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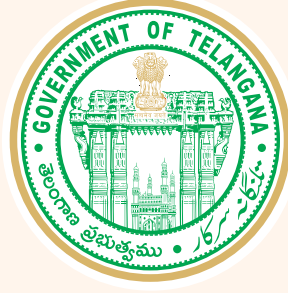
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Rupee falls to record 83.02, imported inflation is now a worry

ENS ECONOMIC BUREAU
MUMBAI, OCTOBER 19

HIT BY rising global inflation and strengthening dollar, the rupee breached the 83 level to close at a fresh low of 83.02 against the US dollar on Wednesday amid large dollar demand from corporates and oil companies, raising the spectre of further rise in imported inflation.

The rupee closed 66 paise down as compared to previous close of 82.36 against the greenback. With this, the Indian currency has fallen nearly 12 per cent in the calendar year 2022. Domestic equity markets, though, ended positive, with the benchmark BSE Sensex up

CONTINUED ON PAGE 6

EXPLAINED **Forex reserves provide cushion**

WHILE RUPEE depreciation will add to the import bill, and also adversely impact prices, robust forex reserves continue to provide some cushion.

AN EXPRESS INVESTIGATION

World Cup kicks off in a month, spare a thought for these men

No compensation, say families of Indians who died in Qatar working on projects linked to FIFA World Cup

MIHIR VASAVDA
MUMBAI, KARIMNAGAR (TELANGANA), OCTOBER 19

EXACTLY A month from now, as the football World Cup begins, all eyes will be on the glittering 60,000-seat Al Bayt stadium in Doha, an architectural marvel that, in its nomadic tent-like frame, pays tribute to Qatar's past and future.

In its shadow, however, will be the stories of those migrant workers from India who poured into the Gulf state to turn this unlikely desert destination into a global football hub and returned home to their families in villages from Bihar to Punjab and Telangana — in coffins.

Over eight months, *The Indian Express* investigated official records, interviewed job



Al Bayt Stadium in Doha will host opening match Nov 20

agents, migrant welfare activists and local officials across the country, and filed Right to Information applications to track

CONTINUED ON PAGE 6

Doha responds: Some progress in reforms, long journey ahead

MIHIR VASAVDA
MUMBAI, OCTOBER 19

THE SUPREME Committee for Delivery and Legacy, the Qatari official organisation in charge of delivering the World Cup, has acknowledged that a total of 40 migrant workers from across the world have lost their lives in Qatar since the country was awarded the World Cup in 2010.

Out of these, it classified only three as work-related.

Responding to a questionnaire emailed by *The Indian Express* flagging details of Indian migrant workers who died in Qatar while working on projects or in jobs linked to the World Cup, the Committee said: "We acknowledge that there remains a long journey ahead, and we are committed — with our partners

CONTINUED ON PAGE 6

THAROOR GETS OVER 11% VOTES

Kharge new Cong chief; he will decide my role: Rahul

Fight attack on Constitution, democracy: Kharge to party

MANOJ CG
NEW DELHI, OCTOBER 19

THE CONGRESS presidential election result on Wednesday was not unexpected, but did throw up a minor surprise. While Mallikarjun Kharge won 7,897 votes (84.14%) to become the first non-Gandhi party chief in 24 years, Shashi Tharoor surprised many by polling 1,072 votes (11.42%).

Of the total 9,385 votes, 416 votes were declared invalid.

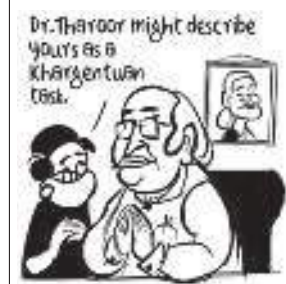
CONTINUED ON PAGE 6



Tharoor greets Kharge, Wednesday. Prem Nath Pandey

BUSINESS AS USUAL

By UNNY



PM unveils Make in India new list: Frigates to SAMs

AVINASH NAIR
GANDHINAGAR, OCTOBER 19

CITING THE induction of the indigenously-built Tejas light combat aircraft, light combat helicopters and aircraft carrier INS Vikrant into the Indian armed forces, Prime Minister Narendra Modi said Wednesday that

CONTINUED ON PAGE 6



PM Modi at DefExpo 2022 in Gandhinagar. PTI



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WEB EXCLUSIVE

EXPLOITS OF KINGSTON: FROM A TN FISHERMAN TO YOUTUBER TO AN ENTREPRENEUR

Kingston who started off with his channel 'Ungal Meenavan Mookkaiyur' now dreams big of opening a chain of seafood restaurants

ENTERTAINMENT

A DECADE OF ALIA: SHE CAN DO IT ALL

Alia Bhatt is one of the most exciting actors working today

TECHNOLOGY

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The Google Pixel 7 marks the return of the company's premium flagships to India

EXPRESS AUDIO

Global Hunger Index, India's G20 Presidency, Umar Khalid's bail plea

NEW EPISODE EVERYDAY

The debate over Global Hunger Index, India's "Cultural track" for G20, and the case against Umar Khalid

CPM drove Tata away from Singur, not me: Mamata

EXPRESS NEWS SERVICE
KOLKATA, OCTOBER 19

CHIEF MINISTER Mamata Banerjee on Wednesday said that she only returned forcibly acquired farmland to the farmers, but it was the CPI(M) which drove Tata Motors away from Singur in Hooghly district.

"There are people who are spreading canards that I have driven away the Tatas from West Bengal. I did not, but it was the CPI(M) that drove them away," she said addressing a 'Bijaya Samilani' in Siliguri.

"I only returned the land to the people that were forcibly acquired by the former Left Front government for Tata Motors' Nano project in Singur. You (CPI(M)) forcibly took land from the people for the project, we returned that land to the people. We have done so many projects, but never taken any land forcibly from anybody. Why should we



do that? There is no dearth of land here," she said.

Opposition parties, however, criticised Banerjee for her statement. Bengal Congress president Adhir Chowdhury said, "She will be the best liar in the world. She has never spoken a single truth in her life. She ruined this state and no industry will ever come here." CPI(M) leader Sujan Chakraborty said, "She will get a D.Litt. for lying. She will now say that Buddhadeb Bhattacharjee sat on a protest to drive the Tatas out of Singur."

Supporting her statement, TMC spokesperson Kunal Ghosh said, "What she has said is absolutely correct. We never protested against any industry."

WITH PTI INPUTS

CBI arrests BSF man in J&K S-I recruitment fraud case

EXPRESS NEWS SERVICE
NEW DELHI, OCTOBER 19

THE CBI has arrested a BSF commandant for allegedly using touts to get his son the question paper of the police sub-inspector recruitment examination, conducted by the Jammu and Kashmir Services Selection Board (JKSSB), the agency said on Wednesday.

The accused, Karnail Singh, a commandant of BSF (Medical), was taken into custody on Tuesday and was produced before the special CBI court in Jammu on Wednesday.

"During the probe, we found that Singh allegedly entered into a conspiracy with touts, and as part of it, arranged a leaked question paper for his son through one of them. The question paper was allegedly provided to him early in the morning on the day of the examination — March 27 — at a house in Gangyal, Jammu," a CBI spokesperson said.

"It is alleged that some other candidates also got the leaked paper at Singh's residence just a few hours before the examination," the spokesperson said.

The CBI has also named Avinash Gupta, owner of a coaching centre in J&K's Akhnoor and a Bengaluru-based firm in the FIR.

Allotting 'flaming torch' symbol: Samata Party's plea dismissed

EXPRESS NEWS SERVICE
NEW DELHI, OCTOBER 19

THE DELHI High Court on Wednesday dismissed Samata Party's plea challenging the October 10 decision of the Election Commission to allot 'flaming torch' as poll symbol to Shiv Sena (Uddhav Balasaheb Thackeray) for the November 3 Andheri East Assembly bypoll.

A single-judge bench of Justice Sanjeev Narula held that Samata Party "failed to demonstrate" that they had a "vested right" in the symbol as the party was derecognised in 2004.

The counsel for Samata Party, Kamlesh Kumar Mishra, said since the party had contested polls on the symbol in 2014, it was incumbent upon the EC to issue a notification before making 'flaming torch' a free symbol and allotting it to any other party.

"Since the petitioner lost the status of a recognised party in 2004, the right, if any, on the symbol would have lapsed after six years in terms of clause 10A of the Election Symbol Order. In such circumstances, the petitioner does not have a right over the symbol. If in 2014 the petitioner did contest, that claim does not give a right in its favour in respect of the symbol in question," court said.

