

NEWS BEARER

NEWS FROM NEAR & FAR

RNI No. ASSENG/2015/66506 ■ VOL 09, ISSUE 17 ■ DIMA HASAO ■ PAGES: 8 ■ PRICE 10.00 ■ FRIDAY, DECEMBER 06, 2024

Violence against hindu minorities and crimes against women, protest shown in Sanatani Akiya Manch

Haflong: In solidarity with protests across Assam, the Sanatani Akiya Manch organized a sit-in demonstration in front of the Deputy Commissioner's office in Dima Hasao, Haflong. The protest condemned the recent violence against Hindu minorities in Bangladesh and demanded an immediate halt to the alleged torture of Swami Chinmayanand Das. Speaking to the media, the protesters expressed deep concern over the atrocities faced by Sanatani Hindus globally, emphasizing that India has evolved and is prepared to



respond firmly to such incidents. They called for unity within the Hindu community to address these challenges collectively and effectively. The demonstrators also highlighted the rising cases of crimes against women in Dima Hasao, particularly ref-

erencing a recent molestation case involving a young girl from the Zeme community. They urged the police and district administration to take stringent action against the perpetrators, ensuring justice for the victims. The protest acknowledged the courage

of the girl who came forward to report the incident, urging other women to follow her example and speak out against such crimes. The organizers stressed the importance of creating a safer environment for women and addressing issues of rape and molestation with urgency. Hundreds of people from diverse backgrounds participated in the rally, with shops across Haflong closing for three hours as a mark of solidarity. The demonstration reflected a strong collective demand for justice, security, and a harmonious society.

Two men allegedly molest local tribal woman

Haflong woman Molested

Haflong: Two youths have been accused of molesting a woman in Haflong Dima Hasao district, according to the victim's complaint. The accused individuals, identified as Abdus Siddique and Aahad Uddin, allegedly took advantage of their business relationship with the woman, who belongs to the tribal community. She graduated from a government college and runs a second-hand clothing business in Haflong and also assists her mother in the market selling vegetables. The victim claims that, on two separate occasions on November 1, 2024, and November 24, 2024 Siddique and Uddin molested her in their godown. Despite her repeated threats to remain silent, the victim alleges that the men pressured her to compromise, even claiming that they could manipulate the situation in court. She also received phone calls urging her to keep the incident qui-

et and was warned against reporting it to the police. On December 1, 2024, the woman courageously filed a formal complaint at the Haflong police station, detailing the assaults.

She expressed the emotional and physical toll the incidents have taken on her and emphasized that no woman should have to endure such trauma. In her appeal for justice, the woman has urged Assam Chief Minister Dr. Himanta Biswa Sarma and the Chief Executive Member of the North Cachar Hills Autonomous Council, Debobal Gorlosa, to intervene and ensure accountability for the perpetrators. An FIR has been registered at Haflong Police Station, and authorities are currently investigating the matter. The woman has placed her trust in the police to take the necessary steps to bring justice and closure to this distressing situation.

Direct flights of Alliance Air Guwahati to Ziro

Guwahati: According to an official, Alliance Air has stated that it will operate two weekly flights from Guwahati in Assam to Ziro in Arunachal Pradesh.

According to Vivek HP, the Deputy Commissioner of Lower Subansiri, the domestic carrier would run flights on Mondays and Wednesdays.

The jet is expected to depart Guwahati at 12.10 pm and arrive in Ziro around 1.25 pm. The Ziro return flight is scheduled to leave for Guwahati at 1.50 pm and arrive there at 3.05 pm. He claims that Ziro has established a reputation as a MICE travel destination and that the opening of direct flights between Guwahati and Ziro will benefit the valley's travel and tourism sector.

Cities and areas that are prepared to accommodate meetings, incentives, conferences, and exhibitions (MICE) are known as MICE tourism destinations.

Additionally, he believed that it would make it easier for citizens who require specialized medical treatment to get to large cities as quickly as possible, providing them with access to specialized medical care.

