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CHIEF EDITOR DESK



Dear Readers,

On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead to all .

India's eastern coastline has faced another major natural disaster after Cyclone Arnab struck coastal Andhra Pradesh, bringing powerful winds, torrential rainfall, flooding and widespread disruption.

The Indian Space Research Organisation (ISRO) has successfully launched its next-generation navigation satellite, NVS-03, marking a significant milestone in India's efforts to strengthen its independent satellite navigation system, NavIC.

Indian Railways has directed all railway zones to strictly enforce the shutdown of mobile charging points in train coaches between 11 PM and 5 AM.

The INDIA bloc organised a major 'Save Vote, Save Nation' rally at Delhi's Ramlila Maidan, bringing together leaders and supporters from several opposition parties.

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CYCLONE ARNAB LEAVING COMMUNITIES STRUGGLING TO RECOVER

By Editor – Gaurav Singh



India's eastern coastline has faced another major natural disaster after Cyclone Arnab struck coastal Andhra Pradesh, bringing powerful winds, torrential rainfall, flooding and widespread disruption. The very severe cyclonic storm made landfall along the Andhra Pradesh coast near the Yanam region, affecting several coastal districts and forcing thousands of families to leave their homes. Although the system has since weakened and moved inland, its impact continues to be felt through damaged infrastructure, disrupted transport, agricultural losses and the difficult task of restoring normal life.

Cyclone Arnab developed over the Bay of Bengal and gradually intensified as it moved towards India's eastern coastline. The India Meteorological Department (IMD) tracked its movement and issued warnings about strong winds, heavy rainfall and possible storm surges. Before landfall, the storm reached the category of a very severe cyclonic storm, with sustained wind speeds estimated at 125–135 kilometres per hour and gusts reaching approximately 150 kilometres per hour. These conditions posed a serious threat to coastal settlements, fishing communities, roads, electricity networks and agricultural land. The landfall process began during the early hours of October 28 and continued for several hours. The cyclone crossed the Andhra Pradesh and Yanam coastline, with its central region moving completely over land by around 8 am. Areas near Kakinada, Konaseema, Narsapuram and other coastal locations experienced severe weather conditions. Strong winds uprooted trees, damaged houses, brought down electricity poles and disrupted communication services. Heavy rainfall increased the risk of flooding in low-lying settlements and agricultural areas.

One of the most significant aspects of the disaster was the



large-scale evacuation carried out before the cyclone reached the coast. Authorities in Andhra Pradesh and neighbouring Odisha moved more than 180,000 people to safer locations. Temporary shelters were arranged in schools, public buildings and designated cyclone relief centres. Emergency teams worked to identify vulnerable households, particularly those living in coastal villages, low-lying areas and fragile houses.

The evacuation demonstrated the importance of early-warning systems in reducing the human cost of natural disasters. Residents were advised to follow official instructions, avoid unnecessary travel and remain indoors during the most dangerous period. Fishermen were warned not to venture into the sea as rough conditions and powerful waves made fishing activities extremely dangerous. Several schools were closed, while some train and flight services were cancelled or suspended as a precaution.

Despite these preparations, the cyclone caused considerable damage. Falling trees and electricity poles blocked roads, while damaged houses and flooded neighbourhoods created difficulties for residents. Agricultural communities were among those particularly affected. Standing crops, horticultural fields and other farm produce suffered damage from strong winds and excessive rainfall. For farmers who depend on seasonal harvests for their income, such losses can create financial difficulties that continue long after the weather improves.

Transport services also experienced significant disruption. Railway tracks and bridges in parts of the coastal region were affected by flooding, forcing authorities to cancel or regulate several train services. Road connectivity was interrupted in certain locations because of fallen trees, waterlogging and damaged infrastructure. Airport operations in parts of Andhra Pradesh were also suspended during the storm. These disruptions affected passengers, businesses and the movement of essential supplies.

The impact was not limited to Andhra Pradesh. Neighbouring Odisha also experienced heavy rainfall and flooding in several areas. In Ganjam district, hundreds of villages were affected, with some settlements temporarily cut off because of rising water levels and damaged road links. Rescue agencies, including disaster response teams and the Indian Coast Guard, participated in operations to assist people stranded in vulnerable locations. Helicopter operations were also used to support evacuations where road access had become difficult.

