

# THE PERFECT VOICE



Beacon of Hope for Young India ... pg 3



Govt bans Hizb-ut-Tahrir, says the group aims to establish caliphate ... pg 6



Rafael Nadal to retire after Davis Cup finals ... pg 10

## Ratan Tata believed in leadership by trust!

I AM SORRY SIR....

DON'T WORRY.. I AM STILL ALIVE IN THEIR HEARTS!!



By Dr. Anand Bang

Those who haven't seen Ratan Tata's smile have missed out on something in life. He was an extremely gentle, warm, large-hearted person; a visionary who had great interest in using technology for the development of society. He had a beautiful disarming smile.

I first met him in 2014 when I approached him for philanthropic support for SEARCH. In our experience, donors usually try and cut down the budget but to my surprise, Tata was just the opposite. He had recently taken up full-time leadership of Tata Trusts then. I went with a Rs 20 crore proposal and instead of cutting it down, he kept urging me to add more equipment. The conversation was the opposite of what I had experienced with other donors. It was a novel experience where a donor was telling me to ask

for more.

He had tremendous interest in technology and the belief that cutting edge technology could help in the development of society. He believed that tribals should also get the best healthcare. He kept asking me to get a digital x-ray machine. He had faith in the principle of justice and equality...that every person in society should get equal good healthcare.

He believed in leadership by trust. If he saw a good organisation, he supported it fully and backed it to the hilt. And then he gave them full autonomy, flexibility and support. He wanted to help people for the long term.

I joined Tata Trusts in 2015 and since then, I've had the privilege of interacting with him during personal one-on-one meetings and group meetings. And I got to see the man he really was—a visionary who was large-hearted and warm.

In March 2016, he signed numerous MoUs with the Government of Maharashtra on water conservation, prison reforms, healthcare and so on. Since the budget session of the Maharashtra Assembly was ongoing, these MoUs were signed in the assembly itself. The then Chief Minister announced these MoUs and also stated that Tata was present in the visitors' gallery.

The entire House, cutting across party lines, gave him a standing ovation. The House reverberated with the sounds of clapping. The admiration and respect he enjoyed across political parties was tremendous.

Tata's love for animals is well-known. He set up a state-of-the-art animal hospital. Another incident I recall is when I had accompanied a minister for a meeting with Tata. We had gone to his office at Horniman Circle. The minister was talking excitedly and as

his voice rose in excitement, Tata gently hushed him to speak softly. There was a mongrel sleeping in the same room. Tata was so concerned about disturbing the mongrel that he didn't hesitate to even tell a cabinet minister to speak softly. But he was so gentle and almost innocent in his concern that it was extremely heart warming.

He loved technology! Thanks to him, I got the opportunity to meet and listen to one of the inventors of the genetic modification technology because he had invited him to Mumbai.

He took great interest in various issues; he was curious about everything. He contributed a lot of prison reforms, healthcare of Gadchiroli and the govern-

ment's malaria control programme. News of farmers committing suicide distressed him and he contributed towards their welfare.

He was a visionary industrialist and philanthropist. But above all, he was an extremely warm person. He loved both, humanity and the individual. There was never an occasion when he didn't walk me to the door and open the door himself. If you left from his office, he'd wait until you got into the lift. He was a beautiful combination of yin and yang.

His smile was disarming and child-like. Those who haven't seen his smile, have missed out on a lot in life.

(The writer is director of SEARCH in Gadchiroli.)



We name our daughters Durga, Lakshmi and Saraswati; we worship the divine feminine power in the temples but oppress, repress and even attack the feminine power amidst us. That is the irony in the way India sees its women.

After the safety of the daylight fades, women are seen as easy prey by the predators of the night.

We mark the nine nights of Navratri, the festival of the goddess, by celebrating the dedication and valour of nine real-life women who brave the challenges of the night to pursue their dreams.

PART - 9

## Heroic Fire Fighter

THE FEARLESS FIGHTER SAYS SHE FINDS HAPPINESS IN HELPING PEOPLE IN DISTRESS

By Ruddhi Phadke

She was once taken to a building collapse site as part of her training. A seven-storeyed building had collapsed in Mumbai's Bendi Bazaar like a pack of cards. Some were dead, and some were trapped under the rubble. Looking at the disastrous site, Anika Ghadigaonkar, 29, almost repented her decision to become a fire fighter. However, once she managed to help rescue one of the trapped residents, she assured that her choice was perfect. "When I saw the delight in the eyes of the relatives of the rescued person, I felt satisfied that my efforts were not going in vain. I was very happy that I was contributing to a great cause."

Hailing from Kudal in the Sindhudurg district of Maharashtra, Ghadigaonkar came to Mumbai to become a cop, however, she landed up in Mumbai fire brigade services. She has been into this profession for the past seven years. "Right from day one, I have always done a night shift. My parents supported my decision. My job is to stay on call. Where there is a major fire, or an accident, or a building collapse, or a pigeon or any animal being trapped somewhere; When I get a call, my job is to rush to the spot along with the concerned personnel and equipment," she says. Ghadigaonkar said that her first day was also a nightshift and she was posted at Byculla Fire Brigade service centre.

She said that the co-workers and staff have always been supportive and she never had any un-



ANKITA GHADIGAOKAR, 29, Fire Fighter, Mumbai Fire Brigade

coming experiences while at work. However, she pointed out that travel used to get scary in the initial days. Ghadigaonkar said, "We never had pick up and drop facility. I am a Kalyan resident. There

Be in touch with relatives and keep numbers of the emergency services at hand.

was a time when I had to travel back from Matheran. When I used to board the train at 1 am, the compartment used to be empty. That travel used to be very scary. I was under the constant threat of strangers barging into the train and harming me. Not a single guard would be there. By god's grace no untoward incident has taken place till date. However, a possibility of an

unfortunate incident during that train travel couldn't be ruled out."