FROM PAGE ONE World Cup kicks off in a month, spare a thought for these men

down the families of migrant workers who died in Qatar while working on projects or in jobs linked to the World Cup.

The newspaper spoke to the families of nine of them, met some at their homes, and found that they have been left in the lurch, struggling to pick up the pieces of their broken lives and battling deepening financial distress. They also had a common complaint: no compensation and a wall of denial from their employers.

In seven of those families, the workers who died were the sole breadwinners. Most of them were men of working age and have been shown as dying mainly due to "natural causes". Three of the nine workers were under 30, including one just 22 years old, and five others under 50. In more than half of these cases, families say, there was no prior medical history, and that they came to know of the deaths through friends or colleagues of the workers in Qatar.

"We were not informed about my husband's death by his employers. I first came to know about his death from a friend in our village who was informed by an acquaintance in Qatar," says Savita Kumar, whose husband Akhilesh (22), a plumber from Sallahpur in Bihar's Siwan, was trying to fit an

underground pipe near a World Cup venue just outside Doha last year when the earth caved in.

Akhilesh was one of the two Indian workers who died in that incident. The other was 32-year-old Jagan Surukanti from Mallapur in Telangana. "I only know that my son went there fully fit," says Jagan's father Rajareddy, 59, fighting back tears. "And he returned in a box."

The *Indian Express* traced eight of the nine employers involved to ask about their norms for compensation and support for the affected families. Seven of them did not respond while one could not be reached either by email or phone.

Contacted by *The Indian Express*, the Supreme Committee for Delivery and Legacy, the Qatari official organisation in charge of delivering the World Cup, flagged a total of "three work-related fatalities and 37 non-work-related deaths" of workers from across the world in projects linked to the tournament.

Responding to an RTI query from *The Indian Express* on the number of fatalities among Indian workers linked to World Cup projects since Qatar won the rights to host the tournament in 2010, the Indian Embassy in Doha said in May 2022: "Information is not

available with the Embassy of India, Doha."

The Embassy did not respond to a questionnaire emailed by *The Indian Express* on Tuesday listing the nine workers it had tracked down along with the passport numbers of eight of them.

FIFA, football's world governing body, did not respond to queries from *The Indian Express* seeking comment on the deaths of Indians working on World Cup projects in Qatar. In May, *Associated Press* quoted Gianni Infantino, the president of FIFA, as saying that only three people have died on World Cup construction sites.

Lok Sabha records show that 72,114 workers from India reached Qatar in the last three years alone, from 2020 to July 2022. And, according to the Ministry of External Affairs, 3,313 Indian citizens lost their lives in Qatar from 2011 to May 2022.

Asked by *The Indian Express* whether the deaths of Indian workers during this period in Qatar can be linked to the World Cup, Bheem Reddy Mandha, president of Emigrants Welfare Forum and a member of the Migrant Forum in Asia, says, "Naturally. Because the World Cup is the major contract. Everything is related. Before leaving (for Qatar), the person is healthy. After going there, people, including those below 40 years, are dying, many because of cardiac arrest. It's a serious question."

Back in the workers' homes, meanwhile, it's the same story on loop—from the unfinished home of 49-year-old Ramesh Kalladi who left behind a trail of poverty and debt to the village of 25-year-old Padam Shekar whose first job as a delivery boy for a World Cup sponsor turned out to be his last.

"We received two months' outstanding wages. No compensation," says Ashique (24), whose father Abdul Majid (56) died in July 2020. Majid, from Dharpally in Telangana, was a heavy vehicle driver engaged by Trey Trading Company in Doha to ferry labourers to work sites.

"Very coldly, they said my husband had died after suffering a cardiac arrest and they would transport the body within a week. They just sent the salary that was owed, around Rs 24,000. There was no mention of compensation," says Latha Bollapally from Mendora village in Telangana, whose husband Madhu succumbed to "heart failure" on November 17, 2021.

Latha now works as a beedi roller and her 22-year-old son Rajesh is a daily wage labourer.

According to a Human Rights

● Kharge new Congress chief; he will decide my role, says Rahul

The over 11% vote share that Tharoor got reflects the vote for change in the party.

Tharoor was among the first to reach Kharge's residence to congratulate him. Outgoing Congress president Sonia Gandhi and her daughter and AICC general secretary Priyanka Gandhi Vadra too drove to Kharge's 10, Rajaji Marg home to wish the party president-elect.

Prime Minister Narendra Modi took to Twitter to wish Kharge. "May he have a fruitful tenure ahead," he tweeted.

Rahul Gandhi, who was in Andhra Pradesh on Wednesday for his Bharat Jodo Yatra, spoke to Kharge over phone. Asked what role he and his mother would play now, Rahul said: "...my role, of course I cannot comment on Congress president's role... that is for Mr Kharge to comment on. I am very clear as far as my role is concerned. The Congress president will decide my role and how I am to be deployed."

Asked whether that applied to Sonia as well, he said: "That you have to ask Khargeji and Sonia Gandhiji. But as far as the Congress party is concerned, the final authority is the Congress president and we will have a new president,

and that gentleman will decide exactly how the Congress party moves forward." Several senior leaders, including Rajasthan Chief Minister Ashok Gehlot, reached Kharge's residence to congratulate him. Rahul and Priyanka also tweeted congratulatory messages to Kharge but made no mention of Tharoor.

The 80-year-old veteran — the second leader from the Dalit community after Jagjivam Ram to become Congress president post-independence and the sixth leader from the South to helm the party in the last 75 years — has the onerous task of injecting fresh life into the grand old party and reviving it electorally. He will formally assume charge on October 26.

On Wednesday, he made all the right noises after his victory. He thanked Sonia for providing leadership to the party, saying her tenure at the Congress helm will be etched in history, appealed to party workers and people to join Rahul's ongoing yatra, and argued that the biggest problem that India is facing today is price rise, unemployment, widening gap between the rich and poor, and the hatred being spread by the government.

"We will continue to look to

them (Sonia and Rahul) for their guidance," said Kharge. "We all have to work together like workers. No one is superior, no one is inferior. We are all equal. Together, we have to fight against the attack on the Constitution and the conspiracy to destroy democracy. We have to fight against the fascist forces who, under the guise of communalism, are attacking every democratic institution of the country. We will strengthen the organisation and we will face these challenges," he said.

He said the Modi government was all talk and no action. "Empty vessels make the most noise... it is our belief that this nation cannot be sacrificed on the whims and fancies of a dictator. Together, we have to defeat the destructive forces... You have proposed your trust in me... made a person who was born in a poor family the president of the Congress... I will meet your expectations," he said.

As the results became clear, Tharoor congratulated Kharge and thanked the PCC delegates who had supported him. "The decision of the party delegates is final and I accept it humbly. It is a privilege to be a member of a party that allows its workers to choose their president," he said.

But the election was fought bitterly to the last day, with the Tharoor camp raising concerns several times. Even on the eve of counting, they wrote to Madhusudan Mistry, head of the party's election authority, pointing out "extremely serious irregularities" in conducting the elections in Uttar Pradesh. They demanded that the votes from UP be deemed invalid. Mistry, while announcing the results, said the charges have "no basis".

Addressing a press conference, Tharoor, the Lok Sabha MP from Thiruvananthapuram, said he was never a candidate of dissent, but for change. "It was never about one individual... My only wish is to see a strong Congress which is important for India's strength. I fought the election in that spirit," he said.

Asked whether the votes he received reflected dissent in the Congress cadre, he said: "I didn't pitch myself as a candidate of dissent. I pitched myself as a candidate for change. And change not in the ideology or the direction of the party but in the manner in which we do our regular work. And I did feel that there is a need for opening up access to the workers in the party..."

BJP leader seeks blessings of rape convict Dera chief

EXPRESS NEWS SERVICE
CHANDIGARH, OCTOBER 19

HARYANA'S SIRSA-BASED Dera Sacha Sauda's chief Gurmeet Ram Rahim Singh, a convict for rape of his two women disciples and also on murder charges of a journalist and hatching conspiracy of murder of the Dera's former manager, who is out on a 40-day parole from Rohtak's Sunaria jail, has started holding online discourses (Satsang) for his followers. He is currently staying at his Baghpat based Ashram in Uttar Pradesh.

While interacting with his followers online Tuesday, BJP leader and former Kamal Mayor Renu Bala Gupta was among the followers who interacted with him and sought his blessings ad-



dressed him as 'Pita ji'. The Dera chief calls all his followers his children, irrespective of their age.