Swasthya Sewa utsav phase 3 announced to revitalising healthcare

Haflong: A press conference was held today at the office of the Joint Director of Health Services, Haflong, to announce the upcoming Swasthya Sewa Utsav Phase 3.0, scheduled from 3rd to 5th December 2024. The event will take place across all health facilities in Dima Hasao district and aims to assess and enhance the quality of healthcare services in the region. The meeting was chaired by Dr. Paban Kr. Ganju, Joint Director of Health Services and Member Secretary of the District Health Society. During the briefing, Dr. Ganju outlined the objectives of the third phase of the initiative, which is focused on evaluating the current state of healthcare institutions, infrastructure, human resources, and ser-



vice quality. Independent assessors will conduct thorough evaluations to identify gaps and areas for improvement. Dr. Ganju emphasized that the Swasthya Sewa Utsav is a critical step towards achieving higher standards of healthcare delivery in the district. The assessment will cover 20 health facilities across Dima Hasao, including one district hospital, three Community Health

Centres (CHCs), eleven Primary Health Centres (PHCs), and five sub-centres. The goal is to ensure that each facility meets the necessary standards and can deliver improved healthcare services to the public. This initiative is part of the district's ongoing efforts to revitalise its healthcare system and ensure that every resident has access to quality medical care.

DDMA Organizes Two-Day IRS Training and Mock Drill in Haflong

Haflong: The District Disaster Management Authority (DDMA) of Dima Hasao, in collaboration with the National Disaster Management Authority (NDMA), National Institute for Disaster Management (NIDM), and Assam State Disaster Management Authority (ASDMA), successfully conducted a two-day Incident Response System (IRS) training and mock drill on December 3 and 4, 2024. The first day, held at the Deputy Commissioner's Office, focused on theoretical training sessions aimed at enhancing disaster response planning and coordination. Government offi-

cial from various departments participated, gaining a deeper understanding of the IRS framework. On the second day, a live mock drill at Lal Field simulated a disaster scenario, providing participants with hands-on experience in applying their training. The drill assessed the effectiveness and coordination of the district's emergency response teams in managing crisis situations. This initiative showcased Dima Hasao's commitment to bolstering disaster preparedness and ensuring the safety of its residents through proactive training and practical exercises.

Minister Sanjoy Kishan Visits Dima Hasao

Haflong: Assam Minister of State for Tea Tribe and Labour Welfare, Sanjoy Kishan, embarked on a two-day visit to Dima Hasao, marking his first trip to the district since being reassigned as its Guardian Minister. As part of the visit, the Minister toured Nandadisa and Saron villages in the Mahur constituency, accompanied by NCHAC Chief Executive Member Debobal Gorlosa, Executive Member Probita Johori, and other officials. The delegation reviewed the progress of Model Anganwadi Centre constructions and discussed requirements for completing the projects. A review meeting was later held at the Council Secretariat conference hall to evaluate the progress of various state and council-implemented schemes, including the Jal Jeevan Mission, education, and agriculture initiatives. Simultaneously, a joint meeting on the 7th Assam State Finance Commission was convened, attended by Commission Chairman Lt. Gen. (Retd.) Rana Pratap Kalita. The discussions primarily centered on securing special provisions for Dima Hasao, Assam's only hill district, under the 7th Finance Commission. Opportunities to promote tourism in the region were also explored. Principal Secretary Thai Tsho Daulagupu delivered a detailed PowerPoint presentation on the district's geographical features and council activities. NCHAC Principal Secretary for the Normal Sector, Rajit Karigapsa, was also present. In his address, Minister Sanjoy Kishan highlighted the immense potential of the tourism sector in Dima Hasao, expressing confidence that the district could become a sought-after tourist destination comparable to Kaziranga and Meghalaya. He assured the audience of his commitment to advocating for tourism opportunities with the Assam Tourism Minister to ensure the district receives the attention it deserves.

