

In Brief

Assam assembly approves land pattas

Biswanath: A wave of happiness has emerged in Assam's tea garden communities following the Legislative Assembly's approval to grant land pattas to tea workers, a decision celebrated as a transformative moment. This amendment to the Assam Fixation of Ceiling on Land Holdings Act secures land rights for marginalized tea workers, granting ownership of 'labour lines' where they have lived for generations without legal title. Chief Minister Himanta Biswa Sarma hailed it as a historic moment, benefiting approximately 3.33 lakh tea worker families by providing long-term housing security and protecting them from displacement. The government will outline specific land allocations for families in due course.

Suspicious death

Bokakhat: A tense situation unfolded at Gariajan tea estate in Golaghat district after the body of 45-year-old Bogai Ali was found in a public pond. His brother, Rafik Ali, reported him missing since November 26, asserting that it was a murder rather than a natural death. Relatives indicated signs of violence, as blood was observed from the victim's eyes and head, with his son alleging gouging and slashing injuries. Locals noted Bogai's visits to Monu Bhuyan's home, and following the discovery of his bicycle and sandals there, suspicions arose about her involvement, which she denied. Police conducted a preliminary investigation and recovered the body for further inquiry.

Cyber fraud using illegal APK links

Guwahati: In a crackdown on cyber-enabled financial fraud, six individuals from West Bengal and Assam were detained for allegedly conducting illegal money transactions using unauthorized APK application links. The suspects, aged 19 to 37, were apprehended at multiple locations following credible intelligence and taken to Dispur Police Station for questioning. During interrogation, they confessed to travelling with the intent to execute fraudulent transfers. Police seized a cheque book and seven mobile phones linked to the illegal activities. Investigations are ongoing to uncover a broader network tied to organized cyber fraud syndicates across state borders.

The Assam Assembly's Winter Session has overa



Guwahati, Nov 29: The winter session of the Assam Legislative Assembly concludes today, showcasing a variety of discussions, reports, and legislative actions. The final day is marked by debates on significant issues pending before the House. A key highlight includes the presentation of a report by the ministerial committee, led by Minister of Tribal Affairs Dr. Ranaj Pegu, which addresses the recognition of six communities, a matter that has been awaited for some time. Alongside this, the 2023-24 CAG report and various annual reports from Assembly committees will also be presented. The Assembly plans to engage in discussions on 11 issues raised earlier by

legislators. Noteworthy among these are two educational bills: the Teachers-Employees State-Level Amendment Bill and the Teachers' Recruitment and Transfer Amendment Bill. Additionally, the Assam State BJP has expressed approval for the passage of the Assam Fixation of Ceiling on Land Holdings (Amendment) Bill, 2025, which they acclaim as a historic achievement for the tea garden workers of the state, effectively ending nearly 200 years of land deprivation stemming from the British colonial era. In the previous day's proceedings, Leader of the Opposition Debabrata Saikia introduced two private members' bills: the ASHA Bill, 2025, focused on the welfare of gig and atypical

workers, and the Maintenance of Cleanliness in Assam Bill, 2025, which calls for reforms in agriculture and the tea sectors. Also noteworthy was the contribution of AIUDF MLA Ashraf Hussain, who introduced a bill aimed at ensuring timely university examinations and proposed the Assam University and Boards (Regular Conduct of Examinations and Timely Declaration of Results) Bill, 2025, targeting the chronic delays in examination processes and the timely announcement of results. The government has also tabled important legislation regarding tribal welfare and autonomous councils, together with various other significant bills, culminating in an eventful winter session.

Tribal kids demonstrate against six ethnic communities' ST classification

■As the Assam Cabinet has approved the Ministerial Committee's report, it is set to present to the Assam Legislative Assembly the proposal for granting Scheduled Tribe (ST) status to six communities, including Tai Ahom.

Kokrajhar, Nov 29: As the Assam Cabinet has sanctioned the report from the Ministerial Committee regarding the provision of Scheduled Tribe (ST) status for six specific communities—Tai Ahom, Chutia, Moran, Matak, Koch-Rajbongshi, and Tea tribes—tribal students, representing a range of student organizations, have persistently engaged in protest demonstrations across various colleges in opposition to this decision. Their actions reflect significant discontent and highlight the complexities surrounding the issue of tribal status within the region.

The students of Kokrajhar Science College staged a protest demonstration against the Assam government's initiative to grant Scheduled Tribe (ST) status to six communities. The demonstration was fueled by concerns that the move, perceived as an 'anti-tribal' action by the BJP-led State Government, would jeopardize the rights and benefits of existing tribal communities in Assam. Anjali Boro, the Secretary of the Kokrajhar Science College unit

of the ABSU, expressed that this decision was detrimental to the genuine indigenous tribal populations, which number approximately 5 million. In contrast, the six targeted communities are claimed to total around 15 million.

Boro highlighted that the potential inclusion of this larger demographic in the ST category would hinder the existing tribal populace's access to educational opportunities, job placements, and participation in government schemes designed for their benefit. He emphasized the risks of diminishing political representation and other vital resources for current tribal members, warning Chief Minister Dr. Himanta Biswa Sarma against engaging in 'dirty politics' for personal gain. On Thursday, students from Bodoland University participated in a significant protest organized by the Bodoland University Students' Union (BONSU) against the extension of Scheduled Tribe (ST) status.

In addition to Bodoland University students, members from



various student organizations including the All Bodo Students' Union (ABSU), the All Rabha Students' Union (ARSU), the Gorkha Students' Union (GSU), and the All Assam Tribal Students' Union (AATS) conducted a large torch rally in the district headquarters across five districts in the Bodoland Territorial Region (BTC). These events demonstrate widespread discontent towards the actions of the State Government regarding the ST extension issue. The proposal

to include six communities in Assam's Scheduled Tribe (ST) list is significant, as these communities constitute around 40% of the state's population, compared to the existing 14 ST groups, which represent about 12%. The current ST groups express concern that their long-fought rights, privileges, and safeguards could be undermined if larger communities are granted similar status. Their fears center on the potential for these numerically superior groups to monopolize the ben-

efits associated with ST status, such as reservations in education, employment, and political representation, particularly given the existing administrative hurdles these smaller tribes already face.

Critics of the proposal argue that some of these six communities, especially the Tai Ahoms and Koch-Rajbongshis, have experienced social mobility, integration, and political consolidation over the years, questioning their eligibility based on the constitutional criteria of possessing

'primitive traits' or a 'distinct culture' as per the Lokur Committee Report (1965). Furthermore, the Tea Tribe community, descended from Adivasi groups moved during the colonial era, raises additional concerns regarding historical migration's relevance for ST classification.

Political implications of this proposal are complex, especially regarding reservations for STs in the State Assembly, Lok Sabha, and Sixth Schedule Autonomous Councils. While many councils bear the names of dominant tribes, the reserved seats are categorized under the general ST(P) classification, leading to apprehensions over shifts in political power dynamics should larger communities gain entry. Historical instances, such as the temporary inclusion of the Koch-Rajbongshi community in the ST list in 1996, highlight the stakes involved; their inclusion allowed them access to ST-reserved seats until the ordinance lapsed, which illustrates the precarious nature of ST classification and its substantial political effects.

Due to the Tezpur University issue, Congress MLAs organize a walkout from the Assam assembly

Tezpur, Nov 29: Congress MLAs staged a walkout during the final day of the Assam Legislative Assembly's winter session, protesting alleged irregularities at Tezpur University and accusing the BJP of limiting discussion time on student issues.

Leader of Opposition Debabrata Saikia demanded a detailed Zero Hour discussion about the escalating tensions at Tezpur University, which has been shut down due to prolonged student agitation.

He criticized the ruling party for allocating only one agenda item to the Opposition while granting two to the treasury bench,

claiming an "anti-Assam conspiracy" linked to the university's Vice-Chancellor, who he alleged was appointed under RSS influence and misused funds.

Additionally, Saikia urged the government to expedite the granting of Scheduled Tribe status to six indigenous communities of Assam, a proposal accepted since 1996, calling for approval in the upcoming Lok Sabha and Rajya Sabha sessions. CPI(M) MLA Manoranjan Talukdar joined the walkout, condemning corruption at Tezpur University and holding the RSS accountable for the alleged mismanagement linked to



the Vice-Chancellor. The University remains intense, forced by students until student agitation at Tezpur with a total lockdown ends their demands are met.

Pranab Doley, a human rights and land rights campaigner, speaks during a UN Forum meeting in Geneva

Bokakhat, Nov 29: Human and land rights activist Pranab Doley from Bokakhat spoke at the United Nations Forum in Geneva, focusing on the rights of indigenous peoples amid global climate discussions, including COP30. During the panel titled 'Advancing the Just Transition During Times of Crises,' he addressed an audience of over 4,000 participants, representing India and Assam at the 14th UN Forum session on Business and Human Rights. Doley highlighted how indigenous rights are gaining recognition in energy transition conversations, realizing that their lands are often rich in resources necessary for sustainability. He noted the struggles faced by indigenous communities protecting their land from projects deemed unsuitable, and acknowledged the presence of fellow activists sharing similar battles.



