police and a similar case has been registered in Uttar Pradesh. There may be a ploy to hand over the case to the CBI. The CBI should not be used for political purposes," Deshmukh said.

He was referring to Wednesday's withdrawal of the general consent to the CBI by the Maharashtra government, setting off a political controversy.

Maharashtra's order, however, will not affect ongoing cases in the state. The CBI will have to take permission from the state on a case-to-case-basis in future.

The move came hours after the CBI filed a case to investigate the ratings scam on the basis of a complaint filed in NDA-ruled Uttar Pradesh.

Mumbai Police is already investigating three channels, including Republic TV, over allegations that ratings were being rigged. Republic

TV has denied any wrongdoing.

Earlier this year, the CBI got involved in probing the death of Bollywood actor Sushant Singh Rajput after a case was filed in NDA-ruled Bihar and the Supreme Court ordered the Central agency to take over the probe from Mumbai Police.

Three other non-BJP-ruled states - Rajasthan, Chhattisgarh, and West Bengal - too, have withdrawn their general consent for the CBI within their jurisdiction.

Vaccine trial will continue, says Oxford

SAO PAULO/FRANKFURT

BRAZILIAN Health Authority Anvisa said that a volunteer in a clinical trial of the COVID-19 vaccine developed by AstraZeneca and Oxford University had died but added that the trial would continue.



Oxford confirmed the plan to keep testing, saying in a statement that after careful assessment "there have been no concerns about safety of the clinical trial."

AstraZeneca declined to comment immediately.

A source familiar with the matter told Reuters the trial would have been suspended if the volunteer who died had received the COVID-19 vaccine, suggesting the person was part of the control group that was given a meningitis jab.

The Federal University of Sao Paulo, which is helping coordinate phase 3 clinical trials in Brazil, said an independent review committee had also recommended the trial continue. The university earlier confirmed the volunteer was Brazilian but gave no further personal details.

"Everything is proceeding as expected, without any record of serious vaccine-related complications involving any of the participating volunteers," the Brazilian university said in a statement.

So far, 8,000 of the planned 10,000 volunteers in the trial have been recruited and given the first dose in six cities in Brazil, and many have already received the second shot, said a university spokesman.

CNN Brasil reported that the volunteer was a 28-year-old man who lived in Rio de Janeiro and died from COVID-19 complications.

Anvisa provided no further details, citing medical confidentiality of those involved in trials.

BJP manifesto promises free Covid vaccine; Oppn hits back

1,000 BIHARIS DIED OF COVID, GOVT DIDN'T CARE: CONG

PATNA

WITH just six days left for polling for the first phase in the three-phase Bihar Assembly elections, the BJP on Thursday released its election manifesto or 'Sankalp Patra', making a slew of promises.

Union Finance Minister Nirmala Sitharaman released the manifesto at a function held in Patna. Speaking on the occasion, Sitharaman said that Bihar's development is essential for the nation's progress and the National Democratic Alliance (NDA) needs to win this elections for the development of the state.

The highlight of the BJP's 'Sankalp Patra' is the promise of "free coronavirus vaccination for all" in Bihar.

"As soon as a Covid-19 vaccine is available for production at a mass scale, every person in Bihar will get free vaccination. This is the first promise mentioned in our poll manifesto," Sitharaman said.

The party also promised to create as many as 19 lakh jobs for the youth of Bihar. The saffron party



Union Finance Minister Nirmala Sitharaman along with BJP General Secretary Bhupendra Yadav (left) and State Party President Sanjay Jaiswal (right) releases party manifesto ahead of the Bihar Assembly Elections, in Patna.

has evolved a five-point formula for the development of the state, which includes a healthy society, self-dependent Bihar, educated Bihar, strong industry and strong agriculture with financially sound farmers and healthy rural-urban development.

The Congress party reacted to the BJP's manifesto. Randeep

Surjewala said, "During the migrant workers crisis, Bihar CM and Deputy CM said they won't let Biharis enter their state. The PM said vaccine can't possibly be made before a year. 1000 Biharis died due to Covid. Do central ministers care? They're deriding Biharis."

Congress MP and former

union minister Shashi Tharoor tweeted, "Tum mujhe vote do main tumhe vaccine (Give me votes, I will give you vaccine)... what appalling cynicism! Will the Election Commission rap her and her shameless government on the knuckles?"

"What about non-BJP ruled states? Indians who didn't vote BJP will not get free Covid vaccine?" - tweeted Arvind Kejriwal's Aam Aadmi Party (AAP), raising a question that many flagged on social media.

National Conference leader Omar Abdullah called it blatant populism. "Will BJP be paying for these vaccines from the party treasury? If it's coming from the government treasury then how can Bihar get free vaccines while the rest of the country has to pay? There is so much wrong with this blatant populism that shamefully exploits COVID fears," the former J&K chief minister wrote.

Rashtriya Janata Dal (RJD) said that the saffron party was trying to sell the vaccine for collecting votes in the upcoming State Assembly Elections. (IANS)



India records 55,839 new cases

NEW DELHI

THE number of coronavirus infections reported in a span of 24 hours remained below 60,000 for the fourth consecutive day on Thursday as India's caseload went past 77 lakh, while recoveries have crossed 68 lakh, according to data updated by the Union Health Ministry.

The COVID-19 caseload mounted to 77,06,946 with 55,839 new infections being reported in a day, while the death toll climbed to 1,16,616 with 702 more fatalities, the data updated at 8 am showed.

A total of 68,74,518 people have recuperated from the disease so far pushing the national recovery rate to 89.20 per cent, while the case fatality rate stood at 1.51 per cent. The active cases of coronavirus infection remained below eight lakh for the sixth consecutive day. There are 7,15,812 active cases of coronavirus infection in the country which accounts for 9.29 per cent of the total caseload, the data stated. India's COVID-19 tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23 and 40 lakh on September 5. It went past 50 lakh on September 16, 60 lakh on September 28 and crossed 70 lakh on October 11.

According to the Indian Council of Medical Research (ICMR), a cumulative total of 9,86,70,363 samples have been tested up to October 21, of which 14,69,984 were tested on Wednesday.

After restrictions on poll rallies, MP govt to approach top court

BHOPAL

THE Madhya Pradesh government has decided to approach the Supreme Court against the decision of the Gwalior Bench of the High Court to restrict physical political rallies in nine districts in view of the coronavirus pandemic.

Ahead of the coming by-elections in 28 seats, a division bench of the High Court asked yesterday that magistrates of the districts under its jurisdiction not give permission to any candidate or political party for public gatherings without compelling reasons.

Chief Minister Shivraj Singh Chouhan apologised to the people of Ashok Nagar's Shadora and Bhandar, where he was expected to attend two political rallies. The rallies had to be cancelled following the order of the High Court.

"We respect the High Court and its decision. But regarding this decision, we will go to the Supreme Court, because it is like having two laws in a single land," Mr Chouhan told news agency ANI.

"In some parts of Madhya Pradesh, physical political rallies are allowed. It is not allowed in another part. Political rallies are even being held in Bihar, but it is not allowed in a part of Madhya Pradesh. So we will seek justice from the Supreme Court," he added.

While ordering that First Information Reports be filed against Union Minister Narendra Singh Tomar and former Chief Minister Kamal Nath, the division bench also called for strict restrictions on political rallies.

Permission for rallies can only be granted if the political party or candidate is able to satisfy the magistrate that a



virtual election campaign is not possible, the court said.

In case a physical rally is allowed, it can be held only when the party or candidate deposits sufficient funds with the District Magistrate for double the required number of masks and sanitizers for the participants, the court added.

Twenty-eight seats of Madhya Pradesh will be up for by-election in next month. A chunk of these seats fell vacant as Jyotiraditya Scindia switched camp from the Congress to the BJP with his loyalists in March.

Air pollution killed over 1 lakh infants in first month in 2019

NEW DELHI

THE first-ever comprehensive analysis of air pollution's global impact on infants has found that outdoor and household particulate matter pollution contributed to the deaths of more than 116,000 infants in India in their first month of life in 2019.

The State of Global Air 2020 report found progress in reducing household air pollution exposures but levels stagnant for outdoor PM2.5.

The report published by the US-based think-tank, Health Effects Institute claimed that, India had the highest burden of infant deaths due to air pollution followed by Nigeria (67,900), Pakistan (56,500), Ethiopia (22,900), and the Democratic Republic of Congo (1,200).

"Although the biological reasons for this linkage are not fully known, it is thought that air pollution may affect a pregnant woman, her developing foetus, or both through pathways similar to those of tobacco smoking, which is a



well-known risk factor for low birth weight and preterm birth," the report said.

For the youngest infants, most deaths were related to complications from low birth weight and premature birth ---- direct outcomes of mothers' exposure

to air pollution during pregnancy, found the study. Overall, air pollution is now the largest risk factor for death among all health risks, according to the annual State of Global Air 2020 report published by the Health Effects Institute (HEI).

Pak approves bill for review of Kulbhushan's conviction

LAHORE

PAKISTAN National Assembly's Standing Committee on Law and Justice approved the bill for review of Kulbhushan Jadhav's conviction. The Indian has been sentenced to death by a military court for espionage.

Pakistan claims that Jadhav was arrested from Balochistan in 2016 on charges of espionage. India has rejected Pakistan's allegations and said he was kidnapped from the Iranian port of Chabahar.

In early 2017, a Pakistani military court

sentenced him to death. Federal Minister for Law and Justice Farogh Naseem said that the bill to review the conviction of Jadhav has been introduced with the directives of the International Court of Justice (Review and Reconsideration) Ordinance, reported Dawn.

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Brazen misuse of airwaves should stop

Bombay High Court has thrown some pertinent questions to the journalists in India when it sought to know whether they have given a go-by to journalism's basic norms and etiquettes, particularly while reporting on the suicide of a public figure. The question does not come as a surprise going by the coverage of news channels in so-called sensational cases. The despicable coverage and the race for the TRPs makes the deceased persons turn in their grave (if they are buried).

The reference in this particular case was to Sushant Singh Rajput's suicide and the 'tamasha' surrounding it. All of us have noticed how a channel tried to turn this into a national issue first and later into almost an issue of national-

ism. It also deliberately meddled in the 'drugs' issue and sought to tarnish the Bollywood drawing the ire of the movie moguls. This apart, the channels (at least one) relentlessly attacked the Maharashtra Government. Foreign media was so puzzled initially that it remained silent and then woke up the nonsense being churned out in the name of debates on prime time to call it macabre.

