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SUNNY NEWS

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December 1 - 31, 2025

Vol. 21, Issue - 6

Pages : 4

₹ 1.

Page No. 1

WOMEN IRAN'S NEW REVOLUTIONARIES

“Forced veiling was unpopular with many Iranian women from the beginning.”



An Iranian woman without hijab addresses demonstrators for equal rights for women in 1979.

Karunakshim Vatsalam - Iran, one of the cradles of human civilization since the Persian Achaemenian dynasty founded by Cyrus the Great (6th to 4th century

BC), is in turmoil today, and at the forefront are young college and school-going women who are taking on the authorities of a dogmatic and repressive regime.

The immediate trigger of the protest was the death of a 22-year the hospital in a coma, with bruises on her face and blood dripping from her ear, were shared online, they quickly went viral - and provoked fury. After she died a few days later, the protests exploded into the largest mass demonstrations Iran had seen for years.

The hijab is mandatory in Iran - though in 1936, Reza Shah Pahlavi - the father of the Shah of Iran deposed in the 1979 revolution - barred women from wearing the veil, or hijab, in public to Westernize Iran.

(... Contd... on Page 3)

MSEDCL RETURNS 12,800 cr TO SBI AT ONE GO

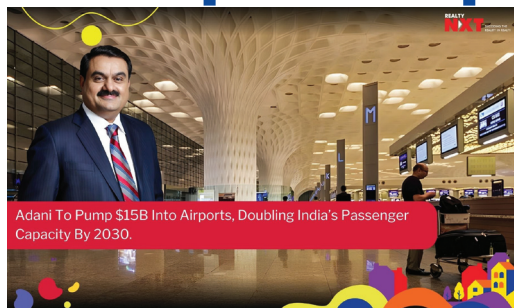
Staff Reporter - Maharashtra State Electricity Distribution Company Ltd (Mahavitaran), the country's largest power distribution company, recently repaid a loan of Rs12,800

crore from the State Bank of India (SBI) in a single installment before the due date. Chairman and MD Lokesh Chandra informed that the loan was repaid by

raising a low-interest loan from another financial institution and from company's own funds, thus saving interest amount substantially.

(... Contd... on Page 3)

Adani Group plans \$15 billion for airports expansion by 2030



Staff Reporter - The Adani Group plans to invest \$15 billion to boost passenger capacity at its airports to 200 million annually in the next five years, people familiar with the matter said, helping power India's aviation boom as it prepares to list its airport unit. The plan involves adding terminals, taxiways, and a new runway at the Navi Mumbai airport, which is set to open Dec. 25.

(... Contd... on Page 4)

Contempt power not 'personal armor' for judges: Supreme Court

Staff Reporter - Observing that the power to punish for criminal contempt is not a "personal armour" for judges to stifle criticism, the Supreme Court on Wednesday (December 10, 2025) set aside an April 23 order of the

Bombay High Court that had held a Navi Mumbai woman guilty of criminal contempt and sentenced her to one week's simple imprisonment for circulating a housing society notice referring to judges as part of a "dog

mafia." A Bench of Justices Vikram Nath and Sandeep Mehta noted that the woman had expressed unconditional remorse at the earliest stage and had tendered an unqualified apology for her conduct.

(... Contd... on Page 4)

Now it is Pillai University



Staff Reporter - The institution's Panvel campus, known as Dr. K. M. Vasudevan Pillai Campus, was granted the status of a State Private University by the Government of Maharashtra through an Act passed in the State Legislative Assembly in July 2025. Admissions will open for undergraduate, postgraduate, and doctoral programmes across diverse disciplines. Alongside this, the university plans to strengthen and expand its research centers

in remote sensing, urban planning, artificial intelligence and robotics, aviation, healthcare, manufacturing, and several emerging fields, by early 2026. Mr. Rajesh Pillai nephew of Dr. Vasudevan Pillai look after the entire administration of Panvel Campus. Dr. Vasudevan Pillai, the founder, CEO & Chairman hailing from west Kallada, Kollam dist. Kerala started Mahatma Education so somewhere in 1970 &

(... Contd... on Page 4)