The largest number of HIV+ patients is now seeing in Mizoram

Aizawl: Officials from the Mizoram State AIDS Control Society announced on Sunday that at least 31,461 HIV-positive cases have been reported in Mizoram between October 1990 and August 2024, with 5,277 of those cases ending in death. among honor of "World AIDS Day," MSACS reported that 91.23% of HIV-positive infections occurred among people aged 15 to 49, with sex accounting for



the majority of these cases (63.93%). Infected rings and needles used for drug use account for 30.80% of instances, although parent-to-mission accounts for 2.71%.

According to authorities, 1.47% of people don't know how they become infected. According to the HIV Estimate and Sentinel Surveillance report released by the National AIDS Control Organisation in 2024, Mizoram has the highest number of HIV+ cases across India. Though the number of fresh cases have dropped during the 2023-24 period, the state remains the highest in HIV prevalence, officials said.

Three arrested with weapons in Manipur

Imphal: In the Imphal East area of Manipur, three people were taken into custody on Tuesday carrying firearms and ammunition, according to police. According to a police statement, they were taken into custody from Kshetrigao Sabal Leikai as they were lingering around the neighborhood to "commit prejudicial activities" such as extorting money from the public. Ningombam Lemba Singh, Mangshatabam Poireingan

ba Meitei, and Laishram Bidyas Singh were the people who were taken into custody. According to authorities, a youngster was also detained with them. According to the statement, among the things taken from them were a four-wheeler, three cell phones, a 32 hand-gun with magazine, a Ghatak rifle with magazine and five live rounds. Were found during searches at Loibol Khunou in Kangpokpi district, according to police.

Arunachal CM promises transformation of education for youth

Itanagar: Pema Khandu, the chief minister of Arunachal Pradesh, has made sure that the state's youth have better access to high-quality education, better facilities, and better prospects. He promised that throughout the following three fiscal years, the state will significantly reform education. He stated during a public meeting held at Logum Jini, close to Aalo, in West Siang, that brainstorming sessions led by Education Minister P D Sona and his advisor Mutchu Mithi were being held throughout the state to identify and record the department's main prob-

lems as well as strategies for resolving them. According to an official statement from the Chief Minister's Office, after these sessions are done, a thorough report with suggestions will be sent to the state government for additional action. Khandu pledged that the suggested adjustments would be fully implemented on the ground. Khandu, who prioritizes quality above quantity, asserted that the caliber of education is more important than the number of institutions. According to him, the government will prioritize inter-village schools and provide them with all

the necessary resources, including staff, teachers, and modern teaching techniques. Khandu solicited the public's assistance and collaboration in order to successfully implement the reforms, some of which he declared might be challenging. The chief minister reaffirmed that the state's revenue generation is expected to have a significant increase trend in the upcoming years, even as he mentioned the growing amount of money collected in the state exchequer. Khandu has earlier opened a boardwalk along the Yomgo River's banks and a freshly built multifunctional hall.

Guwahati Police recovers Rs 90,837 in digital scam case

Guwahati: The victim of a clever "digital arrest" scam has had Rs 90,837 returned to their account by a squad from the Guwahati Cyber Police Station. Previously, the victim had lost an incredible Rs 48,40,844 due to the bogus scheme. The scam, which is well-known for its complex strategies, tricks people into thinking the government is investigating them and demands money in the name of settling purported legal disputes. Cybercriminals who pose as law enforcement officers and trick victims into thinking they have committed a major crime

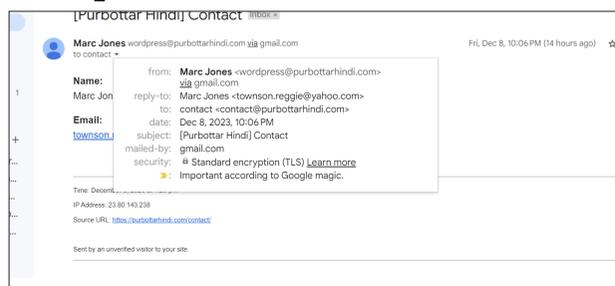
and are required to remain visible online until their demands are fulfilled to extort money is known as "digital arrest." By frequently using cutting-edge tracking techniques and interacting with banking networks to prevent illegal financial activities, the Guwahati Cyber PS has been at the vanguard of the fight against online scams. Two guys from Assam have been taken into custody by Punjab Police on suspicion of participating in "digital fraud" cases, police announced Monday. They reported that Najrul Ali and Midul Ali were the people who were arrested.