No doubt, the Bench dealing with the case led by the Chief Justice Dipankar Datta and Justice G S Kulkarni which was hearing submissions by news channels in the PILs filed against media trial, though it fit to comment thus on the exuberance of the motivated media. The Court on Wednesday raised concerns on the kind of "investigative journalism"

being carried out by news channels, commenting "putting up messages on the channel and then discussing evidence, is that investigative journalism?" "You did not even leave the deceased! Forget the witnesses," the Court said. During the course of the hearing, the Court also enquired with Additional Solicitor General Anil Singh, who appears for the Central Government, on how the government was not regulating the airwaves, which was public property, leaving it open to misuse by the media. This is a relevant point to be noted.

The question regarding misuse of the airwaves - a public property - is cardinal here. No one so far thought in these lines as if the channels owned the airways whereas they only leased

it to air news not their political views alone. Of course, the Additional Solicitor General had gone ahead and clarified that the State owned airwaves, but no control over the content being transmitted through. The News Broadcasters Federation argues that there should be no government supervision over the media, but where is the self-regulating mechanism that is touted much?

While arguing that there should not be any government supervision over the media, the channels argued on the lines that they know the best. It certainly is not the case. The problem is that the media in this country thinks what it seeks to air is what the nation seeks to know. People have too many problems on hand and they seek solutions to those so that their lives become easier. Soap operas at least entertain their viewers but not views of individuals with bloated egos!



Here's a 21-day immunity plan you can follow forever

VISHNU MAKHIJANI

With 80 per cent of chronic disease attributable to lifestyle and linked environmental factors and within the lifestyle hierarchy, poor diet being the most important contributor, the coronavirus pandemic has not only added to our vulnerability and lack of immunity, "but also taught us to look to a brighter future," says a new book by a leading NHS-trained cardiologist and a pioneer of lifestyle medicine.

"What has been missing from the mainstream media discussion and public health messaging surrounding the virus is that the underlying root cause of these conditions is related to lifestyle (fuelled by the environments in which we grow, live and work) and that dietary changes alone, as my own medical experience with patients has also demonstrated, could rapidly and substantially improve many of these risk factors," Dr. Aseem Malhotra writes in "The 21-Day Immunity Plan -- How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection" (Hatchette).

"Beyond my observations as a medical scientist and my duties as a clinical doctor to share knowledge on the link between metabolic health and immunity," what Covid-19 has also done is to expose areas in health systems and personal well-being "that have long been neglected, and in themselves have made us more vulnerable to such a pernicious virus", Malhotra writes.

"But in spite of the tragedy, the disturbing statistics and heart-breaking stories that have collectively gripped the world, we can draw from the lessons the virus has taught us and look to a brighter future," he adds.

Malhotra then presents his 21-day immunity plan, adding for good measure that lest it be mistaken as a quick-fix measure, his experience is that three weeks "is that for most people it takes...to break any habit, or for many what is a form of addiction to sugar and ultra-processed food" - these two being the bugbear of major health issues.

"Over the course of the three weeks, you will follow an eating plan, you will be required to move your body daily, carry out breathing exercises, monitor and improve your sleep habits and be seeking to reduce your stress and improve your mental well-being by making a concerted effort to nurture and celebrate time with friends and family," Malhotra writes.

Quite naturally it begins with EAT

So, "Enjoy" three meals per day maximum, at least two-four tablespoons of extra virgin olive oil daily, one small handful of tree nuts (walnuts et al) daily, at least five-seven portions of a variety of fibrous vegetables and low-sugar fruits a day, vegetables in at least two meals a day and oily fish (salmon, mackerel et al) at least three times a week.

"Avoid" all added sugars, fruit juice, honey and syrups; avoid all low-quality carbohydrates and starchy foods that lack fibre; and avoid all ultra-processed foods.

"Fast" by gradually reducing the time window in which you eat from 12 hours to eight hours - ultimately aiming to fast for 16 hours a day and for your eating window to be between 10 a.m. and 6 p.m., 11 a.m. and 7 p.m. or 12 p.m. to 8 p.m. "Eat according to your hunger levels...if you feel you need to eat three meals in that short time frame, that's fine, but many people get by with just two and they include some healthy snacks in between", Malhotra advises.

"Move" -- go for a brisk walk of at least 30 minutes on five days each week; you want to aim to get your heart rate within a range of 50-70 per cent of your maximum, which is related to your age; to calculate this, deduct your age from 220 - for example, if you're aged 40 then the figure would be 180; if you're starting to exercise like this for the first time, then start with 10 minutes and gradually build up; do not sit for more than 45 minutes at a time - take two-minute movement breaks.

"Breathe" in slowly, slowly, counting for five seconds in your head and then breathe out; another technique is to breathe in for four seconds through the nose, hold it for seven seconds, and then exhale for eight seconds; start for 10 minutes every day and then build up to 20 and even 30 minutes.

"Socialise" - make an effort to increase time spent with friends and family each week; it's not just good for mental health but also helps mitigate stress.

"Sleep" a minimum of seven hours each night. Has something been left out? You bet it has!

Can I consume alcohol? It's good to have a few days completely off alcohol each week, but if you do like a tipple, then stick to the current recommended limit of 14 units (50 ml) a week and drink like they do in the Mediterranean - no more than a glass of red wine with your evening meal, which at that dose may even provide a benefit in protecting your heart. If I'm a vegetarian or vegan can I follow the 21-day plan? Yes, although if you're vegan don't forget you'll likely need a Vitamin B-12 supplement.

At the bottom line, what after 21 days? "If it's going well, and you're starting to see results, just carry on," Malhotra writes, by "sticking to the 80/20 rule" of following the plan for at least 80 per cent of the time. "The time for action on metabolic health and investment in well-being is long overdue. If we don't act, there may even be more misery and devastation when the next pandemic comes around," Malhotra concludes.



Residential elections in USA are barely 15 days away and most of the polls are indicating Joe Biden has a clear lead over President Donald Trump in many battle-ground states. Even on the ground it seems like there's a huge bump in support for Joe Biden, as those voting for him are quite vocal about their choice. Joe Biden's voters are articulating the reasons for their choice publicly and effectively. There's an eerie silence from Trump's voters all along this campaign, however I see a silent vote of tsunami coming.

My remote analysis from India, of the elector-behaviour, pattern of emotional expression, and political context in the backdrop of recent civic unrest and Covid 19, leads me to a clear conclusion, Donald Trump's re-election as President of United States is imminent.

I completely understand that a week in politics is a long time and nothing is done, till it's done. Nevertheless, I have formidable reasons to back my claim, which is going against all the polls indicating a different result favoring Joe Biden.

I am calling the election outcome in favour of President Donald Trump, and I also foresee both popular and electoral college vote will lead him to victory by big margin and clear majority.

Below are some key factors I have analysed for projecting President Trump's clear victory in this election:

CEO OF USA

President Trump certainly was never a regular Commander-in-Chief of the USA throughout his term. He was and continues to be an unconventional leader of the state, that America and the world has never experienced before.

He actually played the role of a CEO and was quite successful at that throughout his term, if

one were to assess the outcomes of his policy impact in real numbers. Trump has undone much of the past decisions to reconstruct a new path of progress for America. He has walked out of global accords, broken unfair trade agreements, deserted exploiting allies, withdrawn support to UN bodies, threatened trade partners with new tariffs to achieve his agenda of 'Making America Great Again'.

Many of these decisions are impossible to make, if one acts in the traditional mould of the POTUS. President Trump broke many rules, traditions, practices and built a path-breaking legacy of his own.

Analysing President Trump's full-term performance against his voter expectations clearly establishes that he has outdone them and delivered a 'voter-delight' as the CEO of USA. As I see, he will lose no votes from those who voted for him in 2016, for his performance.

Covid-19 consolidates

Covid-19 and its aftermath is not of President Trump's making. In fact, his traditional voters and swing voters will rally behind Donald Trump more, for how effectively his administration has handled the crisis. Massive deaths due to Covid-19 in USA is more for the lack of treatment methods for this gigantic pandemic, than any specific policy failure of the federal government.

In fact, unlike Europe and many other nations, President Trump did not panic and surrender to Covid-19. Instead, he took a strong position very early in the Covid-19 timeline against general public and global opinion, to not impose a nationwide compulsive shutdown. This critical decision eventually ended up protecting many jobs and the economy.

An immediate slew of Covid-19 relief measure to small businesses, medium-scale employers, infusing millions of dollars into research for treatment and vaccine, are very efficient and timely decisions to mitigate the direct impact of this pandemic on people's lives.

Despite USA being the top Covid-19 infected nation in the world, President Trump's adamant but right decisions ensured 'life as usual' and 'business as usual' in a very less turnaround time, causing minimal



pain in comparison to many other nations, which have been deeply unsettled socially and economically.

President Trump certainly is not a role-model for Covid-19 safety protocols, and his public image has certainly been dented by his unruliness. He possibly would have even temporarily lost few of his loyal voters for his brazenness in violating the safety protocols.

However, I see the return of miffed voters to choose Trump over Joe Biden, after a dining table family discussion on the successful resurrection of normalcy in the nation, despite all his disliked optics.

Covid-19 is the only large obstacle President Trump seemed to have faced at the fag end of his term, which led to the current electoral situation of a serious contest. If it was not for the 10-month long ordeal of this pandemic, President Trump's reelection would have been 'Walk-in-the-Park'.

In my analysis, Trump's competent handling of Covid-19 with federal government support extended to states, timely decisions to expand and equip the national health infrastructure and his comic ability to reduce panic, has created a Pre-Covid-19 electoral situation for President Trump. The electoral outcome will prove my analysis right, with the return of all his cynics back to his side.

Joe Biden factor

The Joe Biden - Kamala Harris' ticket has made things easier for President Trump. An aggressive articulator and persuasive Democrat like the New York Governor Cumo could have built some real

contest against Donald Trump than a tired and almost retired Joe Biden.

In a well-structured and a functional democracy like USA, especially in the contemporary times of 'messaging-means-everything', Donald Trump brings raw aggression, clear vision, executive competence and un-conventional wisdom to the table, alongside an impeccable full term of positive track record on all hot-button national issues like jobs, economy, education, health and social security.

In my structured assessment of electoral behaviour across states, Joe Biden and Kamala Harris will experience huge disappointment, as they might end up losing many swing states like Michigan, Florida, Pennsylvania, Ohio and North Carolina to Donald Trump despite all the polls showing a big lead for Democrats in all these states with an exception of Ohio.

