

In Brief

Tripura Minister Hails Flower Project

Agartala: Agriculture and Farmers Welfare Minister Ratan Lal Nath recently said that the Indo-Dutch Project at the Centre of Excellence for Flowers, Lembuchara, is progressing satisfactorily, following a detailed review meeting with a visiting Dutch expert delegation. Speaking after a cordial meeting with Dr. Ton Bakker, a renowned expert from the Netherlands, and his team, the Minister said, “Dr. Ton Bakker and his team held a cordial meeting with me after arriving in Tripura in connection with a training programme under the Indo-Dutch Project. Their visit has been extremely encouraging sector.”

Assam CM Sarma Launches CMAAA 2.0 In Guwahati

Guwahati: Assam Chief Minister Himanta Biswa Sarma on Saturday distributed the first installment of financial assistance under the Chief Minister’s Atmanirbhar Assam Award (CMAAA) 2.0 to 5,572 young entrepreneurs from Kamrup and Kamrup (Metro) at the Jyoti-Bishnu International Auditorium, Guwahati. The Assam government released over ₹56 crore to support youth-led enterprises, aiming to empower the state’s youth as job creators and drivers of economic growth. The initiative plans to benefit up to 10 lakh young entrepreneurs in the coming years. Beneficiaries were congratulated as the programme moves forward.

Sanajaoba Urges Electronics, Garment

Guwahati: Rajya Sabha Member of Parliament and titular king of Manipur, Leishemba Sanajaoba, has urged the Government of India to establish Public Sector Undertakings (PSUs) in the state focusing on electronics, electricals, and garment industries. Electronics, electrical, and garment PSUs in the northeastern states, particularly in Manipur, are critical for fostering self-reliance (Atmanirbharta) and enhancing industrial capacity. Key requirements for these sectors include establishing robust local supply chains to reduce import dependence, securing high-value manufacturing capabilities, and adopting advanced technologies. Leishemba Sanajaoba, the BJP MP from Manipur, raised this demand during the Zero Hour of Friday’s Parliament session, noting that Manipur is a small state with a population of around 30 lakh people. Pointing out that there is not a single large industrial corporate house in Manipur, aside from a few small enterprises, he said that the problems currently facing educated unemployed youth would be addressed to some extent once PSUs are established. The literacy rate of Manipur stands at 76.94 per cent, according to the 2011 Census, while the state’s unemployment rate is 4.7 per cent, higher than the national average of 3.2 per cent,” Sanajaoba said. Many educated youths in Manipur remain unemployed, he added. He expressed hope that establishing various PSUs in Manipur could help address state.

Mizoram Governor Attends State-Level Ex-Servicemen Rally Organized In Aizawl To Honor Veterans

Aizawl, Feb 07 : Mizoram Governor General (Dr) Vijay Kumar Singh, PVSM, AVSM, YSM (Retd), along with the First Lady, Bharti Singh, today graced the State Level Ex-Servicemen Rally organised at Lammual Ground in Aizawl. The event was also attended by Home Minister K. Sapdanga. In his address, the Governor General (Dr) Vijay Kumar Singh commended the courage, discipline, and devotion to duty displayed by ex-servicemen in service to the nation, describing these qualities as exemplary and worthy of emulation. He highlighted that Mizoram’s ex-servicemen stand out among their counterparts across India as some of the most well-dressed and smartest, remarking, “This is an epitome of how an ex-serviceman should conduct himself.” The Governor further noted Mizoram’s proud tradition of maintaining peace, harmony, and mutual respect between civilians and personnel in uniform. He described the rally as a powerful reflection of mutual respect, trust, cooperation, and goodwill between the public and the armed forces. Emphasising that ex-servicemen serve as living embodiments of selfless service and sacrifice, he recalled how they spent long periods away from their families in



some of the most challenging and remote terrains of India, ensuring the nation’s security and safety. Expressing appreciation for the arrangements made on the occasion, the Governor welcomed the organisation of a dedicated medical camp for ex-servicemen and their families, along with a Grievance Redressal Cell to address issues related to pensions, medical facilities, welfare schemes, and resettlement matters. He expressed optimism that these initiatives would yield positive

results and announced plans to organise larger and more comprehensive medical camps in the near future. He reaffirmed the Mizoram Government’s commitment to the welfare of ex-servicemen and their families, stressing that in the true spirit of Tlawmgaihna the Mizo value of selfless service and concern for others veterans must always be treated with dignity, care, and respect. Home Minister K. Sapdanga described the rally as a magnificent tribute to ex-servicemen who have

sacrificed for the nation and instilled great pride and hope in the country. He paid tribute to those who spent extended periods in conflict zones and difficult terrains, always prioritizing duty above all else. Acknowledging that the people of Mizoram deeply recognize and appreciate the sacrifices of ex-servicemen, he urged them to continue setting exemplary standards even in civilian life. He encouraged the youth to draw inspiration from these veterans and strive to become responsible and valuable citizens serving the nation and society. The state of Mizoram witnessed a significant gathering of former defense personnel as Governor Lt. Gen. Nirbhay Sharma (Retd.) attended the State-Level Ex-Servicemen Rally organized at the headquarters of the 46 Assam Rifles in Aizawl. The event brought together hundreds of ex-servicemen, Veer Naris (war widows), and their families, highlighting the state’s commitment to honoring the contributions of its veterans. Rally Organized by Assam Rifles The rally was conducted under the aegis of HQ 23 Sector Assam Rifles, with the primary objective of addressing welfare concerns of ex-servicemen and strengthening their bond with the armed forces community. The Assam

Rifles, often referred to as the “Sentinels of the Northeast,” have played a pivotal role in maintaining peace and security in Mizoram and neighboring states. By organizing such rallies, they aim to ensure that retired personnel remain connected to the institution and continue to receive necessary support. Governor Sharma, himself a decorated veteran of the Indian Army, graced the occasion as the Chief Guest. In his speech, he congratulated the Assam Rifles for their sustained efforts toward the welfare of ex-servicemen and acknowledged their role in maintaining peace in Mizoram. He emphasized that ex-servicemen, with their wide exposure and secular outlook, are uniquely positioned to act as catalysts for social change. He urged organizations working for veterans to collaborate more closely, stressing that collective efforts could significantly contribute to the state’s development. “Ex-servicemen are spread across every part of Mizoram. Their discipline, experience, and values can inspire communities and strengthen the fabric of our society,” he remarked. The rally witnessed enthusiastic participation from ex-servicemen of the Assam Rifles, Indian Army, and other branches of the armed forces.

Mizoram CM Launches Saksham 2025–26 To Promote Oil, Gas Conservation Drive

Aizawl, Feb 07: Mizoram’s lone Rajya Sabha member, K. Vanlalvena, on Friday sought the Centre’s intervention to probe a controversial land deal involving Rs 187.90 crore, which has triggered a heated political debate and widespread discussion in the state. In a letter to Union Home Minister Amit Shah, the Mizo National Front (MNF) leader urged the Centre to direct an appropriate central investigating agency to probe the alleged irregularities in land acquisition near Lengpui Airport and Sihphir village near Aizawl. I am constrained to bring to your urgent attention a matter of grave concern regarding the misuse of Central funds and irregularities in land acquisition in Mizoram,” Vanlalvena said in the letter. According to the MP, the state government acquired the land purportedly for the Indian Air Force (IAF) to establish air defence systems. However, he alleged that the plots were purchased at “exorbitant rates” in direct violation of the Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement Act, 2013.

The MP further alleged that key legal safeguards, including publication of acquisition notifications in newspapers, mandatory consultation with village councils, and conduct of social



impact studies, were entirely bypassed. As a result, public money amounting to over Rs 187.90 crore appears to have been laundered through questionable intermediaries, raising serious concerns of corruption and collusion,” the letter read. Vanlalvena argued that because the funds involved were entrusted for public welfare, a thorough inquiry is necessary to ensure accountability. “Those responsible for this gross violation of law and trust must be brought to justice. I seek your kind intervention in this matter at the earliest,” he added. The land deal has escalated into a high-stakes standoff between the opposition MNF and Congress, and the ruling Zoram People’s Movement (ZPM), with all parties calling for a CBI probe after media reports exposed

the deal recently. The MNF and Congress lodged separate complaints with the state Chief Vigilance Officer and the CBI on Thursday, seeking a federal inquiry into the alleged scam. Although the ZPM announced on Thursday that it would lodge an FIR with the CBI to prove its integrity, the party has since backtracked on its stance. ZPM media cell and Revenue Minister B. Lalchhanzova told reporters on Friday that the party’s Political Affairs Committee (PAC) had decided not to file a complaint with the CBI for the time being, noting that they would wait to see the progress of the complaint already filed by Congress. “However, they might do so later if necessary, depending on public demand,” he added. The government is willing to

grant prosecution sanction or consent to the CBI to probe the matter if the agency demands it,” Lalchhanzova said. The controversy centers on Rs 187.90 crore paid by the state government to acquire private land for an IAF air defence system or fighter base. The opposition parties (MNF and Congress) alleged that two individuals, who were not the original landowners, received the bulk of the compensation. Specifically, they claimed that one individual was paid Rs 70 crore and another over Rs 117.90 crore, while the original landowners allegedly received little to nothing. The opposition further alleged that a process that legally takes years was “fast-tracked” in just 70 days. The allegations included the waiver of the Social Impact Assessment (SIA) and the failure to notify village councils, both of which, they claimed, were mandatory under the Land Acquisition Act of 2013.

The ZPM government has denied any wrongdoing and shifted the blame back to the previous MNF administration. Lalchhanzova alleged that the previous MNF government had tried to sell the land permanently to the IAF during 2019-2021, which would have violated state land protection laws. During the DNER Consultative Committee.

CYMA Urges Blocking Drug Routes Into Mizoram

Aizawl, Feb 07: As drug trafficking routes shift following intensified crackdowns, the Central Young Mizo Association (CYMA), Mizoram’s largest civil society organisation, has urged its Manipur-based units and other ethnic Mizo groups to act as the frontline defence against the influx of narcotics, the organisation said in a statement on Friday. Addressing the 41st conference of the Manipur Group YMA in Churachandpur town on Thursday night, CYMA General Secretary Malsawmliana highlighted a strategic shift in smuggling routes. He said the change followed the launch of Operation Jericho, a joint crackdown by the state government and the YMA. Malsawmliana urged the Manipur Group YMA and the Joint Philanthropic Organisation (JPO), which represents various Zofa community voluntary groups, to intensify efforts to intercept drug trafficking into Mizoram, the statement said. “Recently, due to Operation Jericho, it appears that some drug trafficking routes into Mizoram have shifted. In light of this, I urge the Manipur Group YMA and the various Zofa community organisations under the

JPO to do their utmost to block drugs from entering Mizoram,” Malsawmliana said. He further challenged YMA branches within the Manipur Group to step up enforcement within their respective jurisdictions to disrupt local supply chains. Beyond interdiction, he also emphasised the need for extensive awareness programmes targeting children and those not yet affected by substance abuse. He said the “War on Drugs” should not be left to the YMA and the government alone; rather, it is a collective responsibility of parents and churches. During the conference, Malsawmliana also launched the organisation’s 2026 theme, “Ruiahlo Do” (War on Drugs). The event was attended by 20 CYMA leaders, including its president R. Lalhgheta, along with YMA leaders from Mizoram and Assam’s Silchar town. According to CYMA sources, there are currently 21 YMA branches under the Manipur Group, comprising 8,876 members. awmliana said. He further challenged YMA branches within the Manipur Group to step up enforcement within their respective jurisdictions to disrupt local supply chains.

Mizoram: CBI Books Three Customs Officials Over Alleged Rs 35 Lakh Bribery Case Investigation



Aizawl, Feb 07: The Central Bureau of Investigation (CBI) has registered a First Information Report (FIR) against three former customs officials posted in Champhai for allegedly accepting more than Rs 35 lakh in bribes from smugglers in exchange for releasing seized goods. The accused include one retired superintendent and two inspectors who served with the Customs Preventive Force along the India–Myanmar border. According to officials, the

alleged incidents took place between 2022 and 2023 when consignments of areca nuts and foreign cigarettes without proper documentation were intercepted. Investigators stated that the accused allegedly demanded and received money on multiple occasions to allow the goods to be released.

The FIR was registered on February 3 based on a complaint filed by the Additional Commissioner of CGST in Guwahati, Assam. A subsequent inspection of storage facilities reportedly found that goods worth over Rs 1.42 crore, seized between December 2022 and April 2023, were missing from godowns. CBI teams conducted searches at locations linked to the accused in Guwahati in Assam, Itanagar in Arunachal Pradesh, Sikar in Rajasthan, Patna in Bihar, and Churachandpur in Manipur. Officials said the investigation is ongoing and further action may follow depending on the findings. The case comes amid continued enforcement efforts in Mizoram against cross-border smuggling, including illegal areca nut trafficking. In late 2024, the Gauhati High Court had directed a CBI probe into areca nut smuggling following concerns raised by local farmers. The Central Bureau of Investigation (CBI) has registered a case against three customs officials, including a retired superintendent and two inspectors, for allegedly accepting bribes exceeding ₹35 lakh from smugglers while posted at the Customs Preventive Force (CPF) in Champhai, Mizoram. According to officials, the FIR was filed on February 3 following a complaint by the Additional Commissioner of CGST, Guwahati. The accused allegedly abused their positions during 2022–2023 by detaining consignments of areca nuts and foreign cigarettes without preparing seizure documents, and then demanding illegal gratification for their release.

India–US Trade Pact Boosts Indian Competitiveness



Itanagar, Feb 07: Arunachal Pradesh Chief Minister Pema Khandu on Saturday welcomed

the India-US interim trade framework, saying it will strengthen the competitiveness of Indian businesses in global markets. Khandu noted that the agreement will reduce compliance burdens, streamline export procedures, and lower costs for consumers. He highlighted the leadership of Prime Minister Narendra Modi, stating that the framework will make it easier and faster for Indian businesses to access global markets. The Chief Minister said exporters would benefit from the removal of repetitive testing and certification, saving time and costs. Alignment of standards, he added, will further enhance efficiency and competitiveness.

Khandu also pointed out that the pact will ease trade pathways and reduce tariff barriers, supporting the integration of Indian digital products and technology components into global value chains. He said the agreement is expected to spur growth in sectors such as startups, artificial intelligence, electronics, SaaS, and fintech, generating high-quality employment for youth and strengthening India’s position as a global technology and digital innovation hub.

10 Distinct Berries Exclusive to India and Their Health Advantages

These indigenous fruits, abundant in antioxidants and vitamins, have significant traditional applications and are firmly embedded in Ayurveda, local culinary practices, and the diets of rural communities.

India is home to a remarkable variety of berries that are not only delicious but also deeply rooted in traditional medicine and local cuisines. While the world is familiar with strawberries, blueberries, and raspberries, India's indigenous berries remain lesser-known treasures. These fruits are packed with nutrients, antioxidants, and unique flavors that reflect the country's biodiversity.

Amla (Indian Gooseberry): Amla is one of the most celebrated berries in India, prized for its exceptionally high vitamin C content. Small, green, and tart, it has been used for centuries in Ayurveda to boost immunity, improve digestion, and enhance skin health. Amla is often consumed raw, pickled, or as part of herbal tonics like chyawanprash. Its antioxidant properties make it a powerful fruit for detoxification and overall wellness, earning it the title of a "superberry." **Ber (Indi-an Jujube):** Ber is a tropical berry that

thrives in India's warm climate. It is small, round, and ranges from green to reddish-brown when ripe. Known for its sweet taste, ber is rich in vitamin C and dietary fiber, making it excellent for gut health. Traditionally enjoyed fresh or dried, ber is also used in local sweets and snacks. Its resilience in arid regions makes it a staple fruit for rural communities. **Phalsa (Sherbet Berry):** Phalsa, often called wild blueberry, is a small purple berry native to India. It is cherished for its cooling properties and is commonly made into refreshing summer drinks. Rich in vitamins A and C, calcium, and potassium, phalsa supports hydration and immunity. Its tangy-sweet flavor makes it popular among street vendors who sell phalsa sherbet during hot months. This berry is a seasonal delight that perfectly complements India's tropical climate. **Jamun (Indian Blackberry):** Jamun is a deep purple berry with a sweet yet slightly astringent taste. It is widely consumed during the monsoon season and is known for its medicinal properties, especially in managing blood sugar levels. Jamun seeds are often dried and powdered for use in traditional remedies. The fruit is also rich in iron and antioxidants, making it beneficial for skin and overall health. Its vibrant



color and unique taste make it a favorite summer fruit. **Karonda (Carissa Carandas):** Karonda is a small, oval berry that grows in thorny shrubs across India. It has a sharp, sour taste and is often used

in pickles, jams, and chutneys. Rich in iron and vitamin C, karonda is valued for its ability to combat anemia and boost immunity. Its hardy nature allows it to thrive in semi-arid regions,

making it a reliable source of nutrition for rural populations. **Karonda's tangy flavor** adds zest to traditional Indian condiments. **Lasora (Cordia Dichotoma Berry):** Lasora is a lesser-known berry found in India's dry regions. It is small, sticky, and greenish when raw, turning brown as it ripens. Traditionally, lasora is used in pickles and curries, valued for its mucilaginous texture. Rich in fiber and minerals, it aids digestion and provides energy.