NFR establishes a high-end laundry care facility



Guwahati: NFR has opened its upscale laundry care facility in Guwahati to adding an extra layer of travel comfort. The tunnel-based laundry system can produce high-quality linen and process an astounding 32,000 bedrolls every day. The products are meticulously prepared to guarantee travelers travel in comfort and hygienic. "New laundry care center efficiently handles large volumes of linen while optimizing resources," stated by Chief Public Relations Officer of NFR. The automated system maintains high standards by facilitating seamless transitions between cleaning phases. NWR has set up a state-of-the-art linen washing facility in Jaipur that can process 56 tonnes of linen every day. Before being given to the passengers, all linens are thoroughly cleaned, washed, and processed, according to NWR Chief Public Relations Officer Captain Shashi Kiran. Officials from Indian Railways have reiterated that all linen used in AC sleeper classes must be processed using the most advanced technology in mechanized laundries. These changes further demonstrate Indian Railways' commitment to cleanliness and providing customers with an improved travel experience.

Govt. chooses ten localities to produce rare livestock



Tripura: To meet the state's constantly rising need for milk and milk products, the Tripura government has launched an effort to boost the number of cattle. The Rashtriya Gokul Mission includes the endeavor. According to Minister of Animal Resources Development Sudhangshu Das on Saturday, ten communities have been selected thus far to carry out the initiative. In addition to expanding the supply of meat, eggs, and milk, the initiative seeks to generate jobs.

"We need to explore ways to increase the supply of milk and milk products. The govt is working on vaccination, treatment and disease prevention measures for birds and animals," Das said. The animal resources development department has established 13 mobile veterinary units, 16 veterinary hospitals, 65 dispensaries, and 460 veterinary sub-centers throughout Tripura to guarantee prompt treatment of birds and animals.

Meghalaya High Court disposes of PIL on misuse of power in vehicle procurement

Shillong: A two-year-old Public Interest Litigation on the purported abuse of authority by a senior police official in the purchase of vehicles was resolved by the Meghalaya High Court.

The order was made on December 2 by the division bench of Chief Justice IP Mukerji and Justice W Diengdoh. In 2022, Patricia Mukhim and Riewad Vicharwant Warjri filed a Public Interest Litigation alleging that an Assistant Inspector General of Police improperly purchased and mishandled about 29 automobiles intended for the police force. Since it was filed, the case has advanced significantly. Only two witnesses were unavailable, according to Ad-



vocate General A Kumar, who told the court that 41 of the 43 prosecution witnesses had been questioned throughout the departmental investigation. After being first arrested and held in custody, the accused cop is now out on bail. Con-

sequently, the bench said when resolving the case that "this matter does not require any further prodding by the Court. According to the ruling, any person who feels wronged may seek remedies in ordinary courts.

Some steamed foods fit into busy lifestyle

Steam food could be your new best friend! Transform your healthy routine and lifestyle with these snacks

A hectic schedule characterises the modern world and this has made it difficult for people to follow a nutritious diet but steamed foods, which are most of the time overlooked, provide a solution to the problem of convenience without compromising on the quality of the food. According to Balance Nutrition, steaming retains as much as 90% of the antioxidants in a vegetable and is, therefore, one of the most healthy ways of cooking. In an interview with HT Lifestyle, Dt V Krishna Deepika, Consultant Dietician at Apollo Cradle and Children's Hospital in Hyderabad's Kondapur, revealed, "Steamed foods are a preferred snacking option in busy lifestyles and most of the vegetables and non-vegetarian sources are ideal for steaming. The process of steaming helps to retain all the nutrients and vitamins. People who look for weight loss can opt for steamed foods during their busy hours. Following the way of cooking, steaming reduces the cooking time and usage of extra fat while cooking. In the longer run – food prepared with steaming helps to reduce inflammation, easy to digest and boosts immunity."