Ghadigaonkar's husband and family are supportive of her work. "Interestingly, everyone wanted a working woman, but at the same time, their expectation was that she must be available as per their convenience. Many rejected me because I was always assigned a night duty. Finally, I met my husband who was very mature and understood my professional commitments very well."

Talking about the rising crimes against women, Ghadigaonkar advises that all the women should know how to call the emergency services and have these numbers saved. "I have all the relevant contact details of CRPF, police, RPF saved," she says. She advises women to also stay in touch with relatives about their whereabouts so that when in crisis, they can reach out for help.

## China defiant over South China Sea skirmishes in ASEAN talks

Vientiane (Laos): Southeast Asian leaders stepped up pressure on China to respect international law following clashes in the disputed South China Sea during annual summit talks on Thursday, but Chinese Premier Li Qiang was defiant as he blamed "external forces" for interfering in regional affairs.

The 10-member Association of Southeast Asian Nations' meeting with Li followed recent violent confrontations at sea this year between China and ASEAN members Philippines and Vietnam that heightened unease over China's increasingly assertive actions in the contested waters.

Malaysian Prime Minister Anwar Ibrahim, who will take over the rotating ASEAN chair next year, said the bloc has called for an early conclusion to a code of conduct to govern the South China Sea. Talks on the code of conduct have



been ongoing for years, hampered by sticky issues including disagreements over whether the pact should be binding.

ASEAN reiterated the need to maintain peace and security in the strategic waterway, he said, according to Malaysian national news agency Bernama.

But Li said meddling by foreign forces is creating conflicts within the region.

"We must realize that our development is also facing some unstable and uncertain factors. In particular, external forces

frequently interfere and even try to introduce bloc confrontation and geopolitical conflicts into Asia," Li said during an ASEAN meeting with China, Japan and South Korea. He called for more dialogue between countries to ensure disputes are resolved amicably.

Li didn't name the foreign forces but China has previously warned the US not to meddle in the region's territorial disputes.

US Secretary of State Antony Blinken, who arrived in Vientiane on Thursday for the meetings,

is expected to raise the issue of China's aggression in the sea, officials said. The US has no claims but it has deployed Navy ships and fighter jets to patrol the waterway and promote freedom of navigation and overflight.

ASEAN members Vietnam, the Philippines, Malaysia and Brunei along with Taiwan have overlapping claims with China, which claims sovereignty over virtually all of the South China Sea. Chinese and Philippine vessels have clashed repeatedly this year, and Vietnam said last week that Chinese forces assaulted its fishermen in the disputed sea. China has also sent patrol vessels to areas that Indonesia and Malaysia claim as exclusive economic zones. Philippines President Ferdinand Marcos Jr made clear to Li during talks Thursday that ASEAN-China cooperation cannot be separated from the sea dispute.

-PTI

## Man held for murdering grandmother

Thane: A 20-year-old man was arrested on Thursday for allegedly murdering his grandmother in a fit of rage in Wagle Estate area here, police said.

The accused was identified as Abhi alias Avi Vishnu Chouhan.

The incident took place on October 9, said police sub-inspector Niteen Hange of Srinagar police station.

Dayawati Hariram Chouhan (77), the victim, suspected that her grandson had taken her pension money, a sum of Rs 12,000, and quarrelled with his sister, the officer said.

The accused then allegedly hit her with a stone grinder, causing her death, he added.

Chouhan was booked under section 103(1) (murder) of the Bharatiya Nyaya Sanhita and further probe was on, the officer said.

## Cong to set up fact-finding team on Haryana

New Delhi: The Congress top brass on Thursday held a review meeting on the party's shock defeat in Haryana Assembly polls and decided to form a fact-finding team that will speak to all its candidates to find out the reasons for the debacle.

Sources said the leaders during the meeting discussed the possible reasons for the "unexpected" results in Haryana and decided to set up the team to ascertain the reasons behind such results and also look into complaints of "discrepancies" in EVMs, as alleged by party candidates.

Congress president Mallikarjun Kharge, former party chief Rahul Gandhi, AICC general secretary organisation KC Venugopal, AICC senior observers for the polls Ashok Gehlot and Ajay Maken, as well as AICC secretaries for the state, participated in the review meeting.

AICC in-charge of Hary-



ana Deepak Babaria joined the meeting online. However, Haryana Congress chief Uday Bhan and CLP leader and former chief minister Bhupinder Singh Hooda, or any other senior leaders from the state were not called for the meeting.

"We held a review meeting on Haryana election results. As you all know, as the exit polls and opinion polls had showed, the results were unexpected.

"There was a lot of difference between exit polls and actual results. We discussed that, what could be the reasons for that. We will take appropriate steps going forward on this," Maken told

reporters after the meeting.

Asked if infighting had hurt the Congress' chances in the polls, Maken said, "There are various reasons, from the Election Commission to internal differences, we have discussed all that will do so in future as well because such a big upset... we cannot discuss everything in one or one-and-a-half hour."

A source present at the meeting said a fact-finding committee will be announced soon as is the convention in the party to analyse the results. The committee will speak with the party's candidates and leaders and detail the reasons for the "unexpected results".

The party has decided to depute a Technical Team to look into complaints and discrepancies noted by our candidates. Congress party will issue a detailed response based on the fact-finding team's report.













## EDITORIAL

## Humble Colossus

Ratan Tata, who passed away at 86, was a man who spoke in the measured tones of a diplomat and moved with the quiet grace of a statesman. His impact on India's industrial landscape was seismic. He wasn't one for bombast, despite commanding one of the world's most sprawling conglomerates. This reserved and unassuming leader of the Tata Group led with a sense of dignity and responsibility that increasingly feels like a relic of another age. His death marks not just the proverbial end of an era but the departure of a figure whose rare combination of ambition and humility is difficult to imagine being replicated.

