

Suryakumar Yadav, India's T20 World Cup Winning Captain, Likely To Be Sacked: Sources

MUMBAI: Suryakumar Yadav is likely to no longer be the T20I captain of the Indian cricket team, sources told. Three months after the star batter led India to the T20 World Cup 2026 title, Yadav is set to be axed from the captaincy role. His place in the team will also be discussed, the sources added. The decision comes days before the squads for India's Ireland and England tours (both later this month) are to be announced. The Board of Control for Cricket in India (BCCI) is looking for a new T20 captain, with the focus being the 2028 T20 World Cup. Yadav's sacking is a step towards building a team for the future. Yadav's form has been below par in recent times and it affected the BCCI's decision. Overall, Yadav has played 113 T20Is, scoring 3272 runs at an average of 36.35 and a strike rate of 162.94. However, in the recent past, his numbers have dwindled. From January 1, 2025 till March 2026, he scored 702



runs in 35 matches at an average of 26. From January 1, 2024 till December 31, 2024, he played 18 T20Is, scoring 429 runs at an average of 26.81. With his average hovering around 26, the veteran batter's form raises some tough questions. In fact, in the recently concluded IPL 2026, Yadav tallied 270 runs in 13 innings, averaging just

20.76. Yadav, who was made the T20 captain in 2024, saw a sharp drop in numbers since he got the top job. Since becoming the India T20I captain in July 2024, Yadav has an average of 25.88 with six half-centuries and four ducks. It's a sharp drop from his pre-captaincy numbers. Before he got the captaincy, his average was 43.60, with four centuries

and 20 half-centuries. Under Yadav, India won the 2025 Asia Cup as well as the 2026 T20 World Cup. He was also part of the sides which won the 2024 T20 World Cup and the 2023 Asia Cup. Yadav has always been considered a super-strong batter, plying his trade in the No. 3 and No. 4 spots. Known for playing unorthodox shots, Yadav's prowess lies in the fact that he can accelerate like none other even when the team is in trouble. However, that was before October 2024. After scoring a half-century on October 12, 2024 against Bangladesh, his next 50-plus score came on January 23, 2026 against New Zealand. In the same series, he slammed two more half-centuries. It was India's last T20I series before the 2026 T20 World Cup and Yadav's form raised hope. Yadav started with an 84* against the USA in the 2026 T20 World Cup, but then could not replicate the same form.

Ashish Nehra Asked Jos Buttler To "Sit Back" After Shubman Gill Got Out, GT Star Explains IPL Final Move

AHMEDABAD: It was yet another case of so near yet so far for Gujarat Titans at the IPL. GT have been the most consistent team in the T20 league since it started its journey in 2022. It finished as the champions in 2022, then the next year the team was runners-up. After not qualifying for the playoffs in 2024, GT entered the top-four yet again in 2025. Then in 2026, GT stormed into the final only to lose to defending champions Royal Challengers Bengaluru. In the final, GT managed a below-par score of 155/8, which RCB chased down in 18 overs. GT had one of the most solid top threes in IPL 2026 - Shubman Gill, Sai Sudharsan and Jos Buttler. However, in the final, Nishant Sindhu was sent in at No. 3. In a podcast, former England player Stuart Broad asked Buttler about the decision to send him in to bat one spot lower than his usual position. "When the first wicket went down, I got up to put my helmet on. But Ashish Nehra said, 'You sit back down, we are going to send Nishant in at 3'. I did ask him after the game, and he just said it felt reactive at that point, and it was a good chance to get Nishant in the game as he's a top-order batter," Buttler said on For The Love of Cricket Podcast. "He has been sometimes on that slippery slope where the team gets going, and he has ended up not batting or batting at 7. So it was a decision to get



him in the game. He had batted ahead of me in another game against KKR. Right or wrong, it just didn't work out for us," he added. Earlier, Broad was stunned at the demotion of Buttler in the batting order. "Buttler batted at 3 throughout the tournament. And then came the final, batting first, he moved down to bat at 4. I can't get my head around why you changed the role in the final. Even AB de Villiers said it was a defensive move," Broad said on the for

the love of cricket YouTube channel. "Buttler dropping down was surprising as it's not like he's not exposed to the new ball, having opened so much for England. It does seem slightly curious. The only rationale behind the move was the think tank feeling the pitch was to get better and have the guy at No.3 to just stay at the crease until the wicket got better for batting, allowing Jos to catch up and do his thing," said Broad.