The panchayat polls and Adampur bypoll are the two political events scheduled to happen in Haryana in the coming days.

Karnal is also the constituency that Haryana chief minister Manohar Lal Khattar represents. However, both the chief minister and Haryana's power-cum-prisons minister Ranjit Singh had called Dera chief's release on parole as a "routine procedure" and a "legitimate right of a convict".

● PM unveils Make in India new list: Frigates to SAMs

decisions to induct 'Make in India' products were not because of "political will", but due to the "courage" shown by the leadership of the armed forces.

"Change is happening very quickly. There was a time in this country when pigeons used to be released. Now we have the power to release cheetahs," Modi said in his inaugural address at the DefExpo 2022 in Gandhinagar.

The 'Fourth Positive Indigenisation List' of 101 items announced by the PM includes next generation frigates, surface-to-surface missile Pralay and shipborne unmanned aerial systems.

The Ministry of Defence said it will facilitate a conducive environment and render all possible support to the industry to ensure that the timelines mentioned in the 'Fourth Positive Indigenisation List' are met.

Items in the list with effect from December 2022 are next generation frigates, mobile disaster relief equipment for humanitarian assistance and disaster relief (HADR) operations, and remote embedded systems support for naval ships.

Nine items with effect from December 2023 include ILMEN-GUVK gyro system for Kamov helicopters, full motion simulator for LCA, bulletproof security vehicle for IAF, and 76.2 mm high explosive plugged cartridges for naval applications.

Effective December 2024, the items include fleet support ship for Navy, mine countermeasure vessel, naval hospital ship, main and nose wheels for Jaguar, IL-76, IL-78, LCA, MiG-29, Mi-17 and batteries for AWACS and Hawk aircraft.

All items included in the list will be procured from indigenous sources as per provisions in the Defence Acquisition Procedure 2020 and will provide "continuous impetus towards self-reliance in defence".

The Ministry of Defence had earlier promulgated three such indigenisation lists which comprised 310 items. These lists were

made public in August 2020, May 2021 and April 2022.

Of the 101 items in the fourth list, 75 items are to be indigenised between 2025 and 2032. These include long range UAV (HALE), medium range reconnaissance aircraft, long range anti-ship missile for ships, 30 mm naval surface guns, shipborne unmanned aerial system, automatic missile detection radar for ships, landing platform dock and surface-to-surface missile Pralay.

Via virtual mode Wednesday, the Prime Minister also laid the foundation stone for a new IAF air base at Deesa in north Gujarat.

"The construction of Deesa airfield is a big achievement for the security of the country and development of the region. Deesa is just 130 km from the international border. If our forces, especially the IAF, is at Deesa, then we can give a befitting reply to any recklessness on the western border," he said.

The Gujarat government, he said, had given land for the airfield way back in 2000.

● Re falls to 83.02, imported inflation is now a worry

0.25 per cent and the broader Nifty up 0.14 per cent.

The pressure on the rupee was primarily on account of broad dollar strength as investors turned risk averse with growing uncertainty related to Russia-Ukraine war. The dollar index was up 0.8 per cent to 112.9. The surge in inflation in developed economies like the US and the UK have increased the prospects for policy rate hikes in these countries. This could put further downward pressure on the rupee and increase imported price inflation, Fitch Ratings said.

As India has a trade deficit, the weakening rupee is expected to add to the import bill and the overall price levels in the country. While retail inflation hit 7.4 per cent in September, the RBI had said in its 'State of the economy' report that the fight against inflation will be dogged and prolonged as the monetary policy operates with long and variable lags.

On the other hand, the Indian market has been witnessing out-

5 MEN BOOKED

Raped, assaulted, dumped on road, woman in hospital

EXPRESS NEWS SERVICE
GHAZIABAD, OCTOBER 19

A 38-YEAR-OLD woman from Delhi was allegedly gangraped and assaulted by a group of men in Ghaziabad for two days and then left on the roadside, early on Tuesday, prompting the Delhi Commission for Women (DCW) to issue a notice to the Ghaziabad police.

Police have named five accused — Deenu, Shahrukh, Javed, Dhola and Aurangzeb — in the FIR. They have taken four people into custody for questioning and claimed the accused and the victim's family were involved in a property dispute.

According to police, the woman was found at 3.30 am Tuesday. Police reached the spot after receiving information that a woman was lying on the ground near a police station, and rushed her to a Delhi hospital.

"She said she had gone to her brother's birthday party. When her brother dropped her, some people known to her took her away. She said there were two people and then told us later that five people had raped her," Ghaziabad SP (City) Nipun Agarwal said.

"Based on her brother's complaint, a case has been registered and four people were taken into custody. There is seemingly a property dispute between the family and those men in which a court case is also ongoing. Action is being taken," Agarwal said.

DCW chief Swati Maliwal had issued

a statement alleging that the woman was brutally assaulted and an iron rod had been inserted into her private parts. Hospital officials said the woman's condition was stable and that a foreign object 5-6 cm in length had been removed and sent to the police forensic team.

The woman's brother alleged, "My sister brought food to my home in Ghaziabad for my birthday party on October 16. After the party, I dropped her near my home from where she took a tempo to reach home. The tempo driver dropped her on the side of the road, saying he would come back and pick her up after getting more passengers. Meanwhile, four men came in a Scorpio. They abducted her at gunpoint and took her to some unknown place and, along with a fifth person, raped her... then they left her on the road, tied up in a sack. They are known to my sister; there is a property dispute between our families regarding an old house which has been going on for a long time... she had also received a threatening call two days before the incident to drop the case."

He added, "My sister works as a nursing staff member in a Delhi hospital... she raised her children alone after her husband left her. We don't want anything except justice for her."

He said doctors had told him his sister would remain under observation for another two-three days.

Police said a case has been filed under sections 342 (wrongful confinement) and 376d (gangrape) of the Indian Penal Code.

Indian vs Nigerian students: UGC seeks report from Gurgaon varsity

Gurgaon: Days after tensions flared between Indian and Nigerian students at GD Goenka University in Gurgaon and police registered cross FIRs against the two groups for allegedly thrashing each other, the University Grants Commission (UGC) has sought a report from the university and directed it to take measures to ensure such incidents do not occur in future.

A letter from a UGC official to the vice-chancellor of the university Tuesday read,

"It has come to the notice of the University Grants Commission through media that there were clashes between Nigerian and local students on the campus of the university, which is causing tension among the students. You are requested to urgently take appropriate action on the issue and send a detailed report to the Commission. Please take suitable measures to ensure that such incidents are avoided in the future." ENS

Conman Suresh says can't sit cross-legged wants chair in jail, court junks plea

EXPRESS NEWS SERVICE
NEW DELHI, OCTOBER 19

A DELHI court dismissed an application moved by alleged conman Suresh Chandrashekar to be provided with a chair while meeting his family members claiming that he can't sit cross-legged as per his medical reports, when the prosecutor showed CCTV images of him sitting cross-legged for hours watching television, among other things.

Advocate Mayank Tripathi, who appeared for Suresh, had moved an application before Special Judge Sanjeev Kumar Malhotra to direct the jail superintendent to allow the applicant to sit on a stool or chair during family mulakat, as per the suggestion of an orthopaedic specialist.

Tripathi had argued that "as per the medical report of applicant, the doctor concerned has advised him not to squat or bend forward, but the jail authorities forced the applicant to sit in cross-legged position during family mulakat."

A medical report mentioned that the applicant "may be allowed to sit on the floor with folded legs in Vajrasana/Sukhasana position".

The court dismissed Suresh's application stating that it was devoid of any merits.

The Additional Public Prosecutor appearing on behalf of the state, Vikash Kumar, annexed photographs of CCTV footage showing Suresh "sitting in cross-legged position on his floor bedding in his cell for hours doing various activities like reading, writing, watching TV etc. and during the family mulakat."

The APP also alleged that the applicant used to threaten and pressure staff of jail number 16 to allow him to sit on chair and stool.

Patel Nagar MLA is Gautam's replacement in Kejriwal's cabinet

EXPRESS NEWS SERVICE
NEW DELHI, OCTOBER 19

A DAY after president Droupadi Murmu accepted former Social Welfare Minister Rajendra Pal Gautam's resignation, the AAP government has announced Patel Nagar MLA Raj Kumar Anand as its newest minister. Towards this end, CM Arvind Kejriwal has written to L-G VK Saxena.