The situation highlighted the particular vulnerability of coastal communities. Many families living near the sea depend on fishing, agriculture, small businesses and daily-wage work. When a cyclone damages boats, homes, roads and markets, their income can disappear almost immediately. Even after the storm passes, residents may face shortages of drinking water, electricity, transport and essential services. Restoring these facilities becomes an important part of the recovery process.

The India Meteorological Department played a central role in monitoring Cyclone Arnab. Its forecasts and warnings helped state governments prepare evacuation plans and alert vulnerable communities. Weather information was shared with local administrations, disaster management agencies, fishermen and the public. Such coordination is essential because the strength and movement of tropical cyclones can change rapidly. A few hours of advance warning can make a major difference when thousands of people need to be moved to safety.

However, the experience also underlines the need to improve long-term disaster preparedness. Coastal states require stronger embankments, better drainage systems, cyclone-resistant housing and reliable emergency communication networks. Roads, bridges, electricity infrastructure and hospitals in vulnerable districts must be designed to withstand severe weather. Local communities should also receive regular training in evacuation procedures, first aid and



emergency response.
The agricultural sector needs special attention during recovery. Governments can support affected farmers through crop-loss assessments, compensation, access to agricultural credit and the timely distribution of seeds and other essential supplies. Fishing communities may require assistance to repair damaged boats, replace equipment and restart their livelihoods. Without such support, the economic consequences of a cyclone can continue for months.
Another important concern is the possibility of further extreme weather along the eastern coast. After Arnab weakened, a separate weather system developed over the Andaman Sea and Bay of Bengal. This system subsequently intensified into Cyclone Murasu, creating fresh concerns for Andhra Pradesh and neighbouring states. The IMD has warned of heavy to very heavy rainfall in parts of Andhra Pradesh and other regions, along with rough sea conditions and strong winds. It is important to distinguish this new system from Arnab: the two are separate weather events, although their effects may overlap in areas already dealing with flooding and damage.
The arrival of another system so soon after Arnab creates additional challenges for relief and recovery teams. Roads that are still being repaired may face fresh waterlogging, while damaged houses and weakened infrastructure can become more vulnerable to further rainfall. Farmers who have already suffered crop losses may face additional damage if fields remain flooded. Authorities therefore need to maintain close coordination between weather departments, district administrations, rescue agencies and local communities.
For residents, following official weather advisories remains essential. People living in coastal and low-lying areas should avoid entering flooded roads, stay away from fallen electrical wires and follow evacuation instructions whenever issued. Fishermen should observe restrictions on sea activities, while travellers should check railway, road and flight updates before beginning journeys. Residents should rely on official government announcements rather than unverified social media messages.
Cyclone Arnab is a reminder that disaster management does not end when a storm moves away from the coastline. The immediate danger may weaken, but the consequences can remain visible in damaged homes, lost livelihoods, disrupted services and affected agricultural land. Recovery requires careful planning, financial support and sustained coordination between governments and communities.
India has made considerable progress in cyclone forecasting, early warnings and evacuation operations over the years. The large-scale movement of residents before Arnab's landfall reflects the value of these preparations. The next challenge is to ensure that affected families receive timely assistance and that essential infrastructure is restored quickly.
As coastal communities work to rebuild, the experience of Cyclone Arnab offers an important lesson: preparedness saves lives, but resilience protects livelihoods. Strengthening coastal infrastructure, supporting vulnerable communities and improving disaster response systems will be essential as India continues to face the growing challenges of extreme weather along its eastern shoreline.



EVENTS



Israel's election left both the Netanyahu-led bloc and the opposition short of a majority, setting the stage for difficult coalition negotiations.

Hereditary Prince Alois completed Liechtenstein's first state visit to India. Discussions included India-EFTA economic cooperation and a possible Double Taxation Avoidance Agreement.





The third Russia-Africa Summit brought African leaders and Russian officials together to discuss trade, investment, food security and technological cooperation.



European and Canadian leaders met to discuss trade, investment, defence, energy and digital cooperation, aiming to strengthen their strategic partnership.

The Quad countries announced more than $85 million in support for trusted artificial intelligence initiatives across the Indo-Pacific.





