

Valedictory function of Smart India Hackathon (2025 concludes successfully at NEHU, Shillong

Shillong, Dec 10: North-Eastern Hill University (NEHU), Shillong, successfully concluded the Valedictory Ceremony of the Smart India Hackathon (SIH) 2025 Software Edition on 9th December 2025 at the Multi-Convention Hall. Organized under the Ministry of Education's Innovation Cell (MIC) and the All India Council for Technical Education (AICTE), the two-day grand finale witnessed exceptional young innovators from across the country working tirelessly to solve real-life challenges through technology-driven solutions. NEHU served as a dynamic centre of creativity, collaboration and innovation, reflecting the nation's vision of empowering youth through digital transformation.

The valedictory function was graced by several distinguished dignitaries, including Mrs. Lakshmi Rao, Adviser (Innovation and Entrepreneurship), PRIME Hub, Government of Meghalaya, who attended as the Chief Guest. Other notable guests included Mr. Ebenezer Lyngwa, COO of Meghalaya Technology Parks Society, IT and Communication Department, Government of Meghalaya, and Dr. Hirak Ranjan Das, Indovation Manager (Eastern Region), Ministry of Education's Innovation Cell, Government of India, who served as Guests of Honour. The programme also saw the presence



of Prof. S. K. Dixit, Registrar, NEHU; Prof. G. Bez, Chairperson, SIH-2025; Prof. Dinesh Bhatia, Coordinator and AICTE SPOC for SIH-2025; and Dr. Sukti Majaw, Co-Coordinator, SIH-2025. The ceremony began with opening remarks by Dr. Sukti Majaw, followed by

the welcome address delivered by Prof. G. Bez. In their messages, the dignitaries highlighted the growing importance of the Smart India Hackathon as a national platform that nurtures innovation, encourages problem-solving, and inspires students to develop impactful solutions

for societal needs. Chief Guest Mrs. Lakshmi Rao commended the participants for their creativity and dedication and emphasized the Government of Meghalaya's continued support for youth-led innovation and entrepreneurship. One of the major highlights of the event was

On December 9, 2025, North-Eastern Hill University (NEHU) held the Valedictory Ceremony for the Smart India Hackathon (SIH) 2025 Software Edition at the Multi-Convention Hall.

the Prize Distribution Ceremony, during which the winning teams of SIH 2025 hosted at NEHU were announced. Team CORE 401, led by Shubh Sharma from Acropolis Institute of Technology and Research, Indore, won for their solution on Smart Community Health Monitoring and Early Warning Systems for water-borne diseases. Team IIterativebytes, led by Saniyaa B. Shetty from SVKM's Dwarkadas J. Sanghvi College of Engineering, Mumbai, was declared a winner for developing a Smart Tourist Safety Monitoring and Incident Response System using AI and blockchain-based digital identification. Team Promatrs, led by Meheer J from Saveetha School of Engineering, Chennai, won for their innovative project aimed at digitizing and showcasing Sikkim's monasteries for cultural preservation. Another winning team was NEXUS-IITB, led by Aangir Doshi from the International Institute of Information Technology, Bangalore, for developing an AI-powered DPR Quality Assessment and Risk Prediction System for the Ministry of Development of North Eastern Region (MDONER).

Seven Arrested in Shocking Drug-Laced Robbery

Abhayapuri, Dec 10: After a prompt and thorough investigation, Abhayapuri Police arrested seven suspects in a dramatic robbery case from Garudukan in the Bongaigaon area. Ajay Shankar Das's family of three was allegedly drugged and robbed of cash and gold ornaments on the evening of November 26. The family was rendered unconscious by the criminals' use of intoxicating substances in their food, according to the police, before they looted the house. Neighbors found the family semi-conscious the next morning and took them to the hospital for medical attention. During the investigation into a robbery, police discovered that the crime was orchestrated by the victim's relative, Chandan Das, who poisoned the family's food before collaborating with accomplices to carry out the theft while the victims were incapacitated. Anupjiyoti Bora, Abhayapuri CDSP, reported that seven individuals have been arrested, and some gold items stolen during the robbery were recovered. However, three suspects remain at large, and police are actively pursuing them.

IAF Marks 1971 War Victory with Grand Display at Mohanbari Air Force Station



Guwahati, Dec 10: Air Force Station Mohanbari in Assam on Wednesday witnessed a grand commemoration of India's victory in the 1971 war, with the Indian Air Force (IAF) organising an elaborate event to honour the courage and sacrifice of the country's armed forces. Chief of the Air Staff, Air Chief Marshal A.P. Singh, senior military and civilian officials, veterans and a large number of young attendees from Assam were

present at the ceremony. A major highlight of the event was a flying display featuring Su-30 MKI, C-130, Dornier, An-32, Chinook, Mi-17, ALH and Cheetah aircraft. The performance reconstructed key air operations of the 1971 war, including the Tangail Airdrop, the Meghna River Crossing and the attack on the Government House in Dhaka. The display underscored the operational strength and readiness of the IAF.

A seminar titled "Air Operations during the 1971 War" was also organised, where air veterans recounted their experiences and shared personal accounts from the battlefield. An exhibition, "Triumph from the Sky-71", showcased rare archival photographs from the war period and featured a replica of the 'Swarnim Vijay Mashal', the ceremonial flame symbolising India's decisive victory over Pakistan.

Stakeholder consultation on NIP for Sub-Zone E5 held

Inputs on Drainage, Roads, Market Inspected

Imphal, Dec 10: The Planning and Development Authority (PDA), Manipur, in consultation with the Town Planning Department, organised a stakeholder consultation meeting today at Leishang Hiden Heritage Park to formalise the Neighbourhood Improvement Plan (NIP) for Sub-Zone E5, covering the Kyamgei area from MU Main Gate to Lilong Bridge. This strategically important area lies in the southern part of the Greater Imphal Planning Area.

Developed in collaboration with the School of Planning and Architecture (SPA), Bhopal, the plan aims to establish a replicable model for improving safety, mobility, public services, livelihoods, and space optimisation in rapidly growing peri-urban centres.

The consultation was attended by Lourembam Rameshwor Meetei, MLA of Keirao AC, and officials including N. Gitkumar Singh,

former Chief Town Planner; N. Benju Singh, Chief Town Planner, Manipur; Ng Uttam Singh, Secretary, PDA; Mayank Dubey, Associate Professor, SPA Bhopal; and K. Chandrakumar Singh, Municipal Commissioner, Imphal Municipal Corporation.

Sub-Zone E5, spanning the area between Asian Highway 1 and the Imphal River, faces challenges such as unsafe intersections, gaps in utilities, and vulnerability to flooding. The NIP proposes immediate and phased interventions to redesign four critical intersections and revamp 4.75 km of key corridors along the AH-1 edge and Ring Road, integrating continuous walkways and structured vending zones. It also seeks to strengthen the basic utility network by improving nine kilometres of water supply lines, 16 kilometres of surface drainage, and 11 kilometres of sewage network to enhance

resilience and service levels. A 200-metre traffic-calmed school stretch with safe crossings and designated pick-up/drop-off zones is planned to protect children, while security and surveillance measures include the installation of streetlights along three kilometres and CCTV cameras at 10 strategic locations to improve night-time safety for women and children. Ng Uttam Singh, Secretary, PDA, Manipur, stated, "This collaborative plan is not just about infrastructure development; it is about creating safer, more resilient and more liveable neighbourhoods through optimum utilisation of space. Once finalised, any development work by any agency/department which is contradictory to the above plan (NIP) cannot be taken up. Thus, prior approval has to be obtained from competent authority before taking up any development work in this planned area."

Mizoram MP raises issue of mizos being asked to provide tax exemption certificates

Aizawl, Dec 10: Mizoram's lone Rajya Sabha Member, K. Vanlalvena has strongly objected to Mizos being asked to provide income tax exemption certificates, a directive, which he said, did not align with the guarantees to tribal communities by the Constitution of India.

Raising the issue in the Upper House during the ongoing Winter Session of Parliament on Wednesday, Vanlalvena highlighted that Section 10(26) of the Income Tax Act exempted tribal communities residing in specified areas, including Mizoram, from paying income tax. The MP asserted that the exemption is rooted in the Constitution of India and has long safeguarded the rights of tribal population in the country.

However, despite the clear-cut



legal provision, he claimed that several Mizos have reportedly

been directed by the Income Tax Office in Guwahati to obtain exemption certificates before their claims are accepted. Vanlalvena further pointed out that even when tribal certificates and relevant identity documents were furnished by people from Mizoram, officials continue to question their eligibility, creating unwarranted hardship and bureaucratic delays. Terming the practice a violation of constitutional protections, the MP urged corrective measures.

He informed the House that he has formally appealed to the Rajya Sabha Chairman to intervene and direct the Principal Chief Commissioner of Income Tax, Guwahati, to issue a clear directive ensuring adherence to the law and preventing further inconvenience to Mizos.

Mizoram University signs academic cooperation pact with Myanmar's Institute of Chin Affairs

Aizawl, Dec 10: Mizoram University has signed a new agreement with the Institute of Chin Affairs in Myanmar to begin academic cooperation and open new opportunities for students from both sides. Officials from Mizoram University said that the Memorandum of Understanding was signed on Tuesday by Vice Chancellor Prof. Dibakar Chandra Deka and the deputy executive director of the Institute of Chin Affairs, Mai Lucy Mawi. According to the officials, the agreement includes several important areas of cooperation. One key area is the plan to start a diploma course in spoken Burmese at Mizoram University. The agreement also includes admission of students from Myanmar to Mizoram University and joint research activities between the two institutions. University officials said that these measures are aimed at improving academic exchanges and helping students learn more about each other's society and language in a simple and practical way. University authorities said that this new partnership is expected to strengthen academic ties and increase cultural exchange between Mizoram and Chin state in Myanmar. They added that the new diploma course will give students a chance to learn the Burmese language in a formal way, which may



also help them in future academic and work opportunities. The collaboration also plans to encourage students and researchers from both sides to take part in research work together in selected subjects. This agreement has also come at a time when Mizoram has been sheltering a large number of refugees from Myanmar due to the unrest in that country. State officials have earlier stated that more than 31,000 refugees from Myanmar, mostly from Chin state, have entered Mizoram in the last few years. Many of these refugees include school-age children who are now studying in government and private schools in different parts of the state. Officials believe that the new academic partnership may help these students in the long run. They said that many refugee students have language barriers

and this kind of academic programme can support them by giving them new learning options. They also said that the agreement will not only help students in the present situation but will also contribute to future academic and cultural cooperation between Mizoram and the Chin community. The officials further stated that by improving academic links and encouraging joint study programmes, both sides hope to develop a stable foundation for long-term cooperation.

This includes sharing academic knowledge, language training, and helping students from Myanmar find opportunities in higher education in Mizoram. According to the officials, these steps are meant to respond to the current needs while building a stronger understanding between the two neighbouring regions.

Jal Shakti Secretary Visits Assam

Guwahati, Dec 10: V. L. Kantha Rao, IAS, Secretary, Ministry of Jal Shakti, Department of Water Resources, River Development & Ganga Rejuvenation (DoWR, RD & GR) commenced his three-day visit to Assam from December 10-12, 2025 today. Welcomed by Brahmaputra Board, the visit aims to review key initiatives in the region and engage with officials from various basin states and water sector organisations to guide future development strategies. On December 10, Rao inspected the anti-erosion works undertaken by the Brahmaputra Board in Majuli. He was accompanied by Dr. Ranbir Singh, Chairman, Brahmaputra Board, along with senior officials of the organisation. During the visit, the Secretary inaugurated the newly constructed office complex of the Brahmaputra Board at Majuli. He also interacted with the district administration and Bhuvan Gam, MLA of Majuli, to take stock of local concerns and ongoing interventions. On December 11, 2025, Rao will visit the North Eastern Regional Institute of Water and Land Management (NERIWALM) to review the activities of the institute and discuss its role in enhancing water and land resource management capacity in the region. The visit will conclude on December 12, 2025 with a high-level review meeting at the Brahmaputra Board Headquarters in Guwahati.



Goa Chief Minister Pramod Sawant promises to revoke licenses if fire safety regulations are not followed following the bulldozer order

Panaji, Dec 10: Chief Minister Pramod Sawant announced on Wednesday that licenses for tourism establishments in Goa lacking fire safety compliance will be revoked.

The state government has appointed a fire safety audit committee that is currently inspecting various tourism establishments; it will provide a report detailing compliance status. Should the committee determine that any establishment has failed to meet fire safety norms,

their licenses will be canceled. This initiative seeks to prevent further incidents, and the Chief Minister emphasized the necessity for adherence to safety regulations, especially concerning water and adventure sports.

Additionally, Sawant urged tourism stakeholders to eliminate physical altercations between employees and tourists, asserting that stringent measures will be taken against touts. These announcements follow the tragic incident that occurred

at Romeo Lane, a beach shack owned by Saurabh and Gaurav Luthra, where a fire claimed 25 lives over the weekend.

In response, the state began demolishing the establishment on Tuesday evening, as confirmed by visuals on social media. To avoid arrest in connection with the fire incident, the Luthra brothers have sought anticipatory bail from Delhi's Rohini Court.

This tragedy was sparked by a massive blaze at a

The chief minister has mandated that establishments must follow all applicable rules and regulations to prevent the recurrence of such accidents.

nightclub in Arpora in the early hours of Sunday, which resulted in multiple casualties, primarily among the restaurant staff. In reaction to this catastrophic event, the Goa government has initiated a committee to investigate the circumstances surrounding the fire.