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Editorial

Remembering Indira Gandhi

On 19 November, we celebrated the birth anniversary of our former Prime Minister Mrs Indira Gandhi. Mrs Gandhi was born on 19 November, 1917, in Allahabad. She was the first and only female Prime Minister of India, serving multiple terms between 1966 and 1984. She served as Prime Minister in two separate tenures: From January 1966 to March 1977, and again from January 1980 until her assassination in October 1984. Her leadership was characterized by a fierce determination and political acumen that earned her the nickname the "Iron Lady of India". On her 108th birth anniversary which was celebrated on 19 November, floral tributes were paid to her at the Parliament's Central Hall, attended by senior leaders like daughter-in-law Sonia Gandhi and son Rahul Gandhi, besides other dignitaries. Through an unshakeable resolve and bold leadership, she successfully secured India's agricultural self-sufficiency, liberated Bangladesh and challenged world powers head-on to safeguard the nation's interests. Her political life started in the 1950s when she unofficially assisted her father, Jawaharlal Nehru. Her legacy remains a guiding force in India's journey towards progress and development.

WHITE REVOLUTION



JAYANTHY SUBRAMANIAM - Operation Flood started the White Revolution in India and made our country self-sufficient in milk and this was achieved entirely through the cooperative structure. Today around 12 million farmers in more than 22 states across the country own around 250 dairy plants handling around 20 million litres of milk a day. This is a remarkable achievement. While we in India tend to take our achievement for granted, this feat elicited high praise and admiration throughout the world.

In 1955 our butter imports were 500 tons per year; today our cooperatives alone produce more than 12,000 tons of butter. Similarly, we imported 3000 tons of baby food in 1955; today our cooperatives alone produce 38,000 tons of baby food. By 1975 all imports of milk and milk products stopped. The import permitted was that of food aid under Operation Flood. A separate agency called the Indian Dairy Corporation (IDC) was created to receive grants of food aid and use it in the Operation Flood, this agency was also headed by the marvelous Dr. Verghese Kurien. Milk powder production increased from 22,000 tons in the pre operational Flood year to 1,40,000 tons by 1989. In 1998 the World Bank

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HUMAN RIGHTS



SECULARISM AND FREEDOM OF RELIGION

Secularism - A basic feature of the Constitution. In *valsamma Paul v, Cochin University*, the Apex Court has propounded the positive concept of secularism in the following words :

"..... Pluralism is the keynote of Indian culture and religious tolerance is the bedrock of Indian secularism. It is based on the belief that all religions are equally good and efficacious pathways to perform for God realisation. It stands for a complex interpretative process in which there is a transcendence of religion and yet there is a unification of multiple religions. It is a bridge between religion in a multi-religious society to cross over the barriers of their diversity. Secularism is the basic feature of the Constitution as guiding principle of State Policy and action. Secularism in the positive sense is the cornerstone of an egalitarian and forward looking society which our Constitution endeavours to establish. It is the only possible basis of uniform and durable national identity in a multi-religious and socially disintegrated society. It is a fruitful means for conflict resolution and harmonious and peaceful living. It provides a sense of security to the followers of all religions and ensures full civil liberties, constitutional rights and equal opportunities."

The meaning of the term "Secularism" in the context in which it is employed in the Constitution is that the State shall not interfere in the religious affairs of its people and shall not discriminate on the ground of religion. This is evident from a plain reading of Article 14 of the Constitution, which guarantees to all persons equality before law and equal protection of the laws, and Article 25 (1) of the Constitution which protects the right of all persons to profess, practise and



Adv. Sosamma Varghese
B.A., LL.B, PG (Human Rights)

propagate religion.

A basic feature of India is that it is a country with tremendous diversity having so many religions (including their different sects), castes (including hundreds of sub-castes), communities, languages, ethnic groups, etc. Hence, the only policy that can work in this country, and keep it united and on the path of progress is the policy of secularism and giving equal respect to all religions, castes, ethnic groups, communities, language, cultures, etc. Without such a policy our country cannot survive for long.

Sources of concept of secularism. - There are two sources of the concept of secularism of India. One source has been the liberal education of the West where the respect for religion is on account of respect for the liberty and dignity of the individual. The other source of the Indian concept of secularism is the traditional Indian Society itself which has been accommodative and tolerant of various faiths or ways of life.

Secularism - Acquisition of Ram Janam Bhoomi/Babri Masjid-Not unsecular. - The Constitutional Bench of nine Judges of the Apex Court referred to the concept of secularism in the Indian context. It was observed that religious tolerances and equal treatment of all religious groups and protection of their life and property and of the places of their worship are an essential part of

secularism enshrined in our Constitution. The said goal was accepted not only because of our historical legacy and the need of our national unity and integrity but also as a creed of universal brotherhood and humanism. It is our cardinal faith. Any profession or action which goes counter to the aforesaid creed are a prima facie proof of the conduct in defiance of the provision of our Constitution.