"I have written a letter to the L-G to make Raj Kumar Anand the new minister,"

Kejriwal told reporters during a press conference. The portfolio will be allotted after the L-G's approval of the CM's recommendations. However, party members said he will be given the portfolio of the social welfare ministry. "I am grateful to CM Kejriwal for considering me for this post and I will live up to his expectations and work for the betterment of people and the development of the city," Anand told *The Indian Express*.

Anand joined AAP after its formation in 2011-2012, before which he was associated with the anti-corruption movement.



Dr H S Chhabra
Spine Surgeon, Chief
MBBS, MS, New Delhi

KEEP YOUR BONES YOUNG AS YOU AGE

As age catches up, a condition called **Osteoporosis** develops that causes **porous and weak bones**, increasing the risk of fractures. Osteoporosis develops gradually, and individuals may not realize they have it until they suffer a fracture as a result of a minor incident, such as a fall. **Bone density peaks in a person's late twenties and begins to decline after the age of 35.** Bone breaks down faster than it rebuilds as a person ages. If the decline starts at an early age or if break down occurs faster, osteoporosis may develop.

It can affect both men and women, but it is **more common in women after menopause** due to the sudden decrease in estrogen. Estrogen usually protects women from osteoporosis. Only sign or symptom that the affected individual may develop is **low**

Issued in public interest by Alkem Laboratories Ltd.

back pain or joint pain which often goes unnoticed. Several risk factors for osteoporosis have been identified. Some are modifiable like **sedentary lifestyle, excessive alcohol consumption and tobacco use**, but others cannot be avoided like **old age, female gender, genetic risk factor like low BMI.**

People may also notice a decrease in height or that their clothes no longer fit as well as they did previously. Treatment aims to slow or prevent the progression of osteoporosis, maintain healthy bone mineral density and bone mass, prevent fractures, reduce pain, and maximize the person's ability to do their daily activities without pain.

Preventive lifestyle changes, dietary supplements like calcium & vitamin D3, and specific medications can help people who are at risk for osteoporosis and fractures reach these outcomes. **Calcium is essential for bone strength.** Post menopause women should consume at least **1000mg calcium daily.** **Vitamin D** also plays a key role in preventing osteoporosis as it **helps the body absorb calcium.** Doctors may also prescribe medications to prevent future bone loss and reduce the risk of fractures.

ADVERTORIAL

ADVERTORIAL

Nutrition and bone health

Proper dietary calcium intake is important for bone development and metabolism and its requirement can vary throughout life



Dr. Kunal Shah
MS - Orthopaedics, DNB (Orthopedics)
Orthopedic Doctor, Mumbai

Adequate dietary phosphorus (P) is essential for building bone since bone mineral is predominantly calcium phosphate. Milk and dairy products are nutrient-dense foods, supplying energy and high-quality protein with a range of essential micronutrients (especially calcium, magnesium, potassium, zinc and phosphorus) in an easily absorbed form, a synergistic effect of other nutrients in milk (e.g., calcium, protein, potassium, magnesium) may improve absorption of dairy Calcium. In comparison to milk calcium supplements reduce its absorption but supplements that contain phosphorus (e.g., tricalcium phosphate, dicalcium phosphate) maintain strong bones and reduce the risk of osteoporosis.

Bone strength is very essential in maintaining balance and posture, there are different possible ways to enhance bone strength such as eating a healthy diet, proper exercise, and restricting the use of tobacco and alcohol. Hence it is important to consult the doctor for

a regular check-ups and monitoring of bone health. Nutrients intracellular and extracellular physiological processes play a role in intracellular and extracellular physiological processes.

The bones are the reservoir for calcium. Minerals such as zinc are required for bone mineralization, boron is also effective for healthy bone and joint function, and it reduces the excretion of calcium by 44%, copper is required for maintaining bone health. A diet low in calcium leads to reduced bone density, bone loss, and an increased risk of fractures. Bone loss is also a part of aging. Calcium prevents bone loss during pregnancy after 35 years of age in women. Women with low peak bone mass may experience pregnancy-induced osteoporosis, hence extra calcium is needed.

Vitamin D also known as the sunshine vitamin regulates maintains growth and remodeling of bone. It regulates calcium homeostasis, deficiency of vitamin D results in thin and brittle bone. Vitamin D has direct action in diabetes, it prevents rickets in pregnancy, and reduces the risk of osteoporosis in menopausal women. Magnesium is important for the normal functioning of the parathyroid gland, deficiency of magnesium leads to hypocalcemia. Magnesium is also needed for the formation of hard tooth enamel. Phosphorus is important for the formation of bones and teeth. So, strengthen your backbone for your wishbone to be stronger.

Issued in Public Interest by Meyer Vitabiotics Ltd.

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EXTRACT OF STANDALONE FINANCIAL RESULTS FOR THE QUARTER ENDED 30TH SEPTEMBER, 2022

Particulars	₹ Crores		
	Quarter ended 30.09.2022	Quarter ended 30.09.2021	Year ended 31.03.2022
	Unaudited (Restated)	Unaudited (Restated)	Audited
1 Total income from operations	422.38	350.13	1,425.35
2 Net Profit for the period before tax	30.30	73.04	248.79
3 Net Profit for the period after tax	24.22	46.37	175.28
4 Total comprehensive income	24.22	46.18	174.88
5 Paid-up equity share capital (Face value of ₹ 10 each)	1,379.48	1,045.11	1,045.11
6 Reserve excluding revaluation reserve	7,161.73	139.78	256.93
7 Net worth	8,541.21	5,079.89	5,197.03
8 Outstanding debt	10,244.75	6,702.96	9,585.40
9 Debt equity ratio	1.20	1.32	1.84
10 Basic Earnings Per Share (₹)	0.20	0.44	1.68
11 Diluted Earnings Per Share (₹)	0.20	0.44	1.68
12 Debenture redemption reserve	99.05	99.05	99.05
13 Debt service coverage ratio *	1.15	1.95	1.57
14 Interest service coverage ratio *	1.17	1.63	1.48

Notes:
1. The above results were reviewed by the Audit Committee and approved by the Board of Directors at its meeting held on 18th October, 2022.
2. The above is an extract of the detailed format of quarterly financial results filed with the Stock Exchange under Regulation 52 of the SEBI (Listing and Other Disclosure Requirements) Regulations, 2015 (as amended). The full format of the quarterly financial results is available on the website of the stock exchange www.nseindia.com and on the Company's website www.tatapowerrenewables.com.
3. For other line items referred in Regulation 52(4) of SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015, pertinent disclosures have been made to the National Stock Exchange and can be accessed on URL www.nseindia.com.
* In Case of quarterly numbers, Ratios have not annualised.

Place: Mumbai
Date: 18th October, 2022

For and on behalf of the Board of Directors
Dr. Praveer Singh
Chairman

China blocks proposal by India, US at UN to blacklist LeT chief Hafiz Saeed's son

YOSHITA SINGH
UNITED NATIONS, OCTOBER 19

CHINA ON Wednesday put a hold on a proposal by India and the US at the United Nations to blacklist Pakistan-based militant Hafiz Talah Saeed, son of Lashkar-e-Toiba (LeT) chief Hafiz Saeed—the mastermind of the 26/11 Mumbai terror attacks—in the second such move in two days.

In April this year, the Indian government declared Hafiz Talah Saeed, 46, who is the head of LeT's cleric wing, a terrorist.

In a notification, India's Home Ministry had said that Hafiz Talah Saeed has been actively involved

in recruitment, fund collection, and planning and executing attacks by the LeT in India and Indian interests in Afghanistan. He has also been visiting various LeT centres across Pakistan, and during his sermons propagating for jihad against India, Israel, the US and Indian interests in other western countries, it had stated.

It is learnt that China placed the hold on the proposal under 1267 AI Qaeda Sanctions Committee of the UN Security Council.

This is the second time in two days that Beijing put a hold on the bid submitted by India and the US to designate a Pakistan-based terrorist as a global terrorist. On Tuesday, it put a hold on a pro-

posal by India and the US to list Pakistan-based LeT leader Shahid Mahmood as a global terrorist.

Beijing placed a hold on the proposal to designate Mahmood, 42, as a global terrorist under the 1267 AI Qaeda Sanctions Committee of the UN Security Council.

The US Department of Treasury had designated Mahmood as well as another LeT leader, Muhammad Sarwar, in December 2016 as part of action "to disrupt Lashkar-e-Tayyiba's (LeT) fundraising and support networks".