He underscored the disproportionate impact on these communities during energy transitions, where their regions often house significant environmental resources, advocating their role as protectors of clean air and water. Emphasizing the marginalization of indigenous voices in policy discussions, Doley urged for a place at the table during Just Transition processes. He criticized national and corporate

leaders for lacking "courage, honesty, and moral integrity" in acknowledging indigenous rights and called for a zero-tolerance policy against violations. He demanded strict adherence to the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and the UN Guiding Principles on Business and Human Rights (UNGPs). Doley, actively involved with Adivasi and marginalized

Human and land rights activist Pranab Doley from Bokakhat spoke at the United Nations Forum in Geneva on issues concerning the rights of indigenous peoples.

communities in India, established the Greater Kaziranga Land and Human Rights Protection Committee, safeguarding rights in over 100 villages near Kaziranga National Park. His activism also included leading protests against a land acquisition for a solar project in Karbi Anglong, which threatened rights protected under the Indian Constitution's Sixth Schedule. Following advocacy from indigenous groups, the Asian Development Bank withdrew funding for this project, preserving the integrity of local communities.

Assam Assembly cannot grant ST status, says LoP Debabrata Saikia; raises multiple public issues in House

Guwahati, Nov 29: Leader of the Opposition (LoP) in the Assam Legislative Assembly, Debabrata Saikia, has clarified that granting Scheduled Tribe (ST) status to communities in the state is solely the responsibility of the Central Government. His remarks came following the Assam Cabinet's recent decision to approve a report recommending ST status for six communities in the state.

Speaking on the issue, Saikia highlighted that the matter has been under review at the national level for decades. "In 1996, an all-party committee visited Assam and met with all stakeholders — including those demanding ST status and those opposing it. The committee's final assessment recommended ST status not only for these six communities but also for the Hajong and Singpho communities," he said.

Saikia discussed the committee's framework to protect the rights of existing Scheduled Tribes, recalling that it was deemed a sound solution. He mentioned past efforts, including private member bills introduced in 1998 by Congress leaders, which were not passed. When Congress formed the Assam government in 2001, resolutions were adopted to support ST status for six communities, yet the issue remained unre-

solved by the Central Government. During the Assam Assembly's Winter Session, Saikia expressed disappointment over unanswered questions regarding public welfare, specifically concerning road conditions in Nazira and the plight of state prisons, including challenges faced by female inmates and the need for legal aid for poor prisoners, emphasizing the importance of accessible justice for all.

BUSINESS

Prabhudas Lilladher is barred from new business by SEBI for seven days

New Delhi: SEBI on Friday barred Prabhudas Lilladher Private Limited, a SEBI-registered stock broker, from onboarding new clients for seven days starting from December 15, 2025, according to the enquiry order. The restriction follows a joint inspection by SEBI and the exchanges that flagged multiple lapses in client-funds handling, settlement and margin reporting during the inspection period. The probe, carried out between November 2 and November 8, 2022, covered operations from April 1, 2021 to October 31, 2022. Inspectors found that on three sample dates the broker's computed "G-value" (the metric that checks whether client funds plus cash-equivalent collateral cover total client credit balances) was negative — a shortfall totalling Rs 2.70 crore, a shortfall SEBI said is indicative of misuse of client funds. Further operational lapses included the incorrect reporting

of End of Day (EOD) and Peak margins. The inspection found that the broker had reported margins to the exchange that were not actually collected, and in one instance, there was a short collection of peak margin.

Additionally, the broker was found to have passed on penalties levied by clearing corporations for short-collection of upfront margins to its clients. SEBI reiterated that members are "not permitted to pass on the penalty levied by clearing corporations on account of 'short/non-collection of upfront margins' to clients under any circumstances," it said. In its submission, Prabhudas Lilladher contended that the alleged lapses were 'technical and procedural, not intentional,' and attributed several errors to manual or clerical mistakes. The broker also argued that it had already paid a penalty of Rs 11 lakh in separate adjudication proceedings and that a ban on new business



would cause "disproportionate and lasting harm" to its reputation and employee morale.

The regulator also flagged the stock broker for the non-settlement of client accounts. The order detailed that funds for over 1,200 clients were not settled within the mandatory quarterly or monthly timelines. SEBI's order

goes beyond the G-value finding. The regulator noted there was a non-settlement of client running accounts: funds of 1,283 non-traded clients (quarterly) totalling Rs 36 lakh were not settled in time; 677 monthly non-traded instances amounted to Rs 2.85 crore and three traded-client quarterly cases involved Rs 39 lakhs.

Centre's fiscal deficit hits 52.6 pc of full year target at Oct end

New Delhi: The central government's fiscal deficit touched 52.6 per cent of the full-year target at the end of October, according to official data released on Friday.

The fiscal deficit was 46.5 per cent of the Budget Estimates (BE) of 2024-25 in the first seven months of the previous financial year. In absolute terms, the fiscal deficit, or gap between the government's expenditure and revenue, was Rs 8,25,144 crore in the April-October period of 2025-26. The Centre estimates the fiscal deficit during 2025-26 at 4.4 per cent of the GDP, or Rs 15.69 lakh crore. According to the data released by the Controller General of Accounts (CGA), the central government received about Rs 18 lakh crore or 51.5 per cent of the corresponding BE 2025-26 of total receipts up to

October 2025. This comprised Rs 12.74 lakh crore of tax revenue (net to Centre), Rs 4.89 lakh crore of non-tax revenue and Rs 37,095 crore of non-debt capital receipts. Further,

Rs 8,34,957 crore was transferred to state governments as devolution of share of taxes by the Government of India during April-October, which is Rs 1,11,981 crore higher than the previous year. CGA data showed that total expenditure incurred by the Centre is Rs

26.25 lakh crore (51.8 per cent of the corresponding BE 2025-26), out of which Rs 20 lakh crore was on revenue account and Rs 6.17 lakh crore on capital account. Of the total revenue expenditure, Rs 6.73 lakh crore was on account of interest payments and Rs 2.46 lakh crore on major subsidies.



Up to 65% upside potential Will this hospitality stock

New Delhi: Brokerage firms continued to remain positive on SAMHI Hotels, which made its stock market debut around two years ago. Analysts tracking the counter believe that SAMHI Hotels is well-positioned for strong outperformance, supported by an expected pickup in growth in H2, consistent capacity additions, and renovation-led strengthening of average room rate (ARR). SAMHI's portfolio is shifting toward premium segments, while steady reduction in net-debt/EBITDA strengthens the balance sheet. Besides that, sector tailwinds such as rising domestic travel, recovery in foreign arrivals and disciplined pricing along with expansion of non-metro markets shall also act as catalysts for the stock. Shares of SAMHI Hotels made its stock market debut in September 2023, as it raised a total of Rs 1,370 crore from investors by selling its shares at Rs 126 apiece. Its portfolio is diversified across upper upscale/upscale, upper midscale and midscale segments under various brands, including Renaissance, Sheraton, Hyatt Regency, Fairfield by Marriott and Holiday Inn Express. SAMHI has significant potential for outperformance from the current levels based on fac-



tors including likely pick-up growth visibility; renovation and rebranding to drive ARR growth; portfolio Mix shifting towards premium segments; (both leisure and corporate), disciplined pricing, recovery in foreign tourist arrivals, strategic room additions coupled with favourable macros providing confidence in the industry's long-term resilience, said ShareKhan in its recent note on Hotel stocks. "The industry is also seeing a structural shift in supply, with aggressive room additions in non-metro destinations such as Navi Mumbai, Noida, Dehradun, Lucknow, and Udaipur, indicating the next phase of expansion for India's hospitality industry," it added with a positive view and target price of Rs 247 on SAMHI Hotels.

"We believe growth picked up in H2 along with consistent profitability and net debt reduction can aid ma-

terial rerating for the stock. 15 times September 2027 EV/Ebitda and arrive at target price of Rs 300," it added with a 'buy' rating. Shares of SAMHI Hotels jumped nearly 4.5 per cent to Rs 189.35 on Thursday, with its total market capitalization close to Rs 4,200 crore. The stock had settled at Rs 181.20 on Wednesday. It has corrected sharply over 30 per cent from its 52-week high at Rs 254.60, hit nearly four months ago.

While seasonal softness may temper short-term growth, hotel companies' fundamentals remain strong, with rising domestic travel (both leisure and corporate), disciplined pricing, recovery in foreign tourist arrivals, strategic room additions coupled with favourable macros providing confidence in the industry's long-term resilience, said ShareKhan in its recent note on Hotel stocks.

Bajaj Finance rolls out 'Arthsutra Samvad' in Assam to strengthen financial literacy

Silchar: Bajaj Finance Ltd., India's leading private-sector NBFC under Bajaj Finserv, launched its financial literacy programme, 'Arthsutra Samvad', at Borkhola Gram Panchayat, Assam. The initiative, part of a pan-India effort, seeks to promote financial inclusion in villages and underbanked areas, focusing on financial discipline, responsible borrowing, and awareness about digital fraud.

The event was attended by around 100 villagers, including Self-Help Group members, with dignitaries such as Shri Manoranjan Sutradhar, Block Project Manager of the Assam State Rural Livelihoods Mission (ASRLHM), and Shri Nihar Ranjan Das, President of Borkhola Gram Panchayat. Addressing the participants, Shri Sutradhar urged villagers to maintain proper banking knowledge, repay loans on time, and borrow only when necessary. He also advised careful use of mobile devices, awareness of on-line scams, and immediate reporting of cyber fraud to helpline 1930.

In Silchar, the programme's outreach is gaining traction among small traders, local entrepreneurs, and daily wage workers. Market participants highlighted that initiatives like 'Arthsutra Samvad' help residents make informed financial decisions, manage credit responsibly, and adopt



structured savings, which is increasingly relevant in Silchar's growing trade and retail sectors. Bajaj Finance aims to simplify personal finance and empower communities at the grass-

roots level. Through workshops, interactive sessions, and cultural events, 'Arthsutra Samvad' seeks to instill long-term financial discipline and strengthen India's financial mainstream.

