



Dy CM Devendra Fadnavis said, "Lalit Patil's arrest will soon give a

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Afternoon

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CITIZEN SHOULD READ THE CONSTITUTION APPEALS GUARDIAN MINISTER SUDHIR MUNGANTIWAR



Chandrapur, Dt. 17: Although the area of Nagpur and Chandrapur is known as the 'Tiger Capital' in the world, Babasaheb gave a tiger scare in both these districts in the year 1956 and the entire country has heard this scare. The constitution given by this great man also includes freedom, rights, responsibility and duty. Therefore, every citizen should read the Constitution. One should resolve to follow the ideas given by Babasaheb Ambedkar and take inspiration from them to live,'

said the state minister for Forests, Cultural Affairs, Fisheries and Guardian Minister of the district. Mr. By Sudhir Mungantiwar.

He greeted the great man in a program organized by Babasaheb Ambedkar Memorial Trust at Dikshabhoomi Chandrapur. He was talking at that time. Trust President Arun Ghotekar presided over the program. As Chief Guest MLA Sudhakar Adbale, Kishore Jorgewar, Subhash Dhote, Pratibha Dhanorkar, Vice President of the Institute Ashok Ghotek-

ar, Secretary Vamanrao Modak, Gondwana University Chancellor Dr. Prashant Bokare and others were present.

Today there are more than 750 districts in the country, but two districts Nagpur and Chandrapur are of special importance, said Guardian Minister Shri. Mungantiwar said, 'On 14 October in Nagpur and two days later i.e. on 16 October 1956 in Chandrapur, Dr. Babasaheb Ambedkar initiated Buddhism to his followers. Both these districts are famous for tigers today. But only

in 1956, Babasaheb's horror has been heard by the whole country. Dr. The country and the state are moving according to the constitution given by Babasaheb Ambedkar. He has mentioned everything in the constitution. Along with individual freedom, rights, everyone has also been made aware of his responsibility and duty. Therefore, we should not stop only by remembering Babasaheb, but we have to implement his ideas. And for that everyone has to read the constitution too.'

Mumbai land scams are under political patronage

Editoritis



Dr. Vaidehi

CIDCO land scams are rampant but so far no concrete actions are taken against authorities because these scams are done under political patronage. When Devendra Fadnavis was Maharashtra's chief minister there was the biggest 'land scam' in Navi Mumbai. Cidco land, which was given to project-affected people for agricultural purposes, got denotified for development purposes by the revenue department. The formerly reserved 24 acres was allotted to eight farmers, and was bought by private developers for peanuts. However, due to the denotification, the land's rates went up, to the sole advantage of the developer. This episode hit the headlines and Congress in opposition raked up this matter but Devendra Fadnavis just cornered them in counter allegations but never answered to the accusations made against him.

City and Industrial Development Corporation (Cidco) has registered a cheating case against 11 people, including a developer and five of its employees, for causing a loss of ₹17 crore by illegally selling a plot originally used for building houses for Cidco employees. The plot at Nerul was acquired by a housing society in 2002. Sneha Pushpa Housing society was formed in 1993 and was supposed to house only Cidco employees. In 2002, the plot was given to the housing society on a 60-year rent agreement against a deposit of ₹73.79 lakh, as per the complaint of a Cidco officer.

CONTINUED ON PAGE 02

Editoritis

Mumbai land scams are under political patronage

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Recently, the Navi Mumbai Anti-Corruption Bureau (ACB) arrested a CIDCO officer and an agent for accepting a bribe of ₹50,000.

On several occasions, the City and Industrial Development Corporation of Maharashtra Limited (CIDCO) had staked its claim over the 24-acre plot of land at Kharghar in Navi Mumbai.

Mumbai is not new to land scams and the politicians are guards of land sharks and mafias. Mumbai slums, CIDCO and MIDC are subjected to land scams and in each scam directly or indirectly there is political approval.

The then chairman of the 30-member society inducted a developer, Haresh Nagji Chheda, as a member. Eventually, all members were replaced with non-Cidco people. As per the Cidco rules and regulations for the lease of land, only Cidco employees can be members of the housing society.

Recently, the Navi Mumbai Anti-Corruption Bureau (ACB) arrested a CIDCO officer and an agent for accepting a bribe of ₹50,000. The accused have been identified as Sagar Madanlalji Tapdiya (47), an assistant estate officer from CIDCO, and private agent Ravindra Hukmichand Chajed (54). While Tapdiya is a resident of sector 16 in Kharghar, Chajed resides at Khanda Colony in Panvel. The complainant had approached CIDCO to transfer a property to his name. He met Chajed who said ₹50,000 will be needed for the procedure. Actions are being initiated and if you have more proof go to appropriate authorities for action please.