Against All Odds: Why 2026 Is Brazil's Best Chance To Be World Champions

NEW DELHI: If you have to associate one nation with the FIFA World Cup, the most obvious answer is Brazil. They are, after all, the record champions of the global event, and the torchbearers of the beautiful game. But since 2002, glory has evaded football's most storied nation. In fact, many would say that Brazil have lost the star power of yesteryears, and lost the charm of 'Jogo Bonito'. Most would put Brazil outside their favourites to win the FIFA World Cup 2026. Yet, this year could just be their best chance to get back to the top. Despite finishing a shocking fifth in the CONMEBOL World Cup Qualifiers, and having several stars out due to injury, Brazil still have all the ingredients to go the distance come July 19. Squad Analysis Brazil have one of the strongest teams in the World Cup on paper, particularly in attack and in midfield. Vinicius Jr and Raphinha are unequivocally two of the very best wingers in world football, and their form holds the key to Brazil's fortunes. In midfield, Brazil have a number of players in form. Casemiro has had a stunning renaissance at the age of 34, and is set to be the enforcer in the Selecao's midfield. Add to that the all-round quality of Bruno Guimaraes and the goal-scoring knack of the talented Danilo dos Santos, and it is a formidable trio. Established European names lead Brazil's backline. Marquinhos and Gabriel Magalhaes were star performers in the recent UEFA Cham-



pions League final, while goalkeeper Alisson Becker needs no introduction. It speaks volumes of Brazil's depth that they boast a number of superb options even after injuries to Rodrygo, Estevao and Eder Militao. Teenage hotshots Endrick and Rayan, along with Premier League-proven performers Matheus Cunha and Igor Thiago, give Brazil a diverse arsenal off the bench. Brazil's glaring weakness comes at left-back, where the quality and depth isn't as high as other positions. Douglas Santos and Alex Sandro - both well into their 30s - are past their best. The Carlo Ancelotti Charm For Brazil, the most significant difference between 2022 and 2026 does not come on the pitch, but in the managerial dugout. Carlo Ancelotti, by all means, is a serial winner. In recent editions of the FIFA World Cup, Brazil have perhaps been hurt by the pragmatic and defensive approach of managers like Tite, Luiz Felipe Scolari and Dunga. Expect that to change under Ancelotti, who orchestrates a free-flowing attack unlike

any other manager in world football. Vinicius Jr, set to be Brazil's star man at FIFA World Cup 2026, played his best football in the 2023-24 season, when he was the leader of the Real Madrid attack under Ancelotti. If the Italian is able to unlock that version of Vinicius in Brazil's yellow, the Selecao will have a game-changer that automatically strikes fear into opponents. Brazil's pre-World Cup friendly win over Panama - a convincing 6-2 win - was a glimpse of a harmonious Ancelotti side with Vinicius as the leader. It could also be an ominous trailer for things to come in the United States. The Neymar Effect Last, but most certainly not the least, a Brazil World Cup analysis is incomplete without Neymar. After months of serious doubt, Ancelotti has picked Neymar in his 26-man squad. But what will his role be? The first concern comes in the form of Neymar's fitness. He is almost certainly going to miss Brazil's first Group E game against Morocco. However, while he may be on his last legs, his game-changing