Shashi Tharoor on “receiving” the Veer Savarkar Award: “Neither aware, nor accepted”

Thiruvananthapuram, Dec 10: On Wednesday, Congress MP Shashi Tharoor issued a clarification regarding his alleged receipt of the ‘Veer Savarkar Award’. He stated that he only learned about being awarded the accolade while in Kerala, asserting he had neither accepted the award nor been informed of it beforehand. Tharoor criticized the event organizers for announcing his name without his consent, labeling their actions as “irresponsible.”

While responding to media questions in Thiruvananthapuram, Tharoor reiterated that he had no prior knowledge of the award and would not be attending



the ceremony in Delhi. He expressed his frustration that despite his clarification, media outlets continued to inquire about his involvement in the award

ceremony. To address this, Tharoor released a statement on X, emphasizing that without adequate information regarding the nature of the award or the organizing body, there would be no possibility of his participation in the event.

He mentioned that the Veer Savarkar International Impact Award 2025 ceremony is set to take place in New Delhi on December 10 at the NDMC Convention Hall, with Defense Minister Rajnath Singh scheduled to inaugurate the event, alongside Lieutenant Governor of Jammu and Kashmir, Manoj Sinha.

Where Movement Meets Mindfulness

For Shakti Mohan, movement has always been a form of expression, but her recent journey to Queensland, Australia, revealed a new rhythm entirely. Away from the spotlight and studio mirrors, the celebrated dancer and choreographer found herself immersed in something far more elemental: the quiet pulse of the rainforest, the salty breeze of untouched beaches, and the golden hush of a Queensland sunset. “Queensland, Australia offers such a compelling mix, from peaceful coastal retreats and ancient rainforests to vibrant urban energy. This trip allowed me to reconnect with nature and experience Australia in a truly fresh and soulful way,” Shakti shared, reflecting on a journey that blurred the lines between luxury, nature, and inner stillness. Her travels spanned the urban vitality of Brisbane, the golden expanse of the Gold Coast, the laid-back charm of the Sunshine Coast, the marine wonder of the Great Barrier Reef, and the grounding calm of ancient rainforests. But it wasn't



just the geography that made an impact; it was the emotional texture of each place. With every barefoot walk, silent gaze, and cultural encounter, Shakti's posts unfolded not as a travel diary but as a personal unraveling. In images and video captured mid-journey, she's seen with wind-tousled hair by the sea, still beneath the rainforest canopy, or laughing quietly with locals. It's a softer, more intimate portrait of the artist, one that reveals a side rarely seen on screen. What began as a collaboration

with travel company JourneyLabel and Tourism and Events Queensland soon evolved into something more personal: a chance to pause, breathe, and move at nature's pace. “At JourneyLabel, we are drawn to destinations that leave a lasting impression. Queensland, Australia's stunning beauty, diversity, and warm spirit align perfectly with what today's Indian traveller seeks,” said Sufail Husain, Co-Founder, JourneyLabel. “It's a privilege to partner with TEQ and collaborate with Shakti Mohan, who brings such grace and sincerity to the storytelling. We believe this journey will inspire others to travel deeper and dream bigger.” As Shakti continues to share her journey on social media, her audience is tuning in not just for the scenic beauty, but for the feeling of presence, of peace, of purposeful travel. Through Shakti's eyes, Queensland becomes more than a destination. It becomes a mirror, a muse, and a moment of renewal.

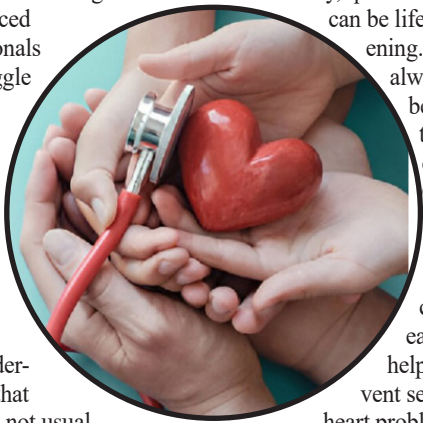
Cardiologists Explain The Hidden Cardiac Risk

Heartburn, nausea, or breathlessness is usually associated with an unsettled stomach or a stressful day. Maybe it's the late-night meal, a skipped breakfast, or just a little anxiety. But cardiologists are sounding a quiet, critical alarm: these symptoms might be telling a different story, one about your heart. “When symptoms like a hyper feeling in the mind, nausea, or breathlessness appear, they should never be brushed off,” says Dr. Sunil Dwivedi, Consultant, Cardiology at Manipal Hospital, Millers Road, Bengaluru. “No matter which part of the body they seem to arise from, they often signal something significant. These symptoms are commonly linked to the digestive system, and sometimes to the heart.” That's what makes these symptoms particularly tricky. According to experts, cardiac and gastrointestinal symptoms can mimic each other so closely, they're often mistaken for one another, especially when the signs

are subtle. It's a common misconception that heart problems always announce themselves with crushing chest pain or dramatic collapses. In reality, the signs can be whisper-soft and dangerously easy to miss. “Light heartburn, nausea, and shortness of breath may be easily overlooked as either a mild digestive issue or stress reaction,” explains Dr. Jajati Keshari Padhi, Senior Consultant Interventional Cardiologist at Manipal Hospital, Bhubaneswar. “Especially when these feelings of discomfort occur soon after eating or during exercise.” But for certain individuals, especially older adults, diabetics, and people with multiple health conditions, heart trouble may not present with textbook symptoms at all. “Heart attacks in these groups often begin with something as subtle as mild heartburn, or sometimes just vomiting. In many elderly or immunocompromised patients, vomiting can be the only symptom,” adds Dr. Dwivedi. One particularly deceptive symptom?

Breathlessness. It's easy to chalk it up to poor fitness, anxiety, or even the weather, but in the context of heart disease, it can be a serious sign. “Shortness of breath, often attributed to anxiety, can actually indicate congestive heart failure or coronary artery disease,” warns Dr. Padhi. “It may reflect the heart's reduced ability to pump blood, leading to fluid backup in the lungs.” So, how does one tell the difference between a harmless bout of acidity and a potential cardiac warning? “Even experienced professionals can struggle with that,” Dr. Dwivedi admits. “But what patients must understand is that these are not usual symptoms. If the discomfort feels different, if your regular acidity meds don't work,

or the nausea seems unusual, don't wait. Seek help immediately.” As Dr. Padhi puts it, “Being famous and fabulous won't provide answers. Many cardiac patients don't show any signs until the condition becomes critical. By then, time becomes the enemy.” Early detection is key. Appropriate tests and evaluations can dramatically alter the course of treatment and recovery. While it's true that not every case of heartburn or nausea is heart-related, the risk of ignoring the early, quieter signs can be life-threatening. “It's always better to be careful. Getting checked early can help prevent serious heart problems,” Dr. Padhi stresses. The advice is consistent: listen to your body.



Chhattisgarh approves the removal of charges against Maoists who have turned themselves in

Raipur, Dec 10: The Chhattisgarh Cabinet approved significant policy decisions, notably a mechanism for withdrawing criminal cases against surrendered Maoists, under the Chhattisgarh Naxal Surrender/Victim Relief and Rehabilitation Policy 2025.

This policy allows for case withdrawal based on the good conduct and contributions of the surrendered Maoists to anti-Maoist efforts. A Cabinet sub-committee will review proposed cases, with dis-

strict-level committees assessing each case and forwarding recommendations to the Police Headquarters. For cases involving central laws, Union government approval is required, while others will be sent to the courts for formal withdrawal. Additionally, the Cabinet cleared the draft of the Chhattisgarh Jan Vishwas (Amendment of Provisions) (Second) Bill, 2025, which simplifies 116 provisions across 14 Acts.

This builds on the 2023 Jan Vishwas Act, India's first initiative to decrim-

inalize minor offences and aims to reduce the criminalization of minor violations, introduce administrative penalties, and expedite case disposal.

With this Bill, Chhattisgarh becomes the first state to create a second version of Jan Vishwas legislation, intended to ease compliance for citizens and businesses and lessen the court burden. The Cabinet also approved the Chhattisgarh Appropriation Bill, 2025, for supplementary estimates for the fiscal year 2025-26.

Union Minister Nityanand Rai claims that India's 2027 census would be conducted digitally

New Delhi, Dec 10: Union Minister of State for Home Affairs Nityanand Rai announced in the Lok Sabha that India's upcoming Census in 2027 will be conducted entirely using digital tools, marking a significant shift from traditional methods. This transition includes mobile app-based data collection and an online portal for self-enumeration, thereby allowing citizens to input their details directly. Rai confirmed the decision



to implement this digital approach for data gathering and stated that a dedicated portal will manage and

monitor the entire Census process, ensuring comprehensive tracking of information during the enumeration

period. Despite the technological advancements, the core principles of the Census will remain intact. Rai emphasized that individual details will still be collected based on the person's physical presence at the time of enumeration, with essential migration-related information being recorded as previously done. This data will include aspects like place of birth, last residence, duration at the current address, and rea-

sons for relocation. Additionally, Rai indicated that the finalized Census questionnaire would be published in the Official Gazette prior to the start of field operations. The overarching goal of this digital upgrade is to enhance the efficiency of data collection, improve accuracy, and lessen the logistical challenges faced in prior Census methodologies, aiming for a streamlined and effective enumeration process.

In 2023, more than 1 billion individuals experienced sexual assault as children

New Delhi, Dec 10: Over one billion individuals globally aged 15 and over have faced sexual violence during childhood, while approximately 608 million females experienced intimate partner violence (IPV) in 2023, as reported in The Lancet. The highest rates of both forms of violence are found in sub-Saharan Africa and South Asia, where the health consequences are aggravated by high incidences of HIV and other chronic illnesses. In India, the prevalence of IPV among women over 15 is estimated at 23 percent, while over 30 percent of men in the same age group report experiencing childhood sexual violence. These figures derive from the Global Burden of Disease Study 2023, which aims to quantify health loss over time and across regions.

The WHO reported in November that over 20% of women aged 15-49 in India encountered IPV in 2023, with nearly 30% affected in their lifetime; globally, nearly one in three individuals suffered partner or sexual violence, a statistic little changed since 2000.

ability rates. Anxiety and major depressive disorders are identified as leading causes of disability due to IPV, whereas childhood sexual violence correlates with 14 health outcomes, including mental health issues and chronic diseases.

Globally, IPV is associated with 145,000 deaths annually, mainly from homicide, suicide, and HIV/AIDS, while nearly 30,000 women were reportedly killed by their partners in 2023. Exposure to childhood sexual violence is linked to 290,000 deaths, primarily resulting from suicide, HIV/AIDS, and type 2 diabetes. The study highlights self-harm and schizophrenia as leading disabilities among

men, with anxiety being predominant among women in South Asia due to childhood sexual violence.

Addressing violence against women and children is framed as a vital public health priority that has the potential to save lives, enhance mental health outcomes, and strengthen communities. Lead author Luisa Sorio Flor emphasizes the urgent need to confront the traditional views that categorize sexual and intimate partner violence mainly as social or criminal justice issues, advocating for preventive measures like legal reforms, gender equality promotion, and enhanced survivor support services. A World Health Organization report indicates that over 20 percent of women aged 15-49 in India experienced IPV in 2023, while nearly 30 percent have been affected throughout their lives. Globally, nearly one in three women, or 840 million, has encountered partner or sexual violence during their lifetime, a statistic that has changed little since 2000.

Shehnaaz Gill Sparkles In Statement Gold Sequins For A Glam Fashion Moment



Draped in unapologetic glam and oozing confidence, Shehnaaz Gill just served a look that's not just fashion, it's a whole moment. Channeling the energy of a modern-day disco queen, Shehnaaz took to Instagram with a series of smouldering shots captioned, “Not just a look... it's a whole women” and we couldn't agree more. The actor wore a dazzling gold mini dress drenched in oversized sequins that caught the light from every angle, creating a mirror-ball effect that screamed main-character energy. The sculpted silhouette hugged her curves just right, with the sleeveless cut and square neckline adding a touch of clean minimalism to an otherwise maximalist moment. The key to pulling off a sequin dress is confidence and Shehnaaz wears it like second skin. Her choice of gold, a universally flattering metallic, adds drama without overwhelming her natural glow. With such a statement piece, Shehnaaz kept her accessories pared back and polished. Sparkling

drop earrings and silver strappy heels brought just the right touch of bling, harmonizing with the dress without stealing the spotlight. Her luscious waves, full of volume and movement, added an element of carefree glamour. Whether she was in motion or holding a power pose, her hair flowed like a mood, untamed, confident, and feminine. With her signature glowing skin, bold brows, and a soft smoky eye, Shehnaaz struck a balance between sultry and sophisticated. The subtle nude lip ensured the focus stayed on her outfit and eyes. Set against a hot pink backdrop, the contrast only amplified her golden goddess aura. Every frame from this shoot feels like a freeze-frame from a pop anthem, electric, fierce, and fabulous. Shehnaaz Gill isn't just stepping into fashion territory; she's owning the damn runway with her vibe. So next time you're dressing for a moment, take a cue from her: be bold, be bright, and never dim your shine.

3 Delhi schools receive bomb threat

New Delhi, Dec 10: On Wednesday, bomb detection and disposal teams were deployed to three schools in Delhi—Modern School, Delhi Public School (RK Puram), and Sanskriti School—after receiving email threats that caused widespread panic.

These threats, sent around 10 am, are part of an ongoing pattern in the region. A police officer confirmed that anti-sabotage checks were conducted at all three campuses, but no suspicious objects were identified. The email, originating from “wasung@atomic-mail.io” with the subject “bomb blast @12.5 pm,” referenced topics such as fake police encounters, the Khalistan referendum, the Khalistan movement, and the UN.

Efforts are underway to trace the sender. Similar threats had previously been reported; on December 3, Ramjas College and Deshbandhu College received



bomb threats via email, while five schools faced threats on November 20 that were later deemed hoaxes.