For four decades, Tata guided his family's company through turbulent waters, not only expanding its reach but redefining what it meant to be an Indian multinational in a globalized world. In the 1990s, as India underwent economic liberalization, many business leaders were uncertain about handling the surge of foreign competition. But Tata saw a different horizon. His acquisitions - Tetley Tea, Corus Steel, and the crown jewel, Jaguar Land Rover - were statements of intent. It proved that India was not just opening its doors to the world, but was ready to claim a seat at the table.

Ratan Tata's ascent to the helm of Tata Group in 1991 marked a turning point for the group's business. He transformed the centuries-old, largely domestic conglomerate into a global titan, shaping both the company and India's economic history. Yet, unlike many of his contemporaries, Tata did not appear to lust after power or wealth for its own sake. He understood that the true measure of a corporation was not just its profits, but its purpose.

This sense of corporate responsibility permeated the Tata Group under his stewardship. The Tata trusts, which control a significant portion of the conglomerate, were channelled into education, healthcare and social welfare, long before such initiatives became de rigueur among global corporations. Ratan Tata's vision of business extended beyond immediate returns. He did not just want to make money - he wanted to build a better India.

In a country where corruption often festers in the corridors of business and politics, Tata stood apart. He was, by all accounts, incorruptible. His refusal to bow to the demands for bribes in the early days of his airline venture was one of the more publicized examples of his moral code, but it was emblematic of a larger ethos that shaped the Tata Group. In the often-unscrupulous world of Indian business, where backroom deals and political patronage are part of the game, Tata's integrity was legendary. He was a man who did not waver, even when it would have been easier to compromise. His legacy will not be found in gilded skyscrapers or flashy acquisitions, but in the livelihoods improved by Tata's social initiatives, in the global respect won for Indian business, and in the ideals of corporate governance he upheld until the very end.



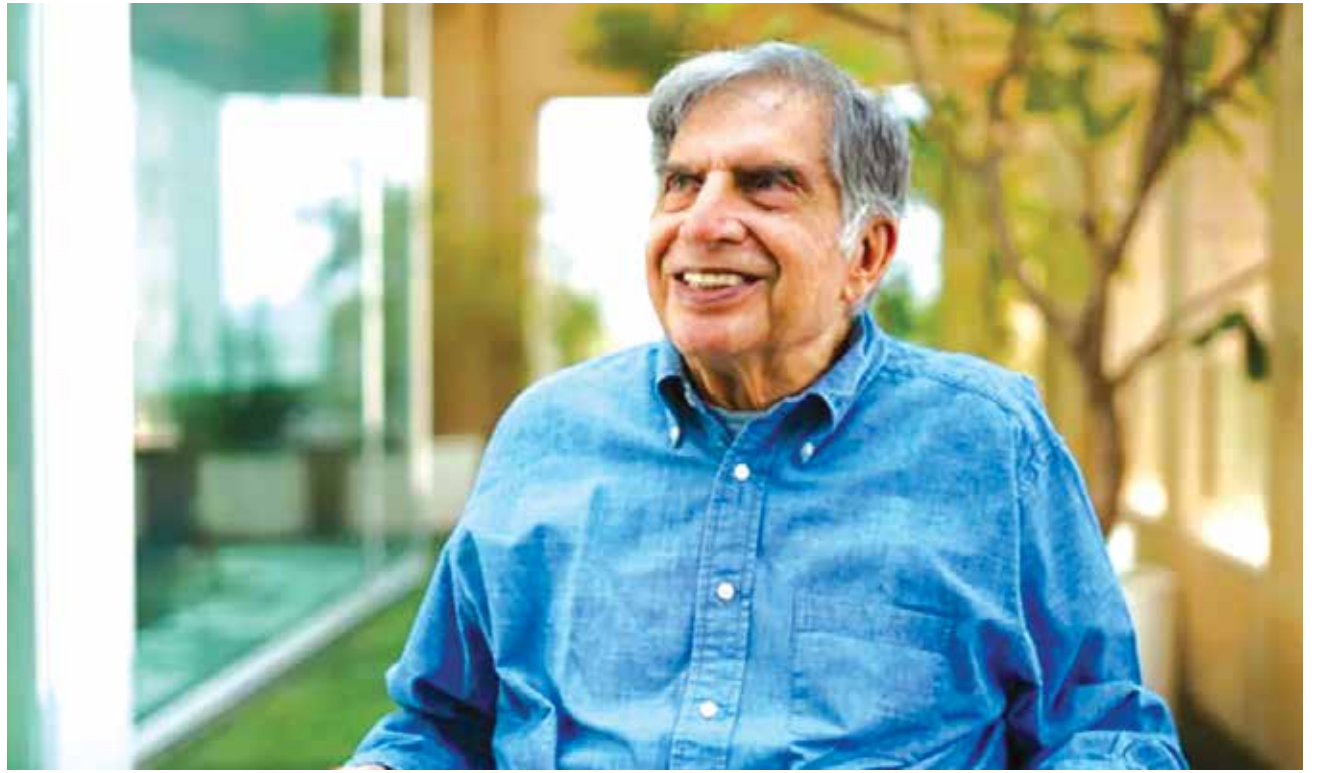
By  
Prasad Dixit

The year was 1992. JRD Tata had handed over the reins of the Tata Group to Ratan Tata just a few months back and Bharatratna award was conferred upon JRD Tata in that year. There was a function organized on the lawns of NCPA in Mumbai to facilitate JRD Tata. As a very junior employee in a Tata company, I had gone to NCPA to attend it along with my colleagues. When the function concluded and crowds were dispersing, we saw JRD, Ratan Tata, and few stalwarts of the Tata Group chatting amongst themselves on the dias. We decided to take a chance and see if we could personally meet and congratulate JRD. As we were standing at the footsteps of the dais in expectation, JRD noticed us and sig-

It is not very uncommon to get to read a news about a sad demise of a towering personality of our times. However, it is very rare when such a news brings to life some of the cherished moments in ones life - and that personality is a part of those memories. News about the sad demise of Mr. Ratan Tata is one such rare occasion for me.