ability is still unquestionable. Just look at how he dragged Santos out of a relegation scrap in 2025! At best, Neymar will be a crucial cog off the bench, and a potential starter in the latter stages of the tournament. But even at worst, he could be an inspiration on the dugout for many of Brazil's young players who have grown up idolising him. Just like Messi for Argentina in 2022, Neymar's presence could be the final driving force that Brazil needs to go all the way. Brazil's World Cup Squad Goalkeepers: Alisson (Liverpool), Ederson (Fenerbahce), Weverton (Gremio) Defenders: Marquinhos (captain, PSG), Gabriel Magalhaes (Arsenal), Bremer (Juventus), Wesley (Roma), Douglas Santos (Zenit), Alex Sandro (Flamengo), Danilo (Flamengo), Leo Pereira (Flamengo), Roger Ibanez (Al-Ahli) Midfielders: Casemiro (Manchester United), Bruno Guimaraes (Newcastle), Danilo dos Santos (Botafogo), Lucas Paqueta (Flamengo), Fabinho (Al-Ittihad) Forwards: Vinicius Jr (Real Madrid), Raphinha (Barcelona), Matheus Cunha (Manchester United), Endrick (Lyon), Luiz Henrique (Zenit), Gabriel Martinelli (Arsenal), Igor Thiago (Brentford), Rayan (Bournemouth), Neymar (Santos) Brazil's Strongest Starting XI: Alisson (GK) | Wesley, Marquinhos, Gabriel Magalhaes, Douglas Santos | Casemiro, Bruno Guimaraes, Danilo dos Santos | Raphinha, Matheus Cunha, Vinicius.

LG's Diary

Office of LG & J&K
@OfficeOfLGandJK

Deeply saddened by the loss of lives in a tragic fire incident in Malviya Nagar, Delhi. My heartfelt condolences to the bereaved families in this hour of grief. Prayers for early recovery of injured.

CM's Diary

Office of Chief Minister, J&K
@CM_J&K

Chief Minister has expressed profound grief over the tragic fire incident in Delhi's Malviya Nagar resulting in loss of lives. He conveyed his heartfelt condolences to the bereaved families and prayed for the speedy recovery of those injured. The Chief Minister expressed solidarity with all those affected by the tragic incident.

FIFA To Use Enhanced Offside Technology At World Cup 2026. How It Works

AHMEDABAD: Offside decisions have long been among the most debated moments in football, often sparking intense controversy among players, coaches, and fans. Although the introduction of the Video Assistant Referee (VAR) helped reduce errors in the game, especially regarding offside calls, there still remain areas where improvements can be made. As the FIFA World Cup 2026 kicks off in a week's time, the sport's governing body is preparing to take another major step forward by putting its upgraded Semi-Automated Offside Technology (SAOT) to the ultimate test. First introduced on the global stage during the 2022 FIFA World Cup in Qatar, SAOT significantly reduced the time required to make offside decisions. The system utilized multiple tracking cameras positioned around the stadium to monitor player movements, alongside a sensor embedded inside the match ball to provide precise data on the exact moment the ball was played. For the 2026 edition of the tournament, FIFA is set to deploy an enhanced version of this technology, incorporating more advanced artificial intelligence and real-time tracking capabilities. The upgraded system will reportedly be able to identify potential offside situations even faster, allowing match officials to focus on validating decisions rather than manually analyzing numerous camera angles.

On World Bicycle Day, Chief Minister today flagged off a Cyclothon at the Royal Springs Golf Course, Srinagar, joining cyclists and youth in celebrating the spirit of fitness, healthy living and environmental awareness.



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The Diet War is Over: Massive 30-Year Study Reveals Which Plan Actually Saves Your Heart

For years, the internet has been locked in a fierce debate over which diet is best for weight loss and longevity. Low-carbohydrate fans claim that bread and pasta are the enemy, while low-fat advocates argue that cutting out oils and dairy is the secret to clean arteries. However, a massive, thirty-year study has just shattered the idea that you have to choose between them. The research, published in the Journal of the American College of Cardiology, tracked nearly 200,000 adults over three decades. It discovered that whether you cut back on carbs or cut back on fat is largely irrelevant. What actually determines your risk of heart attacks and strokes is the quality of the food you put on your plate. The Food Trap You Might Be Falling Into psychological hook that keeps millions of people trapped in unhealthy cycles is the belief that a diet is healthy just because it fits a specific label. The study, led by the Harvard T H Chan School of Public Health, proved this to be a dangerous misconception. Researchers discovered that people could follow a low-carb diet by eating processed meats, or a low-fat diet by eat-