Visual strength, optics, dynamism and unconventional physical appeal of President Trump is unmatched to almost reticent, low-energy, no-optics campaign of Joe Biden and Kamala Harris. I foresee this factor will play a very big role in the choice of voters in swing states.

Conservative nationalism

The unrepresented arson and riots have taken a massive psychological toll and unsettled many law abiding, god fearing, hardworking American citizens. Especially, when arson, loot and vandalism were not contained and condemned enough by states run by Democrat Governors, it led to public dismay cut across party lines.

Racial discrimination, inequality, injustice and use of excessive force by police are all undeniably

great causes to fight for in a democracy. However, the direction peaceful democratic protests have taken across the nation in an unprecedented pattern driven by hate, leading to loot and destruction of personal property has evoked massive resentment.

Republican voters are enraged, as their agenda espouses nationalism, law and order and constitutional process. However, the moderates and swing voters seem to be hit by this unruliness too. In fact, even many Democrats leaning to Left would disapprove this level of lawlessness and vandalism in the name of protests.

I foresee an angry American voter against the recent backdrop of riots, loot and vandalism choosing President Trump over Democrat candidates in this election. The union of nationalists, patriots, peace-lovers, law-abiders, hard-working entrepreneurs, blue-collared labor, constitutionalists and of course the Republicans can create a huge ground swell for President Donald Trump, in both Red and Blue states.

There are many other factors which were analysed to arrive at a projection for calling this election result this early, however space constraint led me to highlight just the prime factors.

As I foresee, President Donald Trump is not vacating the White House in January 2021.

Disclaimer: This objective analytical opinion-piece is written in my professional capacity as an Organisational Strategist. This is not in any way a partisan position.

(K.Krishna Saagar Rao is an internationally reputed Organisational Strategist / Leadership Coach & An Author.)

LETTERS

Controlling onion price volatility

The volatility in onion prices is common in India. In the past the prices of onions could change the governments. At present not only onion prices but also other vegetables prices are skyrocketing. The people have been facing hardships from two ways- the coronavirus and heavy rains. As a result of latter the horticulture crops were severely damaged due to floods following. It is reflected in the prices of onions and vegetables. The prices of onions climbed from ₹40 to ₹100 per kg within no time. It is because of lack of transport from production point to markets. Further several farmers gave up their crop in the fields as heavy rains damaged the crop due to flooding for several days.

However even at the time of bumper crops either farmers or costumers shed tears because of inefficient rulers and corrupted officials. In fact there are 140 countries are cultivating onions across the globe, but China and India occupied first and second places respectively. But India is following conventional methods in onion farming which is known for high cost. Though the centre banned the export of onions, it doesn't rein prices.

It is because of inadequate godown facility for stocking the product when there is a bumper crop. The government must encourage the farmers to increase productivity as it is only 15000 tonnes while other countries getting above 50000 tonnes. It is must as average consumption of onions will reach 12 kg from present 6 kg and there is no perfect substitute to onions and also must for any type of curry. Moreover the governments must divide the agricultural lands in to zones depending upon suitability of

the land for a particular crop. It is equally important to ensure recently passed farm laws not give scope to black marketing. Meanwhile governments must supply onions at subsidy rate through Rythu - Bazaars like in AP.

Pratapa Reddy Yaramala, Tiruvuru

Five urgent solutions to save Hyderabad

The 'Panchsheel' solutions to save Hyderabad are:

- Save people in inundated low lying areas, especially people of ground floor
- Every apartment in sensitive low lying area must have a pump-set. Residents in turns and in shifts, can pump out water, when it is foot-high itself (in the cellar / on lanes / on roads). This was successfully done for years near Begumpet flyover.
- Focus on Immediate repairs of tanks, drainages, clearing illegal structures on nala / drainage areas.
- All apartments must have simple and modern rooftop solar energy generators (very popular in Australia).
- Plant millions of saplings on the outskirts of Hyderabad, preferably oak trees and horse chestnut trees that give out more oxygen comparatively.

Srinivas P V, Secunderabad

Save urban rivers

It has been observed historically that human settlements often evolved alongside water near lakes or rivers. The river passing through a city offers ecosystem services that can be seen as provisioning, regulating and a supporting system. It not only serves as source of water supply but also helps in balancing flood Control and

landscape ecology. But yet , rivers are constantly polluted, abused and face grave environmental degradation due to urbanisation.

For successful further interventions of blue green infrastructure solutions , the solution needs to be multi-dimensional , holistic and should involve all relevant stockholders . We need tremendous amount of efforts for a strong public awareness . Hence , regulation and riparian limits should be framed . We needs to improve future projects and avoid poorly designed and costly interventions with no social and environmental benefits .

Khushboo Ved, Hyderabad

Herb-grown in India!!

Asafoetida or commonly known spice heeng is consumed a lot in India but whole of its demand is met through imports from Afghanistan, Iran and Uzbekistan. This contributes to a large part of India's forex expenditure. So, with the upsurge in the popularity of 'aatma nirbhar bharat mission', scientists at CSIR - Institute of Himalayan Bioresource, Palampur in Himachal Pradesh have taken the initiative to group the widely consumed herb on the Indian soil. This species requires cold desert atmosphere to grow. India imports about 1200 tonnes heeng worth Rs. 600 crores annually. This will substantially reduce its price and sooner or later will also make India enter a new export market. The trials have been successful but as the herbs take 4 year to become consumable it's a long road ahead.

Kavya Shah, Ujjain

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IIIT test notification released

HANS NEWS SERVICE
VIJAYAWADA

EDUCATION minister A Suresh on Thursday released the notification for the common entrance test (CET) to be conducted on November 28 by the Rajiv Gandhi University of Knowledge and Technology for admission into the six-year B Tech course in the IIITs for the academic year of 2020-21 in the state.

The successful candidates in the CET would secure seats in the IIITs at Nuzvid, Ongole, Srikakulam and Idupulapaya. In addition, the qualified candidates could also opt for two-year and three-year diploma courses in NG Ranga University of Agriculture, Venkateswara Veterinary University and Dr YSR Horticulture University. The minister said that 4,000 seats for the six-year B Tech course and 6,000 seats for the diploma courses are available.

The minister said that the model question paper is available in the university website www.rgukt.in.

He said that precautions as per the Covid-19 guidelines were



Minister for Education Audimulapu Suresh addressing the media at R&B Building in Vijayawada on Thursday

taken to conduct the test for which the fee would be Rs 300 for OC candidates, Rs 200 for BC candidates and Rs 100 for the SC and ST candidates.

The applications could be submitted online by November 10 and with a penalty of Rs 1,000 by November 15.

The candidates could download the hall tickets from November 22. The key for the test would be released on the same of the test and objections would be received till November 30. The final key would be published on December 1. Fifteen per cent of the seats are allotted for non-

local candidates and for that purpose 10 centres were set up in Telangana.

The education minister asserted that the schools would be reopened from November 2 by strictly adhering to the Covid-19 guidelines. The schools would be run half day for one month and the situation would be reviewed from time to time. In view of the loss of school working days, syllabus would be reduced; classes would be run online and offline for the rural areas in order not to lose the academic year. Vice-chancellor of RGUKT Prof Hemachandra Reddy, CET

- **Successful candidates will get admissions in IIITs at Nuzvid, Ongole, Srikakulam and Idupulapaya**
- **The qualified candidates can also opt for diploma courses in NG Ranga University of Agriculture, Venkateswara Veterinary University and Dr YSR Horticulture University**
- **On reopening of schools, education Minister Suresh says to make for loss of school days, syllabus will be reduced, classes will be run online and offline for the rural areas**

convener Prof D Harinarayana, director of government examinations A Subba Reddy, IIIT Nuzvid director Prof S S V Gopala Raju and others were present.

AP's Covid tally nears 8 lakh-mark

AMARAVATI

THE two Godavari districts, West and East, in the state continued to report a high number of new Covid-19 cases as the tally inched closer to the eight lakh mark on Thursday.

In the 24 hours ending 8 am on Thursday, West Godavari reported 631 and East 482 of the 3,620 new cases added to the state's overall tally that now reached 7,96,919.

The two districts together have over 1.92 lakh cases.

A total of 3,723 patients got cured, taking the cumulative recoveries to 7,58,138, according to the latest COVID-19 bulletin.

The active cases now stood at 32,257. Significantly, only 16 more coronavirus deaths were reported in the 24 hours, the lowest in several months now.

The gross Covid-19 toll in the state now rose to 6,524.

Chittoor added 412 and became the third district in the state to cross 75,000 total cases. The overall infection positivity rate now slid to 10.85 per cent.

Jagan betrayed people by destroying Amaravati

HANS NEWS SERVICE
AMARAVATI

TDP president N Chandrababu Naidu accused Chief Minister Y S Jagan Mohan Reddy of committing treason against the people of Andhra Pradesh by destroying their dream capital Amaravati.

Naidu declared that even though Amaravati had full potential to become an economic powerhouse and growth engine for all the 13 districts of the State, the YSRCP government was bent on demolishing it.

Naidu said the ruling party was blind to Amaravati's capacity to wipe out all the losses and injustices done to state during reorganisation by becoming a vibrant centre of the state's wealth and a source of huge employment for future generations.

Marking completion of five years since foundation stone was laid for capital on Thursday on Twitter, Naidu said that a city that was a hub of construction works with labourers and heavy machinery previously was now reduced to a place of gloom and inaction.

The YSRCP raised expectations on constructing Amaravati before elections but after coming to power, they destroyed the people's dreams. It was a crime against the very people who voted and made Jagan the Chief Minister of the state, he said.

Naidu said that the government had watered down the great expectations raised by Prime Minister Narendra Modi and dignitaries of different countries who gave inspirational messages at the time of foundation stone laying exactly on this day five years ago at Uddanarayunipalem Village in Core Capital area. "An attack was launched to defame Amaravati with baseless propaganda and half truths and untruths. Works completed at a cost of Rs 10,000 crore were stopped in an irresponsible manner," the TDP chief said.

NAVARATRI BRAHMOTSAVAM DAY-6

Lord blesses devout from Surya Prabha vahanam

- **Sun God, source of life, is symbol of good health and bright future**
- **The processional deity was mounted on Chandra Prabha vahanam in the evening in Navanitha Krishna alankaram**

TIRUMALA

ON the seventh day morning of Srivari Navaratri Brahmotsavams in Tirumala on Thursday, Sri Malayappa Swamy in Trivikrama Avataram blessed the devotees on Surya Prabha vahanam.