Though not widely commercialized, lasora remains an important fruit in local diets, especially in Rajasthan and Gujarat, where it is a seasonal delicacy. **Sohphie (Garcinia Pedunculata):** Native to Northeast India, particularly Assam and Meghalaya, sohphie is a sour berry used in traditional Assamese cuisine. It is often added to curries and fish dishes for its tangy flavor. Sohphie is rich in antioxidants and has anti-inflammatory properties, making it a valued ingredient in local medicine. Its unique taste and health benefits highlight the biodiversity of India's north-eastern states, where it is considered both a culinary and medicinal treasure. **Kokum (Garcinia Indica):** Kokum is a deep purple berry native to the Western Ghats. It is widely used in coastal cuisines, especially in Goa and Maha-

rashtira, to add sourness to curries and drinks. Kokum is renowned for its cooling properties and is often consumed as a refreshing summer beverage. Rich in antioxidants and g Garcinol, it supports digestion and heart health. Kokum's culinary versatility and medicinal value make it one of India's most cherished indigenous berries. **Bhokar (Cordia Myxa Berry):** Bhokar is a sticky, sweet berry found in parts of central India. It is traditionally used in pickles and local dishes, valued for its unique texture. Rich in fiber and minerals, bhokar aids digestion and provides energy. Though not widely known outside rural communities, it plays an important role in local food traditions. Its resilience in dry climates makes it a dependable fruit for subsistence farming. **Chironji Berry (Buchanania Lanzas):** Chironji is a small berry whose seeds are more famous than the fruit itself. Native to central India, chironji seeds are used in sweets, gravies, and festive dishes. The berry itself is edible, though less commonly consumed. Rich in protein, healthy fats, and minerals, chironji seeds are considered highly nutritious. This berry highlights India's tradition of using every part of a plant for food and medicine, reflecting sustainable practices.

Probiotics Versus Fermented Foods: What Your Digestive System Truly Requires

Gut health has subtly transitioned from the periphery of wellness discussions to a prominent position. Encompassing aspects such as digestion, immunity, mental clarity, and energy levels, the gut microbiome is now central to holistic health. As an increasing number of individuals aim to enhance their digestive wellness, two solutions frequently take precedence in the conversation: probiotics and fermented foods.

While the terms are frequently used interchangeably, they are not the same. Understanding the difference is key to making informed dietary choices.

The Difference Between Probiotics And Fermented Food

Probiotics are live, beneficial microorganisms consumed in specific, measured amounts, usually through supplements or fortified foods. They are designed to deliver targeted strains such



as Lactobacillus or Bifidobacterium to support particular health outcomes.

"Probiotics are live, beneficial bacteria taken in specific amounts. Because the strains and doses are controlled, probiotics are especially helpful for targeted needs such as after antibiotics, during digestive upset, or when stress throws your gut off balance," explains Preeti Tyagi, Nutritionist and Founder of Nutrishifts.

Fermented foods, on the other hand, are whole foods

transformed through natural fermentation. Yoghurt, kefir, kimchi, sauerkraut, miso, tempeh, kombucha, and traditionally fermented pickles all fall into this category.

"Fermented foods don't just support gut bacteria. They also provide fibre, enzymes, vitamins, and antioxidants," Tyagi adds, highlighting their broader nutritional value beyond probiotics alone.

Precision Vs Nutrition: The Key Difference

From a clinical stand-

point, probiotics and fermented foods serve distinct yet complementary roles. Jeevan Kasra, Chairman at Steris Healthcare, underscores the scientific distinction.

"Probiotics are scientifically studied formulations that contain specific, well-defined strains at clinically validated doses. This makes them particularly useful in situations that require targeted gut support, such as during antibiotic use, digestive discomfort, or immune support," he notes.

Kasra also points out an important nuance often overlooked in wellness trends: "Not all fermented foods qualify to be called probiotics in the therapeutic sense of the word." The bacterial content in fermented foods can vary widely depending on preparation, storage, and processing methods.

Why Fermented Foods Still Matter

Despite their variability, fermented foods play a vital role in long-term gut health. Their strength lies in diversity and daily nourishment rather than precision.

According to Tyagi, "Fermented foods support long-term gut health through everyday nutrition and variety." They introduce a range of beneficial microbes while improving digestion and nutrient absorption. These benefits cannot be fully replicated by supplements.

This makes fermented foods particularly valuable as part of a balanced, habitual diet rather than a short-term intervention.

Cancer diagnosis means elimination of meat and sugar



In light of the numerous diet-related misconceptions circulating on the internet, many individuals diagnosed with cancer contemplate eliminating meat or sweets from their diets. Such inquiries are reasonable considering the strong connection between diet and health. However, the truth about a cancer diet is significantly more intricate than a simple "all-or-nothing" approach. The body faces considerable strain due to cancer and its treatments, including radiation, chemotherapy, and surgery. Common issues include weakness, weight loss, and muscle atrophy. Consuming protein is crucial to counteracting this. Proteins help patients better tolerate therapies, improve immunity, and aid in tissue repair. For the majority of Indians, protein consumption is already suboptimal. Vegetarian sources include pulses, lentils, milk, soy, and nuts, while eggs, chicken, and fish are excellent non-vegetarian sources of complete protein containing all essential amino acids. A prevalent worry is that eating meat will "nourish the cancer," yet there is no scientific proof to back this assertion. In reality, meat can improve strength and

aid in recovery. The method of preparation is crucial; choose grilled, baked, or steamed options rather than fried or heavily processed items. Additionally, sugar is another source of concern for patients. It is true that cancer cells use glucose, but so do all the body's cells. Eliminating carbohydrates altogether is neither practical nor healthy, as the body requires glucose for energy. Instead of completely avoiding sugar, focus on reducing refined sugars found in processed foods, soft drinks, and sweets, which add empty calories without nutrition. Patients should instead aim for complex, fiber-rich carbohydrates from whole grains, fruits, and vegetables, which provide vitamins, fiber, and a steady energy boost. Consume lean protein daily, such as fish, poultry, eggs, paneer, tofu, and dal. Eat a variety of fruits and vegetables for vitamins and antioxidants.

Choose whole grains like brown rice, oats, and millet over refined flour. Limit alcohol, processed foods, deep-fried foods, and excess sugar. Stay hydrated with soups, water, and fresh beverages. Food can be a powerful component of the recovery process when patients focus on overall meal balance.

A Cardiologist's Guide to Managing Cholesterol in the Winter Season

The winter season in India signifies the arrival of comfort food. With dishes such as gajar halwa, pakoras, and sweets rich in ghee, indulgence is prevalent. However, these seasonal delights may also elevate cholesterol levels, thereby heightening the risk of heart disease.

Dr Pandey confirms that many people show a noticeable rise in cholesterol levels during the winter months. He explains that while cold weather can have some impact on cholesterol, seasonal lifestyle changes play a far bigger role.

"Reduced physical activity, larger portion sizes, and increased consumption of fried and comfort foods contribute far more to rising cholesterol levels than cold weather itself," he says.

Dr Pandey explains that when cholesterol levels rise, excess fat circulates in the bloodstream and



gradually gets deposited along the walls of arteries. Over time, this build-up narrows the blood vessels, restricting blood flow and increasing the risk of heart disease.

He adds that low-density lipoprotein (LDL) is commonly known as "bad cholesterol" because it promotes plaque formation in the arteries. High-density lipoprotein (HDL), on the other hand, is considered "good cholesterol" as it helps remove excess cholesterol from the

bloodstream, offering protection against heart-related conditions.

Do All Winter Foods Harm Your Heart?

Dr Pandey points out that while foods like ghee and butter often receive negative attention, they can still be part of a well-balanced diet when consumed in moderation. He explains that completely avoiding traditional fats is not always necessary, as long as portion sizes are controlled.

"Mustard oil contains heart-healthy fats when

used and heated appropriately. Peanuts also provide healthy fats along with protein. The real concern is excessive consumption of these foods, which becomes more common during winter cooking," he says. Dr Pandey advises that fried snack foods should ideally be limited to once or twice a week. Consuming fried items daily, even in small portions, can significantly increase the intake of unhealthy fats.

From a health perspective, he notes that eating

smaller portions occasionally is far better than consuming larger quantities of fried snacks regularly throughout the winter months.

Warning Signs Your Cholesterol May Be Rising

Dr Pandey explains that high cholesterol usually does not cause any noticeable symptoms in its early stages, which is why it often goes undetected.

As cholesterol levels rise over time, some people may begin to experience fatigue, shortness of breath during physical exertion, or episodes of chest discomfort. "However, these symptoms tend to appear much later, once the condition has already progressed."

A blood lipid profile test remains the only reliable way to detect cholesterol imbalance at an early stage, especially for those with a family history of high cholesterol, obesity, or diabetes, or for individuals who follow a largely sedentary lifestyle, he says.

A Comprehensive Guide to Preparing Drunken Strawberry Sorbet at Home

Drunken Strawberry Sorbet is an invigorating dessert, filled with the vibrant sweetness of strawberries and a strong, alcoholic punch from wine.

Ingredients (for 2 servings): 750ml of white wine, 4 large strawberries, 6 segments of orange, 1 tablespoon of honey, 1 tablespoon of whipped cream, and 2 mint leaves.

Reserve some wine: Pour 2/3 cup of wine from the bottle into a measuring cup and set it aside for later use. Chop The Strawberry



ries: Remove the tops of the strawberries and cut them in half. Blend The Ingredients: Add the remaining wine, strawberries, orange segments, and honey to a blender, then blend until smooth and well combined. **Strain The Mixture:** Pour the blended mixture through a fine strainer into a baking

dish, ensuring a smooth, pulp-free consistency for the sorbet. **Freeze The Mixture And Then Make Sorbet:** Place the baking dish in the freezer and chill for at least 6 hours or overnight. The alcohol keeps it slightly slushy. Once frozen, blend again until fluffy. To serve, ladle the blended sorbet into glasses and incorporate a splash of the reserved wine for enhanced flavor and texture. Decorate with strawberries, orange segments, whipped cream, and mint leaves. Your delightful drunken strawberry sorbet is now ready to be enjoyed!

One-Day NATGRID Training Conducted At Manipur Police Headquarters

Imphal, Feb 07: A one-day training programme on the National Intelligence Grid (NATGRID) was organised by Manipur Police at the auditorium of the New Manipur Police Headquarters, Mantripukhri, on February 6, 2026, with the assistance of the NATGRID team from the Ministry of Home Affairs, in accordance with the directions of the Union Home Minister. The programme was aimed at familiarising police officers with the features and operational scope of NATGRID to enhance intelligence sharing and promote data-driven investigations. Around 150 police officers from various units of Manipur Police participated in the training, both in person and through video conferencing. The NATGRID team, comprising Dr. Saurabh Gupta, Advisor (Project NATGRID), Commander Jitesh P. Saini, Director, NATGRID, and Shri Anup Kumar, Deputy Secretary, NATGRID, provided detailed technical inputs and practical guidance during the se-



Sions. Senior officers of Manipur Police, led by the Director General of Police, attended the programme. The training concluded with appreciation for the NATGRID team, organisers and participants for their contributions to strengthening intelligence-led policing in the state. The Manipur Police organized a one-day training programme on the National Intelligence Grid (NATGRID) at the Auditorium Hall of the New Manipur Police Headquarters, Mantripukhri.

Mizoram harnesses high literacy to advance digital governance ecosystem, says CM

Itanagar, Feb 07: Mizoram Chief Minister Lalduhoma on February 4 said the state's exceptionally high literacy rate and widespread English proficiency are being strategically leveraged to transform Mizoram into a digital powerhouse, with a strong focus on efficient and accessible public service delivery.

The Chief Minister made the remarks while inaugurating the computerisation of the Registrar of Cooperative Societies (RCS) at a function held at the Chief Minister's Office here, describing the initiative as a key milestone in the state's digital roadmap. Mizoram was declared the country's first fully literate state on May 20 last year, recording a literacy rate of 98.2 per cent. Lalduhoma said his government accords top priority to simplifying governance processes and ensuring faster, more transparent access to services for citizens. He noted that the steady progress achieved over the past two years reflects the government's broader ambition to position Mizoram as a national leader in digital service

delivery. Highlighting the state's social advantages, the Chief Minister said Mizoram's small population, combined with high literacy levels and strong English proficiency, provides a solid foundation for rapid adoption of modern technologies. These strengths, he said, enable the state to implement digital systems more effectively than many larger states.

Lalduhoma further informed that more than 20 online service portals have been launched in the last two years, including the recently introduced Mizoram CSR Connect Portal, significantly expanding the state's digital governance footprint. State Corporation Minister P C Vanlalruata, who was also present at the event, said Mizoram has become the first state in the country to fully computerise all regional offices of the Cooperation Department. He said the initiative will benefit both citizens and the government by enabling cooperative societies to interact digitally with the RCS and district offices, eliminating the need for physical visits and substantially improving ease of doing business. Officials said

the digital system is also expected to streamline internal administrative workflows, reduce paperwork and cut down processing time for departmental staff.

Cooperation Department Secretary Adit Prakash Rai said the 'RCS, Mizoram Office Application/Portal' (cooperation.mizoram.gov.in) has been developed under the centrally sponsored scheme 'Strengthening Cooperatives Through IT Interventions'. The project was initiated on March 29 last year and covers the RCS office in Aizawl as well as cooperative offices across all districts of the state. For many students, the event offered a first-hand exposure to the sector, helping them understand both academic and skill-based opportunities available in the field. Officials said the primary objective of the initiative was to bridge the gender gap and create a sustainable pipeline of women professionals for the aviation industry. CII Executive Officer Lalchhunli said the event was part of a broader commitment to strengthen aviation-led development across the Northeast.

Mizoram Cabinet opposes Indo-Myanmar border fencing, citing cultural concerns

Aizawl, Feb 07: The Mizoram Cabinet on Wednesday reaffirmed its opposition to the Central government's plan to fence the 510-km border with Myanmar, while acknowledging that the state has no legal authority to block the project. Chaired by Chief Minister Lalduhoma, the council of ministers reiterated Mizoram's longstanding stance against fencing along the border with Myanmar's Chin state. "The cabinet maintains its original position, but as border fencing is a Union subject, the state has no power to oppose it," an official said. The decision follows the Mizoram Assembly's unanimous resolution last February rejecting the fencing plan and the proposed removal of the Free Movement Regime (FMR) with Myanmar. Civil society groups have also voiced concerns. On January 16, the Mizo Zirlai Pawl (MZP) and Zo Reunification Organisation (ZORO) submitted a joint memorandum to Prime Minister Narendra Modi, warning that fencing would divide ethnic Mizo communities across the border. Central Young Mizo Association (CYMA) leaders raised similar objections during a January meeting with Union Home Secretary Govind Mohan in New Del-



hi. Mizoram shares strong ethnic ties with the Chin people, with over 30,000 displaced by Myanmar's

2021 military coup currently living in six border districts.

Mizoram CM Launches Saksham 2025-26 To Promote Oil And Gas Conservation Drive

Aizawl, Feb 07: Today, the fortnight-long Oil and Gas Conservation Awareness Campaign, Saksham 2025-26, organised by Indian Oil Corporation Limited, was inaugurated by the Chief Minister of Mizoram, Lalduhoma, at the Mizofed Petrol Pump, MINECO, Aizawl. B. Lalchhanzova, Minister, Food, Civil Supplies & Consumer Affairs Department, was also present. The campaign is being observed under the theme "Conserve Oil, Go Green." In his address, the Chief Minister stated that India is still not self-reliant in oil and gas, importing nearly 80 percent of its total requirement, and that India is the third-largest consumer of oil and gas in the world. He said that excessive use of oil



and gas leads to air pollution and the emission of carbon dioxide and sulphur dioxide, which adversely affect human health. It also causes damage to forests, bamboo, soil, and the environment. Emphasising the theme "Conserve Oil, Go Green," he said that conserving oil and gas not only saves money but also protects natural resources. Oil and gas are non-renewable resources, and future generations will also depend on them. Therefore, conserving them today is an investment for our chil-

dren and future generations. As oil and gas are essential daily necessities, it is important that they are used judiciously and efficiently, he added. Highlighting initiatives taken to improve the oil and gas sector in Mizoram, the Chief Minister said that efforts are underway to provide domestic gas pipeline connections in Aizawl, with pipeline construction progressing steadily from Tripura. He also stated that the State Government continues to pursue enhanced exploration activities for oil and gas beneath Mizoram's soil. In addition, significant efforts are being made to harness the State's green energy potential, in line with the campaign's focus on sustainable development.