Canara Robeco AMC launches 'Nivesh Bus Yatra' in Assam to boost mutual fund awareness

Silchar: Canara Robeco Asset Management Company Limited (AMC), India's second-oldest asset management company, has launched its flagship 'Nivesh Bus Yatra' in Assam to enhance awareness about mutual fund investments. The initiative, aimed at educating investors across the state, will cover key cities including Guwahati, Jorhat, Dibrugarh, and Silchar.

The bus began its journey in Guwahati, engaging residents through practical learning sessions, digital tools, and live demonstrations to simplify investing and address common misconceptions. "An informed investor not only makes better decisions for themselves but also strengthens the

broader financial ecosystem. The Nivesh Bus Yatra brings financial education directly to communities," said Rajnish Narula, Managing Director and CEO, Canara Robeco AMC.

Gaurav Goyal, Head – Sales & Marketing, emphasized that the yatra empowers investors by making financial knowledge practical and accessible. The campaign reflects Canara Robeco AMC's commitment to promoting financial literacy, particularly in emerging and underserved regions, encouraging residents across Assam to embrace structured investment practices.

Meesho IPO: Founders eye up to 5,500x windfall gains FundsIndia upbeat

New Delhi: Value-focused e-commerce platform Meesho is set to make its public market debut with an initial public offering (IPO) opening on 3 December and closing on 5 December, pricing shares in the range of Rs 105 to Rs 111. This pricing sets Meesho's valuation at over Rs 50,000 crore at the upper end, drawing significant attention in the retail and tech investment circles. The IPO has already created a wave of excitement among early stakeholders. Co-founders Vidit Aatrey and Sanjeev Kumar, who together own more than 18.5 per cent of the company, are positioned to realise extraordinary gains from the listing. The IPO structure has seen a significant change, with the offer for sale (OFS) component cut by nearly 40 per cent. Promoters and early investors will now be selling 10.55 crore shares, down from 17.57 crore shares previously planned. At the top end, OFS proceeds are revised to Rs 1,172 crore from Rs 1,950 crore, while the fresh issue remains unchanged at Rs 4,250 crore. Meesho will compete with industry giants such as Flipkart (backed by Walmart) and global player Amazon. Market participants are closely watching the IPO, expecting it to set new benchmarks for tech startup valuations and liquidity in India's capital markets. Meesho's grey market premium (GMP) dropped to Rs 28-30 apiece from Rs 35-37 earlier in the day. Meesho has built a defensible position in the value-first, low-AOV segment, targeting semi-urban and rural India where e-commerce penetration remains underdeveloped. Continued scale benefits and operating efficiencies - especially through its proprietary logistics platform, Valmo - are expected to drive further margin improvement, said Perumal Raja KJ, Associate Director (Research) at FundsIndia. "Meesho's implied Market Capitalisation to Revenue from Operations (P/S equivalent) for FY25 is broadly aligned with the median of its listed peer set and at a discount to the peer average. While near-term earnings visibility remains limited, the long-term growth opportunity, strong market fit, and improving fundamentals support participation with a medium-term outlook," he said



with a 'subscribe' tag.

Vidit Aatrey, Meesho's Co-founder, Chairman, and CEO, holds 47.25 crore shares, accounting for an 11.1 per cent stake. Acquired at an average price of just Rs 0.06 per share, his holding is now valued at Rs 5,245 crore at the top price band—a return more than 1800 times the initial value. Sanjeev Kumar, the company's Whole-time Director and CTO, holds 31.57 crore shares (7.41 per cent stake) purchased at an average cost of just Rs 0.02 a share. With the current valuation, Kumar's stake rises to Rs 3,504 crore, marking a nearly 5,500-fold increase from its original value of about Rs 63 lakh. Institutional investors also stand to benefit significantly. Peak XV Partners, owning 48.12 crore shares or 11.3 per cent at an average price of Rs 4.29 per share, will see its stake increase from Rs 207 crore to Rs 5,342 crore, a jump of nearly 2,500 per cent.

Other investors, such as YC Continuity Fund, Venture Highway, and Gemini Investments, are also experiencing steep gains. The YC Continuity Fund's 5.2 crore shares (1.22 per cent) bought at Rs 1.02 a share, now value at Rs 576 crore, up from Rs 5.3 crore—a rise of more than 10,000 times.

Gold extends winning streak on strong will yellow metal end 2025

New Delhi: Gold is on track to clock its fourth straight monthly advance as global traders increasingly bet that the US Federal Reserve will deliver a long-awaited interest rate cut at its December policy meeting. The metal has risen in nearly every month of 2025, positioning it for what analysts say could be its best annual performance since 1979, even as patchy US economic data—delayed by the government shutdown—continues to cloud visibility, according to Bloomberg. Spot gold traded near \$4,170 per ounce on Friday, gaining more than 2% through the week. A mix of dovish remarks from Federal Reserve officials and the release of postponed economic indicators strengthened expectations of lower borrowing costs.

Since gold does not earn interest, falling rates typically enhance its appeal. Swap markets are now pricing in over an 80% probability of a 25-basis-point cut in December. Kamboj added that silver has also inched higher due to stable industrial consumption and rising investor interest. Actual demand rather than speculation appears to be driving gains, she noted, strengthening silver's case as part of a diversified portfolio. With the Federal Reserve entering its com-



munication blackout from Saturday, traders are dissecting every data point for clues on policy direction. The US government shutdown has delayed or limited several key economic releases, making the Fed's job—and investors' decision-making—more challenging.

As of Friday morning in Asia, spot gold was up 0.3% at \$4,171.18, while US futures gained a similar margin to \$4,215.80. The Bloomberg Dollar Spot Index edged lower, providing additional support. Central-bank buying and consistent inflows into gold-backed ETFs have kept prices above \$4,000 per ounce throughout November, even after last month's record

high above \$4,380. Bloomberg data shows ETF inflows have remained firm for three straight weeks. Analysts expect gold to remain supported through the year-end, driven by heavy central-bank accumulation and persistent ETF demand. Many expect the metal to record its strongest annual rally since the late 1970s. In India, domestic prices mirrored the global trend. On 28 November 2025, "Demand for gold remains robust, and price corrections have been minimal. Gold continues to be viewed as a safe, stable, long-term asset. With currency markets relatively steady, gold is offering both security and reliability for investors," she said.

'Truth Will Find Its Way': Nandika on Mandhana-Muchhal Wedding

Mumbai: Smriti Mandhana and Palaash Muchhal's wedding celebrations came to a halt after both families cited health-related reasons for postponing the ceremony. Soon after, eagle-eyed fans noticed that Smriti had deleted all wedding-related posts from her Instagram account. This sparked a wave of speculation across social media, which was flooded with posts alleging that Palaash had cheated on Smriti with two choreographers from the Bosco group — Nandika Diwedi and Gulnaaz. Nandika Diwedi has now broken her silence in the matter and has revealed that she is not involved, in any way, in the postponement of the wedding. Nandika wrote on Instagram, "Over the past few days, I've seen speculation about my involvement in a situation that has been deeply personal for other people. I want to address and clarify that the assumptions being made about me—particularly the idea that I played a role in disrupting anyone's relation-



ship—are simply NOT true." She added, "It's extremely painful to watch a narrative form around something I had no part in, and even more difficult to see how quickly these stories grow without any basis in reality. Media outlets specifically are publishing articles with information from forums like Reddit, where anyone can post whatever they want, resulting in defamation." She continued, "Please understand, this will not be easy for me to come out of, I can not be falsely accused anymore. Please. I

have been watching those I care about feel stressed and hurt by information that is not true, and it is taking a toll on my mental health. I had been receiving threats which family members could see, and that's why I had made my account private." "Please, I request you all to stop the rumours... I have sacrificed a lot to come to Mumbai, to work and achieve my goals. Please do not take my name further than this, I have nothing to do with any of it. Eventually, the truth will find its way," she concluded. Though

entirely unverified, the claims spread rapidly, triggering online outrage and leading both names to trend across social platforms. Recently, Gulnaaz also addressed this matter via Instagram. "I've been noticing a lot of speculation and false claims going around about me and my friend Nandika, so I want to make it clear that we are not the people involved in this issue. Just because we know someone socially or have a photo with them doesn't mean we are connected to their personal matters.

Aamir Khan Explains His Social Issue Film Strategy

Mumbai: Aamir Khan's vast filmography mostly comprises films with a moral or a social message. When asked about choosing scripts that resonate on a societal level, Aamir shared that he does not choose films or scripts based on popularity or conventions. The actor emphasised on how important it is for him to admire a script before agreeing to be associated with it. During a conversation at IFFI 2025, Aamir said, "I choose films purely based on my emotional excitement for the story, even if it goes completely against the norm. Most of my decisions have been impractical by industry standards. When we made Lagaan, even Javed Saab advised us not to. By all logic, I shouldn't have become a star, I broke every rule. But somehow, those unconventional choices connected with people and I'm deeply grateful." He further added, "Whether it's Taare Zameen Par, 3 Idiots, Dangal or



Laapataa Ladies, the foundation was laid by the writers. They created the worlds and the characters; I simply gravitated towards scripts that moved me. The actor also spoke highly of late star Dharmendra. "Though hailed as the He-Man of Indian cinema, he was equally brilliant in all genres including, romance, comedy and drama, an actor of remarkable range and presence. He was a gentle giant and finest actor. His mastery of language, innate dignity and extraordinary range as an artist made him an institution in himself. His pass-

ing is a profound personal and artistic loss," Aamir added. However, when asked if he would don the hat of a director Aamir said that he is delaying the same as he loves acting. "Direction is actually my big love. Filmmaking is what I enjoy the most. I did direct once, but that was more out of a crisis, so it doesn't really count as a planned move. But the day I consciously decide to take up direction, I'll probably stop acting, because it will consume me completely. That's why I'm delaying that decision for now," the star replied.