Though the concept of secularism was not expressly engrafted while making the Constitution, its sweep, operation and visibility are apparent from fundamental rights and directive principles and their related provisions. It was made explicit by amending the Preamble of the Constitution (42nd Amendment) Act. The concept of secularism of which religious freedom is the foremost appears to visualise not only of the subject of God but also understanding between man and man. Secularism in the Constitution is not anti-God and it is sometimes believed to be a stay in a free society. The matters which are purely religious are left personal to the individual and the secular part is taken charge by the State on the grounds of public interest, order and general welfare. The State does not extend patronage to any particular religion. While deciding the question whether the mandate to maintain status quo existing at the disputed site Ram Janam Bhoomi/Babri Masjid as on 7th January, 1993 is a slant in favour of the Hindu Community intended to perpetuate the injustice done to the Muslim community by demolition of the Mosque on 6th December, 1992 and therefore it amounts to an anti-secular or discriminatory act rendering the provision unconstitutional. ●



From an
Easychair
Jubel D'Cruz

Minorities under fire again

Ever since the end of the British colonial rule and the partitioning of India in 1947, Christians in India have undergone an escalating series of attacks encouraged by the growth and rise to power of Hindu nationalism. The predominant religion in India is Hinduism, followed by Islam and Christianity. In this country of over one billion people, there are substantial numbers of other religions too like Jainism and Sikhism. Christians represent only 2.5 per cent of the total population in India. However, attacks on Christians continue to take place in the country every now and then. India has long been dominated by the Indian Nationalist Congress Party (NCP), which has ruled India for much of its independence from Britain. Realising that India was not only predominately a Hindu nation, but also the largest Muslim country on earth, the NCP fostered a relatively benign policy of tolerance to all castes, the groups within India's former social system, and all religions as well. After the upheaval of independence where millions of Muslims migrated to Pakistan and many Hindus merged into India, and the violence of the first Indo-Pakistan war in 1947-1948, the government had tried to maintain a poli-

cy of non-interference in the affairs of minority religions in India. As long as these religions did not appear to be converting Hindus, there was usually a hands-off approach to religious co-existence. But this has changed as the Hindu-nationalist Party, the Bharatiya Janata Party (BJP) had gained momentum by coming to power in 2003 and again in 2014. Since then, attacks on Christians have risen dramatically. These attacks have included burning of churches and copies of the Bible, attacking and vandalizing Catholic-run schools and Christian cemeteries, attacking Christian tourists, raping nuns and even killing them. In a particularly gruesome attack, an Australian missionary by the name of Graham Staines, was burnt to death in 1999 along with his two innocent minor-aged sons in Odisha while they were sleeping in their jeep at night. The attacks are not only limited to rural areas but have occurred in other cities and states as well like Delhi, Mumbai, Jharkhand, Kerala, Chattisgarh, Karnataka and Goa. The BJP's mantra of Hindus first and the protection of Hinduism has encouraged attacks on Christians from both Hindus and Muslims. Both Hindus and Muslims believe that Chris-

tians are attempting to proselytize, or convert people to their religion. There are also reports appearing in newspapers and on some television channels that Christians keep converting Hindus and Muslims to Christianity by force. I would like to inform readers that these reports are totally untrue. We Christians do not change the religion of another person; we only change their lives. We also do not give money to Hindus and Muslims to change their religion. No Hindu or Muslim is forced or lured to come and pray in the church. They go there out of their own free will because they find peace, serenity and solace there, and also miracles happening in their lives. If they change their religion, it is out of their own free will and not by force. The pastors of the New Life, Baptist and other Christian denomination churches only lay their hands on the person's head and prays for his or her healing. Just because we Christians are peace-loving people and do not retaliate, it does not mean that the BJP, the RSS (Rashtriya Swayamsevak Sangh), the Bajrang Dal, the Vishwa Hindu Parishad (VHP) and the Shiv Sena can take an upper hand on us.

...to be Contd.