## DOWN MEMORY LANE

## So great, yet so simple



naled to us with his hand to come up.

We were thrilled to go up and shake hand with him. He warmly accepted our wishes, enquired which company we work for, patted us on the back and told us to always live the Values that we stand for.

As we were about to turn back and leave, Ratan Tata approached us with his usual warm smile, thanked us for our wishes, and extended his best wishes to us. Humility of both of them had deeply touched our heart that day.

Twenty years passed. The year was 2012. I had continued with the same Tata company. In the annual function of the company in that year, I was a part of the team that won the award for the best all-round business performance. Ratan Tata was handing over the reins of the Tata Group to Cyrus Mistry in that year.

I was called upon stage to receive the award at their hands. Later in the evening at the dinner event, I took an opportunity to approach him and asked if I could share a memory with him. He

very willingly acknowledged it. I started by referring to the function on the lawns of NCPA in 1992. To my great surprise, he promptly said "Yes, that was for JRD's Bharatratna".

I narrated the whole incident to him and said that I had gone on the dais on my own at that time, and that it was a great moment for me to be invited on the stage this time. With that same warm smile he patted me on my back and congratulated me.

I also pointed out to him the coincidence that both these events happened when generational change was happening right at the helm of the Tata Group. In the first meeting he had just taken over the Group Chairmanship and in the second event he was handing it over. The entire conversation lasted for about five minutes.

The interest that he showed and the participative attention that he extended were etched in my memory forever. In the question-answer session earlier during the day, he was asked about unpleasant experiences related to Nano

plant. His answers had brought out a tough decision maker in him and highlighted the extent to which he would go resolutely to uphold the Values that he believed in.

Seeing such a Business Leader engaging with me so humbly to listen to my memories and showing keen interest in the discussion was indeed a unique experience for me.

His contribution to Industry and Society, and his exemplary leadership in the post economic liberalization era will continue to inspire generations. He has touched many lives through the trusteeship concept of management and rich contribution to all walks of life through Tata Trusts. But a down to earth, humble person in him would have touched hearts of many ordinary people like me in a very special way.

His memory will always be alive in the mind of thousands of such people. May his soul rest in peace.

(The writer has worked in a Tata company for more than 30 years.)

# India's Quiet Pivot: How Strategic Ties with Israel are Redefining Its Role in the Middle East



By  
Shoumojit Banerjee

India's relationship with Israel has traversed a remarkable arc, evolving from a largely passive distance to a powerful, albeit quiet, camaraderie. At the heart of this shift lies India's complex domestic politics, its historical solidarity with the Palestinian cause, and a contemporary realpolitik that now closely aligns it with the Jewish State. The transition has been most stark since 2014 under Prime Minister Narendra Modi, whose tenure has reshaped the Indo-Israeli relationship in ways that reflect broader global trends but also signal India's deepening role in the Middle East.

The transformation of India's relationship with Israel, though, did not begin with Narendra Modi's government, nor was it solely a post-Cold War phenomenon. In fact, the earliest

India's evolving relationship with Israel, from Nehru's pro-Palestinian stance, to Rajiv Gandhi's quiet diplomatic thaw, and Modi's full embrace of the partnership, reflects a strategic shift without rupturing its long-standing ties with the Arab world.



signs of a thaw appeared during the tenure of Rajiv Gandhi.

Rajiv, who came to power in 1984 after the assassination of his mother, Indira Gandhi, inherited a foreign policy deeply entrenched in non-alignment and staunch support for the Palestinian cause. However, as the Cold War was slowly winding down, Rajiv's government recognized the need to recalibrate India's diplomatic outlook to match its emerging security and economic priorities.

It was during this time that quiet diplomatic channels were opened between India and Israel. Although India officially remained committed to the Palestinian cause - underscored by Rajiv's continued support for Yasser Arafat and the Palestinian Liberation Organization (PLO) - a more nuanced approach was starting to take shape.

For decades after its independence in 1947, India maintained a pro-Palestinian stance that mirrored the moral aspirations of its first prime minister, Jawaharlal Nehru. It was a period when India's foreign policy was couched in anti-colonial solidarity, and aligning with Palestine seemed natural. The Indian National Congress, with its socialist leanings and emphasis on global justice, viewed

Israel's establishment through the lens of Western imperialism. Nehru himself, though not hostile toward Israel, could not fully endorse the new Jewish state given India's significant Muslim population and the rising tide of non-alignment across the Global South. India's official position was thus firmly pro-Palestinian, though there was no outright hostility towards Israel.

During Indira Gandhi's tenure, the tilt towards Palestine became even more pronounced. India was a vocal critic of Israeli actions in the Middle East, particularly after the Six-Day War in 1967 and Israel's continued occupation of Palestinian territories. In 1975, India went so far as to support the United Nations resolution equating Zionism with racism. India's leadership, then rooted in the Non-Aligned Movement, saw Israel as an extension of Western imperialism in the Middle East.

The Palestinian struggle against Israel mirrored, in India's eyes, the anti-colonial fights of Asia and Africa. Despite this publicly pro-Palestinian stance, by the late 1980s, cracks were beginning to show in India's foreign



policy. Israel was rapidly becoming a technological powerhouse, with advanced capabilities in agriculture, defence, and intelligence - all areas where India, struggling with internal security issues and a stagnant economy, needed support.