Dhanush's Tere Ishk Mein Records Strongest Opening of Career, Earns ₹16.5 Crore

Mumbai: Tere Ishk Mein, a romance movie starring Dhanush and Kriti Sanon, sparked tremendous expectations with solid advance bookings. The powerful trailer ignited a buzz among fans, and based on the reactions on its first day of release, the Aanand L. Rai-directed film is now primed for a fantastic run at the box office.



According to Sacnilk's latest update, Tere Ishk Mein earned Rs 16.50 crore on its first day of release. Tere Ishk Mein has outperformed major Bollywood blockbusters from 2025, like Jolly LLB 3 (Rs 12 crore) and Sitare Zameen Par (Rs 10.70 crore). The film also marks Dhanush's highest opening in Bollywood. Tere Ishk Mein had an overall 25.77 per cent

Hindi Occupancy and 20.84 per cent Tamil occupancy. The film also marks Dhanush's highest opening in Bollywood. Tere Ishk Mein marks Dhanush's return to Hindi film after many years. More than a decade ago, he made his first Hindi film, Raanjhanaa, directed by Aanand L Rai. Meanwhile, Atrangi Re, his second picture with the filmmaker, had

an OTT release in 2021. Tere Ishk Mein follows Dhanush, an aggressive and violent young guy, as he falls for Kriti's Mukti. Their romance blooms in college, but she soon decides to marry another man. Tere Ishk Mein digs deeper into Shankar and Mukti's raw, passionate, and unpredictable world, depicting a love story that defies logic, time,

and fate. Tere Ishk Mein is produced by Gulshan Kumar, T-Series, and Colour Yellow Productions, and directed by Aanand L Rai and Himanshu Sharma, with assistance from Bhushan Kumar and Krishan Kumar. The screenplay was written by Himanshu Sharma and Neeraj Yadav. The film's soundtrack, composed by the legendary A.R. Rahman and written by Irshad Kamil, is a standout—an original mix that has already attracted widespread musical interest. The initial response seems optimistic, indicating that the film has a decent chance of being another box-office success this year. While it is still early, if the current excitement continues, the picture might generate a significant collection.

Dharmendra Tribute Episode Promo Out for Indian Idol 16

Mumbai: Dharmendra passed away this month at the age of 89, leaving the entire film industry and millions of admirers mourning his loss. His death has cast a deep shadow over Bollywood, with colleagues, fans and celebrities continuing to share heartfelt tributes for one of Hindi cinema's most cherished icons.



Joining the outpouring of love, several celebrities and television shows have stepped forward to honour Dharmendra's extraordinary legacy. Among them, the popular music reality show Indian Idol 16 is preparing a special tribute segment dedicated to the legendary actor. In a video released by the show's official channel, judges Shreya

Ghoshal, Abhijeet Bhattacharya, Vishal Dadlani and rapper Badshah are seen lighting candles in Dharmendra's memory. Standing together in solidarity during this emotional moment for Bollywood, they joined the contestants in singing the soulful song Apne from the film Apne, offering a touching musical salute. Dharmendra had been

dealing with health complications for several months and was receiving regular medical treatment. His condition eventually worsened, leading to a hospitalisation in Mumbai that left fans and well-wishers deeply concerned. Although he was discharged after a few days, his health continued to decline, and he passed away shortly afterwards.

Nehal Regrets Silence Post Bigg Boss

Mumbai: Nehal Chudasma, who got evicted from Bigg Boss 19 back in October, expressed her desire to have the boldness of seasoned competitors like Hina Khan, Gauahar Khan, and Priyanka Chahar Choudhary in an open interview with Zoom TV.

Nehal said that she suffered as a result of being called a villain in the house and receiving constant criticism, particularly during "Weekend Ka Vaar" episodes. "Many people commented on my appearance, clothing, and other aspects, but those issues were never addressed on screen," she claimed. "I was silenced over trivial matters." Speaking with Zoom TV, Nehal cited an event in which she tore a woman's card during the Weekend Ka Vaar episode as her most disappointing memory from the show, claiming that she was forced to do so under compulsion. "I was portrayed as a villain in the house," she said, adding that the host chastised her as well. "Many individuals commented on my appearance, clothing, and other features, but those topics were never addressed during the Weekend Ka Vaar episode," she added.

She stated that even some seniors were aware of her plans, and she described feeling upset because she believed she had never abused the concept of feminism. "I would withdraw out of respect for the host and everyone else," Neha said. The Miss Universe India 2018 titleholder did, however, express a profound regret: she wishes she had spoken up more instead of always opting for obedience and respect.



Actress Explains Why OTT Projects Outpace Television

Mumbai: Mona Singh began her journey on television but soon moved to OTT and films, creating a strong place for herself in both the digital and big-screen space. From Jassi Jaisi Koi Nahin to 3 Idiots to Ba****ds of Bollywood, Mona has consistently portrayed memorable characters over the years.

In a recent interview with Bombay Times, Mona spoke about how certain stories and characters can only exist on OTT. She also said that because of strict censorship on television, actors like her would never have gotten the opportunity to explore layered and complex roles. Mona stated that the kind of content audiences watch online would never make it to television because the medium is bound by heavy censorship and numerous restrictions. She said, "As an actor, you wouldn't get the chance to portray such complex characters there. I'm happy people have embraced OTT." Mona noted that actors, writers, and creators are in a promising phase, with numerous stories to explore and ample opportunities to push creative boundaries.

Mona began her acting career on television with Jassi Jaissi Koi Nahin in 2003. She spent over a decade working in a variety of shows, and hosting reality programs



before transitioning to films and eventually OTT projects. The actress explained, "I didn't know anyone when I came to Mumbai, so everything that happened feels like a bonus. I've always likes to challenge myself as an actor and I feel blessed that I'm getting such brilliant opportunities on OTT now." The 3 Idiots actress explained that leaving television was a deliberate choice, as she felt she had already explored all it had to offer, from daily soaps and reality shows to hosting. The decision to move on was intentional, and although the transition wasn't easy for her, she waited patiently for the kinds of roles she wanted. "It took time, but it was worth it. I'm doing films too, I've three coming up next year, and I'm happy to be balancing movies and OTT," she said. Mona Singh will next be seen in Border 2 which is slated to release on January 23.

Filmmaker RGV Reveals Reason for Not Directing Shah Rukh Khan

Mumbai: Shah Rukh Khan has worked with several illustrious filmmakers over his long-spanning career. However, he has yet to be directed by Ram Gopal Varma. In a recent chat with Radio Nasha, Varma revealed that while he has discussed some projects with SRK, nothing ever materialised. He said that SRK is a firecracker whose energy might be too much for the filmmaker's style.

Varma said, "We had many meetings, but I always felt Shah Rukh is like a live wire bursting with energy. My filmmaking style is composed and intense. Restricting Shah Rukh to that space felt unfair to him and to the fans who come expecting his trademark charm and charisma." He added, "At one point, I approached him for Company. But Mallik's character needed to be very laid-back and lazy that is the opposite of what people expect from Shah Rukh. I had a terrific story for him, but it didn't happen." "When you tell Shah Rukh about a scene, he gets up and just does it. He's fantastic. I felt there was nothing for me to do in his film. Directors don't make a big difference in his movies because he can hold the camera entirely on



his own. That's a very different kind of stardom," he mentioned.

Meanwhile, on the work front, Shah Rukh Khan will soon be seen in King. Shah Rukh Khan's King has been grabbing attention ever since its announcement. Adding to its grandeur, King features a stellar ensemble cast including Abhishek Bachchan, Deepika Padukone, Rani Mukerji, Jaideep Ahlawat, Anil Kapoor, Jackie Shroff, Arshad Warsi, Raghav Juyal, Saurabh Shukla, Abhay Verma, Karanvir Mal-

hotra, and Suhana Khan. Produced by Red Chillies Entertainment and Marflix Pictures, KING is set to release in 2026 and promises to be a new SRK experience, with Shah Rukh Khan presented like never before – it is sure to thrill fans across the globe. The film promises to be a slick, high-octane action entertainer that aims to redefine style, charisma and thrills — and is touted to be Siddharth Anand's 'massiest' film yet, taking his signature action storytelling to a whole new dimension.