She suggested, "Choosing vegetables like broccoli, carrots, beans and cauliflower are rich in vitamin C help to reduce acne in women. Steamed eggs, fish and chicken are good sources of protein and help working professionals prevent from feeling sleepy and sluggish after meals during working hours. Soups, whole wheat pasta, and non-crispy food choices are the best snack options when it comes to steamed cooking. Steamed foods are one of the healthy living tips to reduce cancer risk and help for better nutrient absorption and digestion and increase natural health benefits."

Revolutionise Your Diet:

Talking about steaming food, Janardhan Swahar, Managing Director and CEO at Ycook, shared, "This method of cooking is convenient in the sense that it saves time and can be done while focusing on other crucial tasks. Steamed foods are not only easy to prepare but also induce health-promoting properties. Steamers that are portable and microwave steam bags enable preparing healthy snacks in a short time when at work, traveling, or doing errands. Steamed vegetables, corn kernels, and legumes are some of the foods that are low in calorie density and contain essential nutritional values. These nutrients are associated with improved eye health and a decreased risk of cancer." He explained, "According to research, it was found that steaming vegetables is most effective in weight loss. Steaming retains their fiber content and therefore helps them to stay full for longer and avoid unhealthy foods which are a perfect solution for those people with busy schedules. Moreover, the antioxidants present in steamed food are very useful in com-

bating oxidative stress associated with ageing and other diseases. One strategy is to steam a variety of vegetables at the start of the week and store them in the refrigerator for quick, healthy snacks whenever hunger strikes. Steamed foods not only aid digestion and promote heart health but also provide a quick, natural energy boost, perfect for maintaining vitality throughout a busy day!"

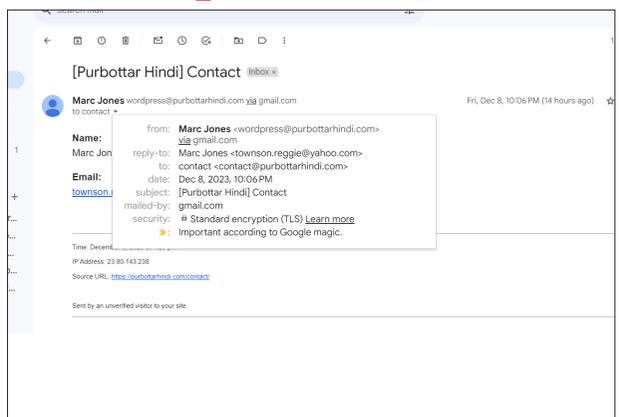
Nandan Gijare,

Managing Director at I2CAN,

elaborated, "With busy schedules and fast-paced lifestyles, many people opt for quick and convenient snacks that often sacrifice nutrition for convenience. Steamed food items on the other hand, retain more nutrients and natural flavours compared to foods cooked with other methods. The convenience of preparing steamed foods with the availability of modern kitchen appliances makes it a preferable choice. Steamers that are portable and microwave steam bags enable preparing healthy snacks in a short time when at work, traveling, or doing errands. Steamed vegetables, corn kernels, and legumes are some of the foods that are low in calorie density and contain essential nutritional values. These nutrients are associated with improved eye health and a decreased risk of cancer." He explained, "According to research, it was found that steaming vegetables is most effective in weight loss. Steaming retains their fiber content and therefore helps them to stay full for longer and avoid unhealthy foods which are a perfect solution for those people with busy schedules. Moreover, the antioxidants present in steamed food.