Mizoram hosts event to spread awareness on HIV/AIDS

Aizawl, Feb 07: The North-East Multimedia Campaign (Red Fest), jointly organised by the Mizoram State AIDS Control Society (MSACS) and the National AIDS Control Organization (NACO), was held at LPS Arena, Falkland on Friday. The programme was attended by Minister for Health and Family Welfare Lalrinpuii as chief Guest, and was chaired by Chief Secretary Khilli Ram Meena. Minister Lalrinpuii, in her address emphasised that the initiative is a significant step toward generating awareness on HIV/AIDS across the region. She stated that the campaign aims to educate young people about HIV/AIDS, promote healthy lifestyles and HIV risk-free behaviour, ensure easy access to treatment for those affected, and eliminate the stigma associated with the illness. Highlighting the importance of prevention, the Minister reiterated the need to return to the basic principles of HIV prevention through the ABC approach — A for abstinence which is the best method, B for being loyal to a single partner, and C for responsible use of condoms. The Minister expressed concern that the North-East-



ern sister states continue to record the highest HIV prevalence in the country. She noted that the collective effort of the region demonstrates a shared commitment to combating the further spread of HIV. She added that with sustained hope, unity, and commitment, the goal of controlling HIV/AIDS in the region is achievable. In conclusion, the Minister conveyed her appreciation to all Project Directors and organisers for their dedication and hard work in making the campaign successful. Chief Secretary Khilli Ram Meena, in his wel-

come address, highlighted that discrimination and stigma remain major barriers preventing people from coming forward for HIV testing and treatment. He stated that collective responsibility, empathy, and awareness are essential to building a society where those living with HIV can live with dignity, confidence, and equal opportunity. K. Lalrinzuali, Commissioner and Secretary, Health and Family Welfare Department, presented mementos to the Project Directors of other states and representatives from NACO. The Multi-Media Campaign (Red Fest) has been organised since 2018, with the first edition held in Nagaland, and has since been hosted annually by different states. This year marks Mizoram's turn to host the event. Project Directors and officials from State AIDS Control Societies across the states participated, along with the Additional Secretary and Director General and senior officials from NACO. The programme was also live-streamed on the MSACS YouTube channel. The primary objective of the North East Red Fest is to educate youth about HIV/AIDS.

Nagaland University Professor Wins Prestigious ISEE Fellow Award

Dimapur, Feb 07: K.K. Jha, Professor in the Department of Agricultural Extension Education at Nagaland University, was conferred the prestigious Indian Society of Extension Education (ISEE) Fellow Award 2026-27 in recognition of his outstanding contributions to the field of extension education and professional service. The award was presented by the Indian Society of Extension Education (ISEE), New Delhi, during the ISEE national seminar on "Digital Technologies for Sustainable Food Systems and Atmanirbhar Bharat," held recently in Goa, a varsity release said on Friday. Jha is currently serving as the Vice-President of the ISEE, New Delhi. With decades of academic and professional experience, his areas of expertise include agricultural extension, technology transfer, agro-ecological studies, impact assessment of development programmes,

entrepreneurship development, and the sustainability of farming systems. Nagaland University Vice-Chancellor J.K. Patnaik said the university is proud to congratulate Jha on being conferred the prestigious ISEE Fellow Award 2026-27. Patnaik said the honour reflects Jha's outstanding contributions to extension education and his dedicated professional service. He added that, as Vice-President of the ISEE, New Delhi, Jha has consistently demonstrated leadership, scholarship, and commitment to national development through education, and wished him continued success in all his endeavours. Patnaik further noted that the recognition underscores Jha's significant role in advancing extension education, promoting sustainable agricultural practices, and strengthening the interface between research, policy, and grassroots farming communities.

Mizoram approves plastic energy

Aizawl, Feb 06: The Mizoram government on Thursday granted in-principle approval to a Mumbai-based company to establish a fuel cell and sustainable energy processing plant in the state, official sources said. The decision followed a presentation by FC Tech Energy Company during a meeting of the state's Empowered Committee on Investment, chaired by Chief Minister Lalduhoma. During the meeting, representatives of FC Tech Energy detailed their process for generating fuel cells and sustainable energy from plastic waste, the sources said. The company expressed its intent to establish a local facility and outlined specific infrastructure requirements, including land, water, and power supply. The committee agreed to the proposal in principle and decided that a Mizoram delegation would visit Mumbai to study the company's existing operational plant. Potential locations capable of meeting the project's land requirements were also discussed during the meeting, the sources said. In addition to the new energy initiative, the committee reviewed a progress report on a ginger processing unit currently under construction at Khuangleng in eastern Mizoram's Champhai district. The project, being executed by Opickpure Private Limited, follows a Memorandum of Understanding (MoU) signed with the state government on September 20 last year. Officials said the company is investing Rs 2.50 crore in the facility, with construction now nearing completion. Mizoram Chief Minister Lalduhoma on Tuesday said his government has accorded high priority to the health sector, with massive efforts being made to enhance health infrastructure across the state. Inaugu-



rating a two-day Knowledge Exchange Health Conclave in Aizawl, Lalduhoma reaffirmed that the health of citizens remains the bedrock of Mizoram's progress, signalling a continued high-priority status for the state's medical infrastructure. The Chief Minister lauded the success of the Mizoram Universal Health Care

Scheme (MUHCS), which has revolutionised patient care through a seamless, cashless treatment system. "The government considers health care a key foundation for overall development," the Chief Minister said, pointing to the shift towards cashless treatment through empanelled hospitals as a major victory for

public accessibility. Launched in March last year, the scheme has already achieved a staggering 91 per cent of its targeted enrolment rate, earning the state a national award for "Best Performance in Achieving Card Saturation" from the National Health Authority, according to officials. He said the present.

Mizoram Cabinet Opposes Fencing

Aizawl, Feb 07: The Mizoram cabinet has reiterated its opposition to the Centre's proposal to fence the Indo-Myanmar border, while acknowledging that the state has no constitutional authority to block the move, an official said. At a high-level meeting chaired by Chief Minister Lalduhoma on Wednesday, the Council of Ministers reaffirmed Mizoram's long-standing stand against fencing the 510-km stretch of the international boundary that runs through the state, citing the risk of irreversible social and ethnic consequences. At the same time, the cabinet recognised that border management falls under the Union List of the Constitution, limiting the state government's ability to formally intervene.

The cabinet stands by its original position opposing the fencing. However, since border management is a Central subject, the state government does not have the power to legally obstruct the initiative," the official

said. The decision follows a unanimous resolution passed by the Mizoram Assembly in February 2024 opposing both the proposed fencing and the suspension of the Free Movement Regime (FMR), which had historically allowed ethnic communities to cross the border without visas.

The cabinet's position reflects sustained pressure from influential civil society groups, including the Mizo Zirlai Pawl (MZP) and the Zo Reunification Organisation (ZORO), which represents Chin-Kuki-Mizo communities across national boundaries. In a joint memorandum submitted to Prime Minister Narendra Modi on January 16, the organisations argued that the proposed fence violates the UN Declaration on the Rights of Indigenous Peoples, which safeguards the rights of indigenous communities divided by international borders. They warned that the construction of a physical barrier would create a deep political and border.

The Reason Why ‘Doing Less’ Is Gradually Emerging As The Most Desirable Lifestyle Trend

For many years, being busy was regarded as a symbol of prestige. Overloaded schedules, incessant alerts, and the implicit expectation to remain perpetually engaged became indicators of achievement. However, a change is occurring. Subtly, intentionally, and almost defiantly, embracing a less hectic lifestyle is rising as one of the most coveted choices of our era. Dr Malini Saba, psychologist, human and social rights activist, and founder of the Saba Family Foundation, believes modern exhaustion isn’t surprising, it’s inevitable. “From the moment your head hits the pillow, it’s constant: work, messages, errands, meetings, scrolling, and comparing yourself to everyone else,” she explains. “No wonder you feel drained. And yet you keep going, because that’s what everyone does, right?”

But Dr Saba believes that doing less isn’t about giving up, it’s about discernment. Es-



pecially for people who have built careers, businesses, or families from the ground up, she notes that being busy is often confused with being effective.

“Doing less is noticing what actually matters,” she says. “It’s understanding that the clearest decisions and strongest ideas come when you slow down, instead of running

on empty.”

This philosophy extends beyond personal productivity into how we show up for others. Dr Saba points out that even giving back doesn’t require doing more, it requires doing better. “When you slow down, you realise that contribution is about showing up thoughtfully, directing your time and resources where they

can genuinely change someone’s life.”

Her perspective is deeply rooted in presence. From pausing to actually savour a cup of coffee, to watching your children instead of rushing past their mess and noise, to stepping outside just long enough to feel the wind and notice the trees, doing less creates room to reconnect with life as it’s

happening.

“Doing less gives you space to think, to breathe, and to choose instead of constantly reacting,” she says. “It’s choosing presence, purpose, and intention over noise, busyness, and burnout.” While this shift may feel personal, it’s also being driven by larger structural forces shaping how we live and work. This cultural reset also challenges the long-held myth of multitasking. As Mohnot points out, neuroscience has long shown that the brain doesn’t truly multitask, it switches. That constant switching fragments attention, increases errors, and leaves people exhausted but unfulfilled. Perhaps the clearest signal of this shift comes from Gen Z. Research consistently shows that nearly three-quarters of young professionals prioritise satisfaction and work-life balance over pay, with balance playing a decisive role in job choices. For them, success is no longer defined by relentless hustle, but by intentional, human-centred living.

Some sleep with their hair open, whereas others choose to secure it before going to bed

Prior to retiring for the night, the majority of individuals prioritize comfort to guarantee a peaceful night’s rest. Nevertheless, the manner in which you care for your hair before sleep holds equal significance.

Numerous women frequently contemplate whether it is preferable to sleep with their hair untied or in braids, a seemingly minor practice that can greatly influence hair strength, scalp condition, and even the quality of sleep.

Sleeping With Loose Hair: Pros And Cons

According to hair specialists, sleeping with loose hair allows the scalp to breathe freely. This helps prevent the build-up of sweat and moisture, which can otherwise lead to dandruff and itching. Loose hair also does not pull at the roots, reducing the chances of hair breakage and hair fall.

For women with long or thick hair, sleeping with loose hair is of-



ten considered more comfortable. However, frequent movement during sleep can cause the hair to rub against the pillow, leading to tangles, knots, and increased breakage. Waking up with frizzy or messy hair is another common issue associated with sleeping with hair completely loose.

Sleeping With A Loose Braid: Benefits And Risks

Sleeping with a light, loose braid also has several advantages. A gentle braid helps prevent tangling and reduces breakage, especially for women with long hair. It keeps the hair in place, making it easier to manage in the morning and giving a more organised appearance.

However, braiding the hair too tightly can be harmful. Tight braids

put pressure on the scalp and hair roots, which may lead to hair fall, a receding hairline, and even headaches. To avoid this, it is important to keep the braid loose and use a soft scrunchie or a fabric ribbon instead of a rubber band. The most important factor is choosing a method based on your hair length, texture, and personal comfort. Sleeping with tightly tied hair should be avoided, as it can damage the roots. A loose braid or gently loose hair is generally a safer and healthier option.

Hair Care Tips Before Sleeping

Don’t braid your hair too tightly before going to bed.

Use a soft scrunchie or ribbon to tie braid.

Always ensure your hair is completely dry before going to bed.

Use a silk or soft cotton pillowcase to reduce friction.

Apply a small amount of hair oil or serum to maintain moisture and reduce breakage.

Practical Lifestyle Modifications to Reduce Joint Pain During the Winter Season

As the cold weather approaches, many people, especially those with arthritis, past injuries, or age-related joint degeneration, experience increased pain and stiffness. A drop in temperature triggers changes in the body: the tissues around the joints constrict, blood circulation decreases, and the synovial fluid within the joints thickens. As a result, joint movements become more cumbersome and painful. The silver lining? By implementing simple lifestyle adjustments, you can ease your symptoms and stay active throughout the winter season. Dr Amyr Rajani, Mumbai-based orthopaedic surgeon specialising in Ar-

throscopy, Joint Replacement and Sports Injuries shares all you need to know:

1. Keep your joints warm and layered

Struggling with cold-induced stiffness? Heat is one of the most effective ways to relieve it. In cold weather, dress in multiple layers, wear socks and gloves, and consider using knee or elbow warmers. Bathing in warm water in the morning and applying a heating pad to affected joints for 10–15 minutes can help soothe tight muscles and improve mobility.

2. Stay active

Avoid reducing your physical movement in winter, doing so can worsen joint stiffness. Gentle, low-impact exercises such as yoga, walking, or indoor cycling



help boost blood flow and maintain joint flexibility. Just 20–30 minutes of mild activity each day can significantly reduce stiffness.

3. Maintain a healthy weight

Every extra kilogram of body weight puts additional stress on the knees, hips, and ankles. Even a small reduction in weight can noticeably decrease joint strain

and discomfort, especially for individuals with age-related joint degeneration.

4. Eat anti-inflammatory foods

A diet rich in omega-3 fatty acids (found in fish, walnuts, and flaxseeds), seasonal fruits, leafy greens, turmeric, and ginger can help reduce inflammation in the body. Ensure adequate water intake, de-

hydration can make joints feel stiffer.

5. Protect your joints during outdoor activity

Cold muscles are more prone to injury. Always warm up before stepping outside. Wear comfortable, supportive footwear to prevent slips, and use joint braces if recommended by your doctor.

6. Control stress and prioritise sleep

Chronic stress and inadequate sleep can amplify your sensitivity to pain. It is important to adhere to a regular sleep routine. Engaging in gentle stretching and breathing exercises prior to bedtime can assist in relaxing muscles and alleviating tension in the vicinity of your joints.

The Common Fridge Mistake Everyone Make



Keeping vegetables in plastic bags within the refrigerator could pose health risks. From the potential for bacterial proliferation to exposure to harmful chemicals, here are the reasons you should consider transitioning to safer storage alternatives.

One of the biggest mistakes people make while storing vegetables in the refrigerator is keeping them in plastic covers. If you place vegetables straight into the fridge in the same plastic bags they come in from the market, it is time to change that habit. This practice can seriously affect your health. Lack of air circulation- Plastic cov-

ers block airflow. Vegetables need air to “breathe.” When air cannot circulate, the moisture released by vegetables gets trapped inside the cover. This creates an ideal environment for bacteria and fungi to grow, causing vegetables to rot faster. Chemical risk- Many plastic bags are made using harmful chemicals such as Bisphenol-A (BPA) and phthalates.

When low-quality plastic is stored in the fridge, these chemicals can leach into the vegetables. Consuming such contaminated food may lead to hormonal imbalance and digestive issues. Loss of taste and nutrients- Vegetables stored in plastic bags tend to lose their natural flavour

and freshness. Leafy greens, in particular, wilt quickly, leading to the loss of essential vitamins and nutrients. Better storage practices- Remove vegetables from plastic covers and allow them to air-dry briefly before storing. Use cotton bags or mesh (net) bags instead.

Leafy vegetables stay fresh longer when wrapped in paper towels. Always ensure vegetables are dry before refrigerating, as moisture can cause mould growth. Health is true wealth. By taking small precautions, you can prevent your food from becoming toxic. Reduce plastic use and adopt natural, safer methods to store your food.

10 Effective Methods to Consume Nutritious Foods Without Exceeding Your Budget



Access to food that is rich in nutrients is a crucial aspect of overall health and plays a significant role in reproductive wellbeing. However, nutritious diets are frequently viewed as expensive. Studies indicate that diets that fulfill essential nutrient requirements can be more than two-and-a-half times the cost of a basic, energy-only diet, posing a genuine challenge for numerous households attempting to maintain a healthy diet without exceeding their budget.

1. Prioritise whole ingredients over processed options

Whole grains, lentils, and seasonal vegetables are nutrient-dense and typically cheaper per serving than ultra-processed foods. These staples provide essential fibre, vitamins, and minerals that support metabolic balance and reproductive health.

2. Embrace seasonal and local produce

Seasonal fruits and vegetables are often more abundant and less expensive than out-of-season imports. Buying local not only cuts costs but also reduces the environmental footprint of your food.

3. Plan meals and shop with a list

Meal planning helps avoid impulse purchases. Mapping meals around similar ingredients reduces waste and maximises the value of each purchase.