The Lord was seated in his flower-decked, resplendent Surya Prabha vahanam at Kalyanotsava mandapam inside the temple in view of Covid-19 restrictions.

Legends say that seven horses drag the Sun God, the key architect of life with Anura as his charioteer. Sun God is symbolically



Lord Malayappa Swamy on Surya Prabha vahanam on the sixth day of Navaratri Brahmotsavam in Tirupati on Thursday

represented for blessing with good health and a bright future. The mythology says that the darshan of Sri Malayappa on Surya Prabha Vahanam will provide long life and good health, prosperity to devotees.

Deputy Speaker Kona Raghu-pathi who was on a visit to Tirumala for darshan participated in the Vahana Seva.

Later in the evening, the processional deity in Navanitha Krishna alankaram, mounted on Chandra Prabha vahanam blessed the devotees.

Tirumala pontiffs Pedda Jeeyar Swamy and Chinna Jeeyar Swamy, TTD EO Dr K S Jawahar Reddy, additional EO A V Dharma Reddy, board members attended.

APSSDC signs MoUs with 3 firms for skill training

- **Andhra Pradesh State Skill Development Corporation signs MoUs with Dell Technologies, JBM Auto, CII Institute of Logistics to train students in skill development university and its affiliated colleges**
- **Dell Technologies to provide training in IT sector, JBM Auto in automobiles and CII Institute of Logistics in logistics**

HANS NEWS SERVICE
TADEPALLI

ANDHRA Pradesh State Skill Development Corporation (APSSDC) has signed a memorandum of understanding (MoUs) with three companies to provide training to students in the skill development university and affiliated colleges through-

out the state, said APSSDC chairman Challa Madhusudan Reddy.

The managing director and CEO of APSSDC Dr Arja Srikanth signed the MoUs with Alok Ohri, president and managing director of Dell Technologies, Rajiv Sharma, skill development head of JBM Auto and KV Mahidhar, head of CII Institute of Logistics in a virtual meeting on Thursday.

As per the MoU, the Dell Technologies will establish a centre of excellence in the IT sector in Visakhapatnam to provide skill training in the proposed skill university and its affiliated colleges.

The training includes data science, data engineering, cloud architecture and information storage management to provide high-end, on-demand virtual courses to the technical graduates. The students who registered through APSSDC will get training and certificates at nominal fee.

The JBM Auto will provide training in the selected automobile industry courses including

welding, tie and dye making and fitter courses. The selected students will be given apprenticeship in the JBM plants in Karnataka and Tamil Nadu.

Likewise, the CII Institute of Logistics will act as knowledge partner with APSSDC and provide training in logistics.

Later, special chief secretary G Anantaramu recalled that Chief Minister YS Jagan Mohan Reddy was planning for establishment of skill colleges in all the parliamentary constituencies. He said that there were many opportunities in automobile and logistics sectors.

Challa Madhusudan Reddy said that the APSSDC had already launched skill development programmes in association with various industries in Sri City and in Visakhapatnam.

Dr Arja Srikanth said that they aim to train at least two lakh youth in the latest technologies. The APSSDC had already trained 15,000 women in rural areas under Digital Beti programme with the cooperation of Facebook.

US move on H1B for speciality jobs to hit Indians

Continued from P1

In its notification issued on Wednesday, the State Department said US architecture firms seeking protection from rising labour costs in the country might believe they could lay off US architects and contracts for the same services to be provided by a foreign architecture firm.

If a foreign firm sought H1B visas for its architects, it would be required to pay the prevailing wage for architects in the area of intended employment in the US, presumably the same wage the US architects had been paid, and meet the

other requirements enacted by the Congress to protect US workers.

But under the B-1 in lieu of H policy, the foreign architects could ostensibly seek B-1 visas and travel to the US to fill a temporary need for architecture services, as long as they retained a residence in the foreign country and continued to receive a salary, perhaps significantly lower than what is customary for US architects, dispersed abroad by the foreign firm (or under the auspices of a foreign parent or subsidiary), the State Department said.

New urban development authority on the cards

HANS NEWS SERVICE
RAJAMAHENDRAVARAM

THE state government is contemplating to create another urban development authority in East Godavari district, in addition to the existing Godavari Urban Development Authority (Guda). As part of it, Guda will be bifurcated and new Uda's headquarters will be set up at Kakinada. The government took the decision as the development has not been up to the expectations with Guda which is the largest urban development authority in the state.

Guda was established two years ago with a radius of 2,749 square kilometres and later expanded to 4,396 square kilometres. As many as 598 villages in 24 mandals along with Rajamahendravaram and Kakinada municipal corporations and municipalities such as Tuni, Pithapuram, Peddapuram, Samalkot, Ramachandrapuram, Gollaprolu, Amalapuram, Mandapeta, Mummidivaram and Yelawaram are under Guda.

Meanwhile, after division of Guda, it was proposed to include Kovvur and Nidadavolu Assembly constituencies under its



- **The state government decides to carve out Rajamahendravaram Urban Development Authority from the existing Godavari Urban Development Authority.**
- **Guda is the largest urban development authority in the state, but the govt is not satisfied with its results**
- **The new body, Ruda, will have its headquarters in Rajamahendravaram**

purview which falls under Rajamahendravaram parliamentary constituency.

Speaking to The Hans India, Guda vice-chairman R Amarendra said that as per the directions of state government, a proposal was sent to divide Guda and to create another urban development authority.

Kakinada and Amalapuram parliamentary constituencies along with entire area of Konaseema will come under the purview of proposed urban development authority with an area of 2,900 square kilometre. Its headquarters will be Rajamahendravaram while Guda will have hits headquarters in Kakinada.

Amit Shah birthday celebrated at Kasturba Gandhi trust

TIRUPATI

KAJSTURBA Gandhi Kendra Trust (R) Tirupati celebrated the 56th birthday of Union Home Minister Amit Shah on Thursday.

Dr P C Rayulu chairman of the Kasturba Gandhi Kendra Trust (R) and G Bhanuprakash Reddy, official spokesperson of state BJP, cut the cake and distributed to the children on the trust's premises in Gandhi road.

Speaking on this occasion, Dr Rayulu said Amit Shah was a strong leader who was leading the home ministry at crucial period protecting our borders from enemies and was instrumental in effecting many reforms in the county as per the manifest of the party.



Dr P C Rayulu and G Bhanuprakash Reddy cut the cake at Kasturba Gandhi Kendra Trust premises in Tirupati on Thursday

Bhanuprakash Reddy described both Prime Minister Narendra Modi and Amit Shah as Krishna-Arjuna taking the county forward on all fronts.

Sri City manager C Ramachandra Reddy, trust director Rudramaraju Sreedevi and B Madhusudan Reddy participated in the event.

Onions @ ₹40 at Rythu Bazaars

HANS NEWS SERVICE
GUNTUR

AGRICULTURE marketing department made arrangements to sell onions at Rs 40-a-kg at Rythu Bazaars from Friday (October 23) in the wake of essential commodity selling Rs 100 a-kg in the market. Following the instructions of the government, the agriculture marketing department is getting onions from the National Agricultural Cooperative Marketing Federation of India Limited (NAFED) for the sale in Rythu Bazaars to ease burden on common people.



mon people.

First the agriculture marketing department will sell onions at Rythu Bazaars in the district headquarters.

Later, it will sell onions at all 101 Rythu Bazaars in the state. The officials have decided to sell one

- **The sale will start from today in Rythu Bazaars at district headquarters for now**

kg onions each to one person. After Dasara, the quantity will be increased to 2 or 3 kg.

Sources in the department said that taking onion price in open market and increasing demand into consideration, the department had placed indent for 5,000 metric tonnes of onions to NAFED. After exhausting all these stocks, they will place another indent.

Stubble burning: SC doing its part, Centre, states have to do theirs: Delhi HC

Continued from P1

With the observation, the bench disposed of the application which was moved by Sudhir Mishra, an advocate, in his main PIL filed in 2015 seeking directions to the Centre to take immediate steps to control increasing air pollution in the national capital. The application had contended

that stubble burning would increase the air pollution drastically in the national capital and could further aggravate the health problems in the city in view of the coronavirus pandemic. The High Court, however, gave liberty to Mishra to approach it in the future in case of any necessity or difficulty.

CCMB incubated start-up develops immune booster to fight Covid

Continued from P1

They have collaborated with another Hyderabad-based company, Ambrosia Food Company, to develop a combination of the mushroom powder with curcumin, the active ingredient in turmeric to make CoronaAid Anti-Viral Immunity Booster Oral Suspension.

Cordycepin in the mushroom powder is known to prevent formation of new DNA and RNA strands. Clone Deals has collaborated with scientists from the CCMB to establish the potency of cordycepin in stopping the growth of the Covid-19-causing corona virus in a cell-culture system. The studies show that cordycepin inhibits multiplication of corona virus. With the results of the clinical trials, the product is

expected to be available from December in most cities and towns. The CoronaAid, which will be available in the form a liquid, will be exclusively marketed by Nuzen Herbs in the coming days. The price of the food supplement is yet to be announced.

"We hope that CoronaAid would be a New Year's gift to the world and add considerable protection against the virus," said Dr Rakesh Mishra, Director CCMB. "We have been providing support to researchers and startups who are working in the field of the Covid-19 pandemic," he said.

Dr Madhusudhana Rao, CEO of AIC-CCMB, said that providing necessary facilities and scientific support to start-ups like Clone Deals is critical for validation of their technology and market-readiness.

Centre restores all existing visas

Continued from P1

If the validity of such visas has expired, fresh visas of appropriate categories can be obtained from Indian mission or post concerned.

Foreign nationals desirous of coming to India for medical treatment can apply afresh for medical visa along with their medical attendants. This decision will enable foreign nationals to come to India for various purposes like business, conference, employment, study, research, medicine, etc.

TODAY'S QUOTE

Caution against import tariffs under 'Aatmanirbhar Bharat'

Under Aatmanirbhar Bharat, import substitution by erecting tariffs is not advisable as such act earlier failed. In order to export, one needs to be able to import things that go into those exports as cheaply as it can

— **Raghuram Rajan**, former RBI Governor



VC FUNDING

Investments rise to \$3.6 bn in Q3

Venture capital (VC) investment in India rose from \$1.5 billion in the second quarter of this year to \$3.6 billion in Q3 despite concerns related to Covid-19 and geopolitical tensions, according to a new report by KPMG Private Enterprise.