Ajay Devgn's Emotional Ishq Anniversary Tribute to Kajol Goes Viral

Mumbai: Ajay Devgn took fans on a sweet trip down memory lane today as he shared some of the most special moments from his life on Instagram. From his early days with Kajol to their wedding and life with their children, the post left fans emotional and filled with admiration. Ajay Devgn posted a collection of photos celebrating 28 years of his hit film Ishq, which released in 1997. The first picture shows

Ajay and Kajol on the sets of the film, a memory that marks the beginning of their journey together. The second picture is from their wedding, and the last photo features the couple with their children. Along with the photos, Ajay wrote the caption, "Jaisa hua acha hi hua hai.. #28yearsofshiq." Fans poured love into the comments section, celebrating the couple's long-lasting relationship. Kajol, known for her humor, commented,

"Where are our dogs in the last slide??" One fan commented, "Jab GundaRaj Macha Tha Tab Aapko Ishq Hua Uske Baad to Pyar to Hona Hi Tha isme Dil Kya Kare. Raju ho Ya Chacha Jab U me Hum Saath hote hain to Tumpur ke Super Hero aur Tanahaji Unsung Warrior Jesi Movie Bravest Movie Aa hi Jaati Hai." Ishq, directed by Indra Kumar, starred Ajay Devgn, Kajol, Aamir Khan and Juhi Chawla. The film was a great

success at the box office and is still remembered for its comedy scenes, especially those featuring Johnny Lever, and its iconic dramatic climax. Over the years, the film has earned cult status among Bollywood fans. Along with the emotional tribute, Ajay also surprised fans with another big update. He announced the wrap of Dhamaal 4, the next film in the popular comedy franchise. Sharing a new post with the cast, Ajay captioned,

"Aaj ki taaza khabar, brought to you by the gang, jo ab jald hi lootne aa rahe hain aapka dil... aur dimaag! #Dhamaal4 arrives in cinemas on Eid 2026." The upcoming film features a star-studded ensemble including Riteish Deshmukh, Arshad Warsi, Sanjay Mishra, Jaaved Jaaferi, Sanjeeeda Shaikh, Anjali Anand, Upendra Limaye, Vijay Patkar and Ravi Kishan. With its packed cast and promise of unlimited laughter,



expectations are already sky-

high.

FOOD

Gut health is no longer just a wellness trend, it is a cornerstone of overall health. The balance of microorganisms in your gastrointestinal tract, collectively known as the gut microbiome, plays a pivotal role in digestion, immunity and even mental well-being. Disruptions in this delicate ecosystem can contribute to bloating, digestive disorders, fatigue and mood imbalances. So how can you naturally nurture a healthy gut microbiome?

According to Dr. Arpit Bansal, a laparoscopic surgeon and oncologist at Jeevan Jyoti Hospital, Prayagraj, adopting a gut-friendly diet is the first step toward improving digestive health and overall wellness. In an interview with Hindustan Times, he emphasised, “A healthy gut isn’t built by fancy powders — it’s trained daily by simple, living foods that feed good microbes, strengthen



10 Gut-Friendly Indian Foods That Boost Digestion And Immunity

the intestinal barrier and reduce inflammation through short-chain fatty acids (SCFAs).”

Dahi and Chaas (Curd and Buttermilk)

Traditional ferments like curd and buttermilk are rich in live cultures such as lactobacillus, which help improve lactose digestion and reinforce the gut lining. Dr. Bansal said, “Rich in live cultures like lactobacillus, these traditional ferments improve lactose digestion, reinforce the gut lining and balance immunity. Always try to go for plain, unsweetened versions.” Including these staples daily can strengthen immunity and support balanced microbial growth.

Idli and Dosa Batter (Fermented Rice and Lentils)

The fermentation process in idli and dosa batter pre-digests carbohydrates and proteins while increasing mineral absorption. Dr. Bansal notes that “Fermentation pre-digests carbs and proteins, improves mineral absorption, and seeds the gut with beneficial lactic acid bacteria. The microbial metabolites remain active even after you steam them.” These dishes are not only

easy to digest but also help maintain a robust gut microbiome.

Dal and Legumes (Moong, Masoor, Rajma, Chana)

Dals are excellent sources of prebiotics because they contain resistant starch and soluble fiber. They help nourish butyrate-producing bacteria, molecules crucial for soothing gut inflammation. Dr. Bansal explains, “Dals are prebiotics full of resistant starch and soluble fibre. They feed butyrate-producing bacteria, the major molecule that soothes inflammation and fortifies gut walls.”

Cooked-Then-Cooled Rice (Curd Rice, Poha)

Cooling cooked rice transforms its starch into resistant starch, which is fermented by gut bacteria into SCFAs. Dr. Bansal adds, “When rice cools, its starch crystallises into ‘resistant starch’, which microbes ferment to SCFAs. This reduces gut pH, regulates sugar peaks and minimises inflammation.” This makes it an excellent addition to meals for lasting digestive health.

Raw Banana (Kaccha Kela)

Green bananas are rich in resistant starch and pectin,

feeding beneficial microbes especially after gut disturbances or antibiotic use. Dr. Bansal mentions, “Green bananas contain a wealth of resistant starch and pectin — wonderful for feeding up helpful species, particularly after antibiotic treatment or gut upset.”

Nutrient-Dense Grains and Spices Millets (Ragi, Jowar, Bajra)

Millets provide fiber and polyphenols that act as ‘microbe trainers’, enhancing both metabolic health and microbial diversity. According to Dr. Bansal, “Apart from fibre, their polyphenols behave as ‘microbe trainers’, enhancing metabolic indicators and microbial diversity. They take time to digest, maintaining gut and glucose stability.”

Turmeric (Haldi)

Curcumin in turmeric directly influences gut bacteria, reducing inflammation and oxidative stress. Dr. Bansal explains, “Curcumin directly affects the microbiome, decreasing inflammation and oxidative stress while increasing microbial diversity. When taken with black pepper, it becomes more absorbable.”

Onion and Garlic

Both onion and garlic are rich in inulin and fructool-



igosaccharides, functioning as natural prebiotics. Dr. Bansal says, “Rich in inulin and fructooligosaccharides, they function as natural prebiotics that specifically support lactobacillus and bifidobacteria, two important factors in gut balance and

general metabolic health.”

Fenugreek (Methi)

Fenugreek seeds and greens contain soluble fiber that nourishes gut bacteria while regulating sugar absorption. Dr. Bansal notes, “The soluble fibre galactomannan in methi seeds

slows down the absorption of sugars and provides nourishment for gut microorganisms. Methi seeds can be soaked or the greens can be sautéed to increase their prebiotic activity and ease the digestive tract.”

Fermented Elixirs:



Boost Microbial Diversity Naturally Kanji (Black Carrot Ferment)

Kanji, a traditional Indian fermented drink, is rich in lactic acid bacteria. Dr. Bansal calls it “A seasonal probiotic elixir, kanji teems with natural lactic acid bacteria that helps in digestion and builds resilience. It’s India’s age-old answer to kombucha.” Including this in your diet introduces diverse microbes to your gut. Dr. Bansal advises a simple

daily approach: “Anchor one fermented food (dahi, idli, or kanji) and one resistant starch source (dal, cooled rice, or raw banana) in every meal. Season liberally with haldi, garlic, and methi — and let your microbes do the rest.”By combining fermented foods, prebiotic-rich staples, and gut-friendly spices, you can naturally improve digestion, support immunity, and maintain a healthy microbiome.

‘Kulcha-ral’ Revolution: Amritsar’s Iconic Bread ‘Baking’ Its Way To GI Status

The iconic Amritsari kulcha—a crisp, golden, and generously stuffed flatbread hailing from the historic city of Amritsar—is now on the cusp of receiving the prestigious Geographical Indication (GI) tag. The Punjab government has initiated formal efforts to secure this recognition, aiming to protect the cultural and culinary legacy of one of North India’s most beloved street foods. A GI tag is a form of intellectual property that identifies goods as originating from a specific place, where a given quality, reputation, or characteristic is essentially attributable to its geographical origin. If granted, the Amritsari kulcha will join the ranks of other distinguished Punjabi specialties like Phulkari embroidery and Basmati rice. Amritsari kulcha is not just any bread—it’s a dish that represents the soul of Punjab’s culinary landscape. Traditionally made using refined wheat flour (maida), the dough is leavened with yoghurt or baking agents and left to rise before being rolled out and stuffed with a spiced mixture of



mashed potatoes, paneer, onions, or other fillings. What distinguishes it is the cooking method: it’s baked in a clay tandoor (oven) until puffed and crisp, often brushed with ghee or butter, and served with spicy chickpeas (chole) and tangy tamarind chutney. The kulcha’s roots trace back to the era of Maharaja Ranjit Singh in the early 19th century, when Amritsar emerged as a cultural and political nucleus in the region. Over time, the kulcha evolved from royal kitchens to roadside stalls, becoming a staple for locals and a must-try for visitors. Today, iconic eateries like Kulcha Land and Bharawan Da Dhaba carry forward the tradition with generations-old recipes that continue to draw culinary pilgrims from across the world. The GI tag will help preserve this unique tradition from dilution or misuse by commercially mass-produced versions made outside the region. It will also bolster the local economy by promoting culinary tourism and providing legal protection to authentic makers.



Beat the summer heat naturally: Acharya Balkrishna shares simple hydration tips

Hydration tips: As the scorching sun continues to blaze through the Indian summer, Acharya Balkrishna, renowned Ayurveda expert and Patanjali CEO, has shared a timely reminder for everyone to take care of their hydration levels. In a post on X (formerly Twitter), he emphasized the importance of natural fluids and seasonal fruits to keep the body cool and the skin hydrated during peak summer months.

“During summer, we tend to sweat a lot, which leads to a drop in our body’s moisture levels. To stay balanced, we must frequently consume fluids throughout the day,” Balkrishna advised. Rather than reaching for heavily caffeinated beverages, which can dehydrate the body further, he suggested turning to nature’s offerings: fresh fruit juices, lemon water, and coconut water.