On several occasions, the City and Industrial Development Corporation of Maharashtra Limited (CIDCO) had staked its claim over the 24-acre plot of land at Kharghar in Navi Mumbai. The Anti-Corruption Bureau (ACB) has filed a chargesheet against 24 people, including a former chief of state planning agency CIDCO, in a land scam in the district which dates back to 1984. The charge sheet was filed by ACB in the court of Thane Additional Sessions Judge M C Khadke. The accused include officials of Revenue Department, Co-operation Department, CIDCO and real estate developers, who according to the document, conspired to cause monetary losses to the exchequer. They were charged under the Prevention of Corruption Act and relevant sections of the Indian Penal Code (IPC). Because of government affiliation and influences many publication houses have wrongfully acquired CIDCO lands. The lands are allotted too many businesses at a very nominal rate.

Mumbai is not new to land scams and the politicians are guards of land sharks and mafias. Mumbai slums, CIDCO and MIDC are subjected to land scams and in each scam directly or indirectly there is political approval. Many politicians also have acquired benami properties and there is no action or accountability. Mumbai real estate scams have been rampant in the past ten years. Many builders in the Mira-Bhayander area were found to have used bogus paperwork to show that

a particular plot of land in Bhayander was developed under a "green zone". If we go to Kalyan west side, all green zone properties are converted into chawls and row houses. Corrupt KDMC approves these projects in the greed of bribes. Builders have no fear as the administration is on their laps for money. Local netas have a stake in every construction project.

The Metro 3 car shed site at Aarey Colony was always a forest, contrary to what the government claims, said the Aarey Conservation Group (ACG) on Friday, producing documents alleging a Rs 60,000-crore land scam. Till 2016, the colony was part of an eco-sensitive zone (ESZ), which was denotified to allow construction activity, and almost 250 acres more land than required for the Metro project were claimed at both Aarey and Kanjurmarg to benefit builders. The Kanjurmarg plot activists suggested for the Metro car shed is Maharashtra government-owned and not under litigation - contrary to what the state claims.

Till 2015, the forest department held that all of Aarey was required to be included in the ESZ of Sanjay Gandhi National Park. But in early 2016, it was the then chief minister Devendra Fadnavis who, was in his CM's war room, directed the department to denotify parts of Aarey for the Metro. Eventually, almost 408 acres of Aarey was denotified by the forest department for the Metro, in compliance with the CM's war room directives. The war room minutes revealed that Fadnavis had directed that the areas for Metro depot be termed as 'depot & allied activities', with 'allied activities' to mean commercial development, but this was not to be revealed till necessary later.

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SC on saying no to same-sex marriages



- Jubel D'Cruz

The Supreme Court in India is right in not allowing same-sex marriages to take place. Allowing gay or same-sex marriage as a constitutional right would be a mistake. Since it has been good to improve civil rights for women and minorities, some think it would be a noble thing to also grant same-sex marriage as a civil right. Marriage, being sanctioned by God, however, has a theological element that should not be abridged by the government.

According to the Catholic Church, sexual intimacy between a man and a woman is the normal method of male and female bonding (emotionally and physically) because it corresponds to the design of our bodies and because it is the normal means by which offspring are created. If God had intended the human race to be fulfilled with both heterosexual and homosexual marriages, He would have designed our bodies to allow reproduction through both means and made both means of sexual intercourse healthy and natural.

Homosexual anal intercourse carries a high risk of disease, which is recognized in the Holy Scriptures where gay men are said to receive in their bodies the due penalty for their sins. The Holy Bible clearly tells us in 1 Corinthians, Chapter 6, Verses 9 and 10: "Do you not know that the unrighteous will not inherit the kingdom of God? Do not

be deceived neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God." God will not honour a sinful marriage between two homosexuals or lesbians.

The book of Leviticus, Chapter 18, Verse 22 also tells us, "Do not practice homosexuality, having sex with another man as with a woman. It is a detestable sin." Again in Leviticus, Chapter 20, Verse 13 we read, "If a man practices homosexuality having sex with another man as with a woman, both men have committed a detestable act. They must both be put to death, for they are guilty of capital offense."