The flavours of Champaran mutton



Champaran mutton, also known as ahuna mutton, originates from the Champaran district in Bihar. This dish has roots in the rural traditions of the region, where it was commonly prepared for community gatherings and celebrations. The distinctive cooking technique involves slow-cooking marinated mutton in earthen pots sealed with dough, which locks in the rich flavours and juices. This method, passed down through generations, also embodies the simplicity of village life. Over time, Champaran mutton has gained popularity beyond its origins, celebrated for its tender, aromatic meat and strong connection to Bihar's cultural and culinary heritage. To enjoy Champaran mutton at its best, order the juiciest mutton curry cut from Zappfresh. Zappfresh delivers fresh, high-quality meat across Bengaluru, Delhi NCR and Mumbai, ensuring a delightful culinary experience. Their diverse range includes chicken, mutton and seafood.

With a user-friendly app and swift delivery service, Zappfresh makes it easy to prepare delicious meat dishes at home, making it a preferred choice. Order fresh mutton cuts from Zappfresh to treat your taste buds. To prepare Champaran Mutton, begin by marinating 1kg of mutton with 750g of sliced onions, 6 tablespoons of ginger-garlic paste, spices (turmeric, coriander and red chilli powders), 150g of yoghurt and 3/4 cup of mustard oil. Allow the marination to sit for 20 minutes. Next, add the marinated mutton to a pot and cook on low heat, stirring occasionally. Seal the pot with dough to trap the steam, and let it cook for 1 to 2 hours until the meat is tender and infused with flavours. Garnish with fresh coriander and serve with rice or bread.

Special Tips:

Marinate overnight for better flavour absorption. Use an earthen pot for enhanced aroma. Use an earthen pot for enhanced aroma. Use an earthen pot for enhanced aroma.

Flavors of Mumbai: Unmissable dining destinations for sunset conversations

In Mumbai, finding places to hang out with friends is never a challenge. Whether it's savoring vada pav from street vendors or indulging in gourmet meals at fine dining spots, the combination of good company and great food elevates the experience. If you're on the lookout for the next best restaurant offering not just excellent flavors but also a stunning view of a Mumbai sunset or a place that seamlessly blends casual and gourmet dining with exciting flavors, here are our top picks for your next outing.

Sampan – Novotel Mumbai Juhu Beach

When it comes to legendary restaurants in Mumbai, Sampan is at the top of the list for its Chinese cuisine, ranging from Cantonese

to Sichuan dishes. Frequented by celebrities, Sampan offers a unique dining experience with signature dishes curated by its chefs. Recently, they've introduced a special Sampan Kitty Party Menu, featuring a welcome drink, soup, appetizers, main courses, and dessert, all while enjoying the sunset with friends. This offer is available for groups of at least eight women at INR 1111 per person. Penpa Tsering, Chef De Cuisine at Sampan, Novotel Mumbai Juhu Beach, explains, "Each dish is crafted to highlight the bold flavors and fresh ingredients that define Cantonese cooking. Our secret lies in the 'wok hei' method, where high-heat wok cooking imparts a distinct smoky flavor." The Kitty Party special menu

includes Cha Chu Potatoes, Mandarin Chicken, Sliced Paneer in Sampan Sauce, Sampan Chicken, Hunan Noodles, and a delightful Honey Noodles dessert. With elegant Chinese art and soothing music, Sampan provides a beautiful setting, perfect for an unforgettable Kitty Party experience.

Ness, Trident Nariman Point Mubai

For a culinary adventure, visit Ness, where you'll not only enjoy a gastronomic extravaganza but also soak in panoramic views of Mumbai's seascape. Reflecting grandeur and fluidity, Ness epitomizes delicate and masterfully curated flavors.

Olive Bar and Kitchen, Mumbai

If dining among celebrities is your desire, Ol-

ive Bar and Kitchen is where you'll find them flocking. Enjoy laughter and conversation in an airy open space with ample seating, lively music, and a multi-cuisine menu that promises to impress with each dish made from the freshest and finest ingredients.

Ekaa, Mumbai

For food and cocktails that celebrate ingredients and culture, head to Ekaa, a noteworthy addition to Mumbai's dining scene. With its minimalist design and exquisite dishes, Ekaa promises a memorable experience that will linger in your memory.