4. Buy in bulk where feasible

Staples such as beans, whole grains, and nuts are often cheaper when purchased in bulk. Proper storage ensures longevity and cost savings over time.

5. Lean on plant-based proteins

Lentils, chickpeas, and eggs provide high-quality protein and are generally more affordable than many animal protein sources. They also align with dietary patterns linked to improved fertility markers.

6. Cook at home more frequently

Home-cooked meals allow better control over ingredients and portion sizes. Restaurant and convenience foods are often more expensive and higher in unhealthy fats and sodium.

7. Learn simple, budget-friendly recipes

Simple meals such as vegetable stir-fries, dal, and whole-grain pilafs can be both nutritious and economical. These dishes can be diversified with herbs and spices to add variety.

8. Reduce food waste

Using leftovers creatively for example, turning roasted vegetables into soups or salads maximises value and nutrition per rupee spent.

9. Compare prices and choose store brands

Generic or store-brand items often offer similar nutritional value at a lower cost. Comparing unit prices (such as per kilogram or litre) further helps identify better value purchases.

Practical Suggestions to Prevent Gas After Meals for Improved Digestion

Experiencing gas, bloating, or discomfort after a meal is quite common, and frequently, implementing a few straightforward lifestyle adjustments can lead to considerable improvement. Gas production typically happens when food is not digested properly or when we inadvertently adopt habits that obstruct the digestive process. By being more conscious of our eating habits and the types of food we consume, we can promote better gut health and feel more at ease after meals.

1. Eat slowly and chew your food properly

One of the most overlooked causes of post-meal gas is eating too quickly. When you rush through a meal, large pieces of food reach your stomach. The stomach then has to work harder to break these pieces down into smaller particles, about 5–6 mm or less in

diameter before passing them into the small intestine. This delays gastric emptying and often leads to gas and heaviness. Effective chewing fulfills two functions: it enhances mechanical digestion and combines food with saliva, which contains enzymes that initiate the breakdown process. Additionally, consuming food at a slower pace helps to avoid the ingestion of excess air that can occur when eating hastily.

2. Limit high-fat foods, as they slow digestion

Fried, oily foods or those rich in butter, cheese, and cream are harder to digest. Since fat takes longer to digest than carbohydrates and proteins, a heavy, greasy meal tends to stay in the stomach for a longer time. This often leads to a feeling of tightness, bloating, or gas.

Opting for lighter cooking methods such as steaming, grilling, or sautéing can make food easier



for the digestive system to process.

3. Eat smaller portions more frequently

Large meals place sudden stress on the digestive system. Instead of consuming two heavy meals a day, divide your intake into smaller, more frequent portions. This helps prevent overeating, supports metabolism, and reduces the chances of gas buildup. Smaller meals are easier for the stomach to handle and also

lower the risk of acid reflux and bloating.

4. Limit foods that commonly produce gas

Certain foods naturally produce more gas due to their fibre content and the way they ferment in the digestive tract. Beans, cabbage, broccoli, and cauliflower are healthy but are known to cause gas in many people. Carbonated beverages can also introduce excess air into the system. If you notice discomfort after consuming these foods, try reducing the quantity or pairing them with digestion-friendly ingredients such as ginger or cumin.

5. Include natural probiotics in your diet

Good bacteria play an essential role in maintaining digestive health. Natural probiotics found in curd, yogurt, and buttermilk help maintain balance in the gut, promote smoother digestion, reduce bloating, and support regular bowel move-

ments. Including a small portion of probiotics daily can offer long-term digestive benefits.

6. Avoid lying down immediately after meals

Lying down immediately after eating slows the digestive process and can increase the chances of bloating or acidity. Try to maintain at least a two-hour gap between dinner and sleep, especially at night. A short walk for 10–15 minutes after meals can stimulate digestion and help the stomach empty more efficiently, reducing the likelihood of gas formation. Proper digestion primarily relies on upholding a healthy routine. Basic daily practices like thoroughly chewing food, opting for lighter meals, consuming smaller portions, and refraining from lying down post-meal can greatly alleviate gas and discomfort.

Enter a realm where historical structures coexist with contemporary existence

Egypt is a location that embodies both timelessness and vibrancy, where the echoes of the past resonate amidst the tumult of contemporary existence, and each avenue appears to hold a narrative that predates history itself. In one instant, you find yourself in front of structures that have survived the rise and fall of civilizations; in the next, you are maneuvering through a cacophony of honking vehicles, aromatic food vendors, and discussions taking place at elevated volumes. It is exhilarating, daunting, profoundly fulfilling, and certainly not a place you wish to reach without adequate preparation.

Most travelers will require a tourist visa to gain entry into Egypt. Although visas can be obtained upon arrival, it is advisable to apply beforehand. An e-visa facilitates a quicker process at the airport and alleviates the stress of last-minute paperwork following a lengthy flight. Generally, tourist visas are valid for a duration of 30 days, with choices for either single or multiple entries based on your

travel itinerary. It is essential that your passport remains valid for a minimum of six months beyond your planned return date. If you are planning to remain in specific Sinai resort areas for a brief visit, the entry regulations may vary; however, for extensive travel throughout the country, a complete visa is necessary.

Although Egypt may appear manageable on a map, the distances, traffic, and logistics can complicate even the most straightforward plans. Structuring your itinerary by region instead of by attraction can help reduce travel fatigue, particularly in cities such as Cairo, where traffic can transform short trips into lengthy journeys. In addition to the pyramids, Egypt presents temple towns along the Nile, beach retreats along the Red Sea, desert oases, and cultural centers that warrant time and consideration. Whether you're cruising between Luxor and Aswan or splitting time between cities and the coast, building a realistic, well-paced route is key to enjoying the journey. Egypt may look manageable on a map, but distances, traffic and logistics can stretch even the



simplest plans. Organising your itinerary by region rather than attraction helps minimise travel fatigue, especially in cities like Cairo where traffic can turn short hops into long hauls. Beyond the pyramids, Egypt offers temple towns along the Nile, Red Sea beach escapes, desert oases and cultural hubs that deserve time and patience. Whether you're

cruising between Luxor and Aswan or splitting time between cities and the coast, building a realistic, well-paced route is key to enjoying the journey. Egypt is modern but culturally conservative, and dressing with awareness makes a noticeable difference. Lightweight, breathable fabrics such as cotton and linen are ideal for the climate,

while loose silhouettes help with both comfort and cultural sensitivity. Shoulders and knees should generally be covered in cities, markets and religious sites, though beach destinations are far more relaxed.

Resorts and coastal towns allow swimsuits, shorts and sundresses, but carrying a light scarf or layer helps transition

comfortably between different settings. Egypt's climate swings between extremes. Summers can be brutally hot, particularly between June and August, while winters bring cooler nights that feel colder indoors due to poor insulation. The most comfortable months for sightseeing are between October and March, when daytime temperatures are pleasant and evenings remain manageable. Even then, sun protection is essential year-round. Packing layers alongside sunscreen, hats and sunglasses is non-negotiable, regardless of the season. Tap water in Egypt isn't safe for drinking, brushing teeth or washing produce, so bottled or filtered water should be your default.

The same caution applies to food choices, Egyptian cuisine is rich and rewarding, but it's best enjoyed at busy local restaurants or established eateries where turnover is high. Raw salads and unpeeled fruits are best avoided. Carrying basic medication for stomach upsets, dehydration and sun exposure can save you a lot of discomfort. Cash is king in Egypt, even as card payments are accepted at major attractions,

hotels, and upscale restaurants. The currency utilized is the Egyptian Pound (EGP), and it is essential to carry small denominations because of the tipping culture prevalent in the country. Locally referred to as baksheesh, tipping is a customary practice throughout the service sector, which includes hotel personnel, drivers, guides, and restroom attendants. Although the amounts may differ based on the service provided, small and regular tips are integral to daily interactions and contribute to the smooth operation of services.

Public conduct in Egypt tends to be conservative. Expressions of affection ought to be limited, particularly in areas with a high concentration of tourists. When exploring mosques or historical sites, it is essential to exhibit respectful conduct alongside wearing suitable attire. While photography is typically permitted at various landmarks, individuals should not be photographed without their permission, and it is crucial to honor restricted zones. Paying attention to the behavior of locals in various environments often serves as the most effective guide.

Hidden Museums of California: Overlooked Cultural Gems Across the State

Hidden behind California's well-known institutions are museums cherished by the local community. These establishments present a diverse array of interests, such as automobiles and cinema, distinctive collections of hand fans, and a careful focus on detail, all expressed through intriguing stories. Here, lesser-known cultural gems invite discovery for every kind of visitor, from curious teenagers seeking interactive experiences and families wishing to share moments of wonder, to couples in search of exhibits that ignite conversation for a memorable date, or anyone who enjoys encountering the unexpected. The experience of exploration feels personal, discussions flow naturally, and each visit leaves a lasting impression long after you have



exited.

Heldsburg's Hand Fan Museum

The Hand Fan Museum, the nation's first museum dedicated to over 2,500 hand fans, mixes a permanent collection with rotating exhibits that reveal fashion, religion, ceremony, and even battle across cultures

and centuries.

The Galaxy's Biggest Star Wars Collection at Rancho Obi-Wan in Petaluma

Rancho Obi-Wan in Petaluma holds the world's largest Star Wars memorabilia haul, toured by docents with no walk-ins or kids under six allowed. Expect a

serious, curated experience despite the "toy" label.

Silicon Valley's Distinct Tech, Art and Sport Museums

The Intel Museum unpacks computing history with hands-on tech exhibits for all ages, while the Triton Museum of Art showcases California artists and the

region's cultural diversity through contemporary shows. Inside Levi's Stadium, the 49ers Museum dives into franchise history with interactive touchscreens displaying stories and stats on every person who has ever worn a 49ers uniform.

Morgan Hill's Villa Mira Monte

Villa Mira Monte offers visitors a glimpse into the region's past and cultural heritage. Listed on the National Register of Historic Places, the centerpiece is the Hiram Morgan Hill House, a Queen Anne country estate; the Morgan Hill History Museum, housed in the 1911 Acton farmhouse; and the Centennial History Trail and rose garden. There is also the Native American Garden honouring the Amah Mut-sun people who have called this land home for more than 10,000 years.

Discover Japan as though it were the Cherry Blossom in this Indian state

Nagaland has consistently positioned itself as one of India's premier locations for cherry blossoms. Unlike Japan, where cherry blossoms thrive in the spring, the cherry trees in Nagaland blossom in the winter months, generally from late October to early December.

The foremost destination for viewing cherry blossoms in the state is Kohima, where the streets, hillside inclines, and forested regions are embellished with wild Himalayan cherry trees. As these trees blossom, entire communities metamorphose into a paradise of pink and white.

In Nagaland, numerous cherry trees flourish naturally in the wild, seamlessly blending with the adjacent hills and forests instead of being restricted to well-maintained urban parks.

The location is devoid of the large crowds usually associated with the cherry blossom



som season in Japan. Visitors journeying to Kohima for the yearly Hornbill Festival frequently have the opportunity to experience this remarkable natural phenomenon in person. If you are traveling to the state, take the opportunity to discover picturesque trails adorned with blossoms throughout the day. In Nagaland, particularly in Kohima, cherry blossoms serve not only as a visual pleasure but also as an integral aspect of a wider cultural experience that is deeply embedded in local traditions and contemporary creativity.

Furthermore, it is important to set aside time for Puli-e-badze. This mountain peak, situated in the Kohima district, is especially breathtaking during this time of year. The climb is appropriate for novices, indicating that even children can manage it. The forest trail is quite picturesque, embellished with winter blooms all around, and there are well-defined paths to guarantee that climbers face no difficulties. Moreover, the adjacent forest acts as a habitat for the elusive Blyth's Tragopan, a rare species.

Seychelles Travel Guide: Discover the True Essence of Relaxed, Purposeful Island Living

The world is filled with places that demand early risings, hectic schedules, and a gentle pressure to make the most of every moment. In a domain defined by constant motion, Seychelles presents a more tranquil viewpoint. Here, time loosens its grip. Days are allowed to unfold naturally, shaped by light, tide, and emotion rather than strict sched-

ules. Mornings may commence on the veranda of a seaside villa, observing the hues of the ocean change with the sunlight. Afternoons drift peacefully by the pool or along stretches of sand where footprints vanish almost immediately after being made. The true luxury in this setting is not in abundance, but in the opportunity to pause, to remain still, and to relish the uncommon freedom of unstructured time. **Where Nature Sets**

the Tone

That sense of calm extends well beyond the resorts. Some of the islands' most compelling spaces are defined by their simplicity and silence. Beaches such as Anse Lazio or Anse Volbert offer long, sweeping views where the landscape feels largely untouched. Anse Major on Mahé, accessed only by foot through forested trails, rewards effort with seclusion rather than spectacle. Inland,

the ancient palms of the Vallée de Mai Nature Reserve in Praslin lend a sense of permanence that contrasts sharply with the rush of modern life.

Island Hopping, the Unhurried Way

Exploring Seychelles slowly often means moving between islands instead of staying rooted in one place. On La Digue, bicycles are the preferred mode of transport, setting an unhurried rhythm

as riders pass pastel-coloured Creole homes and quiet beaches.

With no traffic and almost no noise, the island encourages frequent stops to swim, to sit, or simply to take in the view. From here, a forest walk leads to Anse Cocos, a remote bay on the island's eastern side where the journey feels as much a part of the experience as the destination itself. Praslin provides a unique form of tran-

quility. Nearby Curieuse Island is inhabited by Aldabra giant tortoises that wander the terrain without concern for tourists. Walking paths meander through mangroves and coastal scrub, creating the impression that nature dictates the rhythm here rather than humans.

On Mahé, hiking trails in Morne Seychellois National Park lead down to secluded coves, presenting peaceful rewards to those who choose the

more leisurely path. Mornings can begin on the veranda of a coastal villa, watching the colors of the ocean shift with the sunlight. Afternoons flow serenely by the pool or along stretches of sand where footprints disappear almost as soon as they are created. The genuine luxury in this environment lies not in excess, but in the chance to pause, to stay still, and to enjoy the rare freedom of unstructured time.

Quick Global Snacks You Can Prepare in Minutes Without Stepping Outside

Savor a variety of international snacks at home in just minutes, ranging from Middle Eastern falafels to Tex-Mex bites, with convenient, crispy, gourmet-style frozen treats.

Not every desire requires a passport stamp. At times, all that is necessary is a hot pan, an air fryer, and ten extra minutes. From the spice markets of Beirut to diners in Texas and Italian trattorias, international comfort food is now merely a quick heating process away. Envision crispy exteriors, gooey centers, vibrant seasonings, and robust flavors – the type that can immediately take you to another place.

1. Lebanese Falafel Kebab – A Middle Eastern Street Classic

Golden, crunchy and deeply aromatic, falafels are the soul of Middle Eastern street food. Crisp on the outside and soft within, these chickpea bites carry notes of herbs and warm spices. Slip them into a warm pita with hummus and

tahini, or build a wholesome bowl with lettuce, pickles and salad for a lighter fix. Air fry, shallow fry or deep fry until beautifully crisp.

2. Crispy Onion Rings – The All-American Comfort Bite

Straight out of a retro Texas diner, onion rings are pure nostalgia. Thick-cut onions wrapped in a crunchy coating deliver that addictive crackle with every bite. Pair them with smoky chipotle mayo, stack them into burgers, or serve alongside fries for a classic cafe-style platter. Perfect for movie nights and weekend



munching.

3. Veggie Pizza Pockets – Italian-Inspired Cheesy Indulgence

Think calzone energy, but snack-sized. These golden pockets hide a molten centre of cheese and vibrant veggies, delivering familiar pizza flavours in a playful, handheld form. Crisp outside and gooey inside, they're made for dipping into ketchup or herby sauces. Comforting, crowd-pleasing and ready in minutes – your mini pizza party, sorted.

4. Cheese & Jalapeno Nuggets – Tex-Mex With A Kick

Bold, cheesy, and unapologetically indulgent, these nuggets exude a strong personality. Break through the crunchy exterior, and

you will be welcomed by melting cheese and a zesty jalapeño kick. Serve them hot for the ideal melt, and observe how quickly they disappear at gatherings, game nights, or whenever cravings arise.



TRAVEL

Activities to engage in while in Rennes, France



Vibrant Rennes, the administrative center of Brittany, is certainly deserving of a visit, primarily due to the nearly 300 historic half-timbered structures located in the city. A high-speed train journey from Paris to Rennes takes only two hours.

Brittany has maintained its distinct identity over the course of several centuries, preserving both the Breton and Gallo languages. Additionally, Brittany is often referred to as Little Britain in contrast to Great Britain.