(Jubel D'Cruz is a freelance writer and the author of several books for children. He also writes letters to the editor for newspapers and magazines all across India on various social, national and environmental issues. He lives in Dombivili, Mumbai)

PANVEL COURT SENTENCES DOCTOR TO THREE YEARS' RIGOROUS IMPRISONMENT FOR NEGLIGENT TREATMENT

Staff Reporter - The court noted that the accused held a Bachelor of Homeopathic Medicine and Surgery (BHMS) degree and had no authority to administer injections or allopathic medicine, but had done so. It is proved beyond reasonable

doubt that the accused was not authorized to practice allopathy, despite he had given allopathic medicines including Voveran injection to the deceased, Additional Sessions Judge Dinesh E Kothalikar said in the order passed on December 1 that

Mohammed Arif Dakhave was found guilty under Section 304A (causing death due to negligence) of the Indian Penal Code and Section 33 of the Maharashtra Medical Practitioner Act, 1961. ●

MSEDCL RETURNS 12,800 CR

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CM Devendra Fadnavis has instructed to make the state-run power discom financially

stronger, and successful steps have been taken to reduce the debt burden on the company. This step enhances

Mahavitaran's creditworthiness in the financial market, boosting investor confidence. It will aid bond issuances and is crucial for potential stock market listing. ●

WOMEN IRAN'S NEW... Contd. from Page 1

Women who wore the veil in public could have it forcibly yanked off their heads, which effectively confined many religious women and those from conservative families to their homes. The law was so unpopular that it lasted only a few years. But it was enough to cement the hijab as a symbol not just of religious identity but also of battles over national identity.

Repressive Politics

But further repressive politicization of the veil began with the Islamic Republic's law mandating it and enforcing it in a crude oppressive manner. Women deeply resented it. After the 1979 revolution, the hijab again took centre stage in Iranian politics as a symbol of the new government's Islamic identity. Then, unveiled women symbolized the secular, Western character of the Shah's regime. Now, veiled women symbolize the Islamic national identity of the post-revolution Islamic Republic., a visible symbol of the government's level of control over society - black-clad personifications of state power. Forced veiling, it's important to note, was unpopular with many Iranian women from the beginning. One of the first major post-revolution protests occurred when women demonstrated against a mandatory hijab law. It was not until years after the Iran-Iraq war had allowed the government in Tehran to consolidate internal power in the face of an external enemy that the regime put new modesty rules into place. "Compulsory veiling becomes law, but it also becomes a part of the central identity of the Islamic Republic," said Narges Bajoghli, a professor of Middle East Studies at Johns Hopkins University and the author of "Iran Reframed: Anxieties of Power in the Islamic Republic." Long before protests started spreading across Iran last

month, the hijab - the Islamic headscarf that Iranian law requires women to wear in public, along with modest loose-fitting clothing - had been at the centre of conflicts over national identity, religious authority and political power for decades. And for decades, women's veiled heads have embodied the state's pervasive authority. But now, the young women of Iran are calling the regime's authority into question with every uncovered braid. The hijab rule had been relaxed when the more reformist Hassan Rouhani was in power, but since the hardliner President Ebrahim Raisi took over in 2021, enforcement has been strict. According to Iranian experts, the young, educated, and more internationally exposed Iranians have been protesting against the hijab, and other restrictions for a long, and Amini's death served as the last straw.

Chanting "Women, Life, Freedom", the leaderless protests have spread from town to town, crossing provincial, class and ethnic boundaries. Moreover, it directly targeted the Supreme Leader, Ayatollah Ali Khomeini, - in whom are vested - the enormous religious, political and military might of a state, and where the regime can punish political dissent with death.

Regime's Response

Iran is known for its iron-fist response to protests. In 2019, during agitations against inflation, security forces killed around 1,500 people, Reuters has reported. This time, the state has yet to unleash its full might, though it has made no outreach towards the supporters. Some experts believe this is because the government is unsure how to respond, with brutality likely to fan the flames further. Others have said the indecision is because of factionalism amid the power circles. The ayatollah is in his 80s and reportedly sick, and his successor has not been picked yet.

...to be Contd.

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HEALTH

Probiotics and Prebiotics:

What's the difference between the two and why are they important?

Gut health plays a vital role in the proper functioning of our body. Talking about gut or gastrointestinal tract, you might have come across two similar words: probiotics and prebiotics. Though, both the words are related to the digestive system; they are often mistaken as one. Both probiotics and prebiotics are important for maintaining a healthy microbiota of the gut. In this article, we will discuss the difference between the two and why they are important. Take a look. Probiotics Vs Prebiotics

Probiotics are microorganism (bacteria and yeast) present in the digestive tract. They are referred to as good bacteria as they help maintain gut health. Prebiotics are non-digestible fibers found in various foods. They do not get digested easily, but pass directly through the colon where they serve as food for probiotics and help them grow and thrive. Probiotics are created by a process of fermentation. When a person consumes prebiotic foods, they do not get digested by the small intestine and pass to the large intestine, where they get fermented and help produce good bacteria in the system. , Prebiotics are fibers that do not get digested by the gut. Probiotics are naturally created by fermenting