Bulgaria held the second round of its presidential election after the first round failed to produce an outright winner.

ISRO LAUNCHES NEW NAVIC NAVIGATION SATELLITE NVS-03



The Indian Space Research Organisation (ISRO) has successfully launched its next-generation navigation satellite, NVS-03, marking a significant milestone in India's efforts to strengthen its independent satellite navigation system, NavIC.

The satellite was carried into space aboard the GSLV-F18 rocket, which placed the 2,250-kilogram spacecraft into a Geosynchronous Transfer Orbit. The mission marked the 20th flight of India's Geosynchronous Satellite Launch Vehicle and demonstrated the growing reliability of the country's launch capabilities.

NVS-03 is the third satellite in ISRO's second-generation navigation satellite series. Its primary objective is to strengthen the Navigation with Indian Constellation, commonly known as NavIC. Developed as India's regional alternative to international navigation systems such as the United States' GPS, NavIC provides positioning, navigation and timing services across mainland India and an area extending approximately 1,500 kilometres beyond the country's borders.

One of the important features of NVS-03 is its advanced navigation technology. The satellite carries an indigenously developed Rubidium atomic clock, which plays a crucial role in maintaining accurate time signals. Precise timing is essential for calculating locations and supporting reliable navigation services.

The satellite also introduces signals in the civilian L1 frequency band, alongside the existing L5 and S-band signals. This is expected to improve compatibility with a wider range of navigation receivers and consumer devices, including smartphones, vehicles and wearable technology.

The successful mission is particularly important because NavIC has faced difficulties in maintaining its full operational capabilities. The addition of NVS-03 strengthens the constellation and restores the minimum number of operational satellites required for basic independent positioning services.

NavIC has applications across several sectors. It can support road navigation, maritime operations, aircraft tracking, disaster management, precision agriculture and emergency response. It can also help authorities monitor transport networks and improve the tracking of trains, ships and vehicles. Its strategic importance lies in reducing India's dependence on foreign satellite navigation systems for critical services.

Following the launch, ISRO confirmed that the satellite had entered its intended transfer orbit and that its solar panels had deployed successfully. Further orbital manoeuvres are required to position it in its designated geosynchronous slot before it becomes fully operational.

The mission also highlights the growing contribution of Indian industries to the country's space programme. Greater participation by domestic companies in launch vehicles, satellite components and navigation technologies can strengthen India's technological independence and create opportunities for innovation.

NVS-03 is more than another satellite launch. It represents an important step towards building a stronger, more reliable and self-reliant navigation infrastructure. As India expands its ambitions in space technology, NavIC could become increasingly important for everyday services, economic development and national security.

INDIAN RAILWAYS TO SWITCH OFF TRAIN CHARGING POINTS FROM 11 PM TO 5 AM



Indian Railways has directed all railway zones to strictly enforce the shutdown of mobile charging points in train coaches between 11 PM and 5 AM. The measure is aimed at strengthening passenger safety and reducing the risk of fires caused by electronic devices left charging unattended during overnight journeys.

The Railway Board issued a fresh instruction on October 26, 2026, reminding railway zones to follow an existing safety rule. The direction came after an incident in the South Eastern Railway zone in which a passenger's power bank reportedly exploded while connected to a charging point, producing smoke inside a train coach. According to the Board, onboard staff had failed to switch off the charging points during the restricted hours.

The Board has made it clear that charging points must remain switched off throughout the six-hour period, with no exceptions. It has asked all zonal railways to communicate the instructions to their concerned employees and ensure that the rule is followed consistently. Staff members must also receive appropriate guidance and training so that the shutdown is carried out properly.

To strengthen enforcement, the Railway Board has called for surprise inspections by officers and supervisors. These checks will help identify lapses and ensure that charging points are disconnected at the prescribed time. The latest instruction highlights that passenger safety depends not only on regulations but also on their effective implementation.

The restriction is not entirely new. Indian Railways introduced the overnight charging-point shutdown in June 2014 following a fire incident involving an air-conditioned coach of the Hazur Sahib Nanded–KSR Bengaluru Express. Safety recommendations led the Board to establish the 11 PM to 5 AM window. Railway authorities also instructed staff to inform passengers about the restriction through notices inside coaches.