Look for the half-timbered buildings in the old town

Almost 300 colourful buildings have survived the fire of 1720 in Rennes when most of the city was burnt down. The buildings were built in the

city starting from late middle ages. They usually have a taller structure than the fully timbered ones. Some of the houses even have three or four floors. One more specific feature is that the higher floors are wider than the ground floor. Where to look for the half-timbered architecture gems? One of the areas is the streets around Place Ste-Anne lined with higgledy-piggledy half-timbered houses. Do not miss the Ti Coz, the bright red house at 3 Rue Saint-Guillaume. It's the oldest house in Rennes. Built in the early 16th century (in 1505, according to the date inscribed on the façade), its name means 'Old House' in Breton. Notice the sculpted figures depicting martyr Saint Sebastian. They were meant to keep plague epidemics away. Walk the Rue du Champ-Jacquet leading to the little triangular plaza with the same name. Tall

timber-framed houses of the 17th century stand on the north side. At the foot of this historic ensemble, notice a bronze statue of the mythical mayor of Rennes Jean Leperdit who saved prisoners sentenced to death during the Reign of Terror in the late 18th century.

Admire the building of Rennes City Hall

The Baroque style Rennes City Hall was built after the 1720 Great Fire of Rennes, by outstanding architect Jacques Gabriel. It consists of two buildings joined by the clock tower. One of the buildings houses Pantheon devoted to people killed in the First World War. Right under the clock is an empty niche, where once was a statue of Louis XV that was later destroyed.

Visit the Brittany Parliament building

The parliament building, designed by the

architect of the Palace of Luxembourg in Paris, was constructed in the first half of 17th century to house the Breton Parliament when the region was united with France. These days the palace houses the Court of Appeal. The interiors of the building are accessible only with guided tours. You can admire its grand French ceilings, the sculpted golden woodwork, and allegorical paintings, and exceptionally decorated rooms like the Grand' Chamber.

Visit the remains of the medieval city gate

Mordelles Gate (Portes mordelaises), built in the middle of the 15th century, once served as the main entrance to the town. The way from the gates into the city leads to the Cathedral of St. Peter. The gate is also known as the "royal doorway", because the Dukes of Brittany walked through the gate after having sworn to defend Brittany's free-

dom, before entering St. Peter Cathedral.

Walk the street next to the River Vilaine

The Vilaine is a pretty river that crosses Rennes even though its name means "ugly" in French. It's the 10th longest river in France. There was a belief once that the Vilaine river waters had a magical power to make every woman beautiful so ungraceful young women would come to bathe in the waters of the Vilaine for its beneficial effects.

Admire the beauty of Parc du Thabor

Parc du Thabor is situated on the highest hill in Rennes. It belonged to the Abbey Saint-Melaine until the French Revolution. After its opening to the public in the 18th century, initially, only men were allowed to visit. The park features a waterfall, an orangery and an aviary with beautiful sorts of pigeons.

Discovering Baiyun Mountain:

Premier Attractions to experience during your visit to Guangzhou

The Baiyun Mountain Scenic Area covers a large area and can be entered via the South Gate, West Gate, Jinzhong Gate, or the cable car station. Visitors can easily spend a whole day exploring the area, so be prepared for a lot of walking.

Moxing Ridge

Moxing Ridge, the highest point of Baiyun Mountain, rises to 382 metres and offers the most scenic vistas in the region.

From the summit, visitors can enjoy a sweeping panorama of the Guangzhou skyline, with the Pearl River winding through the city and modern architecture blending harmoniously with the natural landscape. The views are especially breathtaking during sunrise and sunset, making it an ideal spot for photography and quiet reflection.

Huangpodong Reservoir

The Huangpodong Reservoir is situated halfway up the mountain and was creat-

ed for both environmental and aesthetic purposes. The reservoir's crystal-clear waters capture the reflections of the surrounding mountains and trees, creating a tranquil sanctuary rich in natural life. It is an ideal spot for leisurely walks and birdwatching, while the tranquil atmosphere also makes it a popular destination for meditation and Tai Chi among locals.

Mingzhulou Tourist Area

The Mingzhulou Tourist Area lies in the northwest

region of Baiyun Mountain and covers approximately eight square kilometres. Key attractions within this scenic area include White Cloud & Pine, Pine Courtyard, Peach Ravine, Plum Blossom Valley, Pearl Building, Shuiyue Pavilion, Huangpodong Leisure Teahouse, and Returning Forest. The valley showcases a harmonious blend of vibrant plants, mountain streams, small bridges, and simple buildings that complement one another beautifully.

Yuntai Garden

Yuntai Garden is a botanical park located at the southern base of Baiyun Mountain, next to Yunluo Botanical Garden, showcasing a diverse collection of colourful flowers and unique plant species across its 250,000-square-metre expanse. Known for its perennial flowers, it is recognised as the largest landscape garden in China, featuring ornamental exotic plants. Modelled on Canada's Butchart Gardens, Yuntai Garden opened its doors

in 1995 and boasts over 20 scenic spots that blend European design with oriental landscapes. Visitors can explore themed areas such as the Rose Garden, Bonsai Garden, and Tropical Plant Greenhouse, each of which offers excellent opportunities for photography, especially during the blooming seasons.

Luhu Tourist Area

Luhu Lake, also known as Golden Liquid Pool, spans 25 hectares and was created in 1958 as

one of the top three reservoirs in the Baiyun Mountain Scenic Area. Jufang Park, situated on the north bank of Luhu Lake, is a 400,000-square-metre park themed around

shade-loving plants. Nestled between the mountain and the lake, it also features the Children's Elysium, which offers a variety of amusement facilities, as well as the Luhu Golf Course.



Huangpodong



Moxing Ridge



Huangpodong



Mingzhulou Tourist Area

India-EU FTA Brings Cheers to Kitchens and Cellars

The landmark India-European Union Free Trade Agreement (FTA) is already being hailed as a game-changer by businesses on both sides, and few sectors are as visibly excited as food and beverages. Welcoming the deal, Kazem Samandari, Executive Chairman of the popular L’Opera French Bakery in India, said the agreement could soon make European wines, cheeses and premium bakery ingredients more accessible to Indian consumers, while opening new doors for Indian products in Europe. Speaking to NDTV’s Senior Executive Editor Aditya Raj Kaul, Samandari described the FTA as “great joy and happiness” and a timely boost to the global economy in early 2026. “These are two economic powerhouses coming together. This is exactly the kind of positive news the world needs,” he said, congratulating Prime Minister Narendra Modi and EU leaders for pushing through the agreement. For



consumers, the most immediate and tangible impact is likely to be felt on the dining table. With tariffs set to be reduced sharply on several categories, products such as French and Italian wines, specialty cheeses and gourmet ingredients could become more affordable. “It’s great news for wine connoisseurs and for people who enjoy European delicacies,” Samandari said, adding that the benefits would be mutual. “Indians will enjoy French products which will no longer be subject to tariffs, and

French consumers will also have better access to Indian products and services without paying heavy taxes.” L’Opera, which has been operating in India for over 17 years and is known for its French-style pastries, breads and desserts, already sources some of its inputs from Europe. The FTA, Samandari believes, will make procurement easier and more cost-effective. “Yes, some items will become less expensive, and we will pass that benefit on to our customers,” he said. However, he also point-

ed out that not everything is immediately covered. “Some items have been excluded, like certain dairy products, which we also use,” he noted, suggesting that while the impact will be positive overall, the changes will come in phases rather than overnight. Beyond prices, Samandari stressed the larger symbolic and strategic importance of the deal. Watching EU leaders as chief guests at India’s Republic Day celebrations, he said, reinforced the sense that ties

between India and Europe are closer than ever. “Instead of just attacking or creating unrest, we can collaborate and build the future together, building on the strengths of both sides,” he said. Industry watchers say the FTA could gradually reshape India’s premium food and beverage market, making imported wines, cheeses and gourmet ingredients more mainstream, while also giving Indian food products and services a stronger foothold in Europe. For brands like L’Opera, positioned at the intersection of European craftsmanship and Indian consumers, the agreement promises not just better margins, but a larger, more vibrant market. As Samandari summed it up, the deal is not just about cheaper ingredients or better sales, it is about a “bright economic future” for two major blocs, with benefits that may soon be tasted in bakeries, restaurants and homes across India.

Bengaluru’s New Pan-Asian Spot for Leisurely Lunches



Yazu is everything you want a pan Asian restaurant to be. An extensive menu spanning sushi, ramen noodles and Thai curries, fun Asian-inspired cocktails, and a laid-back vibe. Add a great location and ample parking to the mix, and it is an easy choice. After outlets in cities like Mumbai and Goa, the brand has now opened in Bengaluru. Yazu Pan Asian Supper Club is located in Marks Square, the mall on St Mark’s Road. The mall has a few other restaurants but is not fully operational yet. I take a seat overlooking the busy street. The food menu is 17 pages with options ranging from tiradito, Peruvian sashimi, to Asian pizzas. All dishes that you can club under the umbrella of Asian cuisine are available here. They also have a special kitty set menu, designed for kitty parties, priced at ₹1,145 per person.

Shiitake coffee and tom yum cocktails
The cocktail menu is creative. I try the Tomm Yummm cocktail, made with a clarified tom yum broth, gin, lime leaf, lemongrass and galangal. It took me straight to Thailand with the fresh flavours. Another fun drink is the Umami Cloud, made with shiitake coffee fat-washed whisky. Chef Tenzin Khetsok introduces me to the dishes, and we start the meal with a cheung fun, a Cantonese dish made of rice noodle rolls. You can pick your fillings of mushrooms, chicken or prawns. I try the crispy version that is stuffed with mushroom and water chestnuts. The dish is delicate yet crunchy. **On the grills**
One of the highlights of the menu at Yazu is the robata-yaki section. Robatayaki is a Japanese charcoal grilling technique. Hokkaido scallops,

Australian lamb chops and butabara pork belly are the signatures. Vegetarians can try the grilled portobello mushroom in a Teriyaki glaze. For mains, one can pick a Japanese katsu curry, buff bulgogi, grilled unagi, or a kimchi jjigae stew. I go for something familiar yet new, Yazu charcoal noodles tossed with paprika sauce. The noodles are black and topped with crunchy veggies like beans and bell peppers. The sauce has a mild kick to it. I end the meal with a pretty salted caramel tart. Yazu is not doing anything new with its format, but is doing what it promises well. Next on the horizon from the group is Yazu Galle, and Yazu Colombo, with Kico in Bengaluru. ₹2,500 for two. Open for lunch and dinner. At Marks Square, St Mark’s Road, Bengaluru. For more details call 7411994448

10 Shakes To Beat The Winter Blues

Shakes aren’t just a drink—they’re an experience. Creamy, frothy, and indulgent, a good shake can lift your mood, comfort your soul, or simply satisfy your sweet cravings. Whether it’s breakfast, dessert, or a mid-afternoon pick-me-up, shakes are versatile and universally loved. They’re easy to make at home, customizable with your favourite flavors, and perfect for sharing with friends or family. As the winter chill sets in, a rich and flavorful shake becomes even more appealing. Thick, frothy, and full of comforting flavors, shakes provide warmth to the heart even when served cold. They combine texture, taste, and aroma, making every sip feel like a small celebration. Among the many options, some shakes stand out for their richness, nutrition, or creativity, making them ideal for cozy evenings, indulgent weekends, or festive gatherings. **Shake vs Smoothie: Key Differences**
Although shakes and smoothies share some similarities, they are distinct experiences. Smoothies are often fruit-heavy, light, and packed with fiber, superfoods, or protein. They are refreshing, energizing, and perfect for a healthy start to the day. Shakes, on the other hand, are creamy, indulgent, and dessert-like. Usually made with milk, ice cream, or yogurt, they are richer, thicker, and comforting. Where smoothies energize, shakes comfort. A good shake can be soothing, satisfying, and feel like a small reward at any time of day.

10 Shakes You Must Try

- 1. Classic Chocolate Shake**
The classic chocolate shake is a timeless favorite. Made with smooth chocolate syrup, milk, and ice cream, it’s creamy, sweet, and indulgent. Each sip feels comforting, like a warm hug in a glass, and it’s perfect for chocolate lovers of all ages.
- 2. Strawberry Shake**
Strawberry shakes are fruity, refreshing, and naturally sweet. Fresh strawberries blended with milk and ice cream create a smooth, luscious texture. The delicate aroma of strawberries makes it feel light and refreshing while still indulgent.
- 3. Banana Shake**
Banana shakes are naturally sweet, creamy, and filling. Bananas provide a soft, velvety texture while adding energy and satiety. This shake is perfect for breakfast, a post-workout boost, or a quick snack to satisfy your cravings without feeling heavy.
- 4. Mango Shake**
A tropical favorite, mango shakes are rich, aromatic, and luxuriously sweet. Ripe, juicy mangoes blended with milk produce a silky drink that’s both comforting and exotic. It’s the perfect winter treat, bringing a hint of sunshine to chilly days.
- 5. Coffee Shake**
Coffee shakes combine the bold flavors of coffee with the creamy richness of ice cream. Slightly bitter, aromatic, and perfectly balanced, this shake is ideal for coffee lovers looking for a delicious twist on their daily cup-

- pa. It’s a great afternoon pick-me-up.
- 6. Oreo Shake**
Oreo shakes are fun, indulgent, and chocolatey. Crushed cookies blended with milk and ice cream create a creamy, slightly crunchy texture. Every sip is playful, nostalgic, and perfect for anyone with a sweet tooth looking for a decadent treat.
- 7. Butterscotch Shake**
Butterscotch shakes are creamy, buttery, and delightfully sweet. The caramelized flavors of butterscotch syrup make every sip rich and indulgent. It’s a comforting shake that feels festive and is perfect for cozy winter evenings.
- 8. Almond or Nutella Shake**
For nut and chocolate lovers, almond or Nutella shakes are a dream. Smooth, creamy, and slightly nutty, they combine indulgence with texture. Almonds add crunch and nutrition, while Nutella creates a chocolaty sweetness that’s irresistible.
- 9. Vanilla Bean Shake**
Vanilla bean shakes are simple, classic, and elegant. Smooth, lightly sweet, and aromatic, they are comforting without being overwhelming. Perfect on their own or as a base for toppings like chocolate syrup, caramel, or fresh fruit, they are versatile and universally loved.
- 10. Seasonal Berry Shake**
Berry shakes are colorful, tangy, and refreshing. A mix of seasonal berries with milk or yogurt creates a slightly tart, flavorful shake. Each sip is layered with fruity aroma and natural sweetness. It’s healthy, indulgent, and perfect for a cozy brunch or weekend treat.

Make Healthier Aloo Paratha with Sanjeev Kapoor

Celebrity chef Sanjeev Kapoor often engages with his followers on social media by asking them to share their favourite dishes that they wish were healthier. His idea is simple: take a popular comfort food and create a healthier version without compromising on taste. This interactive approach has delighted food lovers across the country, who enjoy seeing their favourite dishes transformed into guilt-free treats. One such beloved dish is the aloo paratha, a classic comfort food that many people love for its simplicity, taste, and filling nature. Recognizing its popularity, Kapoor recently took to Instagram to share a healthier version of aloo paratha. “Chalo aapki wishes puri kardi. Aloo Parantha ek dum healthy aur swadisht. Tastes of comfort and happiness,” he wrote, highlighting that this version is nutritious, satisfying, and full of flavour. Aloo parathas are known for being a hearty comfort meal, often enjoyed with butter, yogurt, or pickles. With this new recipe, Kapoor shows that comfort food doesn’t have to be unhealthy. By using ingredients like sweet potato, wheat bran, and whole wheat flour, the parathas become more nutritious while retaining their soft, delicious texture. This makes it perfect for a wholesome breakfast, brunch, or even a light dinner. Kapoor’s recipe is not only healthy but also easy to follow at home, making



it accessible for anyone who wants to enjoy this classic dish in a better way. He recommends serving the parathas hot with chilled yogurt to balance the flavors and add a refreshing touch. **Ingredients**
2 medium potatoes, boiled, peeled and grated
1 large sweet potato, boiled, peeled and grated
1 & 1/2 cups whole wheat flour + for dusting
2 tbsps wheat bran
salt to taste
1 tsp oil
2 tbsps chopped fresh coriander leaves
2 green chillies, finely chopped
1/2 tsp garam masala powder
1/2 inch ginger chopped
1/2 tsp red chilli powder
2 tsps ghee
Chilled yogurt, for serving
METHODE
Prepare the dough: In a bowl, mix together the whole wheat flour, wheat bran, and salt. Add sufficient water and 1 tsp oil. Knead the mix-

ture into a soft, smooth dough. Cover with a damp muslin cloth and let it rest for 10 minutes to relax the gluten. **Prepare the filling:** In another bowl, combine the grated potato and sweet potato with chopped coriander, green chillies, garam masala powder, red chilli powder, ginger, and salt. Mix everything well so that the spices and herbs are evenly distributed. **Stuff the dough:** Divide the dough into equal portions and roll each portion into a small ball. Make a dent in the centre of each ball and place a generous amount of the potato-sweet potato mixture inside. Carefully bring the edges together and seal the filling inside the dough. **Roll out the paratha:** Lightly dust your work surface with flour. Place a stuffed dough ball on it and gently roll it out into a thick disc, ensuring the filling doesn’t spill out. **Cook the paratha:** Heat a nonstick tawa on medium heat. Place the rolled-out paratha on the hot tawa and cook until golden brown spots appear on one side. Flip and cook the other side. Drizzle a little ghee on both sides and cook for an additional minute to enhance the flavor and crispiness. **Serve:** Serve the hot parathas immediately with chilled yogurt, pickles, or chutney of your choice. Enjoy a healthy, guilt-free version of this classic comfort food.