Furthermore, just two days prior, four district courts and two Central Reserve Police Force-run schools encountered comparable threats, leading to the evacuation of staff and suspension of hearings. On October 28, an extensive wave of bomb threats was made to over 200 schools in Delhi, which also led to extensive searches before being declared false alarms. The recurrent issue traces back to last year when a 17-year-old student was linked to sending threatening emails to hundreds of schools, with more than 500 threats reported at that time.

Kuki-Zo Council Welcomes President Murmu, Seeks Attention to Community’s Suffering

Imphal, Dec 10: The Kuki-Zo Council (KZC) has welcomed President Droupadi Murmu ahead of her two-day visit to Manipur beginning December 11, while urging her to take note of the ongoing humanitarian crisis faced by the Kuki-Zo community displaced in the continuing ethnic violence.

In a statement issued from its Lamka headquarters, the KZC said the President’s visit “carries deep

significance and offers hope to many who continue to live with the scars of the ongoing conflict.”

President Murmu is scheduled to attend official programmes in Imphal and Senapati district during her visit.

The council expressed hope that the President, as a tribal leader herself, could also visit Kuki-Zo areas and meet those affected by the conflict. “We sincerely wish that the

President, being a tribal herself, could also visit the Kuki-Zo areas to meet fellow tribal victims who have suffered immensely since the outbreak of violence,” the statement said.

The KZC said it holds the President in high regard, “not only as the First Citizen of the nation but also as someone who understands the struggles, dignity, and identity of tribal communities.”

The organisation appealed to the President to take cognisance of the “humanitarian crisis” affecting the Kuki-Zo population, calling for justice, restoration and lasting peace. It said the community continues to face displacement, insecurity and targeted violence “amounting to ethnic cleansing,” and expressed hope that the President’s visit will draw overdue national attention to these concerns.

British Influencer Alleges Harassment in Guwahati Concert

Guwahati, Dec 10: A travel influencer of British origin has alleged that she and her friend were harassed during the Post Malone concert in Guwahati on Monday, prompting the city police to look into the matter. The allegation surfaced with a video uploaded on social media on Tuesday by the woman, who is currently based in Bangkok, raising concerns about women’s safety in the city at such events. The video, which shows the duo confronting members of the crowd, came with a perturbing caption she wrote in the post: “Concerts in India aren’t safe for women” Narrating her ordeal at the concert, she stated that they were caught in the midst of a crowd when they were “touched without consent within minutes of entering the packed area”. “After just 10 minutes, we had to force our way out and move to the back near the vendors because we no longer felt safe. Sadly because of what hap-



pened we were no longer able to enjoy the concert,” she wrote. “This isn’t ‘normal crowd pushing.’ It’s part of a wider issue of violence against women and the way harassment is minimised in public spaces. No concert, no matter how big, should make women choose between enjoying

the music and guarding their bodies,” she added. The allegation comes amidst an attempt by the Assam government to promote Guwahati and the state as an emerging global concert destination. Notably, the concert, held at the state-owned Veterinary College field, was the first major event hosted after the Assam Cabinet approved a ‘Policy for Concert Tourism’ earlier this year. This was Post Malone’s maiden concert in Guwahati. DCP (Guwahati East) Mrinal Deka, whose jurisdiction includes the concert venue, said police are aware of the allegations and have begun looking into them. “But they did not raise a complaint instantly or report the incident to the police at the venue or to the organisers. This lapse of time makes it a little difficult, but we are looking into the matter,” he said. Over 20,000 tickets were sold for the concert, one of the largest held in Guwahati so far.

Golaghat observes Animal Rights Day

Golaghat, Dec 10: Golaghat took the lead in commemorating International Animal Rights Day with a forceful appeal for animal understanding, responsibility, and compassion. The Prapti Foundation organized the event, which gathered locals, volunteers, and animal lovers together to draw attention to the growing need to protect animal rights.

A unique awareness rally was held throughout Golaghat town to preach the message of protection and decent treatment. With signs and slogans encouraging people to be compassionate to animals, stop animal abuse, and support animal welfare programs, the participants marched. The event attracted positive attention from onlookers, demonstrating the growing interest in animal-related concerns in the community. The Prapti Foundation organizers emphasized that animals need to be protected and given the right care. They emphasized that raising public awareness is essential to lowering abuse, neglect, and abandonment. The foundation also emphasized its ongoing efforts to rescue animals, set up medical treatment, and promote stricter enforcement of animal protection legislation.

Golaghat’s International Animal Rights Day celebration served as a crucial reminder of our common duty to all living things. The event sought to encourage a caring environment for animals in the district and inspire long-term change in public views with the increasing participation of young people and volunteers.

UPF Manipur Launches ‘National Reconciliation Month’ in Imphal

Imphal, Dec 10: The United Peoples’ Front (UPF) Manipur launched the observance of National Reconciliation Month in Imphal, marking the beginning of a month-long initiative aimed at promoting peace, unity and social harmony. The programme, which will continue through early January, seeks to strengthen community relations amid ongoing tensions affecting the Meitei community.

Speaking at the inaugural function, UPF president Nongthombam Rupachandra said the observance was conceptualised as a reconciliatory effort at a time when social cohesion in Manipur had been severely strained.

The initiative, he said, intends to create an atmosphere where people can reconnect, rebuild trust and work together to reinforce inter-community bonds. Highlight-

ing the current situation, he noted that the programme is also directed at addressing concerns within Meitei society and fostering unity during “a very testing time.”

As part of the observance, the UPF has planned a series of outreach and community-oriented activities across Manipur. Teams and volunteers will conduct social service drives, interact with local residents and hold public meetings at multiple locations. According to the organisation, these platforms will enable discussions on community relations, common responsibilities and the need for reconciliation across social and geographic divisions. The UPF stated that such engagements are meant to nurture cooperation and encourage grassroots participation in rebuilding unity.

Extending its efforts beyond



Manipur, the UPF also announced a wider outreach programme to Meitei settlements across the Northeast. From December 19, UPF teams will visit Meitei-inhabited areas in Assam, Tripura and other neighbouring states to hold interactive sessions and public meetings. Rupachandra said these engagements are aimed at strengthening cultural and historical ties

among Meiteis living within and outside Manipur.

The organisation added that the visits would help understand the issues faced by Meitei communities in other states and explore possibilities for greater coordination and mutual support.

Rupachandra further noted that such interactions in neighbouring states would reinforce the broader

message of reconciliation by extending the initiative beyond territorial boundaries.

The UPF stated that the effort is envisioned to create a sense of collective belonging among scattered Meitei groups and reaffirm their shared identity amid prevailing uncertainties. The observance of National Reconciliation Month will conclude on January 9 with a state-level function coinciding with the death anniversary of Maharaj Gambhir Singh, a state holiday in Manipur. The closing ceremony will be held at the Maharaj Gambhir Singh memorial site, a location symbolically linked to Manipur’s historical heritage. The UPF said ending the programme on this date is intended to honour the legacy of Maharaj Gambhir Singh and invoke his role in shaping Manipur’s collective identity.

Union Minister Dr. Sukanta Majumdar Interacts Live with Participants During Smart India Hackathon 2025 Grand Finale



Shillong, Dec 10: The Smart India Hackathon (SIH) 2025 Grand Finale witnessed an inspiring moment on December 8, 2025, as Dr. Sukanta Majumdar, Hon’ble Union Minister of State for Education & Development of North Eastern Region (DONER), connected live with student innovators across all 60 nodal centres in the country. His interaction brought an atmosphere of encouragement, motivation, and national integration to one of India’s largest innovation-driven events. Speaking directly to thousands of young participants, Dr. Majumdar applauded their passion for problem-solving and their commitment to contributing toward a technologically empowered Viksit Bharat. He emphasized that SIH is not just a competition but a national movement that nurtures creativity, strengthens critical thinking, and gives students a real-world platform to develop solutions for challenges faced by

ministries, industries, and citizens. During the live address, the Hon’ble Minister highlighted the transformative potential of youth-led innovation, particularly from institutions in the North Eastern Region. He expressed pride in the region’s growing technological ecosystem and reiterated the Government of India’s commitment to supporting young innovators through initiatives of the Ministry of Education and the Ministry of Development of North Eastern Region. Students from across the nodal centres enthusiastically shared their ideas, prototypes, and progress updates with the Minister. Teams working on cutting-edge technologies -ranging from AI-driven safety systems and digital governance tools to sustainable solutions and advanced mobility concepts- expressed how SIH has shaped their confidence and technical abilities. Dr. Majumdar encouraged them to

continue refining their solutions and to pursue entrepreneurship, research, and innovation as long-term goals. The Minister’s interaction served as a significant morale booster for participants, reaffirming the central role of youth in building India’s innovation landscape.

His message underscored the Government’s vision of empowering students, promoting digital innovation, and fostering a problem-solving culture that aligns with the aspirations of Viksit Bharat 2047. The Smart India Hackathon 2025, a flagship initiative of the Ministry of Education’s Innovation Cell, continues to bring together the brightest minds from across India to tackle critical problem statements through teamwork, creativity, and technology-driven thinking. With the live engagement of leaders like Dr. Sukanta Majumdar, the event reinforces its mission of inspiring young inno-

● *The Smart India Hackathon (SIH) 2025 Grand Finale, held on December 8, 2025, featured a live interaction with Dr. Sukanta Majumdar, Union Minister of State for Education & Development of North Eastern Region.*

vators to transform challenges into opportunities for national growth. A major highlight of the Grand Finale was the inspirational video message from Prime Minister Shri Narendra Modi, who addressed the participants nationwide.

In his message, the Hon’ble Prime Minister praised the students for their dedication and resilience, calling them the “torchbearers of India’s innovation ecosystem.” He emphasized that SIH is not just a competition but a platform for young minds to engage with real challenges faced by India and contribute pragmatic, scalable, and futuristic solutions.

APCST awarded at IISF for Outstanding Contribution

Itanagar, Dec 10: The Arunachal Pradesh State Council for Science and Technology (APSCS&T) has been honoured with a national-level recognition at the India International Science Festival (IISF) 2025, bringing rare scientific spotlight to the frontier state. The Council received the “Jury Special Mention Award” in the Science–Technology–Defence–Space Exhibition category for its impactful work in research outreach, biotechnology and biore-source conservation. The award was handed over during the IISF held from December 6 to December 9, a four-day national festival that showcased some of India’s most advanced scientific achievements. According to officials, the recognition underlines the growing participation of Arunachal Pradesh in national technology platforms at a time when the state has been focusing on research infrastruc-

tors for the Himalayan region. A senior team from APSCS&T took part in the high-level event. The delegation was led by Joint Director (Administration) Shri Sangrakpa Khochey along with Shri Sourav Kumar Pathak, Scientist-C at the DBT-APSCS&T Centre of Excellence for Bioresources and Sustainable Development located at Kimin. Three other officials from the Council and the Centre of Excellence were also part of the group that represented Arunachal Pradesh in the national exhibition. During the festival, APSCS&T presented a wide range of projects that have been carried out in the state over recent years. The exhibition stall showcased initiatives on conservation of bioresources, biotechnology-based innovations, beekeeping technologies, honey processing, value-added apiculture products and several science programmes sup-



ture, skill programmes and community-oriented scientific projects. The award also highlights the emerging role of the state in areas such as biotechnology, bioresources and sustainable development, which are considered crucial sec-

ported by the Department of Biotechnology (DBT) and the Department of Science and Technology (DST). Skill development modules and community outreach activities were also displayed as part of the presentation.

BUSINESS

Aizawl focused on enforcement support and digital compliance measures

Aizawl: Philip Morris India has reiterated its commitment to supporting reforms aimed at curbing the spread of illicit tobacco, noting that effective compliance requires joint participation from regulators, enforcement agencies and industry.

The company has engaged in capacity building for customs and GST personnel, and says that awareness training is important in border-linked states like Mizoram, where smuggled cigarettes can enter informal markets.

Officials said that illegal cigarettes avoid tax and undermine legal manufacturing, which also impacts public revenue. With India preparing stronger digital measures, global track-and-trace systems implemented in over 140 markets may provide reference models.

For cities such as Aizawl, enforcement bodies continue to focus on building coordination between local units and national agencies to prevent the circulation of non-duty-paid tobacco products.

On Day 3, Corona Remedies IPO subscribed 32 times, while the NII part booked 107 times

New Delhi: On December 10, the third and last day of public bidding for Corona Remedies’ initial public offering, investor interest remained high. On Day 3, the company’s Rs 655-crore first offer has been subscribed to about 32 times. According to data on the NSE at 12.30 pm, the IPO got bids for almost 14.49 crore shares, compared to the offer size of 45.72 lakh shares. The reserved portion of Non Institutional Investors (NII) has been subscribed an astounding 107 times (10,674 percent). Qualified Institutional Buyers (QIB) have subscribed their reserved allotment over five times (537 percent), while retail investors have booked their allotted quota over fifteen times (1,523 percent). According to data on

Investorgain, the company’s unlisted shares were trading at a 24.95 percent grey market premium (GMP) above the IPO price prior to listing. The company’s unlisted shares were trading 25.42 percent GMP above the IPO price, according to IPO Watch. The goal of Corona Remedies’ first public offering (IPO) was to raise over Rs 655 crore by offering shares for sale (OFS) without the need for a new issue. This implies that the selling investors will receive all of the IPO profits rather than the business. The IPO’s pricing range is between Rs



1,008 and Rs 1,062 per share. A minimum of 14 shares can be purchased by investors, who must pay Rs 14,868 per lot and then in multiples. Public bidding for the IPO will take place from December 8 to December 10. The shares are expected to be listed on the stock exchanges BSE and NSE on December 15. capital allocation will find Corona Remedies to be an attractive prospect. A positive opinion of the IPO is supported by its solid fundamentals and advantageous positioning, according to Abhinav Tiwari, Research Analyst at Bonanza.