The issue gained renewed attention after another major train fire in November 2023 involving a sleeper-class coach of the New Delhi–Darbhanga Humsafar Clone Special. Following the incident, safety officials recommended extending the overnight charging restriction to sleeper coaches as well. However, implementing the arrangement in non-air-conditioned coaches has presented operational challenges.

For passengers, the rule means planning their device-charging needs before going to sleep. Travellers should charge their mobile phones, laptops and power banks before 11 PM or wait until after 5 AM to use the train's charging facilities. Carrying a sufficiently charged power bank may help, although it should always be handled carefully and used according to safety instructions.

The decision reflects the importance of preventing electrical incidents in crowded railway coaches, where smoke or fire can create serious risks. A small device malfunction can quickly become a major emergency in a moving train. Ultimately, the success of this measure will depend on cooperation between railway staff and passengers. Consistent enforcement, responsible use of electronic devices and greater awareness can help make overnight train journeys safer for everyone.

INDIA BLOC HOLDS MASSIVE 'SAVE VOTE, SAVE NATION' RALLY IN DELHI



The INDIA bloc organised a major 'Save Vote, Save Nation' rally at Delhi's Ramlila Maidan, bringing together leaders and supporters from several opposition parties. The gathering focused on alleged irregularities in electoral rolls, concerns over voting rights and demands for greater transparency in India's election process.

Leaders from around 20 opposition parties attended the rally, including Congress president Mallikarjun Kharge, Rahul Gandhi, Priyanka Gandhi Vadra, Samajwadi Party chief Akhilesh Yadav, Trinamool Congress leader Mamata Banerjee, National Conference president Farooq Abdullah and other prominent opposition figures. Their presence highlighted an effort to present a united front on issues concerning electoral fairness and democratic institutions.

Before reaching the main venue, opposition leaders and supporters participated in a march towards Ramlila Maidan. The gathering witnessed slogans such as 'Vote Chor, Gaddi Chhod', reflecting the opposition's campaign against what it describes as vote theft. Large numbers of supporters gathered at the venue, while many others followed the proceedings from nearby roads.

Rahul Gandhi criticised the Election Commission and raised allegations of manipulation in voter lists. He called for accountability from Chief Election Commissioner Gyanesh Kumar and accused the ruling establishment of undermining the democratic process. These statements represented the opposition's political position, while the allegations remain contested.

Mallikarjun Kharge described the campaign as a struggle to protect the Constitution and democratic values. Other leaders also emphasised that every eligible citizen must retain the right to vote and that electoral institutions should function independently and transparently.

A major concern raised at the rally was the Special Intensive Revision (SIR) of electoral rolls. Opposition parties argued that the process could result in eligible voters being excluded if proper safeguards and verification procedures were not followed. They demanded transparency, accountability and effective mechanisms for citizens to challenge incorrect deletions.

The rally also revealed both the possibilities and limitations of opposition unity. Although leaders from several parties shared the platform, some important INDIA bloc partners, including the Aam Aadmi Party, were absent. This reflected the political differences that continue to exist within the opposition alliance.

The November 1 gathering was more than a show of political strength. It was an attempt to turn concerns about voter registration and electoral transparency into a wider national debate. Whether the rally leads to concrete electoral reforms or sustained political mobilisation remains to be seen. Its central message, however, was clear: the opposition wants voting rights and public confidence in democratic institutions to remain at the centre of national discussion.

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JIO PLATFORMS SHARES SURGE OVER 32% ABOVE IPO PRICE



Jio Platforms has attracted strong investor attention after its shares climbed more than 32% above their initial public offering (IPO) price. The impressive performance highlights market confidence in the company's position in India's growing telecommunications and digital services industries.

The company's shares were offered at ₹1,119 apiece in its IPO and made their stock market debut on October 28, 2026, at ₹1,358, representing a premium of over 21%. The positive momentum continued in the following trading sessions. On October 29, the stock touched an intraday high of ₹1,490, taking its gain to approximately 33% above the IPO price.

The listing marked an important milestone for Reliance Industries and its chairman, Mukesh Ambani. Jio Platforms has developed beyond a conventional telecommunications business into a wider digital ecosystem. Its operations include mobile connectivity, broadband, enterprise solutions and digital applications.