FOREX (buy rates in ₹)

US Dollar	77.94	South	
Euro	91.43	African Rand	5.19
UAE Dirham	22.02	Hong Kong Dollar	10.91
Thai Baht	2.71	Japanese Yen	0.81
British Pound	100.2	New Zealand Dollar	51.44
Australian Dollar	54.82	Saudi Riyal	21.56
Canadian Dollar	58.74	Swedish Krona	9.64
Swiss Franc	84.31	Singapore Dollar	56.91

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BIZ BRIEFS

Kotak cuts interest rates

KOTAK Mahindra Bank (Kotak) on Thursday announced that it has reduced its rate on home loans by a further 10 basis points (bps) to 6.9 per cent per annum. The new rate will be effective from October 21. Consumers can avail Kotak's festive season bonanza, the 2020 edition of 'Khushi Ka Season' with home loans and balance transfer loans starting at 6.9 per cent per annum, the bank said in a statement. They can make savings of up to Rs 20 lakh on balance transfer cases, the statement added. Kotak home loans are linked to an external benchmark i.e. RBI's policy repo rate.

New offers from Haier

TO mark the festive season, consumer electronics brand Haier announced cashback offers and no cost EMI schemes on its range of products. As part of the schemes, this Diwali, consumers will have access to unique offers and assured benefits on the purchase of Haier products. Furthermore, the company is also offering extended warranties across its range of cutting-edge appliances. It's offering three-year warranty on 32 inches and above LED televisions. Eric Braganza, President, Haier Appliances India said, "This year has been challenging in many ways for our customers. The pandemic has confined us to our homes, leading to a paradigm shift in the consumer behavior and the home appliances industry at large. This festive season we aim to give our customers a smarter life with our new and innovative smart home products".

Etrio in new EV segment

ELECTRIC vehicle startup Etrio has expanded its product portfolio with the launch of its new electric three-wheeler range of products under the brand name 'Touro'. Catering to the cargo segment, the two new variants will be focused on intra-city logistics especially in last-mile delivery applications. The passenger variants of the three-wheelers will be rolled out soon. The company raised funding of \$3 million last month to facilitate these launches. Deepak MV, Co-founder & CEO, Etrio said, "With the launch of Touro, we now have added new electric vehicles to our portfolio of retrofitted products. We are on a mission to electrify intra-city logistics and bring the widest range of electric vehicles tailor-made for this segment. With Touro, the customer has dual benefits of operational cost savings of almost 70 per cent and unmatched comfort to the driver".

Indian Bank's ₹412 cr Q2 net

STATE-RUN Indian Bank on Thursday reported a standalone profit after tax of Rs 412 crore in the quarter ended September, helped mainly by fee income, treasury profits and lower bad loans. The bank amalgamated Allahabad Bank with itself with effect from April 1, 2020. In the year-ago quarter, the amalgamated entity had reported a net loss of Rs 1,755 crore. The pre-amalgamated profit of the bank in July-September quarter of 2019-20 stood at Rs 358.56 crore. "All the key parameters showed good improvement during the quarter. Both in terms of asset quality and capital, and also other ratios like return on assets, the bank is placed very well in the second quarter," the lender's Managing Director and CEO Padmaja Chunduru told reporters.

WORK FROM HOME

3 IN 4 INDIAN COs SEE RISE IN CYBER THREATS

Cos have experienced over 25% increase in cyber attacks: Cisco survey

NEW DELHI

OVER three in four organisations in India experienced more than 25 per cent increase in cyber threats or alerts amid the shift to mass remote working owing to the pandemic, a new Cisco report revealed on Thursday.

As organisations in India witnessed a significant rise in the cyber security challenges, 65 per cent of those surveyed said they adopted cyber security measures to support remote working, according to networking giant Cisco's 'Future of Secure Remote Work' report.

"As remote work continues to garner traction, organisations are turning their attention to building a robust cybersecurity foundation, with cloud security emerging as the top investment for 31 per cent of companies in reinventing their workplaces post Covid-19," said Vishak Raman, Director, Security



Business, Cisco India & SAARC.

With users connecting from outside the corporate walls, secure access is the top cybersecurity challenge faced by the largest proportion of Indian organisations (68 per cent) when supporting remote workers. Other concerns raised by organisations in the country include data privacy (66 per cent) and protection against malware (62 per cent). "Cyberse-

curity is the top priority for 84 per cent of Indian organisations," said the report based on a survey of over 3,000 IT decision-makers globally, including India. The pandemic has amplified the criticality of cybersecurity and brought new complexities to the fore," Raman said.

Endpoints are a growing challenge for organisations to protect, as users connect from their home Wi-Fi or use their personal devices

With users connecting from outside the corporate walls, secure access is the top cybersecurity challenge faced by the largest proportion of Indian organisations (68 per cent) when supporting remote workers

to connect to corporate applications. About two in three respondents stated that office laptops/desktops (66 per cent) and personal devices (58 per cent) posed a challenge to protect in a remote environment, followed by cloud applications at 42 per cent.

"Over half (53 per cent) of the organisations in India said they expect more than half of their workforce to continue working re-

motely post-pandemic," the report stated. This compares to an average of just 28 per cent of organisations with more than half of their workforce working remotely before the pandemic. The report highlighted that 77 per cent of organisations in the region plan to increase their future investment in cybersecurity due to Covid-19.

There are still challenges, though, that need to be addressed. According to the report, 60 per cent of Indian organisations said that having too many tools/solutions to manage was a challenge faced in reinforcing cybersecurity protocols for remote working, followed by a lack of employee education and awareness (55 per cent).

"Greater focus must be laid on educating and building employee awareness as these endpoints will become the first line of defence for the organisation of the future," Raman said.

Burger King files for ₹541-cr IPO

MUMBAI

QUICK service restaurant major Burger King India has filed a draft prospectus for an initial public offering (IPO). The company plans to raise Rs 541.9 crore through the fresh issue.

The addendum to the draft red herring prospectus said that the company has undertaken and may further undertake a pre-IPO placement of shares worth up to Rs 150 crore, at its discretion, prior to filing of the Red Herring Prospectus with the RoC.

"In this regard, our company has undertaken a Pre-IPO Placement by way of a rights issue of 1,32,00,000 Equity Shares to our Promoter Selling Shareholder for cash at a price of Rs 44 per equity share aggregating to Rs 580.80 million pursuant to the resolution of the Board dated May 23, 2020," it said. The size of the fresh issue of up to Rs 600 crore has been reduced by Rs 58.08 crore pursuant to the Pre-IPO Placement, and accordingly, the fresh issue size is up to Rs 541.92 crore.

Facebook to charge for WhatsApp service

Adds shopping, pricing tiers to business users

NEW DELHI

FACEBOOK will finally start charging companies using WhatsApp for Business, as it expanded ways for its users to check out available products and make purchases right from a chat.

Some 50 million businesses and 175 million people message a WhatsApp Business account every day and this move will help WhatsApp continue building a business of its own, while it provides and expands free end-to-end encrypted text, video and voice calling for more than 2 billion people.

"We also want to make it easier for businesses to integrate these features into their existing commerce and customer solutions. This will help many small businesses who have been most impacted in this time. We will charge business customers for some of the services we offer," WhatsApp said in a statement.

WhatsApp will first add a Shopping button, which went live on Thursday globally, though it will come to India later. "In the future we'll make it possible to add items to a cart and check out, all within



WhatsApp." The mobile messaging platform said that over the coming months, it plans to expand its partnerships with business solution providers.

"Businesses will also have a new option to manage their WhatsApp messages via hosting services that Facebook plans to offer," the company said.

This will make it easier for small and medium size businesses to get started, sell products, keep their inventory up to date, and quickly respond to messages they receive -- wherever their employees are.

Since launching WhatsApp Business in 2018, millions of peo-

ple and businesses have found it to be a great way to get in touch and find something they might like to buy.

In India, 81 per cent of adults agreed that messaging (via chat app, text) is a quick and easy way to communicate with a business. Nearly 77 per cent of adults in India agreed that they "want to be able to communicate with businesses in the same way that I communicate with friends/ family through messaging (via chat app, text)."

Globally, 80 per cent of international adults agreed "messaging is a quick and easy way to communicate with a business."

Profit-booking, high valuations hit mkts

NEW DELHI

PROFIT-BOOKING along with high valuations subdued the Indian equity markets on Thursday, breaking their four-day winning streak.

Volumes on the NSE were just above the recent average while advance decline ratio was positive. Among sectors, media, metals, and realty indices rose, while pharma, IT and bank indices fell.

The Nifty50 on the National Stock Exchange closed at 11,896.45, lower by 41.20 points, or 0.35 per cent, from its previous close of 40,707.31.

"Nifty once again recovered from the lows but ended in the negative," said Deepak Jasani, Head of Retail Research at HDFC Securities. Recovery from the low suggests that some more upmove is in the offing though the rise may not be smooth, he added. According to Vinod Nair, Head Of Research at Geojit Financial

Sensex down 149 points while Nifty sheds 41 pts

Services: "Profit booking is seen in major sectors like banking, pharma & IT post the recent rally. Till now, Q2 result is positive but a lot is factored in the market."

Globally, Asian stocks opened lower following Wall Street as investors were spooked regarding the status of the new US stimulus. Similarly, European stocks fell as fears spread about next month's US presidential election and data showing that German consumers had become less willing to spend.

Rahul Sharma, Market Strategist & Research Head, Equity99 Advisors, noted that market sentiments were hurt by weakness in the global stock markets after US President Donald Trump on Wednesday accused Democrats of being unwilling to craft an acceptable compromise on stimulus, following reports of progress earlier in the day.

SBI Card Q2 net dips 46% to ₹206 crore

NEW DELHI

SBI Card on Thursday reported a 46 per cent dip in its net profit at Rs 206 crore for the second quarter ended September 30.

The credit card company had posted a net profit of Rs 381 crore during the corresponding period of the previous financial year. However, its total income during July-September 2020 rose 6 per cent to Rs 2,513 crore as against Rs 2,376 crore in the year-ago period, SBI Card said in a release. SBI Card, promoted by the country's largest lender State Bank of India, said its card-in-force grew 16 per cent to 1.10 crore as of second quarter of 2020-21, from 0.95 crore a year ago. The spends were at Rs 29,590 crore, down 10.8 per cent from Rs 33,176 crore.