Meesho shares surpass the IPO price by 60% intraday on the NSE

Should you buy

New Delhi: Meesho shares made a spectacular stock market debut, listing at a 46 percent premium over the price of its initial public offering (IPO). Between December 3-5, 79 subscriptions were made to the issue in the primary market. The National Stock Exchange (NSE) listed Meesho shares at Rs 162.50 per share, a significant premium of 46.4 percent. The pricing range for the Rs 5,421-crore issuance was between Rs 105 and Rs 111 per share. The company’s shares were listed on the BSE at a premium of 45.23 percent, or Rs 161.20 per share. After shares were listed, the company’s market value was Rs 72,751.67 crore. Shares increased 60% from the IPO price to an intraday high of Rs 177.49 per share. According to IPO Watch, the Meesho share market debut exceeded the gray market’s forecasts, which called for a listing gain of almost 39%. Due to the involvement of all investors, Meesho IPO received 2.35 times subscription on the first day of share sale on December 3. Anchor investors had already contributed just over Rs 2,439 crore. ”Meesho has turned Free Cash Flow (FCF) positive in FY25, even though reported Net Profit is still negative due to one-off items,” stated Shivani Nyati,



Head of Wealth at Swastika Investmart. It is priced at about 5.5x Price-to-Sales (FY25) with a valuation of Rs 50,000 crore. Compared to Zomato, which frequently trades at >10x Sales, this is appealing. It has a “scarcity premium” because it is India’s sole pure-play “value e-commerce” stock.

“The overall outlook seems promising with its emphasis on val-

Meesho had a notable stock market debut, listing 46% above its initial public offering (IPO) price at Rs 162.50 on the NSE and Rs 161.20 on the BSE.

ue, scalability, and increasing user adoption. Mahesh M. Ojha, vice president of research and business development at Kantilal Chagganlal Securities Pvt Ltd, continued, “Investors can hold for medium to long term.” In addition to fund-

ing inorganic expansion through acquisitions and other strategic initiatives, Meesho intends to use the revenues for general business purposes, marketing and brand activities, and cloud infrastructure investments.

India is expected to see the release of the Samsung Galaxy A57 5G before the Galaxy Unpacked 2026 event



New Delhi: Samsung is getting ready to add more models to its Galaxy A-series lineup. According to sources, the Galaxy A57 5G may make its way to India before the company’s yearly Galaxy Unpacked event in January 2026. Before the flagship Galaxy

S-series launch, industry sources speculate that Samsung may reveal a number of A-series models, such as the Samsung Galaxy A07 5G, Galaxy A37 5G, and Galaxy A57 5G. Prior to the launch of its premium collection, the plan might enable the corporation to

reach a greater number of price points. The Samsung Galaxy A07 5G may make its debut in late December 2025 or early January 2026, right before the Galaxy Unpacked event, according to a tipster Abhishek Yadav’s post on X. The Samsung Galaxy A07 4G, which de-

buted in India in October 2025 alongside the Galaxy F07 4G and Galaxy M07 4G, will be replaced by this smartphone.

For those who had never used a smartphone before, the previous 4G model cost Rs. 8,999. It is anticipated that the next 5G version

will continue to be reasonably priced while providing entry-level consumers with 5G connection. The Galaxy A07 5G is probably going to be one of Samsung’s initial low-cost 5G releases in 2026, despite the company not disclosing any official information. According to reports, the Samsung Galaxy A37 5G may debut as early as February 2026, ahead of Samsung’s customary A-series release date. The Exynos 1480 chipset with a Samsung Xclipse 530 GPU, which powers the Galaxy A55, Galaxy F56, and Galaxy M56 models, may power it, according to leaks. In the meantime, certification databases have revealed the Samsung Galaxy A57 5G. A new Exynos 1680 processor and a Samsung Xclipse 550 GPU are said to power it. The device is anticipated to launch worldwide, including in India, and listings on the Bluetooth SIG and IMEI databases indicate that it will support two SIM cards.

As Godrej Industries signs an MOU with the Telangana government, its stock rises

Mumbai: Following the signing of a Memorandum of Understanding (MoU) by its subsidiary with the Telangana government to invest ₹150 crore in a new dairy processing plant, Godrej Industries’ shares increased by about 2% on Wednesday. The company’s stock saw its largest intraday increase since December 5 of this year, rising as high as 1.6% during the day to ₹1,035 per share. As of 9:45 AM, the Godrej Industries stock was up 0.5% at ₹1,022 per share, while the Nifty 50 was up 0.24%. On Wednesday, the company’s stock increased for the fourth consecutive session. This year, the counter has down 12%, while the benchmark Nifty 50 has increased by 9.5%. The market capitalization of Godrej Industries is ₹34,431.38 crore. A Memorandum of Understanding has been inked by Godrej Jersey, the dairy brand of Creamline Dairy Products Ltd., and the Telangana government to invest ₹150 crore in a new dairy processing facility. According to a statement from the corporation, the partnership was formalized on the fringes



of the 2025 Telangana Rising Global Summit. Godrej Agrovet subsidiary Creamline Dairy Products intends to build the cutting-edge facility on a 40-acre plot. With this project, the Godrej Industries Group’s planned investments in Telangana will reach more than ₹10,000 crore across all of its businesses. According to the corporation, the investment would support rising consumer demand for meals high in protein and boost the state’s dairy supply chain. Dairy items including milk, curd, paneer, and milk-based beverages continue to be among the most readily available natural protein sources for Indian homes, according to Godrej Jersey, who cited data showing that approximately 73% of Indians consume less than the required amount of protein

everyday. ”Our partnership with the Government of Telangana is a step toward shaping an inclusive, innovative, and resilient future, from advancing sustainable oil palm cultivation to growing our presence in urban housing to expanding our dairy footprint and enabling MSME growth via digital-first solutions,” stated Pirojsha Godrej, executive vice chairperson of Godrej Industries Group. According to the company, Godrej Agrovet stated in 2023 that it would invest ₹300 crore to establish an Integrated Oil Palm Complex in the state’s Khammam area. “With a state-of-the-art Crude Palm Oil Mill and an upstream R&D centre set to open next year, the complex also has a provision for setting up a refinery in the near future”

As Anupam Rasayan enters the US CDMO through a Jayhawk Fine agreement, its shares rise

New Delhi: The share price of specialty chemical maker Anupam Rasayan increased by 3% on the BSE following the company’s announcement of a strategic acquisition on Tuesday after market hours. On the stock exchange, the stock reached an intraday high of ₹1,333.3 per share before slightly reducing gains to trade 1.87 percent higher at ₹1,318.35 at 10:56 AM. In contrast, at the time this report was written, the BSE Sensex was up 110 points, or 0.13 percent. Anupam Rasayan India said on Tuesday that it would buy Monitchem Kansas, a US-based business, and all of its subsidiaries, including Jayhawk Fine Chemicals Corporation. Anupam Rasayan stated in its initial stock exchange filing that the Board has approved the purchase of Monitchem Kansas S.à r.l. (‘Monitchem’) and its subsidiaries, Kansas HoldCo Inc., Kansas HoldCo 1, Inc., and Jayhawk Fine Chemicals Corporation, through the purchase of Monitchem shares from CABB Europe GmbH.



The company claims that Monitchem and its subsidiaries are engaged in the business of providing unique products to specific clients. These products are made up of highly sophisticated, customized chemicals for the agricultural science, life science, and performance material industries. Specifically, Jayhawk is involved in the custom production of high-performance materials, active substances, and advanced intermediates. ”The acquisition of the target group is aimed at strengthening the company’s strategic manufacturing footprint in the United States, acquiring niche, high-value manufacturing capabilities and gaining immediate access to an established American customer base,” claimed Anupam Rasayan. The current acquisition highlights Anupam’s clear strategy shift toward

becoming a more diversified, international specialist and custom manufacturing (CDMO) player, according to analysts at Emkay Global Financial Services. Despite short-term leverage issues, it stated that the deal might turn out to be “value-accretive” in the long run. According to the terms of the agreement, Jayhawk Fine Chemicals LLC will be valued at about 9x EV/Ebitda as of CY24, with Anupam Rasayan purchasing 100% of the firm for an enterprise value (EV) of \$134 million. In CY24, Jayhawk’s sales was approximately \$78 million, almost unchanged from the previous three years, with an Ebitda margin of about 19%. \$150 million is the entire purchase consideration, which includes loans to the departing stockholders and \$16 million in cash and cash equivalents. A combination of internal accruals, debt (~440 million), and quasi-equity investment (~\$110 million) from a reputable international investment management firm will be used to finance the transaction.

Geojit improves to “Buy” on margin prospects, and Berger Paints might shine brighter

New Delhi: The brokerage firm Geojit’s analysts are still optimistic about Berger Paints India. They have revised the target price and upgraded their rating from “Hold” to “Buy,” citing prospects of increased profitability, improved margins, and overall sales growth. The competitive environment in the industry has stabilized, according to the brokerage, and demand is expected to increase in the upcoming months due to better weather and the release of pent-up demand. According to the brokerage’s analysis, “we upgrade our rating on the stock to ‘Buy,’ with a revised target price of ₹628, based on 55x FY27E adjusted EPS.” At 01:50 PM on Wednesday, Berger Paints shares were trading 1.27 percent higher at ₹546.80 per share on the NSE. With 12 strategically placed manufacturing facilities and a nationwide distribution network of more than 25,000 dealers, Berger Paints India (Berger) is the

second-largest paint manufacturer in the local market. Due to a strong monsoon and ongoing competition, consolidated revenue increased by a meager 1.9% year over year (YoY) to ₹2,827 crore in Q2FY26. Geojit noted that despite the bad weather, Berger’s volume increased by 8.8% year over year in Q2FY26, while its value increased by 1.1% year over year thanks to a greater contribution from tile adhesives. Due to increased sales costs and other expenses, the company’s profits before interest, taxes, depreciation, and amortization (Ebitda) decreased 18.9% year over year to ₹352 crore, with the Ebitda margin falling 310 basis points to 12.5%. Geojit went on to say that management is still optimistic about a better second half, pointing to the revival of demand as a major factor. “Benign raw material prices and an improving product mix are expected to help improve gross margin,” the brokerage stated.



The extended monsoon season had an impact on Berger’s revenue growth during the quarter, leading to only slight increases. Increased expenditures and expenses also put pressure on margins and profitability. Nonetheless, the business kept growing its retail reach by opening new locations. ”Demand is anticipated to increase in the upcoming months due to better weather and the release

of pent-up demand, and the sector’s competitive landscape has stabilized.” The company’s overall sales growth, margins, and profitability are anticipated to benefit from this. As a result, the brokerage reaffirmed in its research, “We upgrade our rating on the stock to ‘Buy,’ with a revised target price of ₹628, based on 55x FY27E adjusted EPS.”

The Wait is Over: Shah Rukh Khan on Pathaan 2

Mumbai: Shah Rukh Khan's return as India's most celebrated spy is now officially underway. Pathaan 2 is one of the most anticipated films from Yash Raj Films' expanding Spy Universe. The film was unexpectedly confirmed at a real estate event in Dubai, where SRK was present to launch a tower named after him. A moment that instantly sent shockwaves across fans was when the developer on stage announced, "Pathaan 2 aa rahi hai," while referring to how every blockbuster naturally invites a sequel. Within minutes, videos from the event flooded fan pages. This has sparked massive online celebration in anticipation of SRK's return to the role.

The timing couldn't have been more electric. With Ranveer Singh's Dhurandhar storming the box office with a ₹200 crore debut, expectations from every upcoming spy film are already soaring. Fans were quick to point this out, writing, "After the tsunami of Dhurandhar, the hype for Pathaan 2 is SKY HIGH." Others



speculated that a post-credit tease in Alia Bhatt's upcoming film Alpha might serve as the official setup for the sequel. At the same event, Shah Rukh reflected on his recent achievements. This includes a National Award, a bronze Dilwale Dulhania Le Jayenge statue in London, and now, a skyscraper carrying his name. "I've become someone my parents can look down on proudly from heaven," he said, calling it a life-changing moment.

Pathaan 2 will reportedly begin filming next year, with Chile emerging as a key international backdrop. During Chilean President Gabriel

Boric Font's recent visit to India, filmmakers discussed cinematic collaborations. This also included concrete talks about shooting the sequel in the South American nation. The goal is to bring Chile's breathtaking landscapes to the global screen through Indian cinema. The sequel is also expected to lay the thematic foundations for the much-awaited crossover Tiger vs Pathaan. Early industry reports suggest that Pathaan 2 won't just advance SRK's storyline but will strategically build toward the larger conflicts shaping the Spy Universe's future.

Zendaya, Pattinson's Drama Poster Looks Like Wedding Invite

Agency: Zendaya and Robert Pattinson's fans are excited about their upcoming project. The first poster for Kristoffer Borgli's The Drama, starring the two stars, was recently released, leaving social media in a frenzy.

Zendaya shared the first-look poster on Instagram, styled like a wedding invitation with a "Save the Date" message. The image captures an adorable moment, with the actress seated on Robert Pattinson's lap, perfectly matching the excitement of wedding season. As the actor wraps his arms around her on-screen character, Zendaya is seen showing off an engagement ring, sparking curiosity about the film's storyline. Additionally, the grainy photo of the two actors sitting in front of a bookshelf revealed the key details of the film's overall scenario. Pattinson looked handsome wearing glasses and a white t-shirt. On the other hand, Zendaya appears to be a charming teenager in a dark blue-hued top.

"You are cordially invited to ZENDAYA and ROBERT PATTINSON's The DRAMA.