Caffeinated drinks, such as sodas, energy boosters, and even strong tea and coffee, may seem refreshing momentarily but often have the opposite effect on the body. Caffeine acts as a diuretic, which means it can lead to increased urination and further dehydration. In contrast, fruit juices, especially those without added sugars, naturally replenish the body’s lost fluids and provide essential vitamins and minerals. Lemon water, with a pinch of salt or a dash of honey, is not only



refreshing but also restores electrolytes. Coconut water, often hailed as nature’s own energy drink, is rich in potassi-

um and is excellent for rehydrating the body after excessive sweating. Alongside hydrating fluids, Balkrishna strongly

recommended consuming plenty of seasonal fruits that are high in water content. He highlighted cucumbers, kakdi (a close cousin of cucumber), watermelons, and muskmelons (kharbuja) as ideal choices. These fruits are not only rich in water but also packed with nutrients that support digestion, improve skin texture, and keep the body’s temperature in check. For example: Watermelon is about 92% water and is a great source of antioxidants like lycopene. Muskmelon provides beta-carotene and vitamin C. Cucumber and kakdi are excellent detoxifiers and help flush out toxins from the system. Including a bowl of these fruits in your daily diet can help maintain internal cooling and avoid common summer ailments like heatstroke, skin dryness, and digestive troubles.

Acharya Balkrishna’s suggestions are deeply rooted in Ayurvedic principles, which advocate for a harmonious relationship with nature. According to Ayurveda, summer is governed by the pitta dosha (the fire element), and excessive heat can lead to imbalance, manifesting as irritability, inflammation, or indigestion. To combat this, traditional wisdom encourages incorporating foods and drinks that are cooling, hydrating, and easy to digest. It also suggests eating lighter meals, avoiding heavy, spicy foods, and staying away from overexertion during peak heat hours.

How a few eye drops a day can change the way your eyes feel

Our eyes, those tiny, hardworking windows to the world, are constantly under attack. From harsh UV rays and long screen hours to the dust, grime, and pollution we barely notice anymore, they face a silent onslaught every day. And if you live in a city, chances are your eyes are feeling the burn, literally. Eye irritation, redness, dryness, and even infections have quietly become everyday problems. We blink, rub, rinse with cold water, maybe use rose water. But more often than not, we shrug it off. But our eyes need more than just the occasional splash or sleep. They need care. Especially now, with pollution levels soaring and infections spreading faster than ever.

That’s where natural eye drops come into the picture. Among the many options



out there, Patanjali Saumya Eye Drop has been making waves for all the right reasons. If your eyes have ever felt like they’re coated in invisible grit after a short trip outdoors, you’re not imagining things. Dust, smoke, vehicular exhaust, and even allergens floating in the air find their way into your eyes. Add to that hours of mobile and laptop screen time, and your eyes are practically begging for help. Infections

are another concern. Bacteria and viruses thrive in polluted air and water. Redness, itching, watery eyes, and even blurred vision are signs your eyes are under stress.

Left untreated, minor irritations can turn into painful infections that require strong medication or worse, hospital visits. For those looking for gentle, daily protection, Patanjali Saumya Eye Drop offers a natural and effective solution. With a

base of herbal extracts, it’s designed to calm irritated eyes, prevent infection, and provide overall cleansing. Using Patanjali Saumya Eye Drop regularly can help flush out pollutants, reduce strain, and refresh tired eyes. And because it’s made with Ayurveda-backed ingredients, there’s less worry about harsh chemicals or side effects.

Patanjali Saumya Eye Drop doesn’t require a whole new routine. Just keep the bottle at your desk, in your bag, or on your bedside table. A couple of drops in each eye, once or twice a day, is enough. The coolness is immediate, the relief unmistakable. What’s important is consistency. Think of it like brushing your teeth. You wouldn’t skip that, right? Then why ignore your eyes? They deserve the same daily attention.

Kala Chana is a nutritional treasure: Your grandma was right

In the hustle of modern life, finding simple, wholesome foods that nourish the body and keep us energized is a quiet blessing. Enter Kala Chana, also known as black chickpeas, a pantry staple in Indian kitchens that has stood the test of time. Best restaurants near me Packed with protein, fibre, and a host of micronutrients, chana is not just a traditional ingredient; it’s a lifestyle choice that promotes balance, strength, and sustainability. And when you’re reaching for quality, Patanjali Kala Chana is one name that comes with trust and purity built into every grain. Unlike its larger, cream-coloured cousin, kala chana has a denser texture and a rich, earthy flavour. Its versatility is what makes it so beloved. Whether you prefer a slow-cooked chana curry with jeera rice, a spicy dry sabzi paired with roti, or a boiled bowl tossed with lemon and



masala for a post-workout snack, this little legume can do it all. One of the most attractive benefits of kala chana is its impressive protein content. For vegetarians especially, it serves as an essential source of plant-based protein. Just one cup of cooked kala chana provides nearly 15 grams of protein, perfect for muscle repair, immunity, and overall vitality. Patanjali Kala Chana, grown without harmful chemicals or pesticides, preserves this nutrient richness while staying close to the earth and your health goals. Buy vita-

mins and supplements. Try including it in soups, stews, or even breakfast poha for a fibre boost that doesn’t compromise on taste. For those who’ve grown up with grandma’s wisdom, soaked kala chana early in the morning was almost a ritual. Soaking overnight makes the legumes easier to digest and brings out their full nutrient potential. Eating a handful of soaked Patanjali Kala Chana with a dash of black salt and lemon in the morning is still a cherished health hack in many Indian households, and for good reason.

Why Weight Loss Meds May Fail

Weight loss drugs may not work if you do not make lifestyle changes, take them inconsistently, hit a weight loss plateau, or take a low dosage. Not everyone will shed pounds on weight loss drugs. One clinical trial found that about 86% of more than 800 participants achieved “clinically significant” weight loss after taking Ozempic or Wegovy (semaglutide) for 68 weeks. Glucagon-like peptide-1 (GLP-1) agonists are used to treat conditions like obesity and diabetes. Scientists are still trying to understand what makes them work better for some people than others. “Each person responds differently to medications, and the degree of weight loss achieved with treatment can vary based on personal factors,” Priya Jaisinghani, MD, a clinical assistant professor at the NYU Grossman School of Medicine, told Health. You might want to pay attention to some red flags to tell whether you are not responding to a GLP-1, such as: Eating patterns stay the same. “Food noise” or cravings do not go away. You do not lose at least 5% of your body weight in the first 12 weeks. “With effective treatment, people who have these symptoms will notice a meaningful improvement in the intensity and frequency of these symptoms,” Jamy Ard, MD, a professor at the Wake Forest University School of Medicine, told Health. You may have hit a weight loss plateau if you lost an expected amount of weight and do not continue to shed pounds. At some point, the rate of weight loss slows down and then stops. “A plateau can occur, but this does not necessarily mean the drug is ineffective,” Fatima Cody Stanford, MD, an obesity medicine scientist at Massachusetts General Hospital Digestive Healthcare Center, told Health. Your dose may not be high enough if you are not losing weight on medication.

Exercise improves colon cancer survival, major study shows



The researchers said it was “not a large amount” of exercise and any type of workout from swimming to salsa classes counted. The results could change the way colon cancer is treated around the world. Scientists are already investigating whether similar exercise regimes could improve survival for people with other diseases, such as breast cancer. “It’s a bit of a mind-shift, thinking of treatment as something you do, not just something you take,” says researcher Prof Vicky Coyle from Queen’s University Belfast.

In the trial, the three-year exercise programme started soon after chemotherapy. The aim was to get people doing at least double the amount of exercise set out in the guidelines for the general population. That could be three-to-four sessions of brisk walking a week, lasting 45-60 minutes, Prof Coyle says. People got weekly face-to-face coaching sessions for the first six months, which then dropped to once a month. The trial, involving 889 patients, put half on the exercise programme. The other half were given leaflets promoting a healthy lifestyle. The results, published in the New England Journal of Medicine, showed after five years: 80% of people exercising remained cancer-free compared with 74% in the other group meaning a 28% reduction in the risk of the cancer coming back, or a new one forming. Meanwhile, eight years after the initial cancer treatment: 10% of people on the exercise programme died compared with 17% in the group given only health advice marking a 37% lower risk of death.

Exactly why exercise has this beneficial effect is unknown, but ideas include the impact on growth hormones, inflammation levels in the body and how the immune system functions - which patrols the body for cancer. Dr Joe Henson, from the University of Leicester, said the results were “exciting”.

He added: “I saw first-hand that this reduced fatigue, lifted people’s mood and boosted their physical strength. “We know that physical activity regulates several key biological processes that could explain these results, and further research will help us uncover why exercise is having such a positive impact.”

Colon cancer is the fourth most common cancer in the UK, with around 31,800 people diagnosed each year. Caroline Geraghty, from Cancer Research UK, said: “This trial has the potential to transform clinical practice, but only if health services have the necessary funding and staff to make it a reality for patients.” “It’s important to remember that every cancer journey is different - starting new activities after treatment can feel overwhelming, and it may not be the right option for everyone. Take things at your own pace and speak to your doctor to discuss what is safe for you.”

How a pinch of salt can boost your health and happiness

Salt. That simple white crystal sitting quietly in your kitchen cabinet is often misunderstood. For years, it’s been lumped into the “bad guy” category, blamed for high blood pressure, bloating, and other health problems. But let’s step back for a moment. Salt, in moderation, is not only essential for our bodies to function properly, it can also enhance our health, wellbeing, from the inside out. Buy vitamins and supplements. Let’s talk about the real benefits of salt, and why brands like Patanjali Iodised Salt are bringing the good kind back into our lives.