Remember, God destroyed the twin cities of Sodom and Gomorrah (Genesis, Chapter 19) because the men in those cities were filled with lust and were gays (homosexuals).

Homosexuality is rejected in a number of places in the Qur'an too where it says --- "it is just not allowed; it is haram". The Qur'an also mentions sex between men several times, almost all of them in the context of the story of Sodom and Gomorrah. Homosexuality is actually a disease and people who practice it need shrinks to knock some senses into their heads.

Letters to the Editor

while issuing licenses? So who is the real culprit? the municipal health department or the suspended doctor?

Dattaprasad Shirodkar

Indian IT Majors are contrarian bets in today's world of global uncertainty!

Indian IT companies are contrarian bets in today's world of global uncertainties as most of them have rich cash reserves, adding cash each quarter & their profits rising each year. Inflation or other parameters have no direct effect on their balance sheets. The world is moving towards Artificial Intelligence (AI) in every sector & companies like Infosys, TCS & their tribe are front runners to benefit out of it. Most IT company's stocks have underperformed in the last couple of years & available at cheap valuations which is good news for investors who have a long term horizon & looking for safe bets.

Muted guidance are no parameter to avoid these stocks for investment when their profits are scaling higher each year though growth rate could be slower. These stocks will rocket higher at the first signs of revival in Europe & America which have shown subdued growth the last few quarters. Contrarian bets on companies that add cash each quarter are safe bets for investments, more so when they reward their shareholders with high dividend, buy backs & bonuses frequently!

S.N.Kabra

Contamination of sea water

Recently, the Central Pollution Control Board (CPCB) has revealed data with regard to contamination of sea water at prominent beaches in the states. According to the data, the sea water is contaminated with the high presence of faecal coliform - faecal material of humans and animals. It also showed that biochemical oxygen demand (BOD) exceeds acceptable limits. BOD is the dissolved oxygen that aerobic biological organisms need to break down organic material in a given water sample over a certain period.

This is certainly frightening. It should serve as a wakeup call not just for the concerned authorities but for all of us. Needless to say, as I keep mentioning in my posts, we must stop treating the sea as a dumping ground for our waste material. I've seen huge amount of different types of waste items thrown ashore at beaches, Gorai beach for instance, in Mumbai. We are already facing huge health issues on account of all round pollution. We need to stop and think, where are we heading, are we going to sink in the contaminated sea waters one day? The sea levels around the world are slated to rise drastically and submerge cities like Mumbai within the next 25 years!

Melville X. D'Souza

Joe Biden Warned Israel

Joe Biden's recent warning to Israel regarding the potential capture of Gaza deserves serious consideration. While Israel faces legitimate security concerns, any move to capture Gaza could have significant repercussions.

The region has been marred by conflict for years, and a unilateral capture of Gaza might escalate tensions, undermine the peace process, and harm innocent civilians. It is crucial to pursue diplomatic and peaceful avenues to address the complex issues in the region.

Biden's stance emphasizes the importance of a two-state solution, which is vital for lasting stability. All parties involved should prioritize dialogue, cooperation, and understanding to create a sustainable and just resolution to the Israel-Palestine conflict.

As concerned global citizens, we must support efforts for peace and engage in constructive dialogue to prevent further escalation in this troubled region.

Md Ali Gori

Readers are requested to mail Letters to the Editor only at

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No postal letters will be entertained

(The views expressed are authors' own)

Who is the real culprit?

Treatment of patients depends on the laboratory reports. If the labs making these reports are bogus, then wouldn't the treatment given to patients based on such reports put the lives of patients at risk? Recently in Vasai-Virar area, the Maharashtra Medical Council issued licenses to bogus labs in Mumbai area in the name of a suspended doctor. Reports from these bogus labs were being submitted to insurance companies to make false medical reports. Lab licenses were issued in the name of one suspended doctor at many places in Vasai-Virar area.

But the real question is whether such licenses were issued in the name of a single person. How has it been distributed? Vasai-Virar Municipal Corporation Medical Health which distributed lab licenses in the name of suspended doctor on 2021. Isn't the department equally responsible? Then should the municipal officials who issue such bogus licenses and the health department check the registration of doctors

Rahul Gandhi says, "Sharad Pawar is not the prime minister of India" over recent meetings of Sharad Pawar and Gautam Adani

Congress leader Rahul Gandhi on Wednesday said he has not asked NCP supremo Sharad Pawar about his recent meetings with Gautam Adani, asserting that the Maratha strongman was neither the prime minister and nor was he protecting the billionaire businessman. Pawar's meetings with Adani amidst demands by several INDIA bloc parties for a Joint Parliamentary Committee (JPC) probe into allegations levelled by US-based short seller Hindenburg has raised eyebrows in the opposition ranks.