WRITTEN & DIRECTED BY KRISTOFFER BORGLI. Save the date – APRIL 3 (A24)," read the note on the poster. Zendaya further captioned the first-look poster for the upcoming A24 film as "THE DRAMA. Formal invitation to follow." Ever since the poster was shared, it has been winning hearts online. Reacting to this, pan-India actress Mural Thakur dropped a red heart in the comments section. Directed by Kristoffer Borgli, The Drama appears to be a romantic comedy. The film's plot follows an engaged couple whose relationship is shaken when unsettling truths are revealed in the days leading up to their wedding.

Rhea Chakraborty Quit Bollywood, Built Rs 40-Crore Business

Mumbai: After a prolonged stint in Bollywood, Rhea Chakraborty has begun carving a name for herself in the business world. The actress had faced a lengthy legal battle and intense public and media scrutiny following the alleged suicide of rumoured boyfriend Sushant Singh Rajput in 2020. The criminal investigation and negative coverage impacted her public image, making it difficult for her to sustain a career in the film industry.

She eventually stepped away from acting and launched a business, building a company valued at Rs 40 crore in just one year. Recently, Rhea shared her jour-



ney on a podcast, discussing her clothing brand, Chapter 2 Drip.

The brand's name reflects the idea of a 'second chance', rising from targeting the middle-class market.

Priyanka Chopra's Regret: "I Was Greedy in My 20s" While Missing Her Father's Hospital Days

Mumbai: Priyanka Chopra recently looked back at the relentless drive that shaped her early years in the entertainment industry, revealing that she often said yes to every opportunity that came her way. Speaking at the BRIDGE Summit in Abu Dhabi, the actress reflected on her mindset as a young performer and how her hunger for work defined her 20s.

At the event, Priyanka candidly shared, "When I first started working, I was not selective at all. Whatever work I would get, I would do because it's a privilege to just get work... I would say yes to everything. I was really greedy in my 20s. I wanted to work every day." Now a celebrated name in both Bollywood and Hollywood, Priyanka acknowledged that her ability to be selective today is a privilege earned through years of sacrifice. She credited her discipline and work ethic as the foundation of her global success, adding that her younger self had to push relentlessly to create opportunities that didn't come easily.

She further explained how personal milestones often took a backseat to pro-



fessional commitments. "Now Beyoncé said this, and I'm going to quote her. I feel like I'm on the other side of my sacrifice. I worked really hard. I missed birthdays. I missed when my father was in the hospital... I missed Christmas, I missed Diwali. I missed time with my family... That time, I needed to work that hard. And that 20-year-old me needed to make those sacrifices for this woman to have the life that I have now." Reflecting on how her perspective

has changed over the years, Priyanka pointed out that success is often built on years of invisible hard work. "I do think it's a luxury... sometimes you've got to hustle. There's no other way around it... having a work ethic, having discipline, and going after it will get you to a point where you can pull back," she said. "I thank her a lot sometimes. Thank your younger self," said Chopra, grateful for her past "hustle" allows her to now choose her projects.

Inside Vicky & Katrina's Sweet 4th Anniversary Celebration

Mumbai: Today marks a beautiful milestone for one of Bollywood's most beloved couples, Vicky Kaushal and Katrina Kaif, as they celebrate their fourth wedding anniversary. The day instantly became special for fans when Vicky Kaushal shared a romantic picture on his Instagram handle, giving a glimpse into their lives as a couple and now, as new parents.

The post, which quickly went viral, is being celebrated as their first picture together since they welcomed their baby boy last month. In the lovely selfie, the couple looks absolutely radiant, with a glow of happiness. Katrina is seen leaning comfortably next to Vicky, who holds her close, both smiling lovingly at the camera. Capturing the simplicity and depth of their bond, Vicky used a simple yet heartfelt caption, exactly



as he wrote it: " Celebrating today... blissful, grateful and sleep deprived. Happy 4 to us." This post perfectly sums up the joy they are experiencing as they enter a new chapter, marking four years of togetherness that have truly elevated their journey. The reason their fourth anniversary is extra special this year is the arrival of their first child. Just last month, in November,

the couple was blessed with a baby boy. They shared the wonderful news with a heartwarming joint post on November 7, which read, "Our bundle of joy has arrived. With immense love and gratitude, we welcome our baby boy. 7th November 2025. – Katrina & Vicky." Vicky has recently spoken about this life-changing phase, describing fatherhood as the

Farah Khan Praises Aryan Khan, But Reveals SRK's Big Plan: Action Training for Suhana's King

Mumbai: Shah Rukh Khan is preparing in full swing for his upcoming film, King and is also training his daughter Suhana Khan, who will make her theatrical debut with the Siddharth Anand directorial. During an event in Dubai, that was attended by SRK and filmmaker Farah Khan, the latter revealed that the actor is training Suhana on set, especially for action scenes.

During the launch of a commercial tower named after the superstar, Farah said, "Shah Rukh's son Aryan has made the most kick-a** web series, The Ba***ds of Bollywood. Suhana is so hardworking. She is now going to be in King. I know that you are training her in action." Suhana Khan made her Bollywood debut with Zoya Akhtar's The Archies, which streamed on OTT. Now, the star kid is all set to make her theatrical debut.

King has created a buzz among fans due to its impressive ensemble cast and grand scale. The official title announcement took place this year on SRK's birthday. The clip opened with a high-octane, stylised action sequence that sees SRK's character take down enemies. It is followed by a deep and chilling voiceover,



"Kitne khoon kiye, yaad nahi...Acche log the ya bure, kabhi pucha nahi. Baas unki aankhon mein ehsaas dekha, yeh unki akhri saans hai. And main uski wajah." (How many people I've killed, I don't remember. Whether they were good or bad, I never thought about it. I just saw it in their eyes... that this was their last breath. And I was the reason.) Backed by

Red Chillies Entertainment and Marflix Pictures, King features a stellar cast of big stars, including Abhishek Bachchan, Suhana Khan, Deepika Padukone, Rani Mukerji, Raghav Juyal, Jaideep Ahlawat, Arshad Warsi, Saurabh Shukla, Abhay Verma, and others. The movie is currently in production and is scheduled for a grand release in 2026.

Farrhana Bhatt: 'Breaking' Post Loss



Mumbai: Farrhana Bhatt recently placed second at the Bigg Boss 19 grand finale, hosted by Salman Khan. In a recent chat, Farrhana revealed that she was heartbroken after her defeat, as she was certain that she was going to lift the coveted trophy. For the unversed, Farrhana Bhatt lost the trophy to television star Gaurav Khanna, who even asked Farrhana to clap for him after his win. Farrhana told filmyg-

yan, "In my mind, I was sure I would win the show, I don't know why. When Salman Khan held my hand, he picked my hand only once, and then he picked Gaurav's hand, and the confetti celebration happened. I couldn't believe it, and I turned to SK; he was happy, and I accepted it. But I was breaking from inside, and I was still smiling. It was a very difficult situation for me, and GK still told me, 'Clap for me.'" When asked if she had signed Rohit Shetty's Khatron Ke Khiladi, Farrhana said, "I don't know if I have been locked for the show. When Rohit sir came to Bigg Boss, he asked me in a task if I would come to Khatron Ke Khiladi. I said yes because it's very challenging, and that's my kind of thing. So if there is any reality show I would do after BB, it will only be KKK; otherwise, I won't do any reality show. I don't want my heart to break again. If I give my 100% again and still don't win, then I'll lose myself."

For the unversed, Bigg Boss 19 finally came to an end on December 7, and Gaurav Khanna was announced as the winner of the Salman Khan-hosted reality show. He defeated Farrhana Bhatt, Pranit More, Tanya Mittal, and Amaal Mallik to claim the title of Bigg Boss 19 winner. Farrhana, who emerged as the first runner-up, later said that she feels Gaurav was 'non-deserving'. In an interview with India Forums post the Bigg Boss 19 finale, Farrhana said that Gaurav Khanna has always played a safe game and had no real contribution to the show. She also said that she feels he never took a clear stand, which is why he did not deserve to win.

The Dhurandhar Confession: Akshaye Khanna Says He's 'Not Marriage Material'

Mumbai: As Dhurandhar continues its dream run at the box office, racing past the Rs 100-crore milestone in just three days, Akshaye Khanna is receiving widespread acclaim for his intense performance. While his on-screen presence is being hailed by fans and critics alike, an old interview of the actor has resurfaced online, bringing renewed attention to his personal views on relationships and marriage.

In a throwback conversation with Hindustan Times, Akshaye once openly admitted that he does not see himself as the marrying type. Speaking candidly, he had said, "I don't see myself getting married. I am not marriage material. I am not cut out for that kind of life. It is a commitment, but a drastic lifestyle change." In



another interview with Bombay Times in 2016, Akshaye doubled down on his thoughts about long-term relationships and personal space. Reflecting on how his mindset had evolved, he had said, "I'm even more commitment-phobic now. I wasn't like that in the past, but over time, I have become more wary of relationships. It has a lot to do with the fact that I enjoy being alone. I am comfortable in my skin."His comments are now gaining fresh traction

as fans rediscover the actor's philosophy about solitude and self-contentment. Many online users have praised his honesty, calling him "refreshingly real" in an industry often driven by conventional norms about relationships. Meanwhile, Dhurandhar continues to dominate the box office and social media conversations. The film follows the story of Hamza Ali Mazari, a mysterious young man who joins the gangster Rehman Dakait's gang with a hidden

agenda. Hamza even marries the daughter of a powerful Pakistani politician as part of his larger mission. As the plot unfolds, it is revealed that he is actually an Indian spy, operating deep within enemy territory to expose and leak crucial details about underworld operations.

Directed by Aditya Dhar, Dhurandhar stars Ranveer Singh, Akshaye Khanna, Sanjay Dutt, Arjun Rampal, R. Madhavan, Sara Arjun, Rakesh Bedi and several others. The film hit theatres on December 5 and has been praised for its gripping narrative and performances. With the first part turning into a blockbuster, Dhurandhar: Part Two has already been announced and is slated for a theatrical release on March 19, 2026.

Chicken Soup with Wild Rice and Hominy



We love the combination of wild rice and hominy in this simple soup. Brown rice or any leftover cooked grain would work well, too. We use a few tricks to get maximum comforting flavor into the soup, starting by enriching the chicken broth with a roast chicken carcass and by adding chopped cilantro and scallion at the very end for freshness.

Direction 1. Cook the rice according to package directions; set aside to cool.2. Put the chicken carcass and bones in a large pot (they can be in pieces). Cover with the broth and 4 cups water. Bring to a boil over medium-high heat; reduce the heat and simmer for 20 minutes. Skim any foam or fat from the top of the broth with a ladle as necessary. 3. Remove the bones and carcass with tongs or a slotted spoon; set aside to cool. Add the carrots, celery, onion and bay leaf to the broth. Bring back to a simmer and cook until the vegetables are about half cooked (they will still offer a little resistance when poked with a knife), about 10 minutes. 4. Meanwhile, when the carcass and bones are cool enough to handle, pick off any meat and shred it into bite-size pieces. Roughly chop the cilantro and scallions together. 5. Add the shredded chicken, cooked rice, hominy and cilantro-scallion mixture to the broth and simmer until warmed through, about 1 minute. Season with 1/2 teaspoon salt or more to taste. Serve hot with lime wedges.

Even a single alcoholic beverage impacts brain mitochondria.

If you want to keep your brain working well as you age, a new study makes the case to eliminate alcohol consumption altogether. This recent study found that a single drink can have lasting effects on the cellular function of the brain. A study published in PNAS suggests that a single alcoholic drink can have long-lasting effects on mitochondrial function in brain cells. These plastic changes to the brain are acute and long lasting. Mitochondria, responsible for energy production and cellular processes, appear to be significantly affected by alcohol consumption. The study, conducted on mice and fruit flies, two species often used for modeling the human brain, revealed that alcohol disrupted the expression of genes related to mitochondrial function, leading to decreased energy production and impaired cellular metabolism. These changes persisted beyond the duration of alcohol's presence in the body. Such alcohol-induced mitochondrial dysfunction in brain cells may contribute to cognitive impairment and the development of neurodegenerative diseases and, may be a leading contributor to alcohol dependency (ie. The reason why some people get addicted to alcohol). Here's a summary of the function of mitochondria:

- Mitochondria are like

powerhouses in our cells. • They produce energy called ATP, which cells need to function. • Mitochondria break down food molecules to generate this energy. •They also help regulate metabolism and control calcium levels in cells. Additional studies have explored the impact of alcohol on mitochondrial function in different cell types. One study demonstrated that chronic alcohol exposure reduced mitochondrial function in liver cells, po-



tentially contributing to liver damage and disease. Another study suggested that alcohol disrupted mitochondrial dynamics in heart muscle cells, which could contribute to cardiovascular dysfunction associated with excessive drinking. Together, these studies emphasize the potential harm of alcohol on mitochondrial function in various tissues, including the brain, liver, and heart. The findings underscore the importance of considering the long-term effects of alcohol consumption, even in moderation.

Is Bottled Water Better than Tap Water?

In almost every home in America, fresh drinking water can be obtained straight from the tap, almost for free. Yet Americans drink over \$15 billion dollars' worth of bottled water every year. That's more than the total annual revenue from movie ticket sales in America. When I was young, we got water from the tap and from water fountains. But today, bottled water is everywhere and some people won't drink water if it's not from a plastic bottle. Why is this? Is bottled water that much better for you? While bottled water may seem like a convenient and healthier option, a closer examination reveals that our obsession with bottled water may be less healthy for you and has a cost beyond the price tag most Americans are not aware of.