Its interest income increased 9.7 per cent to Rs 1,275 crore, from Rs 1,162 crore a year ago. The gross non-performing assets stood at 4.29 per cent of the gross advances as on September 30,



2020, against 2.33 per cent by the end of September 2019, it said. Total gross advances (credit and receivables) as of September 2020 rose marginally to Rs 23,978 crore as against Rs 23,038 crore a year ago. The firm's total balance sheet stood at Rs 24,313 crore, while its net worth was Rs 5,949 crore in September 2020 quarter.

New accounts volume has increased to 6,88,000 accounts in during the September 2020 quarter, compared with 2,88,000 in the year-ago period.

The sourcing has been steadily picking up pace and in the month of September 2020, the daily average new accounts acquisition was at 98 per cent of pre-Covid-19 levels.

Smartphone shipments hit record 50mn in Q3

Xiaomi, Samsung & Vivo lead sales volume

NEW DELHI

SMARTPHONE shipments in India hit an all-time high of 50 million units in the third quarter of this year, registering eight per cent year-over-year (y-o-y) growth, said a Canalsys report on Thursday. Xiaomi remained the market leader, growing nine per cent to ship 13.1 million units and capturing 26.1 per cent market share in the July-September quarter.

Samsung took the second place from Vivo, with 10.2 million units, up seven per cent compared to the same quarter last year. Samsung's aggressive product portfolio and pricing strategy in the low-end paid off as the South Korean giant captured 20.4 per cent share in the India smartphone market.

Vivo stood third, growing 19 per cent to ship 8.8 million smartphones, while Realme grew 23 per cent to ship 8.7 million units. OPPO completed the top five, shipping 6.1 million units.



"While almost all vendors have shown positive shipment growth, the true winners are the online channels, who have been buoyed with a huge influx of devices ahead of the festive season," Canalsys Analyst Adwait Mardikar, said in a statement. "Ongoing sales at Amazon and Flipkart are a clear indication that despite the economic downturn, India's penchant for a good smartphone, and

a good bargain, remains intact." Apple regained momentum in India in Q3, with double-digit growth to reach nearly 8 lakh units. "Apple is finally paying attention to India," said Canalsys Research Director Rushabh Doshi. The company has opened a direct online store, giving it several new angles in its go-to-market strategy, such as utilising device trade-ins to provide purchase incentives, or

Apple regained momentum in India in Q3, with double-digit growth to reach nearly 8 lakh units. However, its new iPhone 12 family will be a tough sell in India this year, as network operators do not yet have the infrastructure for mass market 5G deployment

bundling AirPods with iPhones to make them more appealing.

"However, its new iPhone 12 family will be a tough sell in India this year, as network operators do not yet have the infrastructure for mass market 5G deployment, erasing a key feature of the devices. Not to forget, Apple's pricing strategy for its new iPhones in India needs serious consideration," Doshi said.

Cong urges TS to follow Punjab in negating Centre's farm bills

AICC secretary and former MLA Ch Vamshi Chand Reddy urges the Telangana government to pass and enact its own laws if it was seriously against the Union government's "contentious" agriculture ordinances

HANS NEWS SERVICE
HYDERABAD

TAKING a cue from Punjab that has passed three of its own agriculture bills in its Legislative Assembly negating the farm bills passed by the Centre, AICC secretary and former MLA Ch Vamshi Chand Reddy demanded the Telangana government to pass and enact its own laws if it was seriously against the Union government's "contentious" agriculture ordinances.

In a letter addressed to Chief Minister K Chandrababtu Naidu, Reddy brought to his notice about the injustice being meted out to the farmers by the Central government's three recent "unjust and unfair" farm legislations.

"I, on behalf of Indian National Congress, request you to take a similar path as that of the Punjab government that has done valiantly. Protesting

alone will not resolve the problems faced by our farmers. The pressing priority should be to protect our farmers from falling prey to the Union's flawed decisions. Therefore, the State government needs to take a concrete decision immediately by calling in for a special Assembly session and passing necessary laws to uphold the Minimum Support Price (MSP) and safeguard the agriculture market committees. Also, selling or buying below the MSP has to be made a punishable offence so that the farmers will never be exploited," he pointed out.

The Telangana Congress Committee has requested the government to give a financial aid of Rs 20,000 per acre to all the farmers who have incurred huge loss due to the untimely rainfall, and guarantee them with minimum support price for all types of crops as it was our prime responsibility to support and help them during these challenging times, he added.



BJP celebrates as Centre gives nod to Siddeshwaram-Somashila bridge

HANS NEWS SERVICE
NAGARKURNOOL

WITH the Central government giving nod for the construction of Somashila-Siddeshwaram bridge across Krishna River connecting Kollapur in Nagarkurnool district in Telangana and Siddeshwaram in Kurnool district of Andhra Pradesh, Bharatiya Janata party (BJP) cadres and activists held a victory rally in Kollapur on Thursday.

The bridge construction was proposed by the then Chief Minister YS Rajasekhara Reddy in the erstwhile Andhra Pradesh. Even the State government then had allocated some funds for conducting survey, however the bridge could not be taken up due to unknown reasons and the proposal was left where it was.

Later after the formation of separate State, though the Telangana government had initiated the process, the project plans were pending as Andhra Pradesh government didn't show interest.

BJP leader Sudhakar Rao ob-

served that the main reason for the underdevelopment of Kollapur constituency was because of lack of proper highway connecting it to other big cities in Andhra Pradesh. Kollapur has only one way connecting Nagarkurnool and Hyderabad. Though it is just about 10-15 kilometers away from Kurnool and other cities in Andhra Pradesh, because of Krishna River and round the year water storage in the river due to Srisailem back waters, the connectivity between Telangana and Andhra Pradesh in this part of the region was cut. He thanked Central Surface Transport minister Nitin Gadkari for giving green signal for laying national highway passing through Kollapur and as part of this, the long pending Somashila-Siddeshwaram bridge project also got clearance.

With this, the Somashila-Siddeshwaram bridge, which is nearly 7 to 9 kilometers across Krishna River, will connect the two Telugu States and the people of Kollapur will witness all round development, BJP activists hoped.

ADOPT ZERO TOLERANCE POLICY ON LAKE ENCROACHERS : KISHAN

- Says recent floods damaged the brand image of Hyderabad
- Suggests the State government to call for a meeting of political parties and experts to take tough decisions

HANS NEWS SERVICE
HYDERABAD

UNION Minister of State for Home Affairs G Kishan Reddy said that strict measures should be taken to prevent encroachments on river, its catchment areas and also the adjoining areas of lakes and ponds in Hyderabad.

The Minister who toured several flood-affected areas in the city on Thursday said that if needed the State government should hold a meeting with all political parties and experts, and take tough decisions.

He said in fact, it was "encroachments that have drowned Hyderabad during the recent rains. Today, the brand image of Hyderabad is damaged and we all have a responsibility to protect it. Decisive action must be taken to support people in distress."

Earlier, Kishan Reddy toured Manikeshwar Nagar and Alugadda Bhavi in Tarnaka and Mettuguda divisions of the Secunderabad Assembly constituency. The Minister also toured the colonies in the area to take stock of the situation as the locality has been se-



Union Minister of State for Home Affairs G Kishan Reddy touring flood-affected areas in Secunderabad on Thursday

verely affected due to the torrential rains that lashed the city recently.

Kishan Reddy gave a patient hearing while interacting with the residents, and assured to ensure relief reaches them. During the visit to Ankamma Basti, Shyamalakunta and nearby areas in the Sanathnagar Assembly, the Secunderabad MP has taken stock of the damage caused to the areas due to heavy rains. He urged party workers to assist all households distressed by the floods.

The Union Minister also visited the flood-hit areas in Assembly constituencies areas of Secunderabad, Sanathnagar, Nampally and Amberpet of Secun-

derabad Parliamentary constituencies and assured assistance to affected people. In a separate message, the Union Minister appealed to people to celebrate Dasara Navaratri observing covid safety norms.

He said, "We are living in unusual times imposed by covid-19. As we continue to fight this pandemic and save lives of millions, it is important to for all of us to be mindful of the existing covid norms and safety protocols. The annual Bathukamma Utsvalu celebrated in Amberpet is an event that I look forward to every year, to join my constituents in all the festivities that

follow." Adding, due to the restrictions on the assembly of persons, social distancing norms, and other hygiene protocols in effect, the celebrations of Bathukamma at Amberpet grounds would not be celebrated this year in the interest of public safety and health, he said.

Extending wishes on the occasion of Bathukamma, he asked people to celebrate the festival at their homes. "All of us get together to have a glorious celebration next Dasara in the midst of great culturally vibrant events and colourful flowers that form the Bathukamma," he wished.

TRS leaders, Ministers condole demise of Naini Narasimha Reddy

KTR attends funeral of the first Home Minister of Telangana

HANS NEWS SERVICE
HYDERABAD

SEVERAL TRS leaders including Ministers expressed condolence on the demise of former Minister and senior leader Naini Narasimha Reddy.

Ministers KT Rama Rao, T Harish Rao, E Dayakar Rao, P Ajay Kumar, A Indrakaran Reddy, T Srinivas Yadav, Md Mahamood Ali and others expressed their condolences. KTR paid tributes to Narasimha Reddy by attending the funeral. Earlier in the day, he tweeted, "Naini Narasimha Reddy would remain in the minds of people as the first Home Minister of Telangana, leader of workers and a person who stood by Chief Minister KCR during the Telangana agitation. His death has left everyone in distress. My wholehearted condolences to his family."

Minister Harish Rao said that Naini Narasimha Reddy's death was painful. His struggle for the agitation in the initial and



Ministers and TRS leaders attending former Telangana Home Minister Naini Narasimha Reddy's last rites at Maha Prasthanam in Hyderabad on Thursday

-Photo: Ch Prabhu Das

final stages for the formation of separate State was great. Narsimna worked for the workers and poor, said Rao expressing condolences to the family members. MLC Kalvakuntla Kavitha said that Narasimha Reddy strove for the weaker sections during his lifetime.

Minister E Dayakar Rao said that Narasimha Reddy was a committed leader and was always with Chief Minister KCR. Narasimha Reddy's death is a huge loss for

the workers community, said Rao. Tribal Affairs Minister Satyavathi Rathod said that Narasimha Reddy's fighting spirit was an inspiration for all.

Planning Board Vice Chairman B Vinod Kumar said that Narasimha Reddy was a favourite student of George Fernandez. He is a great leader who walked along with Ram Manohar Lohiya. He recalled his association with Naini for the last two decades.