Asked whether he had questioned Pawar about his meetings with Adani that seemed at odds with the stand taken by many



opposition parties, Gandhi said, "No, I have not asked this. Sharad Pawar is not the prime minister of India. Sharad Pawar is not protecting Mr Adani, Mr Modi is and that is why, I ask Mr Modi this question and not Mr Sharad Pawar." "If Mr Sharad Pawar was sitting as the prime minister of India, and if he was protecting Mr Adani, then I would be ask-

ing Mr Sharad Pawar that question," the former Congress chief said at a press conference at the AICC headquarters here. Pawar had visited Adani's office and residence in Ahmedabad in September. In April this year, Adani had visited Pawar's Silver Oak residence in south Mumbai.

This meeting, which lasted for almost two hours, came with-

in days of Pawar coming out in support of Adani and criticising the narrative being built around the Hindenburg report. His position was seen at variance with his allies such as the Congress, which has been seeking a JPC probe into the allegations of fraud and stock market manipulations against the Adani Group. Pawar had at that time stated that he fa-

voured a Supreme Court committee probing allegations against the Adani Group. Adani had also visited Pawar's residence in June.

The relationship between Pawar and Adani goes back nearly two decades. In his Marathi autobiography 'Lok Maze Saangati', published in 2015, Pawar heaped praises on Adani who at the time was venturing into the coal sector.

The Congress has also been questioning the financial dealings of the Adani Group after Hindenburg alleged "irregularities" and charged it with stock price manipulation. The Adani Group has denied all the allegations made in the Hindenburg report and claimed there has been no wrongdoing on its part. PTI

Dy CM Devendra Fadnavis said, "Lalit Patil's arrest will soon give a 'major revelation' over drugs nexus



The arrest of Lalit Patil, an accused in the seizure of mephedrone worth nearly Rs 300 crore, will soon be followed by a "major revelation" over his drug nexus in Maharashtra, Deputy Chief Minister Devendra Fadnavis said on Wednesday. The senior BJP leader was speaking to reporters in Pune after the Mumbai police said they had arrested Patil near Bengaluru. With his arrest, a huge drug nexus will be unearthed, he claimed. "A major revelation will soon come out in connection with Lalit Patil and his drug nexus in the state. Those

who are currently loosely talking about the state's affairs will be shut completely," he said. Patil, an inmate of the Yerawada Jail in Pune, was apprehended on Tuesday night by a team of Mumbai's Sakinaka police, an official said earlier. "A Mumbai police team nabbed Lalit Patil from a hotel between Bengaluru and Chennai," he said.

Patil escaped from the government-run Sassoon General Hospital in Pune on October 2 when he was taken for an X-ray. Asked about his escape from the hospital, Fadnavis, who is also the state's home minister, said,

"No one will be spared. The inquiry into this matter is going on. All those who made a mistake will face action." Nine policemen were suspended after Patil's escape from the hospital. Patil was wanted in a multi-crore mephedrone seizure case, busted by the Sakinaka police after raiding a factory in Nashik, the official said. He is the 15th accused arrested in this case, he said.

The Mumbai police on October 6 said they had seized 151 kg of mephedrone worth Rs 300 crore and arrested various persons from different cities in an operation that the last two months, including the raid at a drug manufacturing unit in Nashik. Following arrest, Patil was on Wednesday produced before a magistrate court in Andheri which remanded him in police custody till October 23. The police sought Patil's custody saying the accused arrested earlier in the case had revealed his name. Patil was arrested based on suspicious call data records that the police recovered and further probe was required into it, they said. PTI

MNS chief Raj Thackeray says, "I have never seen such an absurd and ugly political situation" over state politics

Maharashtra Navnirman Sena chief Raj Thackeray on Wednesday deplored the "ugly" politics in the state, saying factions of the Shiv Sena and NCP are in power and also in opposition. "In Maharashtra, the parties which are in power are also in the opposition. Such a scenario exists only in our state, and nowhere else in the world. I have never seen such an absurd and ugly political situation. Factions of the Shiv Sena and Nationalist Congress Party are in power and the remnants are in the opposition," he said.