Rajiv Gandhi's government also faced growing domestic challenges that prompted this shift. The rise of militancy in Punjab and the Kashmir Valley necessitated better intelligence and security measures. Israel, with its reputation for counterinsurgency prowess, began to emerge as a valuable partner. Although formal diplomatic ties were still a decade away, under-the-table exchanges and covert collaborations in intelligence and defence were initiated during this time.

It was a cautious beginning, one that allowed India to maintain its public solidarity with Palestine while quietly exploring new strategic partnerships. This dual-track diplomacy laid the groundwork for the more formal engagement to follow in the 1990s. In many ways, Rajiv Gandhi's tenure was a period of quiet, strategic recalibration with Israel.

**ISRAEL  
VS  
OTHERS  
PART - 6**

Thus, while Rajiv Gandhi remained outwardly committed to the traditional pro-Palestinian stance, his tenure marked the first subtle shift towards pragmatism in India's Middle East policy. This early groundwork would later be capitalized on by Prime Ministers like P.V. Narasimha Rao, who, in 1992, formally established diplomatic relations with Israel, further accelerating the thaw that had started during Rajiv's time.

Quiet diplomatic exchanges were initiated between New Delhi and Tel Aviv, and in 1992, India finally established full diplomatic relations with Israel under Prime Minister P.V. Narasimha Rao. This was a pragmatic shift, but India still maintained its official pro-Palestinian stance in multilateral forums.

Thus, the seeds sown during Rajiv Gandhi's tenure blossomed into a more comprehensive and public partnership under subsequent governments, culminating in the full embrace of Israel under Modi's current leadership.

This 'quiet pivot' continued through the 1990s and 2000s, as Israel began to emerge as an important partner for India in defence and technology. The Kargil War of 1999 was another turning point with Israel providing India with critical military supplies during the conflict, cementing its role as an indispensable partner. Yet, even as the Indo-Israeli relationship blossomed behind closed doors, India publicly reiterated its commitment to the Palestinian cause, a delicate balancing act that reflected its desire to maintain ties with Arab nations and its own sizable Muslim population.

Modi's visit to Israel in 2017 was historic - not only because he was the first Indian prime minister to visit the country, but because of the symbolism it carried. This was no quiet diplomatic affair; it was a public celebration of a relationship that had long been kept in the shadows. Modi and Israeli Prime Minister Benjamin Netanyahu walked the beaches of Tel Aviv together, their camaraderie displayed for the world to see. The shift

was not just in optics but in substance: trade between the two nations surged, defence cooperation deepened, and there was a marked shift in India's rhetoric regarding the Israel-Palestine conflict.

The unspoken logic was clear: Israel could offer India what the Arab world could not, especially in terms of defence technology and expertise in areas like counterterrorism.

Yet, this growing closeness with Israel has not resulted in a complete alienation from the Arab world. Modi has skillfully managed to maintain strong ties with countries like Saudi Arabia, the UAE, and Iran, positioning India as a significant player in the Middle East.

As India's global stature rises, its role in the Middle East is evolving in tandem. The region has long been a theater of great power competition, with the U.S., Russia, and China all vying for influence. India, by deepening its ties to both Israel and the Gulf states, is positioning itself as a bridge-builder, a nation that can talk to all sides. New Delhi's participation in the I2U2 (India, Israel, the UAE, and the U.S.) grouping is emblematic of this approach that seeks to leverage synergies between these nations in trade, technology and security.

However, India's ability to shape the future of the Middle East faces significant challenges. The Israeli-Palestinian conflict remains unresolved, with no imminent peace process in sight. While India has been careful not to take sides, the longer this conflict festers, it may be hard for India to maintain its balancing act. The Abraham Accords, brokered by the Trump administration in 2020, which normalized relations between Israel and several Arab states, have opened new possibilities for cooperation, but they have also exposed rifts within the Arab world itself. India will need to navigate these delicate dynamics, balancing its ties to Israel with its historical relationships in the Arab world.

Concludes





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5

**KALEIDOSCOPE**

1. A vegetable vendor takes shelter under a cart during the rain in Karnataka on Wednesday.
2. Music director A.R. Rahman performs at the 'Yuva Dasara' event in Mysuru on Wednesday.
3. Artists perform Laotian Ramayana before PM Modi at a ceremony in Laos.
4. Rajinikanth fans celebrate release of movie 'Vettaiyan' in Chennai on Thursday.
5. Bollywood actors Kajol, Rani Mukerji and Tanishaa during the 'Durga Puja' festival celebrations in Mumbai.

All Pictures PTI, AP

**TALK OF THE TOWN**

**The Complex Relationship between Film Stars and Politics**



By  
**Abhijit Joshi**

**Scene 1:** In 1984, Amitabh Bachchan, one of India's biggest film stars, won the Lok Sabha elections, defeating Hemvati Nandan Bahuguna by a huge margin.

However, his journey in politics was not as smooth as his success in films. When Bachchan entered Parliament, a well-known politician sarcastically said, "Hope you won't shoot us like in your movie Inquilaab," referring to Bachchan's role as a hero in the film. Despite his popularity on screen, Bachchan's political career failed miserably. His association with the Gandhi family brought him into politics, but the Bofors scandal tarnished his image. Though he was later cleared, the damage was done, and he quietly left politics for good.

**Scene 2:** On 25th March 1989, Tamil Nadu's assembly witnessed a shocking incident. Jayalalitha, the leader of the opposition, was humiliated when her saree was pulled by members of the ruling DMK party. She was mocked and insulted, but Jayalalitha made a strong vow that day: she would return to the assembly only as Chief Minister. True to her word, she became one of Tamil Nadu's most powerful leaders, breaking barriers in the male-dominated world of Tamil politics.