The company's extensive subscriber base, expanding 5G network and ambitions in artificial intelligence and cloud technology have strengthened investor expectations. Market participants are also looking at its ability to increase average revenue per user, improve profitability and expand its digital services.

However, the sharp rise has raised questions about valuation. A strong listing does not automatically guarantee long-term gains. The company will need to deliver consistent earnings growth, maintain its competitive position and turn investor expectations into sustainable business performance. Competition, regulatory developments and the cost of expanding its network could also influence its future performance.

For India's IPO market, Jio Platforms' debut is a significant development. Its strong opening has demonstrated considerable investor interest, but its long-term success will depend on financial results, innovation and its ability to maintain growth in an increasingly competitive digital economy.

DILJIT DOSANJH CONTROVERSY AT DELHI CONCERT; SAYS "DON'T TEACH PUNJABIS HOW TO FIGHT"



Diljit Dosanjh has addressed the controversy surrounding his film Satluj during the opening day of his Aura India Tour 2026 in New Delhi. Responding to remarks about the film, the singer-actor spoke about the long effort behind bringing the project to audiences and reiterated his support for the people of Punjab. His comments come amid continued discussions around the film's subject and its turbulent release journey. Addressing the audience, Diljit said, "I love all of you because I am an artist, bro. I am being quiet, so let me stay quiet. I support all of you. But don't teach Punjabis how to fight." He then spoke about the film and the effort that went into making it, adding, "The film you are making fun of on stage, Jaswant Singh Khalra's film we fought for that film for a long time. I love all of you. If someone hates us, it's okay. But I love all of you."

Directed by Honey Trehan, Satluj is a biographical drama based on the life of human rights activist Jaswant Singh Khalra, with Diljit playing the central role. The film was initially titled Ghallughara and later renamed Punjab '95 before arriving under the title Satluj. Its narrative examines Khalra's investigation into the alleged secret cremation of thousands of unidentified bodies in Punjab during the early 1990s. Khalra was abducted in September 1995 and killed, with his body disposed of in the Sutlej River.

The project faced prolonged certification hurdles with the Central Board of Film Certification (CBFC). The board initially sought 21 cuts and a title change. After the makers challenged the demands and the film went through further review, the proposed edits reportedly increased to 127. The filmmakers maintained their position against releasing a heavily edited version, with planned theatrical release dates being pushed back.

In July 2026, the film was unexpectedly made available on ZEE5 under the title Satluj. However, it was removed from the platform in India within 48 hours following directions from the Ministry of Information and Broadcasting, according to the details surrounding its release.

Diljit's latest comments bring renewed attention to the film's journey and the debate surrounding its portrayal of a sensitive chapter in Punjab's history.

ANUSHKA SEN JOINS BONKERS CORNER AS BRAND AMBASSADOR



Actor Anushka Sen has been named brand ambassador for fashion label Bonkers Corner, marking another association for the actor in the fashion and lifestyle space.

Known for her work across television and digital platforms, Anushka has also built a presence in fashion through her contemporary style. Her association with Bonkers Corner comes as the brand continues to focus on streetwear and casual clothing.

The partnership is part of a wider campaign by Bonkers Corner centred on brand authenticity and the issue of counterfeit products. The campaign also features Major Rishabh Singh Sambyal (Retd.) and entrepreneur Namita Thapar, bringing together personalities from different fields to highlight the importance of protecting genuine brands and their identity.

Bonkers Corner offers streetwear and everyday clothing inspired by contemporary fashion trends. Its collections focus on casual silhouettes and designs aimed at younger consumers.

For Anushka, the association adds to her work beyond acting, bringing her closer to the fashion and lifestyle segment. However, further details about the campaign, including its rollout and the specific initiatives planned around counterfeit products, have not been shared in the announcement.

VITAMIN B12: THE ESSENTIAL NUTRIENT YOUR BRAIN NEEDS



Have you ever experienced unusual tiredness, difficulty concentrating or a constant feeling of weakness, even after getting enough sleep? Sometimes, the reason may be a lack of an important nutrient called Vitamin B12. Although the body needs it in small amounts, this vitamin plays a major role in keeping the brain, nerves and blood cells healthy.