Thackeray was addressing a meeting ahead of the registration of voters for the graduates and teachers constituencies' elections. The Shiv Sena split last year when senior leader Eknath Shinde and the bulk of MLAs rebelled against the leadership of Uddhav Thackeray. Shinde later joined hands with the BJP to become chief minister.

In July this year, senior NCP leader Ajit Pawar and eight MLAs joined the Shiv Sena-BJP government after rebelling against NCP founder Sharad Pawar. Ajit Pawar had told the Election Commission that a majority of MLAs support him.



Thackeray also condemned the collapse of a girder of an overbridge which was being constructed on a section of the Mumbai-Goa highway in Chiplun city on Monday. "The flyover (overbridge) worth Rs 140 crore was damaged even before its construction was completed. Crores of rupees are wasted but nobody is bothered. Still, votes are sought and people too exercise the franchise," he added.

The MNS chief, who had threatened to burn down the toll booths if the state government's purported order to exempt small vehicles from paying the toll was not implemented, cited a lack of data on the number of vehicles passing through toll plazas. "90 cameras are installed at every toll booth but still there is no account of how many vehicles pass through it. Mumbai and Thane register hundreds of vehicles every day. However, the number of vehicles passing through these toll booths does not change. How is this possible?" he wondered. PTI



Narendra Modi
Prime Minister



Eknath Shinde
Chief Minister, Maharashtra

Updating Skills Upgrading Future

PRAMOD MAHAJAN GRAMIN KAUSHALYA VIKAS KENDRA Inauguration of 511 Rural Skill Centres

Rural Skill Centres at 511 Gram Panchayats in 350 Talukas of the State
Rural youth will be enabled for employment & be entrepreneurship-ready
Training courses in Agriculture, traditional and professional areas
Useful infrastructure for PM Vishwakarma Scheme

By

Shri. Narendra Modi, Hon'ble Prime Minister

Date : 19 October 2023 | Time : 4.30PM
(Through Video Conference)

Chief Guests

Shri. Eknath Shinde, Hon. Chief Minister

Shri. Devendra Fadnavis
Hon. Deputy Chief Minister

Shri. Ajit Pawar
Hon. Deputy Chief Minister

Shri. Mangal Prabhat Lodha
Hon. Minister, Skills, Employment, Entrepreneurship & Innovation Department



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World

Pakistan: PIA faces turbulences, cancels its flight operation after non-payment of dues



Pakistan International Airlines (PIA) faced fresh turbulence as its domestic flight operations were disrupted on account of non-payment of dues, leading to a complete halt in the supply of aviation turbine fuel to the carrier, the Dawn reported. The Pakistan-based daily reported further, citing official sources, that Pakistan State Oil (PSO) halted the supply of aviation fuel to the national carrier on Tuesday.

In a direct fallout of the same, the airline cancelled 14 domestic flights while four others were delayed by several hours, the report added. The cancelled flights included two from Islamabad

to Gilgit, one from Islamabad to Quetta, one from Karachi to Sukkur, one from Islamabad to Multan and another from Karachi to Faisalabad, Dawn reported. Likewise, PIA flight PK304 from Karachi to Lahore was also delayed by about three hours due to the suspension of fuel supply to Karachi airport. The flight was scheduled to depart at 2 pm (local time) but took off eventually after a 3-hour delay. PIA flight PK305 from Lahore to Karachi also arrived late in Lahore. Another PIA flight -- PK308 -- from Karachi to Islamabad was also delayed due to the suspension of aviation fuel while another flight, PK309,

from Islamabad to Karachi was delayed as well.

Due to the cancellation and delays of PIA flights, hundreds of passengers have been facing serious inconveniences over the past several days, said the report, adding that not only fliers but also the crew are bearing the brunt of the current crisis. The PIA had requested an emergency bailout of Pakistani Rupees (PKR) 22.9 billion, which was rejected by the Economic Coordination Committee (ECC).

The ECC also turned down a request by the PIA for deferment of the payment of Rs 1.3 billion per month, which the national carrier pays to FBR against FED and Rs 0.7 billion per month which it pays against the rising charges, Geo News reported. The PIA also warned that Boeing and Airbus might suspend the supply of spare parts for its fleet by mid-September. In July, the Federal Board of Revenue (FBR) froze the national carrier's account on the basis of non-payment of more than Rs 2 billion in taxes, according to ARY News. ANI

Media Reports: Amid ongoing conflict between Israel- Hamas, People staged protests in Jordan over explosion at hospital

Amid the explosion at a hospital in the Gaza Strip that killed hundreds of people, protests and skirmishes broke out in the West Bank, Lebanon and Jordan, The Times of Israel reported on Wednesday. According to The Times of Israel, hundreds of protesters took to the streets to protest the explosion all across the West Bank. To control the crowd, the Palestinian forces in Ramallah fired tear gas at demonstrators who were calling for the Palestinian Authority President Mahmoud Abbas to step down.