Salt keeps us alive. Here’s the most basic truth: your body needs salt. Sodium (the key component of salt) plays a vital role in maintaining fluid balance, helping nerve impulses fire correctly, and supporting muscle function. Without it, the body simply wouldn’t work. Patanjali Iodised Salt,



in particular, ensures your body gets not just sodium, but also iodine, an essential trace mineral that helps in the proper functioning of the thyroid gland. Iodine deficiency is still a concern in many parts of India, especially in children and pregnant women. A small pinch of iodised salt can help prevent problems like goiter, fatigue, and mental fog.

It helps your digestion work better

Ever wonder why traditional Indian meals always include a touch of salt, not just

in the food, but sometimes even in a pre-meal chutney or digestive mix? Best restaurants near me That’s because salt helps stimulate the production of hydrochloric acid in the stomach, which aids digestion.

If you’ve ever suffered from a sluggish tummy or indigestion, you’ll know how important this is. A daily diet balanced with just the right amount of Patanjali Iodised Salt can promote better nutrient absorption and ease that bloated, uncomfortable feeling.

Salt as a natural electro-

lyte

With India’s hot and humid climate, it’s easy to lose essential minerals through sweat, especially if you exercise or spend time outdoors. That’s where salt becomes a quick, natural fix. Electrolytes (like sodium, potassium, and magnesium) are what keep our muscles from cramping and our minds from going fuzzy.

Salt enhances flavor

Let’s be honest, food without salt is... well, boring. Salt enhances the natural flavors of food and helps us enjoy our meals more. But beyond taste, salt can actually help preserve nutrients in certain cooking techniques. When you use Patanjali Iodised Salt, you’re not only getting the flavor boost but also a trusted, hygienically packed product free from unnecessary additives. 5. It’s a simple detox secret. So the next time you season your food, soak your feet, or sip a homemade electrolyte drink.

How Alzheimer’s Disease Testing Works and What To Expect

There is no single way to diagnose Alzheimer’s disease. Testing usually includes cognitive assessments, imaging tests like brain scans, and lab tests. Early screening is also available for adults at high risk for the disease. One report from the Alzheimer’s Association found that 79% of surveyed adults aged 45 and older would want to know before they developed Alzheimer’s disease. The



first step is usually a visit to a healthcare provider if

you are showing signs of cognitive decline, Maureen O’Connor, PsyD, assistant professor of neurology at the Boston University Chobanian & Avedisian School of Medicine, told Health. It is important to candidly describe any worrisome changes and offer specific examples if possible. A healthcare provider can then perform preliminary cognitive assessments. They may provide referrals to a special-

ist who can perform more thorough diagnostic tests that examine your memory, language, visual-spatial skills, and more. Some types of positron emission tomography (PET) scans may detect markers of Alzheimer’s disease. These tests may not be widely available. Looks for amyloid plaques in your brain, a sign of Alzheimer’s disease. Detects changes in brain activity, such as nerve cell damage.

Rohit Sharma On Brink Of Joining Sachin Tendulkar, Virat Kohli And Rahul Dravid

New Delhi: Former Indian captain Rohit Sharma is poised to become only the fourth Indian batter to hit the 20,000-run milestone in cricket. Rohit is set to return to the field in India’s three-match ODI series against South Africa, starting November 30 at the JSCA Stadium in Ranchi. Rohit has 19,902 international runs to his name in 502 matches. The India opener scored 4,301 runs in 67 Tests. He has 4,231 runs in T20Is and 11,370 runs in ODIs. He is only 98 runs away to join an elite list that includes Sachin Tendulkar, Virat Kohli and Rahul Dravid. Tendulkar leads with 34,357 runs to his name, followed by Virat Kohli with 27,673 runs and Dravid with 24,064 runs.The Mumbai cricketer, who retired from T20Is following the 2024 World Cup and

stepped away from Test cricket in May, now plays in just one format. After the South Africa series, he is expected to feature in the ODI series against New Zealand at home.Rohit will be coming into the South Africa series on the back of a solid hundred against Australia in Sydney, where he scored an unbeaten 121 off 125 balls, helping India register a consolation win after being 2-0 down in a three-match ODI series. His knock included 13 boundaries and three sixesVirat Kohli, who, like Rohit, now only plays in ODIs, is also set to return to action for India against South Africa. Both will be under pressure to perform. India will look to boost their morale after suffering an excruciating 2-0 loss against the Proteas at home earlier in the week.

Chameera’s 4 wickets against Pak lifts Sri Lanka into the final of T20 tri-series

New Delhi: Fast bowler Du shmantha Chameera grabbed 4-20 and stifled Pakistan in the final over as Sri Lanka breezed into the final of the T20 tri-series with a six-run victory on Thursday. Pakistan, which had already qualified for Saturday’s final with three successive wins, was held to 178-7 with captain Salman Ali Agha’s career-best unbeaten 63 going in vain. Opening batter Kamil Mishra’s 76 off 48 balls had earlier anchored Sri Lanka to 184-5 in a game the team had to win in order to reach the final instead of

Zimbabwe. “Proud of how the boys bounced back,” Sri Lanka captain Dasun Shanaka said. “Everybody contributed. ... Of course Chameera Pakistan’s chase with figures of 3-3 in the power play and then returned for the final over to concede just three runs when Pakistan required 10 for victory. The tall fast bowler deceived Sahibzada Farhan (9) with a slower ball and had him caught at short cover before pinning Pakistan’s premier batter Babar Azam lbw for two-ball duck. Left-handed batter Saim



Ayub (27) once again couldn’t convert his aggressive start off 18 balls before he dragged Eshan Malinga back onto his stumps. Chameera had Pakistan on the mat at 4-43 in the sixth over when Fakhar Zaman

holed out at mid-on. Agha and Usman Khan (33) put the chase back on track with an aggressive 56-run stand before Wanindu Hasaranga broke through in the 13th over and Khan sliced a catch to short third.

Syed Modi International: Tanvi,Unnati, Srikanth advance to semis

New Delhi: Giant-killer Tanvi Sharma continued her dream run by reaching the semifinals of the Syed Modi International Super 300 badminton tournament, while it was a mixed day for the women and men top seeds as India’s Unnati Hooda registered a hard-fought win, and Jai Heng Jason Teh of Singapore was knocked out in the quarterfinals.The 16-year-old Tanvi Sharma, who had upset former world champion Nozomi Okuhara of Japan in the earlier round, packed off Hong Kong’s Lo Sin Yan Happy in straight games 21-13, 21-19 in 38 minutes to set up a last four clash against 5th seed Hina Akechi of Japan, who upset third seed Sung Shuo Yun 21-8, 21-15 in the other quarterfinal. In the upper half, Unnati came through in a battle of two rising stars of India as he got the better of Rakshitha Sree Santosh R. 21-15, 13-21, 21-16. She will next face Turkey’s fourth seed Neslihan Arin in the semifinals.Arin overcame the challenge of India’s Isharani

Baruah 21-19, 13-21, 21-15.While Unnati survived, men’s top seed Teh went down 19-21, 21-12, 20-22 in an hour and five minutes against Minoru Koga of Japan, who will now meet Hong Kong’s Jason Gunawan in the semifinals.The other semi-final will be an all-Indian affair with fifth seed Kidambi Srikanth taking on Mithun Manjunath.Srikanth advanced to the semifinals after compatriot Priyan-shu Rajawat retired when the score was 21-14, 11-4 in the former world No. 1’s favour, while Mithun got the better of Manraj Singh 21-18, 21-13. In the women’s doubles event, top seeds Gayatri Gopichand and Treesa Jolly defeated fifth seeds Bengisu Ercetin and Nazlican Inci of Turkey 21-15, 21-16 to reach the semifinals. Treesa will also feature in the mixed doubles semifinal alongside Hariharan Amsakarunan after defeating Australia’s Andika Ramadiansyah and Nozomi Shimizu 21-18, 21-14 in the quarterfinals.Earlier, the 16-year-old



Tanvi lit up Day 3 with a career-defining victory, shocking former World No. 1, former World Champion and Olympic medalist Nozomi Okuhara in a gripping three-game battle. The World Juniors silver medalist showed remarkable grit, rallying from a game down to claim a memorable 13-21, 21-16, 21-19 win in just under an hour—the biggest result of her young career, sealing her place in the quarterfinals.

CSK Star Breaks Rohit Sharma’s 19-Year-Old Record

New Delhi: Young batter Ayush Mhatre on Friday surpassed former India captain Rohit Sharma to break a historic record during Mumbai’s Syed Mushtaq Ali Trophy match against Vidarbha. Mhatre, 18, slammed his maiden T20 century as Mumbai crushed Vidarbha by seven wickets at the Ekana Cricket Stadium in Lucknow. By doing so, Mhatre became the youngest player to score a century in T20s, first-class cricket, and List A cricket. At 18 years and 135 days, Mhatre went past legendary batter Rohit (19 years and 339 days), who held the record for 19 years. On the same day he was named captain of India’s U19 team for the upcoming Asia Cup, Mhatre brought up his century in just 49 balls, smashing eight sixes and as many fours.Indian team for the upcoming U19 Asia Cup. He had also led India during a multi-format tour of Australia in September and October The tournament will be held in Dubai from December 12-21 in the 50-overs format. The semifinals are scheduled for December 19, with the final slated two days later on December 21.

Arjun Tendulkar Sends Big IPL Message Brilliant Performance



Mumbai: Arjun Tendulkar, son of legendary cricketer Sachin Tendulkar, took three wickets in four overs as Goa registered a big win over Chandigarh in the Syed Mushtaq Ali Trophy on Friday. Arjun, who was traded to Lucknow Super Giants from Mumbai Indians ahead of IPL 2026, looked in brilliant form at Eden Gardens. The left-arm fast bowler troubled the Chandigarh batters constantly and, in his very first over, clean bowled Shivam Bhambri. The third dismissal came from a brilliant yorker that crashed into the stumps, out for 121 in 19 overs, with Arjun taking the final catch of the match. He finished with impressive figures of 4-0-17-3, a performance that left both fans and experts impressed.