When we consume unhealthy foods, the healthy bacterial colonies die out causing digestive problems. Foods that naturally contain live bacteria include yoghurt, miso, tempeh, certain soybean products, olive pickles and sauerkraut. Probiotic nutritional supplements are also available. Prebiotics foods include garlic, onion, artichokes, unrefined raw grains, asparagus, banana, apple skin, oats, flaxseed, beans, berries, chicory roots, wheat and barley. Probiotics are useful in treating inflammatory bowel diseases and intestinal issues. Prebiotics help control glucose levels, provide metabolic support, help in the absorption of vitamins and minerals, act as a laxative and strengthen the immune system. Probiotics offer numerous health benefits apart from keeping the digestive system healthy. They help perform many other vital body functions such as keeping depressive symptoms



at bay. Prebiotics offer nutrition and create favorable situations for the probiotics to flourish and grow. Prebiotics and probiotics have a symbiotic relationship for digestive health. They both are essential for a healthy digestive system and a healthy body. However, when we take antibiotics for a bacterial infection, harmful bacteria, along with some good bacteria get killed in the process. Therefore, it is suggested to take a probiotic nutritional supplement after antibiotics as they help replace the good bacteria. Also, both should be consumed in moderation or some digestive tract problems may arise. Why are probiotics important? Good gut health is important for general health. Probiotics are very essential for the production of healthy bacteria in the lining of the intestines. To note, the same type of good bacteria is also present in the linings of the vagina that help keep the vagina healthy. Probiotics help boost the immune system, improve the digestive system, improve depressive symptoms, help in weight management and fight harmful microorganisms that may cause infections and allergies. They reduce the harmful effect of bad bacteria found in the body and also protect our DNA. Many types of live bacteria are classified as probiotics and each of these classes of bacteria affect our body in a different manner. Promotion of a healthy digestive system and boosting our immunity are the two most commonly identified functions of probiotics. However, on a whole, probiotics balance the good and bad bacteria in our body and help them function properly. The only safety concern is regarding probiotic supplements. •

Adani Group plans \$15 billion for airports

..... Contd. from Page 1

Alongside, the group will undertake capacity upgrades at Ahmedabad, Jaipur, Thiruvananthapuram, Lucknow and Guwahati airports, they said. About 70% of funding will come from debt raised over five years, with the rest in equity. The expansion ties in with a projected increase in India's air traffic, with

passenger numbers expected to more than double to 300 million annually by 2030. By scaling up capacity to two-thirds of that number, Adani is positioning itself as a key facilitator of this growth, while strengthening its case for a planned initial share sale for its airport's unit. •

Now it is Pillai University

..... Contd. from Page 1
became the proud owner of 48 institutions covering Mumbai, Navi Mumbai having presently 30,000 students, 2,000 teachers, and 1,500 non-teaching staff. His sincere hard work & luck, brought him this great

achievements. The institution is governed by CEO Dr. K. M. Vasudevan along with secretary, Dr. Daphne Pillai and chief operating officer is Dr. Vasudevan's son Dr. Priyam Vasudevan Pillai. **Sunny News wish them all success in their future endeavor.**

WHITE REVOLUTION

..... Contd. from Page 2
published a report on the impact of dairy development in India and looked at its own contribution to this. The audit revealed that of the Rs 200 crore the world bank invested in Operation Flood, the net return on India's rural economy was a massive Rs

24,000 crore each year over a period of 10 years to which no other dairy programme has ever matched. Moreover when Amul started there were so many competitors in the market like Polson and other foreign players but Amul stood the test of time and over the years emerged as India's favorite.

CONTEMPT POWER NOT 'PERSONAL

..... Contd. from Page 1
"In exercise of contempt jurisdiction, courts must remain conscious that this power is not a personal armor for judges, nor a sword to silence criticism. After all, it requires fortitude to acknowledge contrition for one's lapse, and an even greater virtue to extend forgiveness to the erring. Mercy, therefore, must remain an integral part of the

judicial conscience, to be extended where the contemnor sincerely acknowledges his lapse and seeks to atone for it", the ruling said. The judges further observed that a holistic reading of Section 12 of the Contempt of Courts Act, 1971 (1971 Act), makes it clear that the provision not only authorises the imposition of punishment but also expressly preserves the court's power to remit it.

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