According to information on the US Department of the Treasury's website, Mahmood

"has been a longstanding senior LeT member based in Karachi, Pakistan, and has been affiliated with the group since at least 2007. As early as June 2015 through at least June 2016, Mahmood served as the vice chairman of Falah-i-Insaniyat Foundation (FIF), a humanitarian and fundraising arm of LeT". In 2014, Mahmood was the leader of FIF in Karachi. In August 2013, Mahmood was identified as a LeT publications wing member, the website said.

This is the fifth time in four months that China has put a hold on listing proposals to designate Pakistan-based terrorists under the 1267 AI Qaeda Sanctions Committee regime. **PTI**

Militant held for grenade attack on migrants killed

BASHAARAT MASOOD
SRINAGAR, OCTOBER 19

A DAY after he was arrested for his alleged involvement in the grenade attack in which two migrant workers were killed in Shopian on Monday night, Imran Bashir Ganaie, a "hybrid militant", was killed on Wednesday morning.

Police said Ganaie was killed when some militants opened fire on security forces during a raid on a militant hideout at Nowgam village of Shopian, about 13 km from Hermain village where he was arrested.

"Based on disclosures of arrested hybrid terrorist and in continuous raids by police and security forces, another contact has been established between terrorists and SFs (security forces) at Nowgam, Shopian, in which hybrid terrorist, namely Imran Bashir Ganaie, (was) killed by firing of another terrorist," J&K Police said in a tweet.

According to police, hybrid militants are those who are not in their records, but are associated with militancy. Police said "incriminating materials, arms and ammunition have been recovered from the hideout/ site of contact", and the search operation in the area was still going on.

On Tuesday, police had identified Ganaie as the "hybrid mil-

Police said Imran Bashir Ganaie was killed when some militants opened fire on security forces during a raid

itant" who threw the grenade inside the tin shed where migrant workers were sleeping, in Hermain village of Shopian district late on Monday night. Two migrants, Ram Sagar (50) and Manish Kumar (40), both from Kannauj district of Uttar Pradesh, were killed in the attack.

Additional Director General of Police, Kashmir, Vijay Kumar had said that Ganaie, a resident of Hermain village, was arrested hours after the attack, and he had "confessed". His associate was also picked up on Tuesday morning, police said, but did not name the second militant.

Raising questions over Ganaie's death, former chief minister and PDP president Mehbooba Mufti tweeted: "Using dubious nomenclature— hybrid militant & chance encounter - to justify civilian killings has become the norm in Kashmir. Imran Ganaie arrested by the police & then killed in their custody allegedly by another militant defies logic & deserves a thorough investigation."

No cause can justify terrorism: UN chief

EXPRESS NEWS SERVICE
MUMBAI, OCTOBER 19

UNITED NATIONS Secretary General Antonio Guterres on Wednesday said that no cause justifies terrorism and fighting terrorism should be the global priority of every country.

Guterres is on an official visit from October 18-20.

During his first India visit, Guterres also paid homage to martyrs of 26/11 terrorist attack in Mumbai at the Hotel Taj in South Mumbai, one of the targets of the attack which saw death of over 166 individuals. He was joined by Maharashtra Chief Minister Eknath Shinde, Deputy CM Devendra Fadnis, and Chief Secretary Manu Kumar Srivastava.

"Terrorism is an absolute evil and has no place in today's world. No cause, no incident can justify terrorism," Guterres said while



UN Secretary General Antonio Guterres pays tribute at the 26/11 memorial in Mumbai on Wednesday. MEA

speaking at the event. "One of my first acts after becoming the Secretary General was to establish the office of counter terrorism which cooperates with, guides, and prepares countries in the fight against terrorism," he said.

"I feel deeply moved to be here, wherein one of the most

Guterres also delivered a talk at IIT-Bombay. "The Indian model of plurality is based on a simple but profound understanding: diversity is a richness that makes your country stronger," he said.

Acknowledging that this understanding is the birth-right of every Indian, Guterres said, "but it is not a guarantee," and urged it to be nurtured and strengthened "by practising the values of [Mahatma] Gandhi, securing and upholding rights and dignity of all people; especially the most vulnerable. Taking concrete action for inclusion...condemning hate speech, and ensuring continued independence of India's judiciary."

He also spoke about the importance of protecting rights and freedoms of journalists, human rights activists, students and academics. "India's voice on the global stage can only gain in authority and credibility from a strong commitment to inclusivity and respect for human rights at home."

Denied US visit to receive Pulitzer: J&K journalist

BASHAARAT MASOOD
SRINAGAR, OCTOBER 19

SANNA IRSHAD Mattoo, a Pulitzer winning Kashmiri photojournalist, was barred from leaving the country Tuesday. Mattoo was on her way to the United States to attend the Pulitzer award ceremony in New York on Thursday.

This is the second time Mattoo was stopped at the Indira Gandhi International Airport. In July, she was barred from travelling to France to attend a book launch and a photography exhibition.

"I was on my way to receive the Pulitzer award (@Pulitzerprizes) in New York but I was stopped at immigration at Delhi airport and barred from traveling internationally despite holding a valid US visa and ticket," Mattoo tweeted on Tuesday.

Mattoo works as a photojournalist for Reuters. She won the 2022 Pulitzer prize in feature photography along with three other Reuters photographers for their coverage of Covid second wave in India. While Mattoo says she was not given any reason for being stopped at the immigration, sources in J&K Police say she, along with several other journalists from the Valley, has been put on the no-fly list by government. Sources say government has prepared a long list of journalists, activists and academicians who have been put on exit control list.

CONSPIRACY TO DISRUPT PM'S JAMMU VISIT

NIA files chargesheet against JeM chief Masood Azhar, 11 others

EXPRESS NEWS SERVICE
JAMMU, OCTOBER 19

THE NATIONAL Investigation Agency (NIA) here on Wednesday filed a chargesheet against Jaish-e-Mohammad chief Masood Azhar and 11 other militants hailing from Jammu and Kashmir and Pakistan for hatching a conspiracy to carry out suicide attack on security forces and other vital installations in Jammu so as to disrupt Prime Minister Narendra Modi's scheduled visit to Pali village in Samba district on April 24.

Apart from Azhar alias Matulana of Karachi's Bahawalpur, other Pakistani militants named in the chargesheet include Rouf Asgar Alvi @ Abdul Rouf Asgar of Bahawalpur; Mohammad Musdaiq @ Doctor @ Abdul Manan @ Wahid Khan of Shakargarh-Sialkot; Shahid Latif @ Chhota Shahid @ Noor Al Din of Gujranwala and Masood Ilyas Kashmiri @ Abu Mohammad.

Names of two Pakistani militants who were killed in encounter with police and security forces in Jammu's Sunjwan area, too, figure in the chargesheet. However, the charge against them stand abated. The remaining accused are militants hailing from



JeM chief Masood Azhar

Kashmir, including Shafeeq Ahmad Sheikh (Pulwama); Bilal Ahmad Wagay (Anantnag); Mohd Ishaq Chopan (Anantnag); Abid Mushtaq Mir (Pulwama), and Asif Ahmad Sheikh (Tral).

A case in this regard was initially registered on April 22 at Bahu Fort police station and re-registered by the NIA on April 26 with regard to the conspiracy to disrupt the scheduled PM Modi visit to Pali village. According to NIA, two Jaish-e-Mohammed militants infiltrated into India ahead of the PM's visit through a cross-border tunnel in Chak Faqira for carrying out a suicide attack on security forces and other vital installations in Jammu.

The movement of the said terrorists was intercepted by the security forces and both terrorists were killed in an encounter in Sunjwan area, it added.

24-yr-old ISIS operative held from Varanasi

EXPRESS NEWS SERVICE
NEW DELHI, OCTOBER 19

THE NATIONAL Investigation Agency (NIA) Wednesday conducted raids at two locations in Varanasi and Delhi in connection with ISIS 'Voice of Hind' module case and arrested a 24-year-old "highly radicalised" man, who, the agency said, was engaged in recruitment of Indian youths on behalf of the ISIS for waging war against the Indian State.

"The arrested man, Basit Kalam Siddiqui of Varanasi, was indulging in content creation, publication and dissemination of ISIS propaganda through 'Voice of Khorasan' magazine. On directions of his ISIS handlers in Afghanistan, he was trying to fabricate explosives and gaining knowledge on use of other lethal chemical substances for making IEDs. He was imparting training in making of explosives, through several Telegram groups, for carrying out terrorist attacks. He was preparing to go to Khorasan for joining ISIS terrorists in combat," an NIA spokesperson said.