“Health Risks Highlighted in Using Newspaper for Food”

The Food Safety and Standards Authority of India (FSSAI) has issued a strong advisory urging food vendors and consumers across the country to immediately stop using newspapers for packing, storing, and serving food items. According to the regulator, the ink used in newspapers contains chemicals that may pose serious health risks when they come into contact with edible items. FSSAI Chief Executive Officer, G Kamala Vardhana Rao, emphasized the urgency of the matter, stating that consumers and vendors must refrain from using newspapers for food-related purposes with immediate effect. “We strongly urge everyone across the country to stop using newspapers for packing, serving, and storing food items,” Mr. Rao said, according to a PTI report. **Health Risks of Using Newspapers for Food**
The FSSAI highlighted that the ink used in newspapers contains “various bioactive



materials” that can be harmful to human health. These include chemicals such as lead and other heavy metals, which can leach into food upon contact. Consumption of such contaminated food may lead to a range of health issues, including toxic effects from heavy met-

al exposure over time. In addition to chemical contamination, newspapers are also prone to microbial contamination. During distribution and storage, newspapers can come into contact with bacteria, viruses, or other pathogens. When food is wrapped or served in such materials,

there is a risk of transferring these microorganisms to the food, potentially causing foodborne illnesses. **Regulatory Framework**
The advisory from FSSAI is in line with the Food Safety and Standards (Packaging) Regulations, 2018, which explicitly prohibit the use of newspapers or similar mate-

rials for storing, packing, or serving food. Vendors and consumers are advised to follow safer alternatives for wrapping, storing, and serving food, particularly fried items like samosas, pakoras, and other snacks where newspapers are sometimes used to absorb excess oil. FSSAI is now actively working with state food authorities to ensure compliance with these regulations and to promote safer practices among food vendors. By discouraging the use of newspapers, the regulator aims to prevent chemical and microbial contamination of food, ensuring that the food supplied in the country remains safe for consumption. Mr. Rao added that this initiative reflects FSSAI’s ongoing commitment to food safety and public health. By adopting safer alternatives to newspapers for food handling, both vendors and consumers can significantly reduce the risk of food contamination and related health issues.

Only True Chaat Lovers Will Relate to These 7 Signs

Chaat is the kind of street food that can steal your heart with a single bite—tangy, spicy, crunchy, and comforting all at once. For many, it’s more than a snack; it’s an emotion that brings joy every time it appears on the plate. If the aroma of chutneys or the sight of a bustling chaat stall excites you, you might already be part of the loyal chaat-loving tribe. Here are the signs that show your love is real: **1. You Can Smell Chaat From Afar**
If the fragrance of roasted spices, fresh coriander, and tangy chutneys immediately grabs your attention, you’re a true devotee. Even when busy or deep in conversation, your senses are tuned to detect chaat. **2. You Have Strong Opinions About Chaat**
A true fan is never neutral about chaat variations. You know exactly how spicy, tangy, and crunchy it should be, and can spot when something is off. Regional differences? You have clear



favourites and lively debates about what’s “real” chaat. **3. You Judge Places By Their Chaat**
When visiting a new neighbourhood, your instinct is to check the chaat first. Great chaat makes the place memorable; poor chaat sends you in search of a better stall. **4. You Have a Go-To Chaat Order**
Though you enjoy exploring, there’s always that one dish—sev puri, dahi puri, or tikki chaat—that never disappoints. It’s your comfort food and trusty companion. **5. No Celebration Is Complete Without Chaat**

Birthdays, festivals, or casual get-togethers feel incomplete without chaat. You ensure it gets the spotlight, often taking charge of ordering the best items. **6. You’ll Travel Extra Miles for Chaat**
Distance is no obstacle for the perfect plate. You’ve taken detours, changed routes, and chased hidden gems, because great chaat is always worth the journey. **7. You Eat Chaat in Any Weather**
Rain or shine, summer or winter, chaat is never off-limits. Your love for it remains constant, no matter the season.

Parineeti Chopra (born 22 October 1988) is an Indian actress who primarily works in Hindi films. Chopra is a recipient of several accolades, including a Filmfare and a National Film Award. Chopra has appeared in Forbes India’s Celebrity 100 list since 2013. After obtaining a triple honours degree in business, finance and economics from Manchester Business School, Chopra made her acting debut with the 2011 romantic comedy Ladies vs Ricky Bahl, winning the Filmfare Award for Best Female Debut. She followed it by garnering acclaim for her starring roles in the box-office hits Ish-aaqade (2012), Shuddh Desi Romance (2013) and Hasee Toh Phasee Kill Dil(2014). The first of these won her the National Film Award – Special Mention. This success was followed by a three-year hiatus and several poorly received films, with the exception of the horror-comedy Golmaal Again (2017) and the war drama Kesari (2019), in which she had a brief role. Chopra has since earned praise for her roles in the black comedy Sandeep Aur Pinky Faraar (2021) and the biographical drama Amar Singh Chamkila (2024), and had a supporting role in the ensemble film Uunchai (2022).

In addition to her acting career, Chopra is a prominent celebrity endorser for brands and products. She has sung some of her film songs, including “Maana Ke Hum Yaar Nahin” and “Teri Mitti”. In 2022, Chopra ventured into television by judging the reality show Hunarbaaz: Desh Ki Shaan on Colors TV. Chopra is married to politician Raghav Chadha.

Early life and work

Chopra was born on 22 October 1988 in Amba-

la, Haryana into a Punjabi Hindu family. Her father, Pawan Chopra, is a businessman and supplier to the Indian Army at Ambala Cantonment and her mother is Reena Chopra. She has two brothers: Shivang and Sahaj; actresses Priyanka Chopra, Meera Chopra and Mannara Chopra are her cousins. Chopra was educated at Convent of Jesus and Mary, Ambala. In an interview published in The Hindu, she revealed that she was a very good student and had always wanted to become an investment banker. At the age of 17, Chopra moved to England, where she received a triple honours degree in business, finance and economics from Manchester Business School. She used to take orientation classes for new students at the university. While studying, she



worked part-time for the Manchester United Football Club as the team leader of the catering department. Chopra is also a trained Hindustani classical singer with a B.A. Honours in music. She used to perform on stage with her cousin, Priyanka, and their fathers in her childhood. In 2009, she returned to India in the wake of the economic recession and moved to Mumbai. Chopra obtained an internship in the marketing department of Yash Raj Films, joining the production company as a public-relations consultant. She considered it a perfect job, because she could use what she had learned and work in films. While working on promotions for Band Baaja Baraat (2010), Chopra realized that she wanted to become an actress and decided to resign from her executive

position with Yash Raj Films to attend acting school. After meeting the company’s casting director, she was asked to do a “dummy audition for fun”. Chopra remembered “fooling around with a camera” and delivering lines by the character Geet from the film Jab We Met (2007). When YRF producer Aditya Chopra saw the tape he was impressed with her acting. Chopra was then signed to a 3-film deal.

Acting career

In 2011, Chopra made her screen debut in a supporting role in debutant Maneesh Sharma’s romantic comedy Ladies vs Ricky Bahl starring Ranveer Singh and Anushka Sharma in lead roles[23]. The film describes how three girls who are tricked by a con artist take revenge on him by plotting the same trick for him. Chopra played the Delhi-based “rich and spoiled brat” Dimple Chadda, who is betrayed by the film’s central character. The film emerged as a moderate commercial success at the box-office, and received mixed reviews from critics; however, Chopra’s performance received high praise. Komal Nahta said, “Of the three other girls, Chopra is undoubtedly the best. She has the best role, the best lines and hers is the best performance among the three.” Priyanka Roy of The Telegraph described Chopra as “natural” and wrote “Among the ladies, debutante Chopra almost steals the show from Sharma.” It earned her several Best Debut awards at various award ceremonies including Filmfare, Screen, IIFA Producers Guild Film Awards. Chopra also received Best Supporting Actress nominations at several ceremonies, including Filmfare, and won the Producers Guild and IIFA Awards in the same category.

Jacqueline Fernandez



comedies Housefull 3 (2016) and Judwaa 2 (2017). Alongside her screen acting career, Fernandez has worked as a judge in the ninth season of the dance reality show Jhalak Dikhhla Jaa (2016–2017), is a popular celebrity endorser for various brands and products, has participated in stage shows, and is active in humanitarian work.

in Australia. After graduating she did a couple of television shows in Sri Lanka. She also attended the Berlitz school of languages, where she learned Spanish and improved her French and Arabic. According to Fernandez, she had aspired to become an actress at a young age and fantasized about becoming a Hollywood movie star. She received some training at the John School of Acting. Although, she was a television reporter, she accepted offers in the modelling industry,



Early life and modelling career

Jacqueline Fernandez was born on 11 August 1985, in Manama, Bahrain, and was raised in a multi-ethnic family. Her father, Elroy Fernandez, is a Sri Lankan Burgher, and her mother, Kim, is of Malaysian and Canadian descent. Her maternal grandfather is Canadian and her great-grandparents were from Goa, then part of Portuguese India (now in India). Her father, who was a musician in Sri Lanka, moved to Bahrain in the 1980s to escape civil unrest between the Sinhalese and Tamils and subsequently met her mother, who was an air hostess. She is the youngest of four children with one elder sister and two elder brothers. After receiving her early education in Bahrain at Sacred Heart School, she studied mass communication at the University of Sydney

which came as a result of her pageant success. In 2006, she was crowned the winner of the Miss Universe Sri Lanka pageant and represented Sri Lanka at the world Miss Universe 2006 pageant held in Los Angeles. In a 2015 interview, Fernandez described the modelling industry as “a good training ground” and said: “It is a medium that is about shedding your inhibitions, knowing your body, confidence”. In 2006, she appeared in a music video for the song “O Sathi” by music duo Bathiya and Santhush and young female singer Umapia Sinhawansa.

Acting career

In 2009, Fernandez travelled to India for a modelling assignment. She successfully auditioned for Sujoy Ghosh’s fantasy film Aladin (2009) her acting debut. She played the love interest of Riteish Deshmukh’s character, a role based on the character

of Princess Jasmine. and Rajeev Masand of CNN-IBN felt that she was: “easy on the eyes and appears confident but has precious little to do”. Although the film was a critical and commercial failure, she won the IIFA Award for Star Debut of the Year – Female. In 2010, Fernandez appeared opposite Deshmukh in the science fiction romantic comedy Jaane Kahan Se Aayi Hai. She was cast as a girl from Venus, who lands on Earth in search of love. The film, along with Fernandez’s performance, received poor reviews; Rediff.com’s Sukanya Verma noted: “She gamely makes a fool of herself whilst aping the actions of movie stars, ranging from Sridevi’s Naagin dance, Mithun Chakravathy’s Disco Dancer moves, to Big B’s violent headshake in Hum. Her Tara could be a keeper if only Jaane Kahan Se Aayi Hai wasn’t so intent on turning her into a love-struck Barbie.” Critic Anupama Chopra also criticised Fernandez, calling her “a pinprick on a balloon”. Later that year, she made a special appearance in the song “Dhanno” for Sajid Khan’s comedy Housefull. Mahesh Bhatt’s thriller Murder 2 was Fernandez’s first commercial success and marked a turning point in her career. She took on the role of Priya, a lonely model who is in a confused relationship with Arjun Bhagwat (played by Emraan Hashmi). Fernandez was praised for her performance, and for the boldness and sex appeal she displayed in the film. Gaurav Malani of The Times of India stated that she was “tastefully tempting” but noted that her romance with Hashmi was “literally half-baked”. The following year, Fernandez appeared in the ensemble comedy Housefull 2 alongside Akshay Kumar, John Abraham, and Asin. It became one of the top grossing productions of India that year and earned ₹1.86 billion (US\$22 million) worldwide.



Indian actress Aishwarya Rai Bachchan

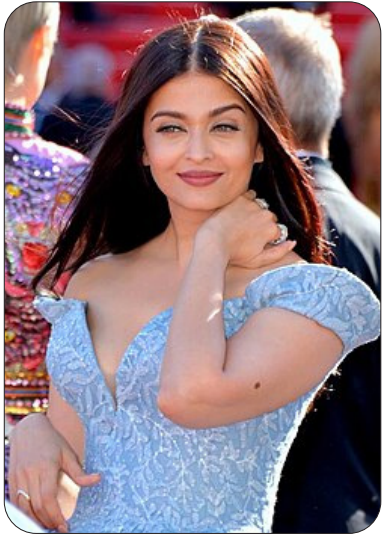
Aishwarya Rai Bachchan (born November 1, 1973, Mangalore [now Mangaluru], Karnataka, India) is an Indian actress and internationally acclaimed model who has established herself as one of Bollywood’s premier stars. Before embarking on an acting career, she achieved significant success in modeling, attracting international praise and often featuring in lists for the world’s most beautiful women. Trained in the Indian classical dance form bharata natyam, Rai has also received critical acclaim for her dancing abilities. She won the Miss World pageant in 1994. Her notable movies include Devdas, Hum Dil De Chuke Sanam (“Straight from the Heart”), Dhoom 2, Bride and Prejudice, and Jodhaa Akbar. Since 2002 she has been a regular presence at the Cannes film festival and is regarded as one of the most popular celebrities to attend.

Early life and education

Rai was born into a Tulu-speaking family to Krishnaraj Rai and Vrinda Rai. She attended Arya Vidya Mandir High School in Mumbai (Bombay), where she excelled academically. She later completed her intermediate studies at Jai Hind College before transferring to D.G. Ruparel College at Matunga in Mumbai. She intended to become an architect and enrolled in the Rachana Sansad Academy of Architecture, but she proceeded to pursue a career in modeling instead. Rai received formal training in the Indian dance form bharata natyam.

Modeling career

Rai participated in an international supermodel contest sponsored by Ford Motor Company in 1991, which led to her being featured in the American edition of Vogue. In 1993 she appeared in a memorable PepsiCo ad alongside the Indian actors Aamir Khan and Mahima Chaudhry. Her character in the ad was named Sanjana, and she became known for the line “Hi, I’m Sanjana. Got another Pepsi?” This character is believed to have had such a cultural impact that many parents in India named their daughters Sanjana in the year following the ad’s release. After finishing as the first runner-up at the Miss India pageant, Rai won the Miss World pageant in 1994. When asked about the qualities befitting Miss World in the final round, she replied, Rai made her Cannes film festival debut in 2002, during the premiere of the film Devdas, directed by Sanjay Leela Bhansali and starring Rai. In 2003 she became the first Indian actress to serve as a jury member at Cannes. That same year, Rai was named a global ambassador for L’Oréal, a French cosmetics manufacturer, occasioning several more appearances at Cannes. Over the years, she has walked the red carpet in creations by renowned designers such as Roberto Cavalli and Sabyasachi Mukherjee, blending traditional Indian elegance with contemporary high style. Rai has also been the face of international brands such as



watchmaker Longines, Cadbury chocolate, and Revlon cosmetics as well as Indian ones such as Lakmé cosmetics and Titan accessories.