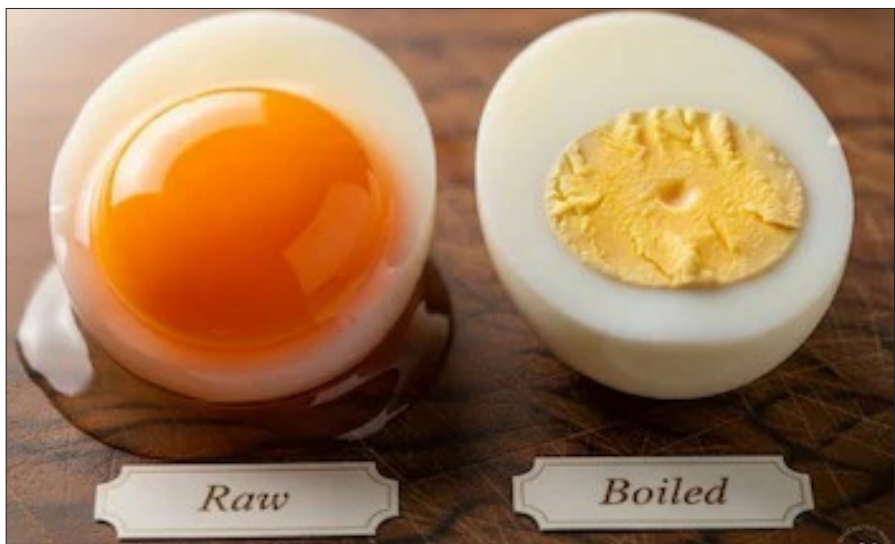
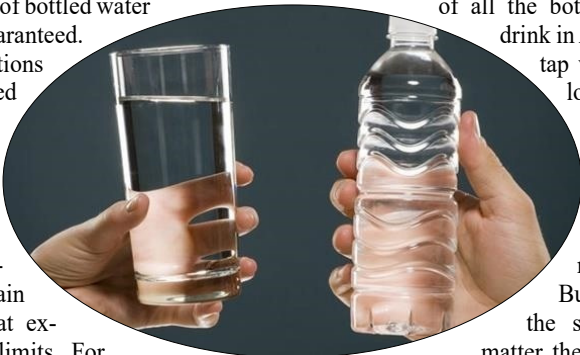
Is Bottled Water Healthier? Marketing by bottled water companies would have us believe that bottled water is purer and therefore better for you than tap water. But one of the most compelling arguments in favor of tap water is the rigorous regulatory standards it must adhere to. Municipal tap water is subject to stringent testing and regulation by government agencies such as the Environmental Protection Agency (EPA) in the United States. These regulations ensure that tap water meets specific safety standards and undergoes regular monitoring for contaminants. On the other hand, the quality of bottled water is not always guaranteed.

Despite perceptions of purity, bottled water is not necessarily safer than tap water. In fact, studies have shown that some bottled water brands contain contaminants that exceed allowable limits. For example, in 2006 Fiji Water (Fiji water comes from an artesian aquifer on the island of Fiji) ran an ad campaign that said, "The label says Fiji because it's not bottled in Cleveland," basically taking a jab at American city tap water. The city of Cleveland took it personally and ran tests on Fiji water (and many other brands) vs their own tap water. The third-party analysis found 6.31 micrograms of arsenic in Fiji water whereas Cleveland tap water had none. In early 2024, a French newspaper ran an explosive story that reported that drink giant Nestle, the owners of Perrier and Vittel, illegally filtered water for years from contaminated sources. Natural mineral water, as Perrier and Vittel is advertised, is supposed to be pure from its source and should not require purification. That's why people have trusted those brands for decades. The discovery that the "natural" sources are now contaminated is a cause for concern. If you're saying "well those are isolated incidents" consider this. Recent advances in technology now allow us to see with detailed clarity nano particles. These are extremely tiny particles. A recent study found that a typical plastic bottle of water contains over 240,000 nano particles of plastic—almost a hundred times more than what was found in previous studies that could only examine larger particles. Scientists aren't sure what the long-term effects of ingesting these particles are but I'm willing to bet that it can't be good for you. Some people for health reasons refuse to drink tap water because it contains chlorine (to kill bacteria) and fluoride (for dental health). However, chlorine is easily removed by even the most basic water filter (Brita for example) or by letting the water stand overnight since chlorine evaporates quickly. Most basic water filters (like the one in your fridge) can't remove fluoride but many filters that will remove fluoride are easily found on Amazon for less than \$100.

Environmental Impact: The environmental cost of bottled water cannot be overstated. From the production of plastic bottles to transportation and disposal, every step of the bottled water supply chain exacts a

toll on the environment. The manufacture of plastic bottles requires vast amounts of fossil fuels and contributes to pollution and greenhouse gas emissions. Americans alone throw away 38 billion water bottles a year—\$1 billion worth of plastic. Then there's the cost of bringing the bottled water to the store. Take Fiji water for example again. If you ever travel to Fiji, you'll realize what an astonishing feat it is to deliver water from there to here. It's an 11-hour flight from Los Angeles to Fiji and then another 4 hours of driving on a two-lane road to the water plant. Of course, the journey in reverse is by boats and trucks. The cost of shipping makes up more than half the cost of the water. And when you consider that the empty plastic bottles must be shipped to Fiji first, it's really double the journey to bring you water from Fiji. And the state-of-the-art Fiji water plant runs around the clock, requiring a lot of electricity. More than the local utility infrastructure can handle. So, the plant uses 3 large diesel generators running non-stop spewing exhaust into the local air. Like their marketing says, Fiji water may come from one of the "last pristine places on earth" but the water plant is far from pristine. Water from Pepsi and Coke (Aquafina, Dasani among others) are sourced from municipal tap water. That's right. Twenty-four percent of all the bottled water we drink in America is just tap water. This allows the companies to bottle near their markets, so it has the least environmental impact. But to maintain the same taste no matter the source of tap water (so that water in Atlanta tastes the same as the water in Seattle) and to be able to say the water is purified, the companies run the tap water through a reverse-osmosis system that is more potent than the systems used to turn seawater into drinking water. To clarify, the water they are purifying is ready to drink—they are purifying perfectly clean tap water. Moreover, the disposal of plastic bottles poses a significant challenge. Despite recycling efforts, a large percentage of plastic bottles end up in landfills. The environmental consequences of plastic pollution are far-reaching and can persist for hundreds of years, posing a threat to wildlife and ecosystems.

Cost-Effectiveness: Another compelling reason to choose tap water over bottled water is its cost-effectiveness. While the initial investment in a reusable water bottle or filtration system may be higher, the long-term savings are substantial. Bottled water, especially when consumed regularly, can quickly add up in expenses, making it a costly choice compared to tap water. For example, municipal water for the city of San Francisco comes from Yosemite. The water is so pure that the EPA doesn't require it to be filtered. Let's say a half-liter of bottled water from the store costs about \$1.35. If you filled that bottle with San Francisco tap water every day, it would take 10 years before it would cost \$1.35. Put another way, if all the water you used at home (showers, cooking, and drinking) was in the form of bottled water, your monthly water bill would run you \$9,000. And there's a human cost. It would be one thing if buying bottled water from Fiji actually helped many Fijians rise from poverty. But these bottling plants are so efficient that almost all of it is automated. Fiji's main export has been sugar. But since 2010, the sale of Fiji water equaled the sale of sugar. The main difference is that the sugar industry in Fiji employs over 10,000 people. The Fiji water company employs 250 people. Paying the added cost of drinking Fiji water vs tap water is not helping thousands rise from poverty. The added cost is paying for shipping and packaging (plastic).



Raw Egg vs Boiled Egg: Which Is Safer And Gives More Protein?

When considering a protein-rich diet, eggs are often the first food that comes to mind. From fitness enthusiasts to everyday households, eggs are a staple for healthy eating. However, a long-standing debate persists: is it better to consume eggs raw or boiled? While some believe raw eggs offer more protein, research suggests that boiled eggs are safer and provide greater nutritional benefits. The key difference lies in protein absorption and overall safety.

Eggs are often called a 'treasure of protein' because they contain all essential amino acids. But the amount of protein your body can absorb depends on how the egg is prepared. The human body absorbs only about 51% of the protein in raw eggs. In contrast, boiled

eggs provide around 91% protein absorption, meaning boiled eggs deliver almost double the benefit.

Raw Eggs
Less Protein Absorption: Raw eggs contain a protein called avidin, which prevents the absorption of biotin (Vitamin B7) – crucial for hair, skin, and the nervous system. Cooking eggs neutralises avidin, allowing the body to access complete nutrition.

Harmful Bacteria: Raw or partially cooked eggs carry the risk of salmonella bacteria, which can lead to food poisoning symptoms such as stomach pain, diarrhoea, and fever. Boiling destroys these harmful bacteria, making eggs safe to consume.

Boiled Eggs
Higher Protein Absorption: Boiled eggs provide nearly double the protein of raw

eggs, supporting strength, energy, and overall fitness.

Safe and Healthy: Properly boiled eggs eliminate bacteria like salmonella, making them suitable for all age groups.

Convenient and Portable: Boiled eggs are an easy snack for work, school, or travel. They require no additional ingredients and minimal preparation.

Low in Calories: Without added oil or spices, boiled eggs are low-calorie and ideal for weight management. They offer a perfect balance of taste, nutrition, and health benefits.

If you need the full nutritional advantage of eggs, boiled eggs are the clear choice. They provide more protein, eliminate risks associated with raw consumption, and are convenient and healthy for all ages.

Travel-Friendly Lunch Ideas for Work

Let's be honest; Packing a wholesome lunch for the days that you're going to work can be a challenge. For most of us we need something that can be prepared in advance, something that travels well and something that tastes great. Sandwiches and salads are good options but they can get monotonous if you make them all the time. That's why we've rounded up these lunch recipes. You'll find classic options like wraps and grain bowls—but you'll also find some new ideas like fried rice, quesadillas and even chicken fajitas. So, whatever you're craving, you can fill up and power through your day! A good place to start? This lemon-drizzled salmon and veggie grain bowl. It's the perfect midday pick-me-up—and a breeze to prepare, too.

Direction 1. Zest 1 teaspoon of the lemon rind and reserve. Cut the lemon in half.

2. Bring a medium saucepan of generously salted water to a boil. Add the farro and cook until just tender, 20 to 25 minutes. Drain and rinse under cold water, then set aside.

3. Meanwhile, heat 1 tablespoon of the olive oil in a skillet over medium



heat. Season the salmon with salt and pepper. Add the salmon to the skillet and cook about 3 minutes per side, until just cooked through. Squeeze in the juice of one of the lemon halves. Set the salmon aside to cool slightly, then flake with a fork into chunks.

4. Squeeze the juice of the remaining lemon half into a small bowl, add the shallots, the reserved lemon zest and the remaining 2 tablespoons olive oil and whisk together. Season to taste with salt and pepper.

5. Divide the farro between 2 bowls. Arrange the salmon, radishes, peas and avocado over the farro and drizzle over the dressing. Garnish with dill and serve.

Roti Vs Oats: Which Carbohydrate Source Is Better For Older Adults?

As we age, nutrition becomes more than just eating to stay full. It becomes about eating smart for energy, bone strength, heart health, and digestion. Carbohydrates are a primary energy source, but the quality of carbs matters most for

easy to pair with vegetables, pulses, and dairy, making them part of a balanced meal. However, portion size is important. Too many rotis can add excess calories, which may not be ideal for those with slower metabolism or diabetes. Opting for

For older adults dealing with constipation, oats can be a great daily breakfast option due to their fibre content. They also keep blood sugar levels more stable than many refined carb sources, making them suitable for those with diabetes or prediabetes



seniors. Among common choices, roti and oats stand out. But which one is better for older adults? Let's break it down.

The Case for Roti
A staple in Indian households, roti is made from whole wheat flour and is rich in complex carbohydrates. Whole wheat roti contains dietary fibre that supports digestion, helps manage blood sugar, and provides steady energy throughout the day. For older adults, rotis are

multigrain or millet-based rotis can further enhance nutritional value.

The Case for Oats
Oats have gained popularity as a 'superfood' carb source. They are high in soluble fibre, particularly beta-glucan, which helps lower cholesterol and supports heart health. Oats are also easy to digest, light on the stomach, and versatile in preparation, from porridge to savoury upma-style dishes.

isn't choosing one over the other, but incorporating both in moderation. Rotis can remain part of lunch or dinner, while oats make an excellent breakfast or evening meal.

For older adults, variety is key. Mixing roti and oats into a weekly diet ensures balanced nutrition, improved digestion, and long-term heart health. Instead of focusing on "which is better," seniors should focus on combining these healthy carbs mindfully.

Everyday habits that quietly damage your kidneys, doctor warns

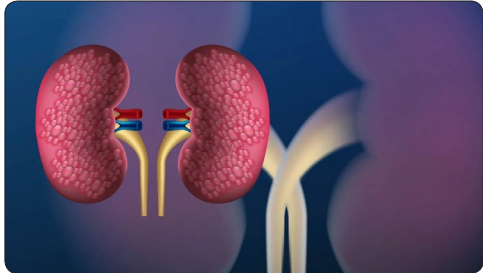
Our kidneys are vital organs that work to filter waste, balance fluids and regulate blood pressure. Yet, many everyday habits can place an unnecessary burden on them, increasing the risk of long-term damage. While kidney disease often develops silently, lifestyle choices play a major role in prevention. Read on as Dr. Kshitij Raghuvanshi, Urologist at Ruby Hall Clinic, Pune shares some common habits that can harm your kidneys and how to avoid them.

Painkillers and kidney damage explained

Over-the-counter (OTC) painkillers, especially non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen, are widely used for headaches, body aches, or menstrual cramps. However, frequent or unsupervised use can be dangerous. Long-term or excessive use may lead to chronic interstitial nephritis, a form of kidney inflammation that can progress to permanent kidney failure. The risk increases further when multiple painkillers are combined or recommended dosages are exceeded.