During searches, NIA seized incriminating articles such as handwritten notes related to fabrication of explosives, cell-phones, laptops, and pen-drives. "The case was registered suo motu by the NIA on July 29 last year," the spokesperson added.

HARYANA STATE COUNCIL FOR SCIENCE, INNOVATION & TECHNOLOGY (HSCSIT)

Bays No. 35-38, Sector 2, Panchkula, Ph.0172-2563439

Online Research & Development Project proposals for the year 2022-23 are invited in the field of Science & Technology having immediate socio-economic relevance to the people of Haryana. Detailed guidelines and procedure for submitting the project proposals are available at <http://dstharyana.gov.in>.

Secretary, Executive Committee

13359/Hry

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Regional Office, Mauryalok Complex, Patna-1

POSSESSION NOTICE [UNDER RULE 8 (1) OF SECURITY INTEREST (ENFORCEMENT) RULES, 2002]

Notice is hereby given under the Securitization and Reconstruction of Financial Assets and Enforcement of (Security) Interest Act, 2002 (54 of 2002), and in exercise of the power conferred under sub-section (12) of section 13 read with [rule 3] of the Security Interest (Enforcement) Rules 2002. The Authorized Officer issued a Demand Notice on the dates noted against account as mentioned herein after, calling them to repay the amount within 60 days from the date of receipt of the said Notice. The borrower/guarantor having failed to repay the amount, notice is hereby given to the under noted borrower/guarantor and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him under Sec. 13(4) of Section 13 of Act read with Rule 8 of the said Rules on the date mentioned against account. The borrower/guarantor in particular and the public in general is hereby cautioned not to deal with the property and any dealing with the property will be subject to the charge of Central Bank of India for the amount and interest thereon mentioned against account herein below. The borrower's attention is invited to provisions of sub-section (8) of section (13) of the Act, in respect of time available to redeem the secured assets.

Name of the Branch	Name of the Accounts/Borrowers/Guarantor	Name of the owner & Description of the property mortgaged	Date of Demand Notice	Date of Possession Notice Affixed	Amount outstanding as on date of Demand Notice	Amount outstanding as on date of Possession Notice
Rajendra Nagar, Patna	Borrowers: M/s Shiv Shakti Agro Food Products Prop. Mrs. Amrita Sharma	All that part and parcel of immovable property (Land / Building) in the name of Sri Surajdeo Singh S/o Late Tirveni Singh, Sri Shashibhushan Prasad Singh S/o Sri Surajdeo Singh, Sri Udai Singh S/o Late Bachchu Singh, Sri Sanjay Kumar S/o Sri Udai Singh at Baikapur, P.S & P.O-Khusurpur, Patna, Pin-803202 and Smt. Amrita Sharma Prop. M/s Shiv Shakti Agro Food Products. Description of the immovable property (Land & Building): Registered Mortgage Deed No.-6185 dated 30.07.2015, Area-60 Decimal area along with easement right on 20 feet wide private road passing through north-west corner of the combined plot. Location: Mauza-Baikapur, PS-Khusurpur, Sub division & Sub Registry Office-Patna City, District-Patna. Property details: Khata No. 857 & 860, Thana No.135, Survey Plot No.2869(Part) & 2867(Part). Boundary: North-20ft wide Private Road thereafter Badri Yadav and Lessors, South-Ram Pravesh Sing alias Rai Ji, Fakira Tatba, Pandit Singh, Fonu Singh and others East-Lessors, West-Road.	30.05.2022	15.10.2022	Rs. 83,19,182.84/- (Rupees Eighty three lakh nineteen thousand one hundred eighty two and paise eighty four only) with future Interest and incidental charges w.e.f 30.05.2022	Rs. 83,19,182.84/- (Rupees Eighty three lakh nineteen thousand one hundred eighty two and paise eighty four only) and interest thereon.

Date : 15.10.2022
Place : Patna

Authorised officer
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DELHI POLLUTION CONTROL COMMITTEE

DEPARTMENT OF ENVIRONMENT, (GOVT. OF NCT OF DELHI)
5th FLOOR, ISBT BUILDING, KASHMERE GATE, DELHI 110006

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In Australia, with the grounds with different dimensions, at some places like Adelaide the straighter boundaries would be long, elsewhere the square boundaries would be longer. If you are prepared to run hard and smart, you can do wonders there.

Big hitters are crucial in T20 cricket. But on the vast Australian grounds, where the boundary percentage is often less than 50, running between the wickets assumes added significance. **Sachin Tendulkar** presents a manual on how to cover the 22 yards.

SACHIN CALLS FOR A RUN

'It is always the batter's call'

There is one question that many ask me: why didn't I prefer a runner to run for me? Why was it that over a 24-year career, I just used it once, in a World Cup game against Pakistan when Virender Sehwag ran for me? The answer is linked to a cricketing myth or tradition that I don't agree with. It's said that it's the striker's call when the ball is in front of the stumps and the non-striker's call when the ball rolls behind the popping crease. I certainly don't agree.

Wherever the ball is, it's the batter's call. As you know how you have played, how much force you have given, is it going to go in the gap or not - the angles the batters know better than anyone else. So, it's the batter's call. Would it beat the short fine-leg fielder or backward square-leg? No one knows it better than the batsman. It was the reason I didn't like runners as I knew best when there was a run and when there wasn't. Even in that World Cup game against Pakistan, I did run a few times even in that condition - where I couldn't run well - as I think I am faster than the other guy even when physically less fit. As soon as the bowler has bowled the ball, in my mind, I know I have played it for a single or two. The runner can't judge it. It gives me a head start.

Now, let's zoom into the T20 World Cup to be played on the vast grounds in Australia. In Australia, with the grounds with different dimensions, at some places like Adelaide the straighter boundaries would be long, elsewhere the square boundaries would be longer. If you are prepared to run hard and smart, you can do wonders there.

Grounding the bat is a skill

In Australia, they are going to have drop-in pitches and on the sides, there might be thick grass. So there are two surfaces to deal with: the hard surface of the drop-in turf, and the softer one immediately next to it.

Grounding the bat is a skill in itself. On softer surfaces, the bat can invariably get stuck. Even on hard drop-in turf, there is a method to slide.

Which side of the bat to ground is key. The back side of the bat has a bigger chance of getting stuck compared to the front side, with the way the bottom edges are shaved and the bulkier side of the bat on the back causing an imbalance. The bat can lift in such a scenario. So, when you turn and slide, it's important to have the front side of the bat sliding on the pitch to avoid it getting stuck.

The bat-face down. If you ground the inside edge of the bat facing the side-screen, bat-face down, there is less chance of it getting stuck anywhere on the pitch.

I would sharpen my spikes

For Australian pitches, I would recommend longer full spikes. In fact, I would sharpen the nails quite a bit to make the spikes extra sharp before I went in to bat. If the spikes are slightly blunt, they don't go into the surface; the sharper ones go in that much easier on harder Australian pitches, and it helps in moving better. On the outfield, during fielding, softer spikes are fine but while batting, wear sprinters' spikes. Such small adjustments can work in your favour.

There is also the question of where you run. It's ideal to run on the corner of the drop-in pitch on both sides. If a left-armed is bowling, the non-striker takes the outside line and the striker takes the inside line. Both batters are looking to find the shortest routes to get across and this understanding has to be there before both face the first ball; they should



MASTERCLASS RUNNING BETWEEN THE WICKETS

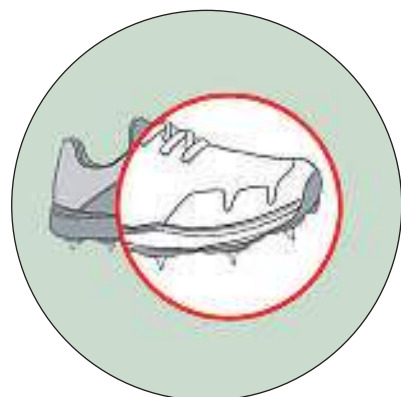


WHERE TO GROUND THE BAT

On softer surfaces, the bat can invariably get stuck. Even on hard drop-in turf, there is a method to slide. Which side of the bat to ground is key. The back side of the bat has a bigger chance of getting stuck. So, when you turn and slide, it's important to have the front side of the bat sliding on the pitch. If you ground the inside edge of the bat facing the side-screen, bat-face down, there is less chance of it getting stuck.