VIT donates Rs 1 crore to CMRF for flood relief work

HYDERABAD

THE Vellore Institute of Technology (VIT) has come forward to donate Rs 1 crore towards Telangana Chief Minister Relief Fund for the relief and rehabilitation of rain-affected in the State. The VIT has decided to contribute its mite to the TS during the crisis, said VIT Founder and Chancellor Dr G Viswanathan.

A demand draft for Rs 1 crore was handed over to Municipal Administration Minister KT Rama Rao on Thursday. Viswanathan said that VIT has contributed to the Telangana CMRF as it wanted to help the State government in its efforts to provide relief and rehabilitation to people affected by heavy rains and floods in the State.

"VIT stands by Telangana government, which is ably tackling the situation on war footing. We hope the State will return to normalcy quickly," he said. Registrar of VIT-AP University Dr CLV Sivakumar handed over the demand draft to Minister KT Rama in Hyderabad.

DUBBKA BYPOLL

Uttam urges people to teach KCR a lesson for reneging on promises

- State Congress chief condemns State government, Centre for inadequate relief for flood victims
- Says despite early warnings from the Met department of heavy rains, no steps were taken to protect lives and property

HANS NEWS SERVICE
HYDERABAD

TPCC president N Uttam Kumar Reddy urged the people of Dubbaka to teach a fitting lesson to incompetent and arrogant TRS government in the forthcoming by-elections.

Uttam, along with former ministers Damodar Reddy, G Vinod and other senior leaders, participated in door-to-door campaigning in Dubbaka Town. He appealed to the people to realise the importance of their votes and said victory of Congress party could change the entire course of politics in Telangana. He reminded the people about the unfulfilled promises of TRS and urged them to elect Congress candidate Ch. Srinivas Reddy.

Speaking to media persons later, Uttam said that TRS has no moral right to seek vote from the people as it has fulfilled not a single promise made to them. He alleged that except KCR family, no



TPCC president N Uttam Kumar Reddy participating in campaigning in support of Congress candidate Methuku Srinivas Reddy in Dubbaka Town on Thursday

one benefited from the formation of Telangana.

Since TRS cannot get votes on the basis of its performance, the ruling party leaders are trying to lure voters with cash and liquor, he alleged. Uttam Kumar Reddy strongly condemned the Chief Minister for not taking required measures to handle the flood situation in Telangana, especially Hyderabad. He said despite early warnings from the

Met department of heavy rains, no steps were taken to protect lives and property.

He said more than 100 people died in rain-related incidents so far. However, the KCR government is hiding the real figures of deaths.

He said that the government was trying to wash off its hand by paying just Rs 10,000 relief amount to the affected families. "Almost all families in submerged colonies have lost all their valuables, fur-

niture, electric and electronic items, clothes, certificates and all other things. Who will pay for those losses?" he asked. He said Rs 5,000 crore must be sanctioned for flood relief works and an ex-gratia of Rs 25 lakh should be given to each person's family who died of rains and floods.

Uttam also condemned the Central government for late response to the floods in Hyderabad.

MP Nama inspects damaged roads in Khammam

HANS NEWS SERVICE
KHAMMAM

MP Nama Nageswara Rao asked the National Highway Authority of India (NHAI) to release funds immediately for repairing the roads damaged due to recent rains. On Thursday, he inspected Khammam-Aswaraopet national highway and appealed the NHAI Chairman to grant Rs 300 crore towards the repairs of highways damaged due to recent rains in Telangana. The MP stated that Rs 220 crore would be required to carry out repairs on national highways all over the State while Rs 80 crore would be required to repair national highways in

Khammam Parliament constituency. He inspected the road at Penuballi and other villages on the highway and directed the NHAI officials to immediately take up road repair works.

Delaying the repair works would cause inconvenience to the public, as large size potholes on the road would pose danger to the lives of those travelling on the road, he stated.

The officials told the MP that estimations have been prepared and sent to the Centre for funds and as soon as the funds were released, the works would be started.

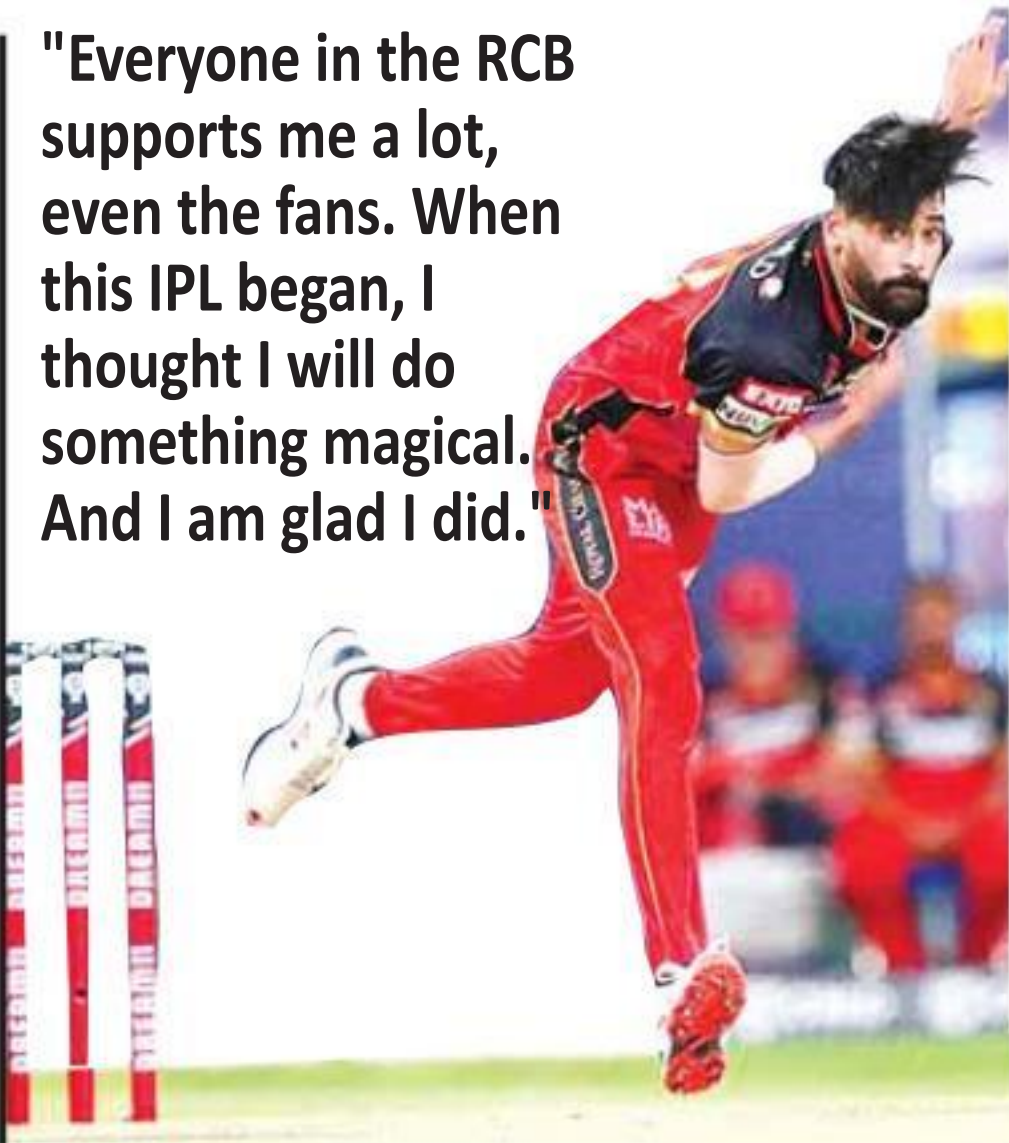
NHAI officials Janaki Ram, Divya and others accompanied the MP.



MP Nama Nageswara Rao inspecting damaged national highway at Aswaraopet on Thursday

IPL: Magical spell brings Siraj back into limelight

"Everyone in the RCB supports me a lot, even the fans. When this IPL began, I thought I will do something magical. And I am glad I did."



ABU DHABI

MOHAMMED Siraj's international outings have been disappointing. So too have been those in the Indian Premier League. Leading up to the game against Kolkata Knight Riders on Wednesday, Siraj had leaked runs

at over 10 an over in the three previous games this season.

After a decent debut year in IPL 2017 with SunRisers Hyderabad (SRH), he moved to Royal Challengers Bangalore (RCB) in 2018 but the overall performance with the Bangalore-based franchise was anything but impressive. He

leaked runs and didn't get too many wickets over the next two seasons. That problem spilled over to this year too.

On Wednesday, things, however, changed when he took the new ball for the first time in an IPL game since 2017.

The ball swung on a wicket that aided swing. Even though Siraj had been practising with the new ball in the nets, he didn't know he'd take the ball first up.

"When I entered the ground, Viratbhai told me, Miyan ready ho jao (Gentleman, get ready)," Siraj said after the match. "And as I had been practising at the nets, I had the confidence. It really felt good that the ball moved away, and I began to get natural outswing."

Skipper ViratKohli said it was a late call to give Siraj the new ball. "Was thinking of giving Wasby (Washington Sundar). We had the option of the plan to start with Wasby and bring (Chris) Morris in the second over then we thought let's give Siraj the new ball with Morris. Let him set the tone and then let Siraj try and swing the ball," said Kohli describing what prompted him to give Siraj the new ball.

Siraj said that he was a bowler with natural in-swing but during practice he found that he was get-

ting the ball to move away and he went ahead with it.

While right-handers Rahul Tripathi and Tom Banton too were victims of balls that moved away or straightened, the best sight for him and RCB was reserved for NitishRana.

The left-hander has a weakness against short ball and was probably expecting that with the field set for it. But Siraj slipped in one he has been practicing, which would move into a left-handed batsman. Rana was bowled.

It also helped that the RCB team has two good left-handed batsmen in Parthiv Patel and DevduttPadikkal at whom Siraj had been bowling those deliveries.

Siraj has had a chequered career all through. Before this, he had impressed only for India A and Hyderabad Ranji team. In the only ODI he played, in 2019 in Adelaide, he conceded runs at 7.6 without picking a wicket. In the three T20Is he has played, he leaked runs at over 12 and hasn't got too many wickets. But things may change. Ahead of this tournament, Siraj had told media that he is looking at IPL as a platform to come back into the Indian team where competition for pace bowling spot is strong. On Wednesday too, he reiterated this. (ANS)

Unknown Indian names make a mark this T20 league

NEW DELHI

LIKE previous IPL editions, this season of the cash-rich T20 league too has given Indian cricket, or to be precise, world cricket a whole bunch of young cricketers who have the potential to make it big in the coming days and shine at the international stage.