Acting career

Since 1997 Rai has appeared in more than 40 films in Hindi, Bengali, and Tamil cinema. Her performances have spanned multiple languages. Notably, she has also acted in international films, such as Bride and Prejudice (2004), a British adaptation of Jane Austen’s novel Pride and Prejudice. This diverse filmography highlights Rai Bachchan’s ability to connect with audiences across different cultures and regions. Rai made her big-screen debut in the 1997 Tamil film Iruvar (“The Duo”), directed by Mani Ratnam. She entered Bollywood with ...Aur Pyaar Ho Gaya (“And Love Happened”) that same year. The 1998 Tamil comedy Jeans proved to be her breakthrough. In the 1999 movie Taal (“Rhythm”), directed by Subhash Ghai, Rai played Mansi, an aspiring singer caught in a love triangle with characters played by Akshaye Khanna and Anil Kapoor. Music director A.R. Rahman’s evocative score helped shape the characters and their journeys in the film. Rai received the Filmfare Award for best actress for her performance in Hum Dil De Chuke Sanam (1999; released internationally in 2000 as Straight from the Heart), directed by Sanjay Leela Bhansali. She was lauded for her acting prowess in the film, and, with that work, she cemented her position as one of the top Bollywood actresses of the time. In the 2000 Tamil film Kandukondain Kandukondain, Rai portrayed the character Meenakshi, inspired by Marianne Dashwood in Austen’s Sense and Sensibility. The movie costarred other stalwart actors, such as Tabu and Ajith Kumar. In Bhansali’s 2002 movie Devdas, a remake of Sarat Chandra Chattopadhyay’s film of the same name, Rai’s portrayal of the jilted lover, Paro, blended seamlessly into the lavish visual and auditory tapestry. The film featured opulent set designs, including an intricately crafted mansion with stained glass and an artificial lake. The extravagant production also included meticulously color-coded costumes and a rich musical score. Rai’s dancing skills and versatility have been conducive to her acting success, enabling her to bring depth and dynamism to a wide range of characters across cinematic genres. Her standout performance in the iconic song “Kajra Re” from the Bollywood film Bunty Aur Babli (2005) not only captivated audiences with its vibrant choreography but also featured Rai alongside her future father-in-law, Amitabh Bachchan. Throughout her career, she has demonstrated her ability to adapt to various dance styles. In the movie Hum Dil De Chuke Sanam she performed a Garba, a Gujarati folk dance, for the song “Dholi Taro Dhol Baaje.” With her performance in the number “Dola Re Dola” in the movie Devdas, involving classical dance forms composed by the choreographer Saroj Khan, she showcased her classical training. The film Taal (1999) featured choreographer Shiamak Davar’s contemporary style, in which Rai integrated modern dance moves with traditional elements.

Rai successfully collaborated with director Rituparno Ghosh in the family drama Chokher Bali (2003; Choker Bali: A Passion Play), based on the eponymous novel by Rabindranath Tagore. Her portrayal of the young Bengali widow Binodini was beset with challenges: Rai had to suffuse her character with the specific linguistic, behavioral, and social attributes of the Bengali community. Moreover, the character she played demanded immense emotional investment, which she made with the help of



Ghosh. Rai also starred in Ghosh’s romantic drama Raincoat, opposite Ajay Devgn, in 2004. Later that year she appeared in Bride and Prejudice, a modern adaptation of Austen’s Pride and Prejudice directed by Gurinder Chadha. As Lalita Bakshi, Rai encapsulated the Indian equivalent of the strong-willed Elizabeth Bennet in her first major English-language film. Rai’s next Bollywood blockbuster was Dhoom 2 (2006), in which she starred opposite Hrithik Roshan. In the 2007 film Guru, she played Sujata Desai, the devoted wife of the ambitious Gurukant Desai, played by Abhishek Bachchan, who would become Rai’s husband. Directed by Mani Ratnam, the film draws inspiration from the life of Indian business magnate Dhirubhai Ambani, delving into themes of ambition, entrepreneurship, and the ensuing challenges on the path to success. In April 2007 Rai married Abhishek Bachchan, her frequent costar and the son of Bollywood actor Amitabh Bachchan. She then starred in the Arthurian tale The Last Legion (2007), as a warrior alongside Colin Firth and Ben Kingsley. Rai Bachchan’s next groundbreaking success came with Ashutosh Gowariker’s Jodhaa Akbar (2008), a lush historical romance that recounts the love story of Akbar, the greatest Mughal emperor, and Jodhaa Bai, a Rajput princess. Rai Bachchan’s other films of the time include The Pink Panther 2 (2009), in which she performed alongside the comedian Steve Martin, and the action romance Enthiran (2010; Robot), in which she performed opposite Rajinikanth. In Guzaarish (2010), she portrayed the nurse of a quadriplegic magician who wishes to legally end his life. After giving birth to a daughter in 2011, Rai Bachchan took a hiatus from acting. Rai Bachchan returned to work in 2015, appearing in Jazbaa (“Passion”), a crime drama in which she played a criminal attorney whose daughter is kidnapped. The following year, she starred in the biopic Sarbjit, about Sarabjit Singh, an Indian man held in a Pakistani prison on charges of terrorism and espionage. Rai Bachchan’s career came full circle when she reunited with Mani Ratnam for Ponniyin Selvan: Part I (2022; “The Son of Ponni”) and Ponniyin Selvan: Part Two (2023). She won the 2024 South Indian International Movie Award (SIIMA) for best actress in a leading role for her dual performances as Nandini and Mandakini in the latter film. The two films are adaptations of Kalki Krishnamurthy’s classic Tamil novel of the same name, set during the Chola dynasty. Ponniyin Selvan: Part I achieved momentous box office success, with worldwide receipts of \$21.89 million. Rai Bachchan’s performances in these works has reaffirmed her standing as a leading actress in the industry.

Delving Into India’s Cherished Seafood Traditions

In India, food goes beyond simple nourishment; it represents culture, tradition, and community. Among the vast selection of culinary delights, one ingredient stands out for its unique capacity to evoke joy, nostalgia, and creativity: fish. From the bustling markets along the coasts to the kitchens of coastal homes, fish has been a central element of Indian cuisine for generations, cherished not only for its flavor but also for the stories it tells.

Shailesh Patel, co-founder, Dam Good Fish, explains, “With-in the bustling food culture of India from spicy chaat to creamy curries, there’s one group of food-ies whose happiness appears to be almost infectious: fish lovers. Their love for fish sustains them more than a food choice: it is a way of life connected to heritage, health, and community.”

The Science of Happiness on a Plate

Beyond its taste, fish is a

natural mood enhancer. Varieties such as Indian mackerel, sardines, salmon, hilsa, and rohu are rich in omega-3 fatty acids, which support heart health, enhance brain function, and contribute to overall well-being. “Eating fatty fish multiple times per week is thought to enhance focus, promote healthy skin and hair, and balance cholesterol levels,” says Shailesh Patel. It is this combination of flavor, nutrition, and mindfulness that makes fish more than just a meal, it becomes a source of comfort and vitality.

Flavours Across the Indian Coast

Fish traditions are deeply embedded along India’s coasts. Chef Lekhu of The Monk reflects on the elegance of simplicity in fish preparation: “For me, fish is about balance and depth. A simple steamed fillet with light spices can speak louder than an elaborate curry. It reflects restraint, purity, and the kind of cooking where less is more.” In contrast, Chef Madhav of The



Pastiche highlights its versatility: “Fish allows chefs to play endlessly. You can grill, stew, smoke, or fry it, every method creates a new personality on the plate. It’s versatile enough

to suit both rustic kitchens and fine-dining menus.” Together, these perspectives illustrate why fish has remained a favorite across home kitchens and high-end restaurants alike.

Food Adventure and Identity

For many coastal and riverine communities, fish is more than a dish, it is a marker of identity. Rituals, festivals, and

daily markets revolve around fish, forging connections within families and communities. In households of Bengali, Goan, or Malayali heritage, preparing a beloved fish recipe is an act of cultural continuity, linking generations and creating shared memories.

Healthful Indulgence Without Guilt

Fish is one of the rare ingredients that combines indulgence with lightness. High in protein yet easy on the digestive system, it allows diners to enjoy multi-course seafood meals without feeling weighed down. Freshwater varieties, whether wild-caught or responsibly farmed, not only offer unique flavors but also connect diners to seasonality and sustainable practices. This mindful approach to enjoying fish reinforces the ingredient’s status as both a healthful and pleasurable choice.

A Taste of Togetherness

The communal nature of fish contributes significantly to its

lasting appeal. From steaming fish curries enjoyed with family to crispy fried fish relished with friends, fish-based meals foster connection, reminiscence, and festivity. Shailesh Patel observes that enthusiasts of fish frequently encounter a distinct sense of satisfaction, where dining transforms into a fusion of cultural discovery, innovation, and collective happiness. Ultimately, fish presents limitless possibilities for culinary exploration.

Each method of preparation, ranging from basic fillets to intricate multi-course meals, embodies centuries of tradition while encouraging innovation.

As chefs such as Madhav and Lekhu illustrate, fish serves as a versatile medium that stimulates creativity, honors heritage, and nourishes both the body and the spirit.

To enjoy fish is to engage with comfort, curiosity, memory, and culture, creating a genuinely soulful culinary experience.

Bakery-style waffles are now easy to make at home

In the fast-paced environment of today, parents frequently find it challenging to determine what to prepare for breakfast that is both swift and enticing for their children. Consuming paratha, poha, or bread on a daily basis can become monotonous, leading to a loss of interest among kids.

If you want to surprise them with something sweet and crispy, just like a bakery treat, waffles are an excellent choice.

Why Waffles Are A Perfect Option

Waffles may look fancy, but they are actually very easy to prepare at home. Many people believe that waffles require special ingredients or complicated techniques, but that’s a myth. With the right method, you can make bakery-style waffles in your own kitchen.

They are ideal for breakfast, weekend treats, or even an evening snack. You can serve them sweet or customise the toppings as you like.

A Healthy And Customisable Treat
The best thing about homemade waffles is that they are fully customisable. You can control the ingredients



and make them as healthy as you want.

Serve them with chocolate sauce, Nutella, honey, fresh fruits, or even ice cream and kids will love them every time.

Ingredients Needed For Waffles

- All-purpose flour – 2 cups
- Milk – 2 cups
- Eggs – 2
- Refined oil – 1 cup
- Powdered sugar – 1 tablespoon
- Baking powder – 3 teaspoons
- Salt – ½ teaspoon
- Vanilla essence – ½ teaspoon
- Chocolate essence or any flavour of

your choice

Easy Method To Make Bakery-Style Waffles

First, take a large bowl and whisk the eggs well until they become light and frothy.

Add the all-purpose flour, milk, refined oil, and powdered sugar.

Next, add baking powder, salt, and vanilla or chocolate essence.

Mix everything gently to form a smooth batter, ensuring there are no lumps.

If the batter feels too thick, add a little more milk to adjust the consistency.

Now preheat the waffle maker properly.

Lightly grease the plates with butter or oil so the waffles do not stick.

Pour the batter into the waffle maker and close the lid.

Cook until the waffles turn lightly golden, crisp, and fragrant.

How To Serve Waffles

Remove the waffles and serve them hot. Pair them with chocolate sauce, Nutella, honey, fruits, or ice cream. These bakery-style waffles are perfect for breakfast, brunch, or a delicious evening snack that both kids and adults will enjoy.

Here are five ways in which Pan-Asian cuisine is evolving in India

Indians have a deep affection for their ‘Indo-Chinese’ cuisine. The

fiery Schezwan chutney, the steaming manchow soup, Chicken 65, and gobi manchurian are merely a selection of the traditional dishes that nearly all generations of Indians have enjoyed throughout their lives. These meals have gained such widespread popularity that they have also become favorites in the West, extending beyond the Indian migrant communities.

The incorporation of Pan-Asian cuisine, including ramen, baos, sushi, and others, is broadening the Indian taste for South Asian dishes, while simultaneously, these foods are being modified to meet Indian preferences.

Nowadays, Pan-Asian food in India has travelled beyond the bowl of slurpy noodles and sushi, though. Today, diners are more curious about new dishes and ingredients, better



informed about traditional dishes, and open to having flavour-forward and authentic experiences.

Pan-Asian Is A Culture

There is a clearer understanding that Pan-Asian is not a single cuisine. Japanese, Korean, Thai, Vietnamese, and Chinese flavours are being treated more distinctly. Dining outlets are paying closer attention to regional nuances, focusing on authentic

flavour, even while adapting to the local palate.

Fresh Ingredients Over Complexity

There is a growing inclination to cleaner cooking. Diners are paying attention to freshness, especially when it comes to seafood, vegetables, and rice. Simple dishes that rely on good ingredients and proper technique are being preferred over overworked plates. This has pushed kitchens to

source better and cook more thoughtfully.

Pan-Asian Food Is Becoming More Social

Sharing-style dining has become important. Small plates, dim sums, sushi rolls, and grills are designed to be ordered together and enjoyed as a group. This fits well with how people like to eat today, especially in relaxed settings like beach destinations and casual premium restaurants.

10 Classic Indian Dishes That Offer Anti-Inflammatory Advantages



These 10 Indian recipes, known for their anti-inflammatory properties, are rich in healing spices such as turmeric, ginger, garlic, and fenugreek.

Indian cuisine is renowned not only for its rich flavors but also for its medicinal knowledge derived from Ayurveda. Numerous traditional recipes utilize spices and ingredients such as turmeric, ginger, garlic, fenugreek, and leafy greens, all recognized for their anti-inflammatory benefits. These meals not only please the taste buds; they also aid in reducing inflammation, enhancing immunity, and fostering overall health. Below are ten Indian recipes that merge flavor with therapeutic benefits.

Turmeric Dal: A comforting bowl of dal made with yellow lentils, turmeric, cumin, and garlic. Turmeric’s curcumin compound is a powerful anti-inflammatory agent, while lentils provide protein and fiber. Served with rice or roti, this dish is both nourishing and soothing. **Palak Paneer:** Spinach is rich in antioxidants and anti-inflammatory compounds, while paneer adds protein and calcium. Cooked with garlic, ginger, and mild spices, this dish balances flavor and nutrition, making it a wholesome choice for everyday meals. **Ginger-Garlic Rasam:** A tangy South Indian soup made with tamarind, tomatoes, ginger, and garlic. Both ginger and garlic are potent anti-inflammatory

foods that aid digestion and immunity. Rasam is light yet invigorating, perfect for soothing the body during seasonal changes. **Methi Thepla:** Fenugreek leaves are packed with anti-inflammatory and antioxidant properties. Blended into whole wheat flour with turmeric and ajwain, these flatbreads are delicious and healthy.

They pair well with yogurt or pickle for a balanced meal. **Vegetable Upma with Curry Leaves:** Made from semolina and seasonal vegetables, upma is enriched with curry leaves and mustard seeds. Curry leaves are known for their anti-inflammatory and digestive benefits. This light dish is ideal for breakfast or a quick snack. **Masoor Dal Soup:** Red lentils cooked with tur-

meric, cumin, and coriander create a hearty soup that’s gentle on the stomach. The combination of lentils and spices reduces inflammation while providing warmth and comfort. **Drumstick Sambar:** Drumsticks (moringa pods) are rich in anti-inflammatory phytochemicals.

Cooked in a tamarind-based lentil stew with turmeric and curry leaves, sambar is a South Indian staple that’s both flavorful and healing. **Cabbage Poriyal:** A simple stir-fry of cabbage with coconut, turmeric, and mustard seeds. Cabbage contains anti-inflammatory compounds like sulforaphane, while coconut adds healthy fats. This dish is light, crunchy, and nutrient-rich. **Golden Milk:** A traditional Ayurvedic drink made with milk, turmeric, black pepper, and ginger. Known worldwide as “turmeric latte,” golden milk reduces inflammation, improves sleep, and strengthens immunity. Best enjoyed warm before bedtime. **Khichdi:** A gentle, one-pot dish of rice, lentils, turmeric, and ghee. Khichdi is easy to digest and often recommended during illness or detox. Its anti-inflammatory spices and soothing texture make it a healing comfort food.

Healthy Banana Bread Muffins

A banana bread muffin that is incredibly light, fluffy, and tender, making it hard to believe it is primarily made with whole-wheat flour. The use of very ripe bananas ensures the muffins remain moist while reducing the quantity of sugar required.

Directions

Position an oven rack in the center of the oven and preheat to 400 degrees F. Line a 12-cup muffin pan with paper liners. Whisk together the whole-wheat flour, all-purpose flour, baking



powder, cinnamon, baking soda and salt in a medium bowl.

Whisk together the coconut oil,

brown sugar, maple syrup, vanilla and egg whites in a separate medium bowl until well combined. Stir in the mashed banana. Add the dry ingredients to the wet and stir until combined. Stir in the chopped walnuts if using.

Fill the lined muffin cups about three-quarters of the way with the batter (a generous 1/4 cup in each; see Cook’s Note). Bake on the center rack until a cake tester or toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes. Let cool 10 minutes, then remove the muffins to a wire rack to cool completely.

Slow-Cooker Pizza Dip

B Rushing your hair is an integral aspect of your daily regimen; however, improper techniques can compromise the roots and result in heightened hair loss. Aggressively combing wet hair, utilizing an inappropriate comb, or hastily addressing tangles may appear innocuous, yet these minor errors can cumulatively harm hair health. To achieve thick, robust, and healthy hair, it is crucial to steer clear of these frequent combing mistakes.