**Scene 3:** Bhagwant Mann, a stand-up comedian known for his mimicry, wasn't as famous as his contemporary Kapil Sharma. But today, Mann is the Chief Minister of Punjab, leading the state for the last two years. Most of his comedian contemporaries,

except Kapil Sharma, have faded away, but Mann made a surprising transition into politics and succeeded.

These three stories might seem different, but they share one common factor—actors stepping into politics. The relationship between Bollywood and Indian politics is complex, with a mix of love and hate. While some stars have managed to do well in politics, many others, including Amitabh Bachchan, Rekha, Lata Mangeshkar, Kirron Kher, Dharmendra, Sunny Deol, Govinda, and

cleared of any wrongdoing, his political career never recovered, and his once-glimmering film career also faced difficulties.

In contrast, actors like Vinod Khanna, Raj Babbar, and Shatrughan Sinha didn't have to deal with the same level of expectations, allowing them to navigate politics more smoothly. From Kashmir to Kanyakumari, there are many film personalities who have tried their luck in politics, but very few have managed to shine. The reason often lies in the gap between their screen persona



Rajesh Khanna, have struggled to make a mark. On the other hand, politicians like Shatrughan Sinha, Jaya Bachchan, and Vinod Khanna have managed to find success. The biggest reason for this difference is public expectations. Amitabh Bachchan, for example, remains an admired actor, but that did not translate into political success. His association with the Gandhi family may have brought him into politics, but the Bofors scandal severely damaged his credibility. Though he was

and real-life expectations. In films like Nayak, Anil Kapoor's character could make quick decisions when he became Chief Minister for a day, but in real life, it's far more complicated. Though the film industry keeps producing actors who enter politics, only a small number achieve success. While movie stardom guarantees popularity, it doesn't ensure success in the tough world of politics.

(Writer is a communication professional. Views Personal)

**READERS' CHOICE**

**Prioritising Stock Traders' Mental Well-Being**



By  
**Saurabh Lohiya**

People desire security in financial income, but trading is inherently uncertain. As per recent data released by SEBI, 93 per cent of traders in the Futures and Options segment lost money between FY22-FY24.

Stress and anxiety are significant concerns for traders, among other mental health concerns. Due to the uncertainty, inexperienced traders will likely face more stress than experienced traders. Several studies indicate that the percentage of Indian adults suffering from moderate or high levels of anxiety is close to 11 per cent. Stoxmind.ai, a psychometric assessment service for traders, estimates the number of

**As we celebrate World Mental Health Day, let us put a spotlight on the mental well-being of stock traders, a group often overlooked in discussions about occupational stress and mental health. India has a large number of active traders; as per SEBI, almost one crore traders participated in the Futures and Options segment in the Financial Year 2024.**

traders with the same concerns to be around 18 per cent. A 2023 study by Mumbai-based GOQii estimated that 17 per cent of Indians were stressed due to financial instability. Stress and anxiety can be triggered by the chances of losing money, making wrong decisions, market volatility and family pressure.

Traders feel strong emotions such as fear, greed, euphoria or demotivation. There is a constant fear of missing out on opportunities or losing money. They face the emotional ups and downs that accompany profits or losses. The psychological pressure to succeed in a highly competitive and uncertain environment can lead to various mental health concerns.

Traders are also susceptible to cognitive biases stemming from making assumptions from a large amount of available information. Such biases are bottlenecks for objective decision-making. For example, recency bias causes one to perceive undue weight to a recent win or loss.

Negative self-talk is yet another mental health concern. It includes dwelling on past losses or doubting one's abilities. Trading requires a high focus on analysing data, executing strategies, and managing trades. However, negative emotions act as a distraction to maintain focus. Negative self-talk can undermine confidence and lead to shying away from self-reflection - through journaling, psychometric tests or seeking feedback from a mentor.

**Strategies for Well-being**

The importance of self-care cannot be overestimated in a risky profession like stock market trading. Self-care can include yoga, meditation, gym exercises, and quality time spent with loved ones. Being physically active is essential not only to keep the body fit but also to support cognitive abilities. Maintaining a healthy lifestyle can help traders to stay sharp and make better decisions.

A support network can be crucial for trading objectively in the trading journey. Support networks can

include personal relations, peer traders at the same level in their journey and senior traders. A support system can provide encouragement, advice, and a sense of camaraderie. Talking about trading experiences can help process emotions before they become overwhelming.

Traders need resilience - the ability to sustain setbacks and adapt to challenges. Trading is a journey with ups and downs; coping with losses and setbacks is essential. Building resilience involves cultivating a positive mindset, avoiding unhealthy coping activities, and maintaining a long-term perspective. Perception of losses can be reframed as learning opportunities for growth.

Cultivating self-awareness through introspection is the key to growing a strong mindset. It is crucial to pay attention to the psychological factors that inhibit trading, such as fear of taking losses or lack of confidence. It is better to be honest with oneself about the motivations for trading and what one feels rather than trying to suppress or hide those feelings. Self-reflection helps to play on strengths, manage weaknesses and identify areas for growth. Psychometric tests, journaling, mentorship, or professional guidance can help develop self-awareness.

**Conclusion**

Trading success is predominantly driven by psychology, surpassing the importance of market analysis and trading strategies. Understanding and managing emotions, cognitive biases, and an objective mindset is crucial for making sound trading decisions and achieving consistent profitability. Traders often make the mistake of focusing solely on technical skills while neglecting the significant impact on their mental state. Seek support from peers, mentors, or mental health professionals when needed.

(The writer is the Psychological Coach at Stoxmind.ai, a free trading mindset assessment tool.)



England's Harry Brook celebrates after scoring double century during the fourth day of the first test cricket match between Pakistan and England in Multan, Pakistan on Thursday. Pic:PTI

## Lakshya Sen bows out of Arctic Open

**Vantaa (Finland):** Star Indian shuttler Lakshya Sen squandered a one-game advantage to lose to Chou Tien Chen of Chinese Taipei in the pre-quarterfinals of the Arctic Open badminton tournament here on Thursday.