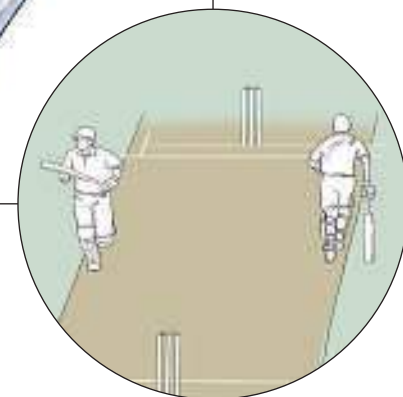
WHERE TO RUN

It's ideal to run on the corner of the drop-in pitch on both sides. If a left-armed is bowling, the non-striker takes the outside line and the striker takes the inside line. Both batters are looking to find the shortest routes to get across and this understanding has to be there before both face the first ball; they should know their designated areas.



TYPE OF SPIKES

For Australian pitches, I would recommend longer full spikes. In fact, I would sharpen the nails quite a bit to make the spikes extra sharp before I went in to bat. If the spikes are slightly blunt, they don't go into the surface; the sharper ones go in that much easier on harder Australian pitches, and it helps in moving better. On the outfield, during fielding, softer spikes are fine but while batting, wear sprinters' spikes.



40%

■ On big Australian grounds, the boundary percentages are less than 50 in T20 cricket, often falling close to 40 percent. It makes running between the wickets a big factor

KNOW HOW FAST YOUR PARTNER CAN RUN

People ask me if I had a favourite batter to run with. It doesn't work that way. It's about understanding your partners. And the responsibility is on the faster runner to understand and adjust to the partner's running speed, their strengths and weaker areas. You have to prepare yourself in your mind, as a pair. There is no use setting out for a single before making sure the other person can reach across.

know their designated areas.

Don't say 'go', it sounds as 'no'

Even the words we use in calling play a role. Don't say 'go, go' as it sounds like 'no, no!' It's best to stick to 'yes', 'no', 'wait', and 'push for two'. If you have punched the ball through the covers and know there are two there, you shout out 'push for two': that means the first run is obvious but we are looking for a possible second from the start. Of course, in packed stadiums, on October 23 for instance, a 'push for two' call isn't going to really work as your partner might not hear all these things! Eye-contact becomes vital, even for the second run. Both can't be looking at fielders and thinking, 'chalo hum bhaag jayenge' as it's not going to work. I am told that 100,000 people are expected in the stadium on October 23. Calling is not going to cut it; eye-contact will be immensely crucial.

I would cradle the bat

How you hold the bat when you run also matters. I would cradle the bat in my arms, hold it with both hands, that is, and pump my legs and dash across. I found that method to be the best suited to run quicker as the lower body is free (when you are holding the bat with both hands), and you can focus on sprinting. But if you are running with the bat hanging down, it could be an obstruction. Holding the bat in a proper manner helps in the turning and sliding of the bat at the other end, as that's where you lose time.

Turning quickly is important

Running isn't about how fast you run; it's about how quickly you can turn. There are a number of guys who are really good at sprinting, but can't slow down, turn, and accelerate again. You need to crouch low, slide, turn, in a fluent motion. If we were to run, say 60 metres in a straight line, there are a

OF GETTING RUN OUT AND STEALING AN EXTRA RUN

I remember this moment in a game against South Africa in Ireland. That particular fielder had not got a single throw right. I was on 98 and pushed the ball towards deep point and had set off for the second and when he threw the ball I knew, "oh gawd, I am in trouble here!" And I fell short by 3-4 inches. [Morne van Wyke swooped in with a left-handed flat accurate throw to the wicketkeeper].

On the flip side, there is great joy in stealing runs and especially planning for the stolen run. Like this one time in a Ranji Trophy game, when I was batting with Wasim Jaffer. I had

noticed that the long-off fielder never threw the ball to the bowler but passed it to the cover fielder for some reason. I told Wasim, "tu agar batting kar raha hai, aur mein Yes bolunga toh tujhe bhaagna hai (If I am saying yes, you have to run).

So Wasim hits the ball to that fielder, who is about to throw the ball to cover (under-arm it, thinking it's just one run) when I said 'yes' to Wasim! I stole that run and from then on, the fielder started throwing the ball to the bowler! Those moments, years after the episode, I still remember and have a laugh.

number of guys who can beat me comfortably, but over 22 yards, they couldn't beat me as my acceleration was way faster than them and I would decelerate, turn, and accelerate again. Many guys weren't able to do that. Speed during running between the wickets is an entirely different cup of tea.

Grounding bat is important

Where you ground the bat is also important. A batter has to know with his eyes shut when the crease is approaching and how far it is. In practice, it's important to know how many strides one takes to cover the distance without looking. There is no use grounding the bat a foot and a half inside the crease, and doing the same at the other end; you lose valuable time in covering the extra distance. You have covered three feet for no reason; and if you are run out by four inches, you will be the biggest fool in the world! You have

covered more than 67-68 yards, for three runs say, when you could have been smarter and saved yourself time and distance. Just an inch and a half inside the crease is enough; not more than that.

Adjust to your partner's speed

People do ask me if I had a favourite batter to run with. It doesn't work that way in international cricket. It's about understanding your partners. And the responsibility is on the faster runner to understand and adjust to the partner's running speed, their strengths and weaker areas. You have to prepare yourself in your mind, as a pair. There is no use setting out for a single before making sure the other person can reach across as there were a number of people who weren't that fast.

Keep changing strike

In a Test in Cape Town, for almost 56 min-

utes, Gautam Gambhir and I didn't rotate strike! I played Dale Steyn and he played Morne Morkel, but even then, I knew, after an over, it was my turn to play six balls. But if you don't get any balls to play for a couple of overs in T20s, you do start losing your flow. It's a problem, without a doubt. The momentum can be lost. We see at times when there are openers, we see one person taking more strike initially. You do lose momentum if you aren't careful.

The danger end depends on which is the shorter distance for the fielder to throw to but it also depends on which way the momentum is taking the fielder. So the danger end need not always be the shorter distance. The other end could be 10 yards further but if the momentum of the fielder is taking him towards that, that end becomes easier for him. So he is always going to make up time. The shorter distance might be slower for him as he has to turn around to throw. As a batter, you have to observe, take in all this data quickly. Now, with the third umpire, every inch, every fraction matters.

In Melbourne, we ran four

I remember a moment in 1999 when I scored a hundred in the Melbourne Test. Those days, the boundaries were all the way to the concrete walls near the stands. I had pulled Shane Warne off the backfoot and on any other ground, I would not have even looked at the ball. It would have been four. Here, we had to run hard and Ricky Ponting had thrown the ball from the boundary when I started the fourth run. After he had thrown the ball! And I still made it comfortably because I knew that it's impossible to get in a flat throw over that distance.

The surface (fast or slow) matters in deciding runs. Let's say, you push a ball to mid-off. On some surfaces, you can make it across. Some you cannot where the ball

travels quicker.

Need to be aware about wind

Another key factor is to check and be aware of the wind factor in Australia. At times, it can be pretty strong with the cross-breeze. Throwing a flat fast throw becomes that much tougher. You can steal a run on the throw. But you have to be aware of the direction of the wind, else you are in trouble. As a tangent, the wind factor on the vast open grounds in Australia also needs to be kept in mind when going for big hits. Else, you could be caught on the boundary.

I remember moments when batsmen got out, caught going for a big hit, and would say, "arre yaar, lagta toh jaata tha (Had it connected, it would have flown). But nahi lagta, tabhi toh you get out! Lagta hai doesn't matter. Be smarter. See if you are hitting with the wind or against it. It will come to the nature of the batsmen, of course - some are big hitters, some are busy, rotating-the-strike batsmen - but even if the muscle-hitters can take care of running between the wickets, they can make things easier for themselves. Even in the Powerplay, where the strategy is to encash boundaries, running helps. We are going to play in October, the pitches may be soft

I was watching the Netherlands game on Sunday. The ball gripped and spun. There was lateral movement. When such things happen, you have to still be positive but make sure you are not losing too many wickets; there, running between the wickets comes handy.

Get settled, play big shots - assessing the pitches is going to be very important as you are playing in October. There is a bit of an unknown there. If you assess the conditions properly, you would know what target you can set or how many runs you can give the opposition.