The truth about salt and kidney health

Many people believe that alternatives like sea salt or Himalayan pink salt are healthier than table salt. However, all salts are chemically the same, sodium chloride, with only negligible differences in trace minerals. The real danger lies in excessive sodium intake. High sodium levels



can increase blood pressure, which is a leading cause of kidney damage. When the body is overloaded with salt, the kidneys must work harder to excrete the excess. Over time, this strain can reduce kidney function and contribute to chronic kidney disease. The solution is not to switch to a different type of salt but to limit overall sodium

consumption, regardless of the source.

Can too much water harm your kidneys?

While staying hydrated is essential, drinking six to seven liters a day does not protect the kidneys and can even be harmful. Excessive water intake can cause hyponatremia, a condition where blood sodium levels drop too low. This forces the kidneys to work overtime to excrete the excess water, and in severe cases, it may lead to brain swelling, seizures or even death. For most healthy adults, two to three liters of water per day is sufficient, though this can vary based on physical activity, climate and individual health.

Tips to protect kidney health daily

Many habits that seem harmless, taking painkillers for minor aches, adding extra salt to food or drinking excessive amounts of water, can quietly damage the kidneys over time. By using medicines responsibly, keeping salt intake under control and staying appropriately hydrated, you can reduce unnecessary strain on your kidneys and protect them for the long term.

Simple foods that can prevent dehydration

Dehydration in summer is primarily caused by excessive loss of fluids through sweating, as the body tries to regulate its temperature in hot weather. High temperatures, prolonged exposure to the sun, physical activity, and inadequate water intake increase the risk. Additionally, dry air, caffeine, alcohol, and salty foods can worsen dehydration by either promoting fluid loss or reducing the body’s ability to retain water. Without timely replenishment of water and electrolytes, this fluid imbalance can lead to fatigue, dizziness, dry mouth, and more serious health issues. Here’s a detailed article on 7 simple foods that can help prevent dehydration.

Cucumbers: Cucumbers are made up of about 96% water, making them one of the most hydrating vegetables. They’re also rich in electrolytes and contain a small amount of fiber, which helps maintain fluid balance in the body. Eat them raw in salads, raita, or simply with a dash of salt and lemon for a refreshing snack.

Watermelon: Watermelon is a classic hydrating fruit, containing about 92% water along with natural sugars, potassium, and vitamin C. It’s perfect for hot days when you need both fluids and energy. Enjoy it chilled, in smoothies, or as fresh juice to rehydrate quickly and deliciously.

Coconut Water: Coconut water is nature’s energy drink, rich in electrolytes like potassium, magnesium, and sodium. It’s an excellent choice to restore hydration after sweating, exercise, or heat exposure. Drink it fresh and plain—no need for added sugars or flavors.

Oranges: Oranges are juicy citrus fruits that contain about 86% water and are loaded with vitamin C and potassium. Their natural sugars and electrolytes make them perfect for hydration and energy. Eat them as a snack or squeeze them into a fresh juice to keep your fluid levels up.

Yogurt: While not a liquid, yogurt has a high water content (over 80%) and also provides beneficial probiotics, which support gut health and nutrient absorption. Plain yogurt or curd is especially helpful in hot weather and can be eaten with fruits or blended into a cooling lassi.

Strawberries: Strawberries are about 91% water, making them a sweet and refreshing way to stay hydrated. They’re also packed with vitamin C and antioxidants. Add them to yogurt, smoothies, or eat them fresh for a hydration-boosting treat.

Leafy Greens: Leafy greens such as lettuce and spinach have a high water content (around 90–95%). They also provide essential minerals like magnesium and calcium. Add them to sandwiches, salads, or smoothies to increase your fluid intake while getting a nutritional boost.



Mango Smoothie

Mango Smoothie is a creamy, thick and refreshing beverage made with sweet ripe mangoes blended with milk, yogurt, plant based milk or ice to a smooth consistency. The drink is easy to make as a healthy breakfast or sweet snack. Here I share with you 5 unique mango smoothie recipes with step-by-step instructions and photos. There are versions with yogurt, oats, additional fresh fruits, and even almonds – give them all a try and discover your favorite healthy mango smoothie blend! Fresh and fruity mango smoothie drinks can be prepared several different ways, depending on what you’ve got in the pantry and are craving taste-wise.All of these healthy variations of mango smoothies are filling and can be enjoyed as a snack between meals, or even for a light breakfast or brunch.Use ripe mangoes that are sweet and non-fibrous. I always prefer the Indian variety of alphonso or kesar mangoes to make blended mango drinks. Gently squeeze the mango to make sure it is slightly soft and ripened. Mangoes that are too firm tend to not be as sweet.Choose mangoes that are naturally sweet in taste. Avoid using mangoes that are tangy or have a sweet-tangy taste, as this would require adding extra sugar or sweeteners to balance the tangy taste in the smoothie.Find below 5 unique recipes to make healthy Mango Smoothie. Take your pick depending on the ingredients you have and enjoy the smoothie heaven. The Mango smoothie made with yogurt is similar to Mango Lassi. It’s rich and creamy thanks to the yogurt. I use ground cinnamon



powder in this recipe, but feel free to add ground cardamom or vanilla extract for even more flavor.I use honey as a sweetener in the yogurt based mango smoothie. Other better/healthier sweeteners include unrefined sugar, jaggery or palm jaggery, maple syrup, or coconut sugar. However, if the mangoes are very sweet then skip adding any sweetener.1. First, rinse and peel 2 small to medium alphonso or kesar mangoes. Chop the mango flesh into small cubes. You will need 1.5 cups of chopped alphonso mangoes cubes total. Add the chopped cubes to a blender or mixer jar. 2. Add 1 cup of fresh curd (yogurt). Also add 3 tablespoons honey or if needed, as mentioned above. 3. Sprinkle ½ teaspoon of ground cinnamon powder, roughly 2 or 3 pinches, into the blender jar.

4. Blend to a smooth consistency. 5. Serve each mango smoothie in a tall glass.You can even chill the smoothie in the fridge for a few hours and then serve later. But I do recommend that you enjoy within the same day that it is prepared. This is a very healthy drink and a 3 ingredient recipe made with oats, mangoes and water.You can have the smoothie as-is in a glass, or make a smoothie bowl and top it with your favorite fruits, nuts and seeds. The recipe serves one and you can easily increase the proportions.Note that I have not added any sweetener in the smoothie. If you want, you can add 1 or 2 tablespoons of your preferred sweetener.1. To make the healthy mango smoothie with oats, you first need to soak ½ cup quick cooking oats or rolled oats in ½ to ¾ cup of water.

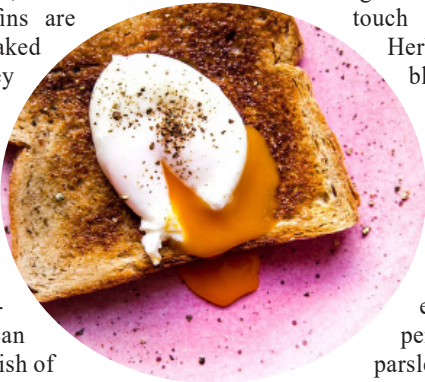
Mix well. Cover the bowl and keep in the fridge overnight. 2. When ready to prepare the smoothie, peel and chop 1 large mango into cubes. Add the mango cubes to a blender. 3. Drain the water and add the soaked oats. 4. Blend until smooth. This smoothie is rather thick: If you prefer a slightly medium or thinner consistency, you can add some more water or preferred choice of nut milk while blending.Start with just ¼ cup of your preferred liquid, splashing a bit more in as you blend until the desired thickness is reached. 5. Pour in a glass or bowl. Top with chopped dry fruits, seeds, or fresh berries. For some crunch I like to sprinkle on a tablespoon of chia seeds.Serve the mango oats smoothie as-is, or chill for at least 30 minutes to a few hours in the fridge before enjoying.

Egg recipes that are perfect for Summer brunch

Planning to host a brunch, then try these simple and healthy egg recipes that are perfect an exotic meal. There’s no denying that eggs are a versatile ingredient that can be transformed into a variety of delicious dishes, making them perfect for summer brunch. Light, nutritious, and easy to prepare, these seven egg recipes are ideal for warm weather gatherings and lazy weekend mornings.

Avocado Egg Salad For a refreshing summer twist on the classic egg salad, try adding avocado. The creamy texture of avocado pairs beautifully with hard-boiled eggs, while fresh herbs like dill and parsley add a burst of flavor. Serve it on toast or with crisp lettuce for a light, satisfying brunch option. **Mediterranean Egg Muffins** Packed with spinach, sun-dried tomatoes, feta cheese, and herbs, these Mediterranean egg muffins are perfect for brunch. Baked in a muffin tin, they are easy to make ahead and serve warm or at room temperature. Their light, savory flavor makes them perfect for summer gatherings. **Shakshuka** Shakshuka is a North African and Middle Eastern dish of poached eggs in a spiced tomato and bell pepper sauce. Its bold flavors and vibrant colors make it a beautiful centerpiece for brunch. Serve with crusty bread to scoop

up the rich, saucy goodness. **Spinach and Feta Frittata** A frittata is an excellent choice for brunch because it’s easy to prepare and can be served warm or cold. This spinach and feta version is light yet satisfying, with plenty of fresh greens and a burst of salty flavor from the cheese. Pair it with a simple side salad for a complete meal. **Smoked Salmon and Egg Breakfast Bagel** For a touch of elegance, try a smoked salmon and egg breakfast bagel. Scrambled eggs with fresh dill, smoked salmon, and a smear of cream cheese on a toasted bagel make for a delicious, protein-packed brunch option that’s perfect for summer mornings. **Caprese Omelette** This omelette features fresh tomatoes, basil, and mozzarella cheese. It’s light, flavorful, and bursting with summer freshness. Drizzle with a bit of balsamic glaze for an extra touch of flavor.



Herb Scrambled Eggs For a simple yet flavorful option, herb scrambled eggs are perfect. Fresh parsley, chives, and dill add brightness to fluffy scrambled eggs. Serve on whole-grain toast with a side of fresh fruit for a balanced, light brunch.

How coffee and chocolate can boost your mood and immunity

Winter is the season of cozy blankets, crackling fires, and indulgent treats. Yet, it also comes with its challenges — shorter days, colder weather, and an increased risk of catching colds or feeling low. Fortunately, two beloved staples, coffee and chocolate, are here to save the day. Far from being mere indulgences, these two superfoods can uplift your mood and strengthen your immunity during the winter months. Here’s how they do it. **The Strength Of Coffee During Winter:** To many individuals, coffee is the trusted reviver. The morning ritual is more than an accustomed routine; it is a practical approach for people to begin their day. However coffee has its own advantage which is more than just getting you up and out of bed. Winter days can sometimes leave a person feeling sad, even when the sun is out but strong which in turn is referred to as seasonal affective disorder (SAD). Having a cup of fresh brewed coffee can help relieve such feelings since it has caffeine which often enhances dopamine releases in the body, strengthening the central nervous system. One can easily warm themselves up on a cold winter’s day by having a cup of coffee which not only hot beverages do but also helps alleviate experiences of tiredness and gloominess. **Improvement in Immunity:** Caffeine drinks like coffee are known to be a source of antioxidants

such as polyphenols which provide anti-inflammatory benefits as well as enhance immunity. When winter approaches, it triggers the season of colds and flu and in cases like those, antioxidants can be very essential as they prevent one’s body from contracting a cold, or the flu or any other viruses. According to findings of some studies, it was also found that regular coffee drinkers have a better chance of reducing their risk of developing chronic diseases. **Energy and Focus:** During winter we have short days and relatively long nights. The temperature outside drops, and it’s easy to cut down precious coffee time. We can however rely on caffeine from coffee and it helps us remain productive. Be it work, or preparing for family reunions, coffee never leaves your side. **Helps to Maintain Your Wavelength** with Health Claims: While coffee is superb for energizing us in the morning, it is chocolate that best pairs with us to end the day. Its smooth, sweet, and thick mouthfeel makes it a staple in winter. But if you’re ever in doubt about the richness of chocolate, let it be known that there’s great value in chocolate given its multiple health benefits. **Antidepressant:** There is a strong rationale, supported by scientific evidence, for why certain compounds like theobromine and phenylethylamine in dark chocolate can make you feel ecstatic. These compounds influence serotonin levels in the

brain, a neurotransmitter associated with calmness and stress relief. Serotonin helps achieve the tranquility people seek after stress is alleviated. Thus, enjoying a piece of dark chocolate makes perfect sense—it not only helps combat stress but also brings a comforting warmth, especially on a cold night. **Protection Against Infections:** Once again, dark chocolate manages to regain a lot of its lost reputation, as it’s also packed with Flavonoids, which are well known to increase the efficiency of the immune system. These mechanisms promote sufficient blood circulation, suppress swelling, and even assist the body in fighting off germs. So if you’re looking to stray away from the potential threats that a lower temperature brings, treating yourself to dark chocolate is a must. **Improved Blood Flow:** Quarantine and self-isolation during the winter months have kept a lot of people from being active, which as a result has led to a lot of underlying heart problems. According to extensive research, integrating dark chocolate into one’s diet means that there would be a decrease in blood pressure levels as well



as having enhanced cholesterol. This makes it an excellent addition to your winter wellness routine. **How to incorporate coffee and chocolate into your winter diet?** The versatility of coffee and chocolate makes them easy to include in your daily routine. Here are some creative and healthy ways to enjoy them this winter: **Morning Boost:** Start your day with a cup of black coffee or a latte made with oat or almond milk. Add a sprinkle of cinnamon or toasted rosemary for a seasonal twist that boosts antioxidant levels and also awakens your tastebuds. **Afternoon Treat:** Combine coffee and chocolate by making a mocha. Mix your favorite milk base coffee with a full spoon of 58%-65% dark chocolate for having natural sweet without adding extra load of sugar. It’s a perfect pick-me-up for chilly afternoons. **Healthy Desserts:** Incorporate dark chocolate into your desserts. From chocolate-dipped fruits to a warm cup of melted chocolate have it completely vegan in 58% of Dark chocolate which is not overly sweet and has a fruity flavor profile that complements your choice of fresh fruit, or either you can have its nostalgia sweet and milky by using 42% Milk chocolate.