The 23-year-old toiled hard for one hour 10 minutes before going down 21-19 18-21 15-21 to his seventh seed opponent in the second round of the Super 500 tournament.

It was a bad in the office for India as all shuttlers from the country made second round exits.

Indian qualifier Kiran George, who had defeated World No 25 Wang Tzu Wei



of Chinese Taipei on Wednesday, was brushed aside 17-21 8-21 by fifth seed Jonatan Christie of Indonesia in the men's singles event.

Malvika Bansod meekly surrendered (15-21 8-21) to Ratchanok Intanon in the women's singles contest.

Unnati Hooda and Aakarshi Kashyap also lost their respective round of 16 games. Unnati went down 10-21 19-21 to Canada's Michelle Li, Aakarshi lost 9-21 8-21 to second seed Han Yue of China. The mixed doubles pair of Sathish Kumar Karunakaran and Aadya Variyath lost 12-21 15-21 to the Chinese combine of Cheng Xing and Zhang Chi.

The women's doubles pair of Rutaparna Panda and Swetaparna Panda will take on top seeds Liu Sheng Shu and Tan Ning later in the day. -PTI

## All India FIDE Open Chess starts today

**Mumbai:** Leading players from across the country have confirmed their participation in the 1st All India FIDE Rating Open Chess Tournament 2024, hosted by South Mumbai Chess School and to be played at the Russian House, Peddar Road, Mumbai starting from Friday, October 11.

This five-day event will witness intense competition as the players will battle for FIDE rating points and prestigious prizes.

Tournament Director Durga Nagesh Gutula stated, "Top-rated players will showcase their talent and skills. We have made the best possible arrangements for all players, from high-quality playing conditions to excellent facilities. -PTI

# Nadal to quit after Davis Cup

**Madrid:** Rafael Nadal announced Thursday he will retire from tennis at age 38 following next month's Davis Cup finals.

Nadal won 22 Grand Slam singles titles during an unprecedented era he shared with his rivals in the so-called Big Three, Roger Federer and Novak Djokovic.

"Really, everything I have experienced has been a dream come true," Nadal said in an announcement on social media. "I leave with the absolute peace of mind of having given my best, of having made an effort in every way." The Spaniard indicated his decision was related to persistent injury problems.

"The reality is that it has been some difficult years, these last two especially. I don't think I have been able to play without limitations. It is obviously a difficult decision, one that has taken me some time to make. But in this life, everything has a beginning and an end," Nadal said.

Nadal's unrelenting, physical style of play — every point pursued as though it were his last, sprinting and sliding into place for that high-bouncing bullwhip of a lefty forehand — made him one of the greats of the game and the unquestioned King of Clay, the slow, red surface on which he claimed his record 14 French Open championships.

That's more than anyone, man or woman, won at any one of the sport's four major tournaments, a dominance celebrated by a statue of Nadal that

stands near the main entrance to the grounds of Roland Garros and in the shadow of its main stadium, Court Philippe Chatrier.

Nadal added Thursday that he was excited to finish his career at the Davis Cup, which will be played in Malaga, Spain.

"I am very excited that my last tournament will be the final of the Davis Cup and representing my country," he said. "I think I've come full circle since one of my first great joys as a professional tennis player was the Davis Cup final in Seville in 2004."

Nadal has not played since the Paris Olympics, where he lost to old rival Djokovic in the second round of the singles tournament and reached the quarterfinals of the men's doubles with Carlos Alcaraz.

"I think it is the appropriate time to put an end to a career that has been long and much more successful than I could have ever imagined," he said.

-AP



## WCG Annual Rink Football Shoaib Baig nets brace

By correspondent

**Mumbai:** St. Francis Xavier (Kanjur Marg) put up a determined performance and scored a fighting 3-2 win against St. Anthony's 'C' (Malwani) in a Men's Open match of the 44th Willingdon Catholic Gymkhana Annual Rink Football Tournament 2024, played under floodlights at WCG courts.

Shoaib Baig played a key role scoring two goals, while teammate Atharva Nikam struck one to secure St. Francis Xavier's win. The Malwani team found the back of the St. Francis net through Om Arane and Bhuvan Koli.

In another match, Holy Cross 'A' (Juhu) capitalized on the chances that came their way to record a fluent 2-0 win against Our Lady of Gloria 'B' (Byculla) 'B.' Both teams played attacking football and created goal-scoring chances, but Holy Cross players Chetan Bariya and Roshan Bangela did well

and scored a goal each, which helped their team secure a win.

Later, Our Lady of Health (Versova) produced a strong fighting display to snatch a close 3-2 win against Holy Cross 'B' (Juhu). Siddharth Kamble, Yug Kathin and Vikas Sharma were bang on target for the Versova outfit, while Nikhil Thavervittel and Chirag Gawde reduced the deficit for the Juhu side.

In Veteran's 40+ Men encounter, Royalers SC (Juhu) beat Warriors SC 3-2. Douglas Lasrado struck a brace of goals while Rembert Fernandes contributed the other for the winner. Warriors scored through Asif Quereshi and Cedrick Pintu. Bandra Packers enjoyed an easy outing as they handed Our Lady of Fatima (Vidya Vihar) a 3-1 defeat. Twin strikes from Milden Dennis and a goal from Ranzie Kalicharan completed the goal tally for the Bandra Packers, while Domsav D'Souza struck for the Fatima lads.



Hardik Pandya celebrates after taking the catch of Bangladesh's Rishad Hossain during the second T20 International cricket match in New Delhi on Wednesday. Pic:PTI

## Joshi, top Indian at Macao Open

**Macao:** India's Khalin Joshi played a bogey-free round, which included two birdies, to end day one of the SJM Macao Open golf tournament on tied 19th.