The protesters are seeking the resignation of President Mahmoud Abbas, the head of the Palestinian Authority, over his conciliatory tone since the war between Israel and Hamas in Gaza began earlier this month, The Times of Israel reported. In videos, the protesters in Ramallah were seen chanting "The people want the fall of the President." In Jordan, protesters tried to storm

the Israeli embassy with videos circulating on X (Twitter) showing an angry crowd surrounding the building and attempting to force their way inside. In Lebanon, Lebanese terror group and Iranian proxy Hezbollah called for a "day of rage" to condemn the hospital blast, as hundreds of demonstrators also gathered at the French and US embassies in protest.

According to The Times of Israel, Hezbollah, blamed the hospital blast on Israel, calling it a "massacre" and a "brutal crime." Additionally, Jordan King Abdullah II has marked the Israel attack on Gaza as "brutal" and asked Israel to end it. Taking to X, the Royal Hashemite Court (RHC) posted, "His Majesty King Abdullah II says Israel must end its brutal aggression on #Gaza" It added, "His Majesty King Abdullah II says Baptist Hospital massacre in #Gaza is a heinous war crime that cannot be ignored." ANI

Israel- Hamas conflict: US President Joe Biden mentioned that "It will give full support to defend itself from terror group"

United States President Joe Biden who arrived on Wednesday on an official visit to Tel Aviv backed Israel's claim that the strike on a hospital in Gaza seemed to have been carried out by the "other team" in reference to Palestine terror group Hamas. He also asserted that the US will make sure that Israel would get what it requires to defend itself from Hamas attacks.

"Americans are worried because we know there's this is not an easy field to navigate what you have to do, but the fact is that Israel as they respond to these attacks, it seems to me that have to continue to ensure that you have what you need to defend your-

And we're going to make sure that occurs as you know," Biden said. Addressing a joint media briefing with Israel Prime Minister Benjamin Netanyahu, Biden said, "We have to also bear in mind that Hamas does not represent all the Palestinian people and it has brought them only suffering." On Tuesday's attack on the Al-Ahli hospital, Biden said he was "deeply saddened" and "outraged" and emphasised that the preliminary data says that the explosion was done by Hamas.

It's beyond my comprehension to imagine what they were thinking." "They have committed evils and atrocities that make ISIS look somewhat more rational," Biden said. ANI

Israel Defence Force released report claiming "Technical evidence to prove that the explosion at the Al-Ahli Baptist Hospital was due to a rocket misfired"

The Israel Defence force today released what they claimed was technical evidence to prove that the explosion at the Al-Ahli Baptist Hospital was due to a rocket misfired by the Islamic Jihad terror group. Spokesperson of Israel Defence Forces (IDF), RAdm. Daniel Hagari released an audio that claimed to be a conversation between two terrorists who admitted that the rocket fired on the Hospital belonged to their group.

In a press conference, Israel military spokesperson asserted that the preliminary investigation suggested that the rocket fired at the Hospital was from the barrage of rockets fired towards Israel which was launched nearer to the Hospital. "Trajectory analysis from the Barrage of Rockets con-

firms that the rockets were fired close proximity to the hospital. In addition, there are two independent videos which show the failure of the rocket launch and the continuation of rocket flight towards the ground within the Gaza stream falling in the hospital compound," he said. He added, "Third, we have intelligence that will be shared here of communication between terrorists talking about rockets misfiring. The terrorists realised that the rocket had misfired and made specific reference to the Al-Ahli Baptist Hospital. I would want to let everybody hear the conversation, I will do the translation in English."

Further, he translated the conversation of two terrorists while the audio was played in the background. The members of the ter-

ror group, 1st person is quoted as saying, "I'm telling you this is the first time that we see sound like this falling and so that's why we are saying it belongs to the Palestinian Islamic Jihad. They are saying it's from us (Hamas)" 2nd questioned, "What they are saying, it's from us?" Then the first person says, "They are saying the shrapnel from the missile is local shrapnel and not like Israeli shrapnel. But God bless, it couldn't have been found another place to explode."