Players like Ravi Bishnoi, IshanKishan, Rahul Tewatia, DevduttPadikkal, T Natarajan, AnjitTyagi have impressed many in the cricket fraternity with both their skills and ability to handle pressure while playing against the best of cricketers in the Indian Premier League being held in the United Arab Emirates.

IANS takes a look at some of the young, unknown till now Indian players who have the potential to shine in future.

Leg-spinner Ravi Bishnoi, who ended as the highest wicket-taker in the U-19 World Cup earlier this year with 17 wickets, has been having a dream IPL debut season. He has picked up nine wickets in 10 innings he has bowled so far and has been one of the shining stars of Kings XI Punjab.

His victims include the likes of David Warner, Jonny Bairstow, Rishabh Pant, Aaron Finch, Eoin Morgan - batsmen who are considered to be well equipped to tackle spin bowling with ease. Having a bowling style similar to that of head coach and ace leg-spinner Anil Kumble, Bishnoi has been able to keep the batsmen in check, using flippers, top-spinners and googlies to good effect.

Defending champions Mumbai Indians too have found a new batting star in IshanKishan.

Kishan, who scored a brilliant 99 and almost took his side to clinching an emphatic win over Royal Challengers Bangalore (a match which MI lost in the Super Over), has amassed 193 runs in six innings he has played so far. His strike rate of over 140 has been mighty impressive and he certainly looks to be a bright prospect. Another youngster who has been catching the limelight in this year's IPL edition is DevduttPadikkal. The 20-year-old, who made his IPL debut this year, has been able to make a mark for himself in the batting line-up which has stalwarts like ViratKohli, AB de Villiers and Aaron Finch.

The left-handed Karnataka batsman has scored 321 runs in 10 games for the Challengers and has contributed in significant fashion towards the team which is currently placed at



Ravi Bishnoi



Ishan Kishan



Rahul Tewatia



Devidutt Padikkal



T Natarajan



Anjit Tyagi

the second spot in the points table. For Rajasthan Royals, Rahul Tewatia has been an absolute sensation. Much has been talked about Tewatia since he hit five sixes against Sheldon Cottrell during his match-winning 53-run knock against Kings XI Punjab - an innings which turned him into an overnight star.

While he has scored 222 runs in 10 matches, he has also picked up crucial wickets for the Royals, scalping seven wickets.

SunRisers Hyderabad, too, have been able to find a rising star in left-arm pacer T Natarajan. In absence of Bhuvneshwar Kumar, the 29-year-old from Tamil Nadu has been one of the highlights in this season. So far, he has picked up 11 wickets in nine matches at an economy of 8.46 and has been one of go-to bowlers for David Warner whenever he is need of wickets.

Another young Indian player, who has been able to earn rich praise from former cricketers is pacer Kartik-Tyagi. Tyagi, who picked up 11 wickets during India's run to the final in the U-19 World Cup, has impressed many, especially Ian Bishop, with his raw pace and attitude.

While he has been able to pick up only six wickets in six matches that he has played for the 2008 IPL champions, Kartik has showed glimpses of the talent he possesses and Bishop, during the course of the commentary, has been heard showering rich praise on him.

While his action and run-up has been compared to that of fast bowling legend Brett Lee, it's his ability to keep his calm and bowl on splendid line and lengths against the likes of Kohli and de Villiers which has forced many former greats to expect something unique from this young Indian talent. (ANS)

Sydney, Canberra to host white-ball leg of Aus-Ind series: report

MELBOURNE

THE limited-overs leg of India's upcoming tour of Australia will be played in Sydney and Canberra next month. According to a report in ESPN-cricinfo, Cricket Australia and the New South Wales state government reached an agreement on Thursday for the Indian team and Australian players returning from the ongoing edition of the Indian Premier League (IPL) being held in the United Arab Emirates (UAE) to quarantine in Sydney while also being granted access to nearby training facilities. (ANS)

Hits & misses: Story of big price tags in IPL 2020

NEW DELHI

THE price tag that gets attached to the player during the auctions ahead of an Indian Premier League (IPL) edition is often a reflection of the season they have had and, in some cases, the star power they bring to the team. In the case of names that grab headlines, their performance in the preceding series often hold little value.

Either way, what the price tag is not, is an accurate prediction of how the player will do when the tournament finally starts and two-time champions Kolkata Knight Riders (KKR) have learnt this lesson in the first half of the ongoing IPL season in UAE.

KKR shelled out Rs 15.5 crore to secure the services of Australia fast bowler Pat Cummins in December 2019, nudging the sum of Rs 14.5 crore Rising Pune Supergiant paid for England all-rounder Ben Stokes in 2017 to second place in the list of most expensive foreign players in IPL history.

Cummins' price tag was justified -- he is a mainstay in Australia's bowling attack across format and has been the no.1 Test bowler in the world since August 2019. He is also a capable lower-order batsman, with experts often stating how criminally underrated his talent with the bat is. KKR, however, would have bought him with the hopes that he would be their chief source of wickets.

Instead, Cummins has managed to take just three wickets so far in 10 matches this season and his most noteworthy contribution came, ironically, with the bat -- the 27-year-old pacer scored an unbeaten 53 to push a woeful KKR to 148/5 against the dominant Mumbai Indians.

If they aren't careful, KKR will have only four more games left this season to get the most of the ace fast bowler in Cummins.

His Australia teammate Glenn Maxwell has had a topsyturvy time as well at Kings XI Punjab (KKXP). KKXP paid Rs



Pat Cummins



Glenn Maxwell



Chris Morris



Shimron Hetmyer



Nathan Coulter-Nile

10.75 crore at the auctions to keep him in the team and while he has proven to be useful for them in their recent upturn in fortunes, the 2020 edition of the IPL is yet to get a characteristic Maxwell innings. KKXP captain KL Rahul, however, feels that there is reason to back Maxwell regardless of his performances.

"Glenn has been batting well in the nets. He is a great team man and we know the balance he brings to the table," Rahul had said after their win against Delhi Capitals in their previous game. The 32-year-old had

scored 32 in the match which proved crucial in KKXP's win.

"We know what Maxwell can do when he comes good, he gives solidarity to the team and he balances out the team really well. To have Maxi come in the form is a very good sign and every batsman loves to hit the ball and spend some time in the middle," he had added.

Not all big buys have been duds though.

South African Chris Morris has made himself indispensable since first playing for Royal Challengers Bangalore (RCB) this season

against Chennai Super Kings on October 10. He took four wickets against Rajasthan Royals and conceded 16 runs in four overs, which included a maiden, on Thursday when RCB pinned down KKR for 84/8 in 20 overs. He was RCB's most expensive buy in December at Rs 10 crore.

West Indies batsman ShimronHetmyer was demoted from the Delhi Capitals top-order after their first two games of the season and has since put in useful shifts with the bat, apart from being a live wire on the field. He played a big role in DC's 46-run win over Rajasthan Royals on October 9, scoring 45 runs off 24 balls. Batting mostly at number five or six, Hetmyer has thus far scored 101 runs at an average of 25.25 and, more importantly, has maintained a strike rate of 150.74.

At Rs 8 crore, Australia's Nathan Coulter-Nile was defending champions Mumbai Indians' most expensive buy but could not play for them in their first seven matches due to what captain Rohit Sharma described in the season opener as "some niggles". Coulter-Nile has recorded figures of 1/51 and 0/33 in his first two outings, also scoring an unbeaten 24 in the latter. It is yet to be seen whether MI stick with Coulter-Nile or are only using him in order to relieve some of the work load on James Pattinson. (ANS)

IPL 2020: Batting woes keeping KKR behind

ABU DHABI

IF Kolkata Knight Riders (KKR) are not yet among the top two in points table in the ongoing IPL season, they have their batting to blame.

The franchise, which is still fourth on the points table, finished with 84 for eight against Royal Challengers Bangalore on Wednesday night, losing the match by eight wickets.

It was yet another disappointing show from the batting lineup which has managed to cross the 150-run mark just once in the last four matches.

KKR's top batsmen have failed miserably in getting good individual scores, and it is evident from the stats.

No team has as few half-centuries as KKR have - six. No one batsman has led the way for them



unlike in most other teams.

Opener Shubman Gill, on whom a lot depended, has just two fifties from 10 matches. His

strike rate has taken a hit over the last few games too, going below 100 in those games, and forcing him to throw his wicket

GiroD'Italia: Ben O'Connor secures huge win in Stage 17

MADONNA DI CAMPIGLIO (ITALY)

IT was a case of role reversals as NTT Pro Cycling's Ben O'Connor kept Bahrain-McLaren's Hermann Pernsteiner at bay to win his first Grand Tour stage after starring in the breakaway for the second day running in the ongoing GiroD'Italia.

Twenty-four hours after missing out to Bahrain-McLaren's Jan Tratnik in Stage 16, O'Connor bounced back with a superb performance from an initial 19-man breakaway in the mountainous 203km stage. (ANS)

BWF cancels World Junior Championships 2020 due to Covid-19

KUALA LUMPUR

WORLD Junior Badminton Championships 2020, slated to be held in New Zealand, have been cancelled due to the Covid-19 pandemic, the Badminton World Federation (BWF) announced on Thursday.

The ongoing Covid-19 restrictions and uncertainty left BWF, Badminton New Zealand and tournament organisers no choice but to cancel the event, a BWF statement read. With a host for the next edition already in place for later in 2021, and the uncertainty of the Covid-19 situation expected to stretch into next year, postponement was not an option, it added.

"We are of course disappointed not to be able to stage the 2020 version of the BWF World Junior Championships, but the entry restrictions in place and complexities related to the Covid-19 situation makes it impossible for the event to be planned and therefore hosted in New Zealand in January 2021 as currently scheduled," said BWF Secretary General Thomas Lund. The world badminton body further said that Badminton New Zealand are still committed



to hosting the World Junior Championships and the BWF have accepted a proposal for them to stage the 2024 edition as a replacement for the edition lost.

Badminton New Zealand Chief Executive Joe Hitchcock said: "Although we are tremendously disappointed with this news, it is the right decision to make due to the current situation." "We know that the world was looking forward to visiting New Zealand and enjoying a truly inspiring event with the best young badminton players on the planet and we feel for all those impacted by this cancellation," he added. (ANS)

TODAY'S MATCH
Chennai Super Kings vs Mumbai Indians at 7.30pm