First Ronaldo, now Salah: Is it cool or not club legends speak out



New Delhi: Football loves its heroes, but it fears their honesty. And few shocks land harder than when a club legend turns against the institution that once adored him. Cristiano Ronaldo did it at Manchester United. Now Mohamed Salah, Liverpool’s defining figure of the modern era, has followed the same path, and the timing could not be more combustible.

Salah’s words weren’t wrapped in diplomacy. They were raw, pointed and unmistakable: “thrown under the bus,” “no relationship with the manager,” “someone doesn’t want me here.” They were the kind of lines fans screenshot, debate, and dissect for days. And they detonated just as Liverpool looked at their most unsettled in years. This is the same Liverpool that only last season lifted the Premier League title in Arne Slot’s debut campaign after Jurgen Klopp. But the aura faded quickly. The defending champions have stumbled through a difficult period in the league and looked increasingly fragile in Europe, exposed brutally in their shocking 4-1 collapse against PSV Eindhoven. Ironically, Liverpool found rare stability without their star. Dominik Szoboszlai’s late penalty earned a gritty 1-0 win at San Siro, offering a brief reprieve from a turbulent few weeks. The performance brought relief, but no resolution. The victory

only highlighted how sharply the season has split between football matters and everything surrounding Salah. If anything, the contrast only sharpened the narrative: while Liverpool fought for survival on the pitch, their greatest modern icon remained isolated from the team, his relationship with Slot and the club hanging by a thread. Slot admitted he was blindsided by Salah’s remarks. “I have no clue whether he’ll play again,” he said, adding, “Usually I’m calm, I’m polite, but that doesn’t mean I’m weak.” Liverpool’s decision to leave Salah out of the travelling squad for Inter Milan was seen not as tactical, but symbolic, a clear response to a player who had crossed internal lines. Former players reacted just as sharply. Jamie Carragher called Salah’s words “a disgrace,” accusing him of timing the comments to “cause maximum damage” to Slot. “Before he came to Liverpool, he’d never won a major trophy. It’s not about the individual,” Carragher said, reminding him what the club stands for. “The one line that stands out for me is ‘thrown under the bus.’ He’s thrown the club under the bus twice in the last 12 months. With the manager right now, he should be doing as much as he can to help the club get out of the worst run they’ve had since the 1950s, and he hasn’t done that.

IPL 2026 auction to feature 350 players including 240 Indians Quinton de Kock late addition

New Delhi: A total of 350 cricketers, including 240 Indians, will go under the hammer in the IPL auction to take place in Abu Dhabi on December 16, with South Africa’s comeback man Quinton de Kock a surprise late addition to the final list. Wicketkeeper-batter De Kock, who recently came out of his ODI retirement, has been kept at a base price of Rs 1 crore. The list also includes Australia batter Steve Smith at a base price of Rs 2 crore. Smith last played in the IPL in 2021. A total of 1,390 players registered for the Player Auction. The number was pruned to 1,005 players before 350 were finally shortlisted to battle for 77 slots available including 31 for overseas players, across the 10 teams for the 19th edition of the world’s biggest T20 league. The first set of players in the auction includes India and Mumbai batters Prithvi Shaw and Sarfaraz Khan, who both have kept their base price at Rs 75 lakh each. Shaw had a regular run in the IPL from 2018 to 2024 but had gone unsold in the auction for the last edition, whereas Sarfaraz has not played in the competition since 2021. The list shared by the IPL features two Australians in Cameron Green and Jake Fraser-Mc-



Gurk, along with New Zealand and former Chennai Super Kings opener Devon Conway and South Africa’s David Miller, with each of them keeping a base price of Rs 2 crore. Venkatesh Iyer, who was released by Kolkata Knight Riders, has listed himself at a base price of Rs 2 crore. Among domestic players, Kunal Chandel and Ashok Kumar, who are among the leading run-getters and wicket-takers respectively in the Syed Mushtaq Ali T20 Trophy, are also in the final list. Three-time winners KKR will go into the auction with the biggest purse of Rs 64.3 crores, followed by five-time champions CSK with Rs 43.4 crores. Sunrisers Hyderabad, who have won the IPL once, have the third highest purse of Rs 25.5 crores. As many as 21 England players feature

in the list, including wicket-keeper-batter Jamie Smith, pacer Gus Atkinson, Liam Livingstone and Test opener Ben Duckett. Green, expected to garner a lot of attention in this auction, leads the list of 19 Australians, with Josh Inglis, along with fast bowlers Anrich Nortje, Lungi Ngidi, Gerald Coetzee and all-rounder Wiaan Mulder. Fast bowlers Alzarri Joseph and Shamar Joseph, Akeem Auguste, Shai Hope and Roston Chase are among the nine players from the West Indies in the auction. Sri Lankan spinners Wanindu Hasaranga, Duniya who were released by CSK, are among the 16 New Zealand players in the auction. Rahmanullah Gurbaz and Naveen-ul-Haq feature in the list of 10 players from Afghanistan.

Harbhajan Singh’s ‘Big Match’ Warning To Gautam Gambhir

New Delhi: Following a strong performance in the ODI series against South Africa, former Indian spinner Harbhajan Singh voiced out his support for senior stalwarts Rohit Sharma and Virat Kohli playing the ICC Cricket World Cup 2027, saying that the duo should be “first two names” on the list. ‘Ro-Ko had a blockbuster ODI series against South Africa.

While Rohit produced two magnificent half-centuries in the first and final ODIs, Virat piled up two back-to-back tons at Ranchi and Raipur and followed it with an attacking, stroke-filled half-century at Visakhapatnam. Speaking on his YouTube channel, Harbhajan said the Indian team management, comprising of head coach Gautam Gambhir and chief selector top run-getter in the series with 302 runs at an average of 151.00 and a strike rate of over 117, with two centuries and a fifty. Rohit also scored 148 runs in three innings at an average of 48.66, with an SR of over 110 and two fifties.

Pat Cummins Boost For Australia Josh Hazlewood

New Delhi: Australian pace bowler Josh Hazlewood has been ruled out of the Ashes series with hamstring and Achilles injuries. Hazlewood missed Australia’s two eight-wicket wins over England in Perth and Brisbane but had been expected to return later in the five-match series. Australia coach Andrew McDonald on Tuesday said the veteran paceman would now be targeting a return for the Twenty20 World Cup early next year. “He’ll be out of the series and his preparation will then shift toward the World Cup, which is an incredibly important campaign for us,” McDonald said. “It’s really flat for him. A couple of setbacks we didn’t see coming — we thought he’d play a huge part in the series.” The 32-year-old paceman increased his training workload at Allan Border Field in Brisbane while the Australians were playing the second test against England at the Gabba.

Real Madrid’s Mbappe misses training ahead of Manchester City in Champions League

New Delhi: Real Madrid’s French superstar Kylian Mbappe did not come out to train with his teammates on Tuesday on the eve of his team’s key Champions League clash against Manchester City. The forward broke a finger during the defeat by Celta Vigo in La Liga on Sunday, and when asked by AFP, Madrid said his absence from training was because of that injury but also other discomfort he suffered in that match.

If Mbappe is unable to play against City on Wednesday, it would be a big blow for coach Xabi Alonso, with Spanish media reporting that a defeat would lead to his dismissal.

The 26-year-old striker has scored 25 goals in 21 matches across all competitions this season and has been Madrid’s key player. The forward broke a finger during the defeat by Celta Vigo in La Liga on Sunday, and when asked by AFP, Madrid said his absence from training was because of that injury but also other discomfort he suffered in that match. If Mbappe is unable to play against City on Wednesday, it would be a big blow for coach Xabi Alonso, with Spanish media reporting that a defeat would lead to his dismissal.

The 26-year-old striker has scored 25 goals in 21 matches across all competitions this season and has been Madrid’s key player. According to the outlet, in addition to a left-hand finger injury, the forward is experiencing discomfort in his left leg following an episode in the match against Celta, which ultimately caused him to miss the training session.



The match between Real Madrid and Manchester City will take place on December 10 at the Santiago Bernabéu. Real enter the game in fifth place in the main-stage standings with 12 points, while City sit ninth with 10 points, making the encounter crucial for both teams in the fight for a playoff spot. French striker Kylian Mbappe did not take part in Real Madrid’s training session on the eve of their Champions League clash with Manchester City, Idman.Biz reports, citing Cadena SER.

Bangladesh secures Challenger Trophy with 5-4 win over Austria FIH Junior Men’s World Cup:

New Delhi: Bangladesh secured the Challenger Trophy at the FIH Junior Men’s World Cup 2025 after a 5-4 win over Austria at the Madurai International Hockey Stadium on Monday. Amirul, the dragglick expert, was initially called into action in the defensive third, pushing away an early Austria Penalty Corner (PC) on the goal line. His first PC attempt was blocked by Julian Kaiser, the first rusher. He wasn’t



kept at bay for too long, though. He found the bottom left corner

with his second attempt of the evening, giving Bangladesh the lead. Bangladesh scored through its third PC as well, this time opting to use Hozifa in the second battery rather than Amirul, a move that hoodwinked the Austrians. The European side has more misery in store after the half-time break. A delayed restart following a hit-out allowed Rakibul to charge towards the static ball and

let out a fierce backhand past goalkeeper Lorenz Breitenecker. The referee pointed both hands towards the centre, signalling a goal, much to the dismay of the defenders who were caught out. Austria with a smart turn-and-finish after the rebound off the goalkeeper fell straight into his path. Amirul converted two Penalty Strokes (PS), either side of a Benjamin Kelner goal.

Carlos Alcaraz joins other stars at first-ever Miami Invitational exhibition event

New Delhi: Carlos Alcaraz wanted to play in front of an energetic crowd at the inaugural Miami Invitational. The No. 1 men’s tennis player got his wish, drawing a roar of applause when he stepped onto the court and electric cheers throughout an exhibition event on Monday night at loanDepot Park, the home of Major League Baseball’s Miami Marlins. It was a one-time event — the first time tennis has ever been played at loanDepot Park — and also featured rising Brazilian standout Joao Fonseca and women’s stars Amanda Anisimova and Jessica Pegula.

Alcaraz defeated the 24th-ranked Fonseca 7-5, 2-6, 10-8 in a thrilling singles match, their first time facing each other. Anisimova topped Pegula 6-2, 7-5 earlier in the night. Alcaraz and Pegula also beat Anisimova and Fonseca in a mixed doubles 10-point tie breaker. “I just expect that the people are going to get entertained by watching us play,” Alcaraz said before the match. “I think it’s unusual watching us play in these kinds of stadiums and courts. I’m really excited about playing here with João. I’m just excited to see how people are going to respond.” The 22-year-old Alcaraz recently wrapped up the 2025 season, ending the campaign with the ATP’s year-end No. 1 ranking, tour-highs of 71 match wins and eight trophies and a pair of Grand Slam titles that lifted his career total to six. He’s still been busy during the exhibition season, which also included an exhibition event in Newark, New Jersey, on Sunday, in which Alcaraz



played a singles match against two-time U.S. Open semifinalist Frances Tiafoe. I’m having a lot of fun,” Alcaraz said. “Getting the energy from the people, playing in some places that we are not used to. It’s exciting. It’s been great so far, and I’m enjoying it a lot.” The crowd on Monday included Inter Miami stars Sergio Busquets and Jordi Alba, who became MLS champions just a couple of days ago in the final match of their decorated careers. Anisimova, a U.S. Open and Wimbledon finalist this year, and Pegula, who reached the U.S. Open semis,

both noted that Monday’s exhibition was a great way to prepare for the upcoming season in a new environment. “I think we love playing tennis and we love competing,” Pegula said. “Being able to change what that looks like a little bit, where it’s not something we do 95% of the year, is always really nice and refreshing for us. I think it’s great for the sport.” It gives it a different look for the fans, for everyone that’s involved. For players, it kind of keeps us refreshed and kind of brings you back to why you’re playing.”

India vs South Africa 1st T20I

All Eyes On Shubman Gill’s Comeback; Jasprit Bumrah 1 Wicket Away From Historic Milestone

New Delhi: India vs South Africa 1st T20I LIVE Updates: India kick off their T20 World Cup title defence preparations when they take on South Africa in the 1st T20I of a five-match series in Cuttack on Tuesday. Buoyed by vice-captain Shubman Gill’s return, India come into the series as favourites, having won each of their last six T20I bilaterals since Gautam Gambhir took charge of the team following the triumphant T20 World Cup campaign last

year. Leading the charge for them in 2025, Abhishek Sharma has been instrumental this year, with 756 runs in 17 matches and innings at an average of 47.25, with a century and five fifties and a best score of 135. India’s Test and ODI captain and T20I vice-captain Shubman Gill is all set to make his return to cricket action today. After extensive recovery at the BCCI Centre of Excellence, Gill is likely to play today. The attention will certainly be on



him, if he does feature. This is the final leg of South Africa’s tour of India. SA clean-swept the Tests 2-0. India bounced back and took the ODIs 2-1. Now time for a marathon five-match T20I series to decide the honours. A very warm welcome to one and all to NDTV Sports, for the live coverage of the 1st T20I between India and South Africa. We’re in Cuttack, to begin the five-match series. Stay tuned for the all the live updates from the match.