Later the IDF spokesperson said, "These rockets fell short of Israel and have caused Palestinian casualties. During this war, we have counted approximately 450 rockets that misfired and fell inside Gaza. Palestinian civilians pay the price of that." ANI

Expression

Caregivers, Take care!

"It's not how much you do, but how much love you put in the doing." – Mother Teresa



C.S. Krishnamurthy

Columnist

"Do you have more of stress or more of happiness of giving care to your 99-year-old mother-in-law?" Bank officer Jayashree Parimal, who consciously attends the impending centurion, replied: "...It's natural in me to take care of her. I've seen my own mother struggling in her sunset years. Obviously, the happiness..., which cannot be measured..."

Also qualified in Attention Deficit/Hyperactivity Disorder (ADHD) discipline, Jayashree was modest when she downplayed the stress factor. For her, caregiving is a blessing. The dialogue triggered interesting insights about caregiving.

Family caregiving is unseen, make it visible

The rising life-expectancy imparts that we all may one day enter our elongated terminal moments. The aged, more rely on family to get through the day. In Indian homes, it is not unusual to see adult children sandwiched between parenting and caregiving. How to navigate the murky waters of eldercare, spread the care among families? The informal chat reminded the forgotten segment: the caregivers.

Young or old, caregiving can happen overnight due to loved one's sudden health change, or it might move on you slowly. It could be Alzheimer, renal failure, cardiac care.... The physical decline also comes with aging, or memory loss issues, or both. A caregiver usually provides care to another person who's in need of daily living support. However, family members who actively care for an older adult often

don't self-identify as a "caregiver". By nature, they're content to stay in the shadow of their loved ones, focused on the ailing/aging needs. Keeping aside their own feelings, hurts, and wants, they make the sinking days as placid as possible.

Family caregivers wear many hats. A cook, driver, nurse, companion, physical therapist, housekeeper, banker, financial planner, personal assistant (bathing, grooming, toileting), and so on. You also help your loved one cope with feelings, like when he or she feels sad or angry, and engaging in conversations.

Trying moments

Brittle bones, frail muscles, poor reflexes, the mental slow down - the whole system gets fragile, and the caregiving needs get imminent. And, how does it impact the caregiver?

A family (unpaid) caregiver can be susceptible to mental and physical health risks, can be vulnerable to accumulated stress, depression and anxiety. Other risks like financial issues, constant worrying, feeling frequently tired, hypertension, sleep deprivation, headaches, body pain, ultimate risk of burnout - all can strain even the most resilient person. Anyone who provided chronic care can relate to at least one of these risks. Some caregivers feel that taking care of their own needs is a luxury they can't afford.

Take care

Remember, your own needs are critical, too. Caregiving upgrades when you care enough about yourself.

Take just 15 minutes a day, create your space. Don't confuse self-care with "selfish". You may want to watch TV, call a friend, work on a hobby... . Playing with kids, pets, gardening are helpful, too. If you had health problems before, it even more matters now. Don't miss your check-ups, medicines, exercise, diet...

Be attentive listener to the loved



one. Use open-ended questions. By listening, they feel loved, valued and esteemed, and you're fully present.

Express your feelings. Talk to a counsellor, if need be. Don't pretend to be cheerful. Focus on things that you're worth your time and energy. Don't take your loved one's anger personally. Be hopeful.

Believe that you're doing your best. Say no to requests that are draining, such as, hosting and entertaining guests, unless it energises you. Don't carry around any guilt, as it adds to the stress. Your caregiving role may not last forever, which is both positive and negative.

Ask for help, support is key. It could be cooking, cleaning, childcare, shopping, driving for doctor visits, get information you may need... Your loved one may feel less guilty; others may offer time and skills that you may lack. It's not always easy. When tough things happen, many tend to flee.

Noble and beautiful

Most of us come into this world watching our parents as healthy and strong. As we grow, and as they age, the childlike feeling that they're a

continual part of our lives wither. For adult children the experience presents subtle grief. It's a stressful transition when you see your parents less as capable caregivers and more as those needing care themselves. The caregiving role is even more significant when some elderlies are victims of their own children, which is, of late, becoming common. Be mindful. You probably learnt more about yourself along the way.

Also, teach children in school about caregiving, bring it in to the curriculum. It's a way of normalising caregiving towards a compassionate community. Elders need help, or more help. Are you ready to step up?