ing refined, sugary white carbohydrates. Whilst these choices technically fit the rules, they actually increase the risk of coronary heart disease. Lead author Zhiyuan Wu explained that focusing only on nutrient compositions but not food quality may not lead to health benefits. When researchers looked at the internal biology of the participants, they found something fascinating. People who ate high-quality foods saw identical improvements in their bodies, regardless of whether their diet was technically low-carb or low-fat. Both groups shared the exact same biological

pathways to a healthier heart. The high-quality eaters experienced lower inflammation, fewer triglycerides (fat in the blood), and higher levels of good HDL cholesterol. To achieve these benefits, participants built their meals around a few core pillars: Plant-Based Proteins: Choosing beans, lentils, and nuts instead of heavily processed meats. Whole Grains: Opting for brown rice, oats, and wholemeal options over refined white flour. Unsaturated Fats: Incorporating healthy fats, such as olive oil and avocados, rather than animal-based saturated fats. Freedom From Strict Diet

Rules study offers a liberating takeaway for anyone overwhelmed by conflicting health advice. There is no single magic formula. Instead, the findings grant total flexibility. If you prefer a low-carb lifestyle, you can stick with it, provided you get your fats and proteins from wholesome, quality sources. If you prefer eating more carbohydrates, you can do that too, as long as you choose whole grains rather than processed sugars. The long-standing war between low-carb and low-fat is officially over. Your heart does not care about the label on your diet; it only cares about the quality of your food.

Nurturing digital adoption with light-touch regulation

India's approach to digital regulation and AI governance reflects deliberate policy to foster innovation and regulate with precision as the ecosystem grows. For global and domestic businesses alike, this translates into a structured yet not unnecessarily prescriptive compliance landscape, an important factor in assessing the ease of doing business in a rapidly digitising economy. At the centre of India's emerging AI framework lies a principle-based, non-binding architecture called the "Seven Sutras". Rather than rigid AI legislation, India consciously adopts a light-touch, guidance-oriented model. This emphasises ethical AI, accountability and inclusivity - most notably through the concept of "human-in-the-loop" oversight - without constraining technological development. Businesses, particularly multinationals aligned with global standards and accustomed to stringent safe-

ty-by-design obligations, may not find India's framework cumbersome. Compliance expectations are clear in direction, but not complex in execution. This voluntary-first posture signals regulatory confidence in industry-led best practices, while preserving the government's ability to intervene where risks materialise. In practical terms, companies entering India can deploy AI with a reasonable degree of autonomy, provided they align with globally accepted standards of fairness, transparency and accountability. This balance between innovation and oversight enhances investor confidence and reduces regulatory friction during market entry. In parallel, India's Digital Personal Data Protection Act, 2023 reinforces this facilitative framework, adopting a risk-based model of compliance anchored in user consent, limitation of purpose and lawful processing. Importantly, the act relaxes obligations for certain

classes including startups. The exception is particularly noteworthy - underscoring India's intent to foster innovation by reducing the early-stage compliance burden, without compromising core data protection principles. For AI-driven businesses, the act provides a clear legal basis for training and deploying models using personal data, subject to informed consent and legitimate use. From a foreign investor's perspective, India is not only open to digital innovation but equally committed to a secure and trustworthy ecosystem. Since regulatory certainty in data governance is increasingly decisive in cross-border investment decisions, India's framework compares favourably. Recent regulatory development further illustrates the government's effort to modernise compliance. Requirements around identifying and labelling AI-generated or synthetic content - particularly deepfakes - are often viewed through a restric-

tive lens. However, when considered in context, the measures represent a shift towards technology-enabled compliance. Instead of relying on legacy mechanisms, the focus is now on embedding compliance within digital systems themselves. Authentication tools and traceability solutions, for instance, allow businesses to meet regulatory expectations in real time, reducing administrative overheads while addressing emerging risks. Equally relevant is the broader legislative trend towards decriminalisation of minor economic offences, reflected in recent reforms. By replacing penal consequences with monetary penalties for procedural non-compliance, India is recalibrating its enforcement philosophy. For technology companies, this reduces the spectre of criminal liability for inadvertent lapses, aligning enforcement with the realities of digital business operation.