Vitamin B12, also known as cobalamin, is a water-soluble vitamin that the body cannot produce on its own. It must be obtained through food or supplements when needed. One of its most important functions is helping the body produce healthy red blood cells. These cells carry oxygen to different parts of the body, supporting energy production and the proper functioning of organs.

Vitamin B12 is equally important for the nervous system. It helps maintain the protective covering around nerves, known as the myelin sheath. This covering allows nerve signals to travel efficiently between the brain and the rest of the body. When B12 levels become too low, nerve function can be affected, sometimes causing tingling, numbness or a burning sensation in the hands and feet.

The brain also depends on Vitamin B12 for normal functioning. It contributes to processes involved in making DNA and certain brain chemicals that support communication between nerve cells. A deficiency may lead to difficulty concentrating, memory problems, confusion and changes in mood. In severe or prolonged cases, neurological problems can become serious and may not always be completely reversible.

One challenge with Vitamin B12 deficiency is that its symptoms often develop slowly. People may experience constant fatigue, weakness, pale skin, dizziness, a sore tongue or reduced appetite without immediately recognising the cause. Some individuals may develop symptoms even when their diet appears reasonably balanced.

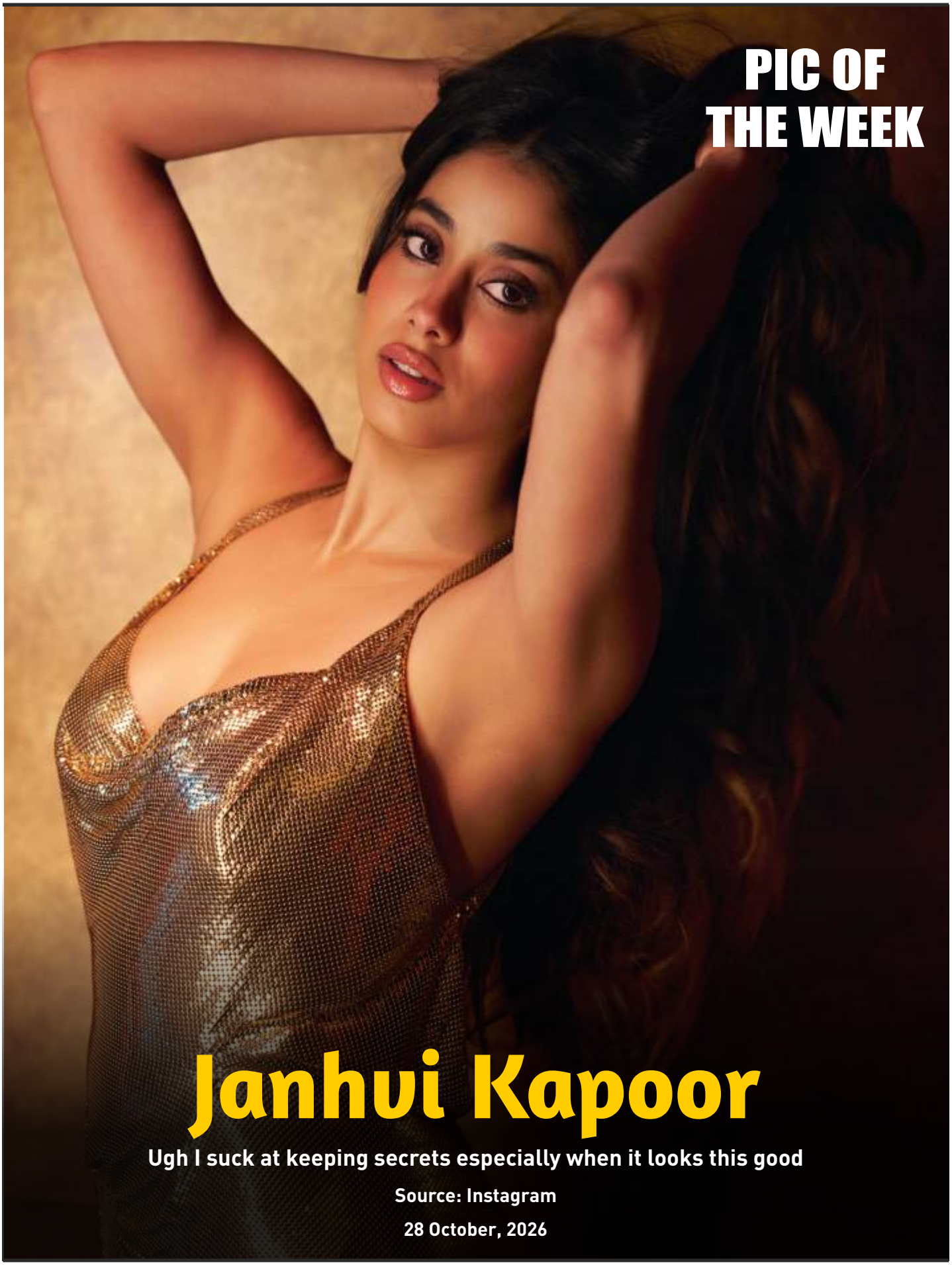
Certain groups are more likely to experience deficiency. People following strict vegetarian or vegan diets may not receive enough B12 because natural sources are mainly animal-based. Older adults may have difficulty absorbing the vitamin from food. People with digestive conditions, certain stomach or intestinal surgeries, or those taking particular medications for long periods may also be at greater risk.