When your days as caregiver ends, you'll want to recall the dear and satisfying moments to cherish, and you're surrounded by a beautiful world to acknowledge. Just as critical, you'll always want to have a life to return to, filled with people you love, activities that interest you, and the good health to enjoy them. So, Jayashree, your message is well taken!

Entertainment

'Tiger 3' franchise treats its fans on social media with new poster of the film



Makers of 'Tiger 3' have unveiled the new poster of the film featuring Salman Khan, Katrina Kaif and Emraan Hashmi. Yash Raj Films took to their official Instagram handle to share the poster and wrote in the caption, Thank you for all the love for #Tiger3Trailer! And here's our token of love for you! New poster unlocked! #Tiger3 coming to theatres this Diwali, 12th Nov, Sunday!"

In the poster, a seated Emraan is flanked on either side by Salman and Katrina each of whom hold guns. The poster has sparked curiosity among fans about the action thriller. Katrina and Salman also put the poster on their respective Instagram handles. Salman mentioned, "Itna saara pyaar diya apne, toh naya poster release karna banta hai!" ANI

Akshay Kumar drops adorable pictures on social media of father and daughter bond



Akshay Kumar lately gave back-to-back entertaining performances in 'OMG 2' and 'Mission Raniganj'. His recent performances have sent his followers into a frenzy. While Akshay Kumar has been highly successful in his profession, he is also dealing with his personal life by being the best father to his children Aarav and Nitara.

The iconic actor recently uploaded a video of Akshay Kumar and Nitara having father-daughter moments while boating together. He took to his Instagram handle to drop a video in which he can be seen boating with his daughter Nitara. In the video, the father-daughter duo can also be seen sharing some fun moments.

Akshay captioned the video with, "So I let my daughter steer the paddle boat...and then this happened #DaddyDaughterAdventures #MomentsToCherish #KidsAreLife"

After his post went online, fans were left in awe of this father-daughter bond. One of them mentioned, "She knows her dad is Khiladi, meanwhile her voice is(heart emoji)" Another wrote, "This is so cute" On the work front, Akshay Kumar was recently seen in the film 'Mission Raniganj: The Great Bharat Rescue' where he portrayed the role of Jaswant Singh Gill, a real-life unsung hero.

"Mission Raniganj is about 71 miners who were trapped three hundred and fifty feet below the coal mine and this Sardar Jaswant Singh Gill who was an engineer and was there at that time. Some people from France and from the UK also came. They all said that it is impossible to get them out, they're dead because there were almost trillion of gallons of water filled below with carbon dioxide sorted filling," Akshay Kumar told ANI.

He added, "Then there comes a man who decides that I am going to save them. I don't know if there is any person who knows that it's sure death still he himself went down and took them out one by one and he himself came last. I have done so many films, this film won't be a commercial success but I can easily tell you it is the best film of my career. Ye meri sabse behtareen, sabse imaandaar, sabse sachchi aur sabse achi film hai. What matters to me is that I have made an honest film." ANI

Amid ongoing separation rumours, Actor Jada Pinkett Smith said, "Still My Man"



American actor Jada Pinkett Smith and her husband Will Smith may be separated, but she said on 'The Late Show with Stephen Colbert' that the Oscar-winning actor, 55, is "still my man," reported People. This came after host Stephen Colbert brought up the 'Girls Trip' actress' new memoir 'Worthy', in which she confesses that she and her spouse of more than two decades had been living separate lives since 2016.

"Still husband? Or former husband?" Colbert asked Jada, 52, while searching for the proper term to call Will. "He's still – that's still my man, that's still my man," she replied, saying that she was "so young" when she and the King Richard actor married in 1997. At 26, she entered the union with "all those romanticized fantasies" about what marriage should be like, she said. Now, she's "really learning to have acceptance for the reality of what it is and just seeing Will in a brand new light," she continued.

"I call us 'life partners'" she added. "But he's my dude. He's my right hand." Colbert then brought up the fact that they had been separated for years and asked why she had waited so long to share it. "I wasn't ready," she said. "Uncoupling consciously is a very difficult thing, right?... I had a lot of things I had to resolve so it wasn't a war in public. I didn't want that, like, for Will and I. And so I really needed time to get myself together."

In a cover story interview with People, Jada said "We're still figuring it out," in regards to her marriage with Will. "A lot has happened. The thing about relationships is that it's constantly moving. Relationships are, it's an organism. It's its own thing. It's constantly shifting and constantly moving. There's a lot that's transpired in the last two years, and so we've been doing some really heavy-duty work together." ANI