India Coach Faces Fresh Allegations

R Ashwin announced his retirement from international cricket in the middle of the Border-Gavaskar Trophy.

Mumbai: Team India’s 0-2 Test series defeat against South Africa at home has put head coach Gautam Gambhir’s career in the format on the brink. Gambhir, under

whom the Indian team won the ICC Champions Trophy hasn’t yet delivered similar success in Tests. of veterans like Virat Kohli, Rohit Sharma and Ravichandran Ashwin from the Test format. Former India cricketer Manoj Tiwary feels Gambhir was the one who forced Ashwin out by making him feel ‘insecure’ in the team.

United Kingdom submits joint bid to host FIFA Women’s World Cup 2035

New Delhi: The Football Association (FA), Irish FA, Scottish FA, and the FA of Wales have officially submitted their joint bid for the FIFA Women’s World Cup 2035. The tournament would be the largest single-sport event ever staged in the UK, and the first FIFA World Cup hosted in the country since 1966.The bid includes 22 proposed stadiums – 16 in England, three in Wales, two in Scotland, and one in Northern Ireland – across 16 host cities. With 63 million people living within two hours of a proposed venue, it would be the most accessible tournament ever. The tournament promises to be a celebration across every part of our nations – an event that brings communities together and welcomes the world. With 4.5 million ticket sales and a projected global TV audience of 3.5 billion, the tournament would captivate fans at home and globally.The bid is built on the powerful vision of ‘All Together’ – a rallying cry for women’s football and sport more broadly to empower worldwide.A joint statement from the CEOs of The FA, Irish FA, Scottish FA, and FA of Wales said, “Hosting the FIFA Women’s World Cup would be a huge privilege for our four home nations. If we are successful, the 2035 tournament will be the biggest single-sport event held on UK soil, with 4.5 million tickets available for fans.“We are proud of the growth that we’ve driven in recent years across the women’s and girls’ game, but



there is still so much more growth to come, and women’s and girls’ game both in the UK and globally. Our bid also demonstrates our commitment to leaving a lasting legacy in the run-up to 2035 and the years afterwards. “Together, we want to welcome the world to the UK to celebrate and enjoy an unforgettable tournament.”UK Prime Minister Keir Starmer added, “Our bid to host the 2035 FIFA Women’s World Cup shows the UK’s passion for football.“The Lionesses’ success has inspired girls across our country, and we’ll build on that momentum by welcoming millions of football fans from around the world to a tournament that will benefit communities and businesses in host cities

up and down the UK.“With significant investment in school sport and grassroots facilities through our Plan for Change, we’re creating opportunities for girls to play for their national team.” “With significant investment in school sport and grassroots facilities through our Plan for Change, we’re creating opportunities for girls to play for their national team.” The 22 proposed stadiums offer a blend of heritage, cutting-edge innovation, and elite operational excellence that will be ready to deliver exceptional FIFA-compliant facilities. The 16 host cities provide a network of extensive infrastructure, ample accommodation, efficient transportation, and culture.

After RCB, Another IPL Franchise Put On Sale As Valuations Soar

Ahmedabad: As the Royal Challengers Bengaluru (RCB) continue to look for a new buyer, another Indian Premier League (IPL) franchise has reportedly been put on sale. Harsh Goenka, the brother of Lucknow Super Giants owner Sanjiv Goenka, revealed in a post on X (formerly Twitter) that the Rajasthan Royals have also been put on sale by their owners. At present, the franchise is owned by the Royals Sports Group (Emerging Media Sporting Holdings Limited), which holds a 65% stake. Some minority stakes are held by Lachlan Murdoch and RedBird Capital Partners.“I hear, not one, but two IPL teams are now up for sale- RCB and RR. It seems clear that people want to cash in the rich valuations today. So two teams for sale and 4/5 possible buyers! Who will be the successful buyers- will it be from Pune, Ahmedabad, Mumbai, Bengaluru or USA?,” he wrote on X.Reports suggest that Diageo, parent company of United Spirits Limited, is seeking a valuation of around USD 2 billion for RCB. The sports business accounted for 8.3 percent of the company’s total profit in the last financial year ending March 31, 2025. There are reports that vaccine king Adar Poonawalla is interested in securing the sports business. While the sale is expected to be completed by March 31, 2026, the franchise will be seen bidding for players and participating in the WPL auction on November 27.In a



communication to the Bombay Stock Exchange (BSE) on Wednesday, Diageo called it a ‘Strategic Review of the Investment Royal Challengers Sports Pvt Ltd (RCSPL),’ a wholly owned company of United Spirits Ltd, the Indian subsidiary of Diageo.“United Spirits Ltd. (“USL”) is initiating a strategic review of the investment in its wholly owned subsidiary, RCSPL. RCSPL’s business comprises ownership of the “Royal Challengers Bengaluru (RCB)” franchise teams that participate in the Men’s Indian Premier League (IPL) and Women’s Premier League (WPL) cricket tournaments hosted by the Board of Control for Cricket in India (BCCI) annually,” the company stated in the disclosure.

World Champion archer Aditi Gopichand KIUG: World Champ archer Aditi wins title swimmer Srihari finishes with 9 gold

New Delhi: Swami and swimmer Srihari Nataraj hogged the limelight, the young archer picking her first gold of the competition while the swimmer bagged his ninth on the fifth day of competitions in the Khelo India University Games Rajasthan 2025 across Rajasthan on Friday.Aditi continued her unbeaten run in the Khelo India competitions with the Shivaji University archer claiming gold in the compound women’s individual event at the Jagatpura Archery Range in Jaipur on Friday. Guru Nanak Dev University cyclists dominated the track events, winning both the men’s and women’s team sprint gold medals, women’s team pursuit, and Barsarani Barik added the women’s 500m individual time trial with a time of 00:38.535s, ahead of Mahatma Gandhi University’s Sanjana VS. If truth be told, Nishu has many achievements to her name. She has won a bronze medal in the Under-23 World Championships for India in Serbia earlier this year, and although she failed to win a medal in another championship (for seniors this time) in Croatia, she impressed not a little, again, earlier this year. For an athlete like that to say that “every competition is important” speaks to her being a very grounded, ever-learning person. Nishu, who has tasted gold success in the Khelo India Youth Games (KIYG) too, is grateful to her parents for being by her side through thick and thin. She doesn’t come from a farming family,

as most athletes from Haryana do. Her father is a driver.Nishu, who trains at SAI Training Centre in Hisar, is now targeting the Asian Games next year in Nagoya, Japan. For which she first has to make it to the National Camp on the basis of her performances in the Senior Nationals and Federation Cup. Irrespective of what happens there, the girl from Jind, without any wrestling history in the family, has come really far. And there is every indication that she is going to cover many more miles in the time to come.Meanwhile, in Bharatpur, where the wrestling competitions are being held, Lovely Professional University, which had racked up six gold medals on the previous two days, had a lesser outing on Friday as none of their wrestlers could win a gold medal. Although they won three silver medals, the prized gold eluded them on the last day of the wrestling competition, much to their disappointment. Still, with six gold medals, they leave the wrestling event with the most gold medals and as the most successful university.

Among important results on Friday, local university Dr KN Modi University picked up its second gold, following Sagar’s gold in the men’s 97kg Greco-Roman category on day two — all thanks to Khushi in the women’s 68kg freestyle. Shalina Sayeer Siddhi from the Siddi community, representing the Karnataka University, won a bronze medal in the women’s



57kg freestyle. The Siddis are of African descent and have been living in India for centuries now. Her win truly highlights the inclusive nature of the Khelo India initiative.Nurtured at SAI Hisar, Nishu sets sights on Asian Games after gold in 53kg categoryFor someone who is all of 23 years old and has accomplished so much, that’s very unusual, and to some it may border on the unsettling. Still, for Indian wrestler Nishu, it’s all about an unseen calmness about her.At an age in which people laugh a lot and carry a care-free attitude towards life, she barely speaks, mostly a picture of serenity, even during her three bouts across two days that saw her win her first gold medal of Khelo India University Games (KIUG) in the 53kg category at the Lohagarh Stadium in the eastern city of Rajasthan on Thursday.But once you speak to her, get to know her better, you kind of know that it is grief that has very likely shaped her personality. She lost an older brother (by one and a half years) to a brain tumour. While it happened quite a few years back when she was a little

kid, such episodes in life often leave a pall of sobriety on the survivors forever.On Thursday, Nishu, nurtured at SAI Training Centre in Hisar, just had to win her bout to ensure a gold, and boy, she did that in style! Just seconds into the bout, her opponent, Samruddhi Sandip Ghorpade from Shivaji Stadium, appeared to have no chance. In the 2023 the contingent’s swimming campaign with 27 gold medals. Jain University sits atop the medal standings with 45 medals. 222 Universities are competing in 23 medal disciplines. The Games are being held under the aegis of the Sports Authority of India (SAI) in collaboration with the Rajasthan State Sports Council and are being hosted by Poornima University. The 19-year-old Aditi, who had won the gold medal in all the Khelo India Youth Games she entered, made a fantastic Khelo India University Games debut by securing gold in the women’s compound individual event. In the individual final, Aditi defeated Taniparthi Chikitha of Lovely Professional University 147-143 to top the podium.