Directions

Special equipment: a 4- to 6-quart slow cooker
Add the cream cheese, pizza sauce, garlic powder,



red pepper flakes, dried oregano, salt and 1/2 cup of the mini pepperoni to a 4- to 6-quart slow cooker and stir vigorously to combine. Toss the Cheddar and cornstarch with three-quarters of the

mozzarella in a large bowl to combine, then add to the slow cooker and stir to incorporate. Cover and cook on high, stirring halfway through, for 50 minutes. Stir once more, then

sprinkle the remaining grated mozzarella over top. Cover and cook for an additional 15 minutes to melt the mozzarella.

Meanwhile, heat the olive oil in a small skillet over medium-high heat. Add the remaining 1/2 cup mini pepperoni and cook, stirring, until the pepperoni turn into little cups and crisp up slightly, 1 to 2 minutes. Transfer to a paper towel-lined plate to drain.

Once the mozzarella is melted, sprinkle the top with the Parmigiano-Reggiano, followed by the pepperoni cups and basil. Drizzle with hot honey if desired. Set the slow cooker to warm, then serve with warm focaccia, French bread and/or garlic knots.



Dutee Chand

Dutee Chand (born 3 February 1996) is an Indian professional sprinter and a former national champion in the women’s 100 metres event. In 2013, Chand was the first Indian sprinter to reach the final of the 100m event at a global youth athletics competition, and in 2016 she took part in the Rio Olympic Games. She is the third Indian woman to ever qualify for the Women’s 100 metres event at the Summer Olympic Games. In 2018, Chand clinched silver in women’s 100m at the Jakarta Asian Games. It was India’s first medal in this event since 1998. Moreover, In 2019, she became the first Indian sprinter to win gold at the Universiade, clocking 11.32 seconds in the 100 m race. Chand was at the center of a hyperandrogenism controversy in athletics. In 2014, she was barred from international competition due to the IAAF’s Hyperandrogenism Regulations, which set a limit on naturally occurring testosterone levels for female athletes. Chand challenged these regulations, leading to a landmark case at the Court of Arbitration for Sport (CAS) in 2015, which suspended the regulations for two years, citing insufficient scientific evidence to support them. The IAAF introduced new regulations in 2018, reigniting the debate on the inclusion of intersex athletes in women’s sport and the

Olympic games. Chand is also India’s first athlete to openly come out as a member of the LGBTQ+ community, when she spoke in 2019 about being in a same-sex relationship. The third of seven children, Chand was born on February 3, 1996 into a below-poverty-line weaver’s family in Gopalpur, a small village in the state of Odisha, one of the poorest areas in India. Her older sister Saraswati, a state-level runner, was her source of inspiration. At the age of four, Chand began engaging in workouts along with Saraswati on their village’s local track. In 2006, when Chand was 10 year old, they were enrolled in a government sports hostel. Chand was no longer living at home and was training in a national program three hours away where she practiced track. This national program enabled her to send financial support to her family, allowing them to move from their two-room, bathroomless house. In 2013, she enrolled in the KIIT University to study law. Career In 2012, Chand became a national champion in the under-18 category, when she clocked 11.85 seconds in the national youth junior athletic championships. In fact, following the rule by the International Association of Athletics Federations states that Chand could only be

allowed to compete again if she lowers her testosterone levels that falls under beneath the male range. Chand states that “I feel that its wrong to have to change your body for sport participation” then she follows it with “I’m not changing for anyone.” In 2013, she enrolled in the KIIT University to study law. As of 2016, she is employed as an executive officer in the state PSU The Odisha Mining Corporation Ltd. Clocking 23.811 seconds, Chand won the bronze in the Women’s 200 metres event at the 2013 Asian Athletics Championships at Pune. The year also saw her become the first Indian to reach the final of a global athletics 100 metres final, when she reached the final in the 2013 World Youth Championships. In the same year, she became the national champion in 100 metres and 200 metres when she won the events clocking 11.73 s in the final in 100 metres and a career-best 23.73 s in 200 metres at the National Senior Athletics Championships at Ranchi. In June 2014, Chand won two gold medals at Asian Junior Athletics Championships in 200 metres and 4 × 400 m relays. In the 200m event she improved her previous timing to 23.74 seconds and hoping to qualify for the Commonwealth Games but Chand was dropped from the 2014 Commonwealth Games contingent at the last minute after the Athletic Federation of India declared her ineligible to compete as a female athlete due to hyperandrogenism. Following the Commonwealth Games she was also excluded from the Indian contingent for the 2014 Asian Games. There was no suggestion that Chand was involved in cheating or doping, and the decision was widely criticized by intersex advocates. Chand appealed to the Court of Arbitration for Sport (CAS). The Canadian law firm Davies, Ward, Philips & Vineberg, LLP represented her on a pro bono basis. The IAAF policy on hyperandrogenism, or high natural levels of testosterone in women, was suspended following the case of Dutee Chand v. Athletics Federation of India (AFI) & The International Association of Athletics Federations (IAAF), in the Court of Arbitration for Sport, decided in July 2015. The ruling found that there was a lack of evidence provided that testosterone increased female athletic performance and notified the IAAF that it had two years to provide the evidence. This ruling effectively lifted Chand’s suspension, clearing her to compete again. The process of determining Chand’s eligibility to compete with women caused her significant suffering, including invasive medical examinations and humiliating public scrutiny. Santhi Soundarajan, an Indian middle-distance runner, extended her support to Chand, saying that Chand should not be “victimized”. She said that steps should be taken to ensure Chand’s return to the track. Commenting in 2018 on the case of the intersex runner Caster Semenya, Chand expressed her pain and struggle of four years, when she was controversially not allowed to compete in any international events due to hyperandrogenism. “These four years have been extremely tough for me. The negativity, fear of my career ending prematurely,

insensitive comments about my body, I have faced them all. I am extremely relieved that I can run fearlessly again, knowing that now my battle exists only on the track and not off it.” Following the hyperandrogenism rule change, Chand resumed competing and participated in 60 metres at the 2016 Asian Indoor Athletics Championships, where she set the Indian national record of 7.28 seconds in the qualification round and went on to win the bronze medal in the final with a time of 7.37 seconds. Chand clocked 11.33 seconds in women’s 100m dash to win the gold and erase Rachita Mistry’s 16-year-old earlier national record of 11.38 s in the 2016 Federation Cup National Athletics Championships in New Delhi. However, she missed the Rio Olympics qualification norm of 11.32 s by one-hundredth of a second. On 25 June 2016, Chand broke the same national record twice in one day after clocking 11.24 at the XXVI International Meeting G Kosanov Memorial at Almaty, Kazakhstan, thereby qualifying for the Olympic Games. “I am really happy at the moment, it has been a tough year for me and I am so happy that my coach... and my hard work has paid off. I would like to thank all the people in India who were praying for me to qualify. Your wishes have paid off.” At Rio 2016 Olympics, she became the third Indian woman to participate in the Women’s 100 metres, though she did not move beyond the heats, where she clocked 11.69 seconds. Since Rio, Chand has been training at Hyderabad with young athletes, most notable among them Indian Badminton Star P. V. Sindhu. In 2016, Chief Minister Naveen Patnaik appointed Chand as asassistant manager of Odisha Mining Corporation, explaining that the government’s decision to directly employ athletes was to reward their achievements and provide them with financial stability. In 2017, at the Asian Athletics Champion-

ships she clinched two bronze medals, one in the Women’s 100 metres, another in the Women’s 4 × 100 m relay with Srabani Nanda, Merlin K Joseph, and Himashree Roy at Bhubaneswar. At the 2018 Asian Games in Jakarta, Chand in the Women’s 100 metres finals, won the silver medal, her first Asian games medal, clocking 11.32 seconds on 26 August. Again on 29 August, she bagged her second silver at the Asian games in the Women’s 200 metres final. Her silver in 100 m, was India’s silver medal in this category after 32 years since P.T.Usha won in 1986 and Chand’s first medal in the Asian games as she was banned in 2014 and her 200 m silver is after 16 years for India since Saraswati Saha’s gold in 2002 at Busan. As she won these two medals after a long court battle, she expressed her concern about her future saying, “My legal team helped me to come back. But nobody could guarantee what will happen in the future.” Citing Caster Semenya’s ongoing fight, she said, “Caster Semenya is still fighting. There is always fear but you need to overcome it.” At the 2019 Summer Universiade in Napoli, Chand won gold in the 100m race, becoming the first Indian woman sprinter to win gold at the Universiade. She finished the sprint in 11.32 seconds. She was also the flag-bearer during the opening ceremony of the event. In May 2019, Chand became India’s first openly gay athlete as she publicly revealed that she was in a same-sex relationship. Chand stated that the 2018 Indian Supreme Court decision to decriminalize gay sex empowered her to speak openly about her sexuality. Chand’s announcement was met with mixed reactions. While she received widespread support on social media and from the LGBTQ+ community, she also faced severe backlash from her home village, where residents disavowed her remarks and called them “humiliating”. Her eldest sister threatened to expel her from the family.



Portuguese professional footballer Cristiano Ronaldo

Cristiano Ronaldo (born February 5, 1985, Funchal, Madeira, Portugal) is a Portuguese football (soccer) forward who is one of the greatest players of his generation. Ronaldo is the winner of five Balon d’Or awards (2008, 2013, 2014, 2016, and 2017), and in 2024 he became the first men’s player to score 900 career goals in official matches. Early life and career Ronaldo’s father, José Dinis Aveiro, was the equipment manager for the local club Andorinha. (The name Ronaldo was added to Cristiano’s name in honor of his father’s favorite movie actor, Ronald Reagan, who was U.S. president at the time of Cristiano’s birth.) At age 15 Ronaldo was diagnosed with a heart condition that necessitated surgery, but he was sidelined only briefly and made a full recovery. He first played for Clube Desportivo Nacional of Madeira and then transferred to Sporting Clube de Portugal (known as Sporting Lisbon), where he played for that club’s various youth teams before making his debut on Sporting’s first team in 2002. A tall player at 6 feet 1 inch (1.85 meters), Ronaldo was a formidable athlete on the pitch. Originally a right-winger, he developed into a forward with a free-reined attacking style. He was able to mesmerize opponents with a sleight of foot that made sufficient space for openings in opposing defenses. Club play After a successful season with Sporting that brought the young player to the attention of Europe’s biggest football clubs, Ronaldo signed with English powerhouse Manchester United in 2003. He was an instant sensation and soon came to be regarded as one of the best forwards in the game. His finest season with United came in 2007–08, when he scored 42 League and Cup goals and earned the Golden Shoe award as Europe’s leading scorer, with 31 League goals. After helping United to a Champions League title in May 2008, Ronaldo captured Fédération Internationale de Football Association (FIFA) World Player of the Year honors for his stellar 2007–08 season. He also led United to an appearance in the 2009 Champions League final, which they lost to FC Barcelona. Soon thereafter Ronaldo was sold to Spain’s Real Madrid—a club with which he had long been rumored to want to play—for a then record £80 million (about \$131 million) transfer fee. His scoring prowess continued with his new team, and he netted the most goals (40) in La Liga history during the 2010–11 season (his record was broken the following season by his rival

Lionel Messi of Barcelona). In 2011–12 Ronaldo helped Madrid capture a La Liga championship and scored a personal-best 46 goals during the League season. He scored a total of 66 goals in 56 appearances with Madrid and the Portuguese national team in 2013 to earn his second world player of the year award (the FIFA World Player of the Year was renamed the FIFA Ballon d’Or in 2010). In 2014 he scored 52 goals in 43 games and led Madrid to a Champions League title, which resulted in Ronaldo capturing another Ballon d’Or award. In 2014–15 he netted 48 goals to lead La Liga in scoring. Ronaldo netted his 324th goal as a member of Real in October 2015 to become the club’s all-time leading goal scorer. He scored 35 La Liga goals in 2015–16 and helped Real win its record 11th Champions League title, and in December 2016 he won a fourth career Ballon d’Or for his accomplishments. Ronaldo scored 42 goals for Real across all competitions in 2016–17 and led his team to La Liga and Champions League titles that season, which resulted in a fifth career Ballon d’Or award. In 2017–18 he scored 44 goals in 44 games, and Real won a third straight Champions League title. In July 2018 he reached a four-year contract worth €112 million (about \$132 million) with the Italian powerhouse Juventus. He finished his Real career with 311 goals in 292 matches. He scored 28 goals in his first season with Juventus—his lowest domestic goal total since his last season with Manchester United—as the powerhouse club won its eighth straight Italian league title. In the 2019–20 season Ronaldo helped the club capture another league title, and Juventus later won the 2020 Supercoppa Italiana and the 2021 Coppa Italia Final. Several months after the latter match, he left Juventus and returned to Manchester United. His second stint with the club proved disappointing, however. Both Ronaldo and Manchester struggled, and he expressed growing dissatisfaction with the club. In November 2022 his contract was terminated by “mutual agreement.” The following month Ronaldo signed with the Saudi Arabian club Al Nassr. International career On his home soil, after moving through the youth and under-21 ranks, Ronaldo had made his first appearance for Portugal’s full national team against Kazakhstan in August 2003 (four days after his debut for United). He was a key player in Portugal’s fourth-place finish at the 2006 World Cup and became the full-time

captain of the national team in 2008. In 2012 his stellar play led Portugal to the semifinals of the European Championship, where his team was eliminated by rival Spain in a match that was decided by a penalty kick shoot-out. Ronaldo came into the 2014 World Cup hot off of his second world player of the year win, but his play at the tournament was spotty, and the entire Portugal team struggled during a group-stage elimination. In 2016 Ronaldo helped Portugal win the European Championship, the country’s first major international tournament title, although he only played sparingly in the final because of a knee injury that he had sustained early in the match. Ronaldo played brilliantly at the 2018 World Cup, scoring four goals in four games as Portugal advanced to the knockout round only to lose its first match of that stage to a strong defensive Uruguay side. In the 2019 UEFA Nations League semifinal against Switzerland, Ronaldo scored three goals to lead Portugal to a 3–1 victory and secure their place in the final, which Portugal won after defeating the Netherlands 1–0. At the 2022 World Cup, Ronaldo became the first male player to score at five different World Cups. However, he was not part of the starting lineup for several games, and Portugal’s tournament ended with a loss in the quarterfinals. In a UEFA Nations League group stage match against Croatia in 2024, Ronaldo scored his 900th career goal, becoming the first men’s player to accomplish the feat. In the semifinal of the same tournament in June 2025, he scored the winning goal in a 2–1 victory over Germany. Ronaldo scored in the final against Spain as well, to level the game 2–2 and take it to a penalty shootout, which Portugal won.



Anju Bobby George

Anju Bobby George (born 19 April 1977) is an Indian former athlete. She made history when she won the bronze medal in long jump at the 2003 World Championships in Paris. With this achievement, she became the first Indian athlete ever to win a medal at the World Athletics Championships jumping 6.70 metres (22.0 ft). She went on to win the gold medal at the World Athletics Final in 2005, a performance she considers her best. Anju was upgraded to the gold status from silver in the 2005 World Athletics Final in Monte Carlo following the disqualification of Tatyana Kotova of Russia by the International Association of Athletics Federations, after the re-testing of the latter’s sample collected at the 2005 World Championship in Helsinki. She was awarded the Arjuna Award in 2002, Khel Ratna in 2003 and Padma Shri in 2004. She finished 5th position with a personal best of 6.83 metres (22.4 ft) at the 2004 Olympics. In March 2021, she won the BBC lifetime achievement award for best athlete in India. She is the current chairperson of Athletics Federation of India (AFI). Anju was born into the Kochuparambil family in the village of Cheeranchira near Changanassery town, Kottayam, Kerala to Syrian Orthodox Christian K. T. Markose. Anju made history when she won the

bronze medal clearing 6.70 m in Long Jump at the 2003 World Championships in Athletics in Paris, becoming the first Indian athlete ever to win a medal in a World Championships in Athletics. She also won a gold medal at the 2003 Afro-Asian Games. She achieved her personal best of 6.83 m at the 2004 Olympic Games at Athens which brought her the fifth position. This is the current Indian national record. She received the Arjuna award in 2002–2003 for eminent sportspersons from the government of India and the country’s highest sporting honour, Rajiv Gandhi Khel Ratna award in 2003–2004 after her success in the World Athletic meet. She was conferred Padma Shri, India’s fourth highest civilian award in 2004. Anju Bobby George pulled out of the 52nd national inter-state athletics in Hyderabad, due to an upper respiratory tract infection. Anju is married to Robert Bobby George, who is a former national champion in triple jump and her former coach. She is employed with the Customs department in Bangalore. The couple has a son Aaron and a daughter Andrea. Anju was appointed as president of the Kerala State Sports Council (KSSC). She resigned from the post on 22 June 2016. She is the vice president of the Athletics Federation of India.