Good dietary sources include milk, curd, cheese, eggs, fish, chicken, meat and fortified breakfast cereals or plant-based milk. People who follow vegetarian or vegan diets should pay particular attention to fortified foods and may need supplements after discussing their requirements with a healthcare professional.

The body can store Vitamin B12 for several years, which means deficiency may take time to become noticeable. However, ignoring symptoms can allow the problem to worsen. A healthcare professional may recommend a blood test to check B12 levels and determine whether further evaluation is necessary. Treatment depends on the cause and severity and may involve dietary changes, oral supplements or injections.

It is important not to take high-dose supplements unnecessarily or assume that every episode of tiredness is caused by B12 deficiency. Other health conditions can produce similar symptoms, so proper evaluation matters.

Vitamin B12 may be needed in small quantities, but its importance is enormous. From supporting healthy blood cells to protecting nerves and helping the brain function properly, it contributes to several essential processes. Paying attention to nutrition and recognising possible warning signs can help protect long-term health. Sometimes, maintaining good health begins with understanding the smallest nutrients our bodies depend on.


PIC OF
THE WEEK
Janhvi Kapoor
Ugh I suck at keeping secrets especially when it looks this good
Source: Instagram
28 October, 2026

THE POWER OF KARMA: DO OUR ACTIONS REALLY COME BACK TO US?



Have you ever wondered why good people sometimes face difficulties while those who hurt others seem to enjoy a comfortable life? This question has been part of spiritual thinking for centuries. The concept of Karma offers an interesting perspective: every action, whether good or bad, carries consequences that shape our lives.

The word Karma comes from Sanskrit and simply means “action” or “deed.” In Indian spiritual traditions, particularly Hinduism, Buddhism and Jainism, Karma is understood as the principle that our actions, intentions and choices influence our future experiences. It is not necessarily about immediate rewards or punishment, but about the connection between what we do and what follows.

Karma is often misunderstood as a system of instant justice, where every wrong action is immediately punished and every good deed rewarded. In reality, spiritual teachings describe it as a deeper process. The effects of our actions may appear in unexpected ways, sometimes much later. A kind gesture can build trust, kindness and meaningful relationships, while dishonesty and cruelty can gradually destroy them.

There is also a psychological side to Karma. Our behaviour shapes our habits, personality and relationships. When we regularly practise honesty, compassion and gratitude, we create a positive environment around ourselves. Similarly, anger, jealousy and selfishness can create conflict and disturb our inner peace.

An important lesson of Karma is that intentions matter. Helping someone only to receive praise is different from helping them genuinely. True goodness comes from understanding, empathy and a sincere desire to make a difference.

Karma also reminds us that we cannot control every situation, but we can control how we respond to it. Every day gives us another opportunity to choose kindness over hatred, forgiveness over revenge and honesty over deception.

Perhaps Karma is not simply about what comes back to us; it is also about the person we become through our actions. After all, the energy we put into the world often shapes the world we experience.



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