AS TOLD TO SRIRAM VEERA & SANDEEP DWIVEDI

Illustration: Suvajit Dey

BRIEFLY

Windies, Ireland win to bounce back

Hobart: Two-time champions West Indies and Ireland rebounded from their opening losses at the Twenty20 World Cup with emphatic victories on Wednesday to open up Group B. Curtis Campher belted an unbeaten 72 from 32 deliveries to lead Ireland to a six-wicket win over Scotland. Later, fast bowler Alzarri Joseph picked up 4-16 and led West Indies to a 31-run win over Zimbabwe. AP

Harmanpreet out of WBBL with injury

Melbourne: India captain Harmanpreet Kaur was on Wednesday ruled out of the ongoing Women's Big Bash League due to a back injury, according to her side Melbourne Renegades. Harmanpreet, the WBBL player of the tournament from its last edition, had missed her side's opening two matches due to international commitments as she led India to the Asia Cup title. PTI

Bhanwala medals at U-23 Worlds

Pontevedra (Spain): Sajjan Bhanwala became the first Indian Greco-Roman wrestler to win a medal at the Under-23 World Championship when he edged past Ukraine's Dmytro Vasetskiy on 'criteria' to emerge winner in the bronze play-off. It was the Ukrainian who pulled off a four-pointer on the edge of the circle for a solid start but Bhanwala bounced back immediately with a strong move that got him into a position from where he could pin his rival. Though he could not pin his rival, it was good enough to earn four points. The bout ended 10-10 but since the Indian had scored the last point he was declared winner. PTI

PCB threatens boycott of '23 WC over Shah remarks

Pak board says comments were made without any consultation with ACC

EXPRESS NEWS SERVICE
OCTOBER 19

THE PAKISTAN Cricket Board (PCB) on Wednesday responded officially to the Asian Cricket Council (ACC), after BCCI secretary Jay Shah had said that the Asia Cup 2023 which is to be hosted by Pakistan will be shifted to a neutral venue.

Bilateral series against Pakistan or touring the neighbouring country have been prickly issues and the BCCI needs government approval before going ahead.

Expressing concerns about Shah's statement, the PCB wrote: "The PCB has noted with surprise and disappointment of yesterday's comments made by the ACC President Mr Jay Shah with regards to shifting of next year's Asia Cup to a neutral venue.

"The comments were made without any discussion or consultation with the Board of the Asian Cricket Council or the Pakistan Cricket Board (event host) and without any thoughts towards their long-term consequences and implications.

"After having presided over the ACC meeting during which Pakistan was awarded the ACC Asia Cup with overwhelming support and response from the ACC Board Members, Mr Shah's statement of shifting of the ACC Asia Cup has clearly been made unilaterally.

"This is contrary to the philosophy and spirit for which the Asian Cricket Council was formed in September 1983 - a united Asian cricket body to safeguard the interests of its Members and organise, develop, and promote the game of cricket in Asia," PCB said in a letter they posted on social media.

Shah's remarks...

Shah, who is also the president of the Asian Cricket Council (ACC), in his statement more or less ended any possibility of the tournament being held in Pakistan.

"The Asia Cup 2023 will be held at a neutral venue. I am saying this as ACC President. We [India] can't go there [to



PCB's statement alluded that there would be a tit-for-tat response to Jay Shah's statement.

Pakistan], they can't come here. In the past also, the Asia Cup has been played at a neutral venue," Shah had said after the 91st BCCI annual general meeting in Mumbai, in the presence of new Board president Roger Binny.

While speaking to reporters, he stressed that on the issue of playing with Pakistan, there is a policy in place and the BCCI will follow that. BCCI vice-president Rajeev Shukla, seated next to Shah, explained that the Board will need government clearance to play Pakistan.

India last travelled to Pakistan for a bilateral series in 2005-06 under the captaincy of current Team India coach Rahul Dravid. However, India did travel to Pakistan in 2008 to compete in the Asia Cup.

The officials from both the PCB and BCCI will be confronted with the issue at the International Cricket Council's board meeting in Melbourne next month. The ICC is yet to comment on the matter.

May prompt tit-for-tat reaction from PCB

In its first official response to Shah's statement, the PCB said, "such statements can split the Asian and international cricket communities" and impact Pakistan's visit to India for the 2023 World Cup.

"The overall impact of such statements have the potential to split the Asian and international cricketing communities, and can impact Pakistan's visit to India for the ICC Cricket World Cup 2023 and future ICC events in India in the 2024-2031 cycle," it said in a statement.

The ACC, which runs the Asia Cup, and tournament host PCB were not aware of any discussion regarding a rescheduling of the tournament, the Pakistan board said.

"The PCB has to date not received any official communication from the ACC on the statement of the ACC President," it said.

"As such, the PCB has written to the Asian Cricket Council to convene an emergency meeting of its Board as soon as practically possible on this important and sensitive matter."

The officials from both the PCB and BCCI will be confronted with the issue at the International Cricket Council's board meeting in Melbourne next month. The ICC is yet to comment on the matter.

"It would be wrong to say that only Pakistan will be impacted if India and Pakistan don't play each other in Asia or ICC events. The marquee match creates a sizeable revenue for the ICC and if that doesn't happen, the other cricketing nations (including the associates) also suffer," a source said.

From counting her shots to making them when it matters

NITIN SHARMA
CHANDIGARH, OCTOBER 19

HARYANA JUNIOR shooter Ramita Jindal likes her numbers. An accounts student in high school who enjoyed the subject along with finance, Jindal's love for numbers would often extend onto the shooting range. But this number crunching would come at a cost. She would often calculate her scores while shooting, keep track of where she was, and that dominated her thoughts while shooting at domestic and international competitions. And at the highest level, that approach had to be written off.

At the ISSF World Championships though, the 18-year-old Ladwa resident kept her cool against Chinese athlete Ying Shen, in the junior women's 10m air rifle final in Cairo, Egypt, to become the junior world champion. Jindal, who was once trailing 3-5 in the final, emerged as the champion with a 16-12 margin. She triumphed in an eight-shooter final which included two fellow Indian shooters, two Chinese, one American, one Korean and one Iranian shooter.

"Accounts and finance have been my favourite subjects for a long time and I had this habit of doing the calculations of my scores in my mind - whether it is nationals or international competitions. It was only after discussions with my coaches that I started concentrating on the process of each shot rather than the scores. Achi baat yeh hai ki maine har shot control kar ke chalayai (The good thing is that I shot each shot with control)," said the Haryana shooter while speaking with The Indian Express from Cairo.

The daughter of a tax advisor, a young Jindal would initially start as a pistol shooter under coach Jagbir Singh at the Karan Shooting Academy in the town of Ladwa near Kurukshetra. Mere months after she had started pistol shooting, Singh, a former Indian Army instructor, put a rifle in the hands of Jindal, acknowledging the high concentration levels of the youngster.

"Ramita would always be busy reading books and we wanted her to start a sport. When we took her to the range, it interested her so much that she never missed her training sessions. The approach road to the academy was not even carpeted and shooters would carry their shoes in one hand and equipment in second hand to walk on the muddy path," remembers father Arvind Jindal.



Ramita Jindal (L) won the 10m air rifle junior event while Tilottama Sen won bronze.

A bronze medal in the ISSF World Championships in Peru was followed by her winning the 10m air rifle title in this year's Khelo India Youth Games and National Games prior to the world championships in Cairo. "When I decided to make her shift to rifle, she was excited about the challenge of carrying heavier equipment. Her standing posture was good compared to an average youth of her age. We had to work on her wrist position and later she competed in 300m open-sight rifle events. She would tackle the recoiling of the 300m rifle too with ease," remembers coach Jagbir Singh.

On Wednesday, Jindal qualified for the ranking match with a score of 629.6 in fourth place behind team-mate Tilottama Sen (633.4), Chinese shooters Yafei Liu (633.00) and Ying Shen (629.7). Competing in the new format, Jindal was placed fifth after the first series before topping the ranking series to enter the gold medal match against Shen.

In the final, Jindal opening with a shot of 10.6 but Shen's opening shot of 10.7 saw the Chinese go ahead. Jindal, who shot each of her shots in the gold medal match before the Chinese in the 15-second time frame, trailed her opponent twice till the seventh set before she tied the Chinese 8-8. She then took a 12-8 lead before Shen came back to tie the scores at 12-12. From there, her next two shots were a 10.8 and 10.7 to seal gold. The Indian shot seven scores in excess of 10.6 as compared to Shen's eight scores in excess of 10.6 and above. But it was her composure in key moments which saw her making the comeback and winning the gold medal.

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