Joshi, who had a birdie each on the front and back nine of the Macao Golf & Country Club, had a card of

2-under 68 and was the top Indian.

Other Indians in the field had modest scores with SSP Chawrasia (69) at T-36, Honey Baisoya, Karandeep Kochhar, Varun Chopra and Saptak Talwar at T-56th with even par 70 each.

Yuvraj Sandhu, Ajeetesh

Sandhu and Rashid Khan were T-80 with 1-over 71 each, S Chikkarangappa (72) was T-98th and Yashas Chandra (75) was T-132nd.

Rattanon Wannasrichan's shot a stunning 9-under 61 to take a two-stroke lead over Australian Sam Brazel, who returned a 63. -PTI

## Young Guns charge to easy victory

**Mumbai:** Young Guns FC proved too hot for Somaia Sports Club and charged to a fluent 3-0 victory in Women's Premier League match of the MFA Leagues 2024-2025 and played at the Neville D'Souza ground, Bandra on Thursday.

Producing a perfect combined performance, Young Guns scored through the efforts of Tiah Pereira, Shreya Kaup and Tracy Monis to complete the win.

In another match, MH Oranje FC defeated Bombay Gymkhana 2-0. Strikers Trupti Deep and Olivia Chanu struck one goal each to seal the win.

Results - Women's Premier League: MH Oranje FC 2 (Trupti Deep, Olivia Chanu) beat Bombay Gymkhana 0; Young Guns FC 3 (Tiah Pereira, Shreya Kaup, Tracy Monis) beat Somaia Sports Club 0.

## Indian men settle for TT bronze



**New Delhi:** Indian men's team bowed out in the semi-finals and settled for the bronze medal following a 0-3 loss to Chinese Taipei in the semifinal of the Asian Table Tennis Championships in Kazakhstan's Astana, on Thursday.

Indian women's team had also won the bronze medal in the competition on Wednesday, which is the country's first medal in the category since the beginning of the event in 1972.

The legendary Achanta Sharath Kamal, world No 42, found the going tough against his world No 7 opponent Lin Yun-Ju, whose reflexes and precision made the contest tougher for the Indian to settle into his own

game. Sharath Kamal lost the contest 11-7, 12-10, 11-9.

In the following contest, Manav Thakkar lost to world No 22 Kao Cheng-Jui in a hard-fought contest whose outcome was 11-9, 8-11, 11-3, 13-11 in the favour of the Chinese Taipei's player and a 2-0 lead.

In the third game, Harmeet Desai also had to deal with disappointment as the Indian paddler lost to Huang Yan-Cheng 6-11, 9-11, 7-11.

"Despite the loss, the Indian men's team has much to be proud of. A bronze medal at the prestigious Asian Championships is no small feat, especially in the elite continental championships," said the Table Tennis Federation of India in a release.



# War within IOA intensified

LIVID USHA DECLARES THERE'S NO ACTING CEO, LAMBASTS CHAUBEY

**New Delhi:** Indian Olympic Association President PT Usha Thursday barred the IOA staff from taking any instructions from joint secretary Kalyan Chaubey and the rest of the Executive Council members while declaring that the agenda unveiled by him for the October 25 Special General Body Meeting was "illegal and unauthorised".

On Wednesday, Chaubey issued a circular on official IOA letterhead, listing 26 agenda items for the SGM to be held here on October 25. One of the items was a vote of no confidence against Usha "in light of alleged constitutional violations and actions potentially detrimental to Indian sports".

Chaubey, who had issued the circular "pursuant to a directive from 12 members of IOA EC", had signed it as IOA's joint secretary and acting CEO. Usha declared that Chaubey does not hold the acting CEO's post.

He had earlier served as IOA's acting CEO before Raghuram Iyer took charge of the post in January.

Usha, in a press release, termed Chaubey's action as "both illegal and in violation of the IOA Constitution". "In accordance with Article 8.1 of the IOA Constitu-

tion, as the President of the IOA, I have already convened the SGM, with due notice issued on 3 October 2024. Further, I have not authorised Mr. Kalyan Chaubey, Jt Secretary IOA to convene any meeting or promulgate an agenda for the SGM on 25 October 2024," she said.

"Therefore, any other agenda or notice for the same meeting, including the one issued by Mr. Kalyan Chaubey, is illegal, unauthorised, and must be viewed as being issued with mala fide intent and needs to be disregarded."

Usha had said that Iyer's appointment was approved by the Executive Council (EC) in a meeting on January 5, while his salary was the only issue left to be negotiated.

Twelve members (out of 15) of the IOA Executive Council, including Chaubey, had refused to ratify Iyer's appointment as CEO.

After the acrimonious EC meeting held on September 26, the majority of the EC members had said in a letter sent to the International Olympic Committee (IOC) that Chaubey still remained as IOA's acting CEO.

"It has come to my attention that Mr. Kalyan Chaubey,

impersonating himself as the Acting CEO of the IOA, has issued an agenda using official IOA stationery for a SGM... This action is both illegal and in violation of the IOA Constitution," Usha said.

"I want to make it unequivocally clear that the current and only CEO of the IOA is Mr. Raghuram Iyer, who officially joined the IOA on 15 January 2024. Despite certain members of the IOA EC denying his appointment and withholding his salary for the past nine months, Mr. Iyer continues to serve in his role.

According to Article 8.1 of the IOA Constitution, SGM may be summoned at any time by the IOA President through the CEO and/or by decision of a simple majority of the Executive Council members.

But, Usha argued that the EC can convene the SGM only after a formal meeting.

"Additionally, it is also worth noting that for the EC members to convene a SGM through the CEO, such a decision can only be taken at an EC Meeting as required by the IOA Constitution, which has not been convened in the recent past," she said in Thursday's press release. -PTI