These Mumbai restaurants not only offer exceptional food but also create the perfect ambiance for a memorable time with friends.

QNET India introduces SHARP-QNET Zensational Air Purifier amid rising pollution concerns

Guwahati: QNET India has launched the SHARP-QNET Zensational Air Purifier, emphasizing its necessity as winter smog and pollution levels in India escalate. Northern regions, in particular, are grappling with Air Quality Index (AQI) levels surpassing 300 due to post-Diwali pollution, vehicular emissions, and stubble burning.

These conditions have heightened the risk of respiratory and cardiovascular

illnesses, making indoor air quality a critical focus.

The SHARP-QNET Zensational Air Purifier combines Sharp's patented Plasmacluster Ion Technology with a triple-filtration system to neutralize airborne microbes, allergens, and toxins, offering coverage for spaces up to 530 sq. ft. Validated by over 35 global labs, it delivers energy-efficient, whisper-quiet performance, ensuring cleaner and healthier indoor air. Gu-



wahati, a fast-growing city in the Northeast, faces seasonal pollution challenges from urbanization and traffic congestion. With increasing

awareness about health, demand for advanced air purifiers is on the rise in local markets.

QNET India's innovative offering is well-positioned to attract consumers prioritizing indoor air quality and well-being. Launched ahead of National Pollution Control Day (December 2), QNET India urges families to adopt solutions like the SHARP-QNET Zensational Air Purifier for a healthier living environment.

Vi launches an AI-powered spam SMS identification solution

Mumbai: Leading telecom operator Vi has announced a significant step forward in protecting its users from spam. Starting today, the company is introducing a spam management solution powered by AI and ML. This new solution is designed to proactively detect and flag potential spam messages through a machine-based automated solution, helping Vi users maintain a secure and clutter-free mobile experience. Since its initial testing phase, the solution has already flagged over 24 million spam messages. With spam messages on the rise, which are often used as a gateway to frauds, Vi's Spam SMS solution will safeguard customers by identifying and managing unsolicited and potentially harmful text in real time. Speaking on the development, Jagbir Singh, CTO, Vodafone Idea Limited, said: "As more customers embrace digital communication, we recognize the growing threat posed by SMS-based spams and potential scam attempts. As part of its broader commitment to customer safety and experience, Vi is continuously working to develop solutions to curb spam, including voice calls, to ensure its users are further protected from unsolicited calls."

Shriram Finance Ltd. launches an inspiring new brand campaign titled '#TogetherWeSoar'

Mumbai: Shriram Finance Ltd., the flagship company of the Shriram Group and one of India's leading financial services providers, has launched an inspiring new brand campaign titled '#TogetherWeSoar'. This campaign reflects Shriram Finance's commitment to partner with aspiring India, highlighting the power of connection and unity. Today, many Indians are embracing the "So, what?" philosophy, reflecting

the aspiration to overcome any challenges in their journey to success. This campaign aims to celebrate this spirit and depict partnership as a means to soar ahead, with a slice from Rahul Dravid's own life. The message is clear: "Together, we soar. By building strong relationships with our customers, we help them step into their power and achieve their dreams." Cricket legend Rahul Dravid features as the brand ambassador, embody-

ing the values of teamwork and resilience that Shriram Finance also stands for. His presence reinforces the brand's commitment to nurturing partnerships that inspire growth. Elizabeth Venkataraman, Executive Director of Marketing at Shriram Finance, shared insights about the campaign: "Our creative approach, tailored in seven languages, allows us to connect deeply with diverse audiences across the nation."

TKM announces its continued association with the prestigious Hornbill Music Festival

Nagaland: Toyota Kirloskar Motor (TKM) has announced its continued association with the prestigious Hornbill Music Festival, one of India's most iconic cultural celebrations, for the third consecutive year through the title sponsorship. Held at the Naga Heritage Village, Kisama, in Kohima District, Nagaland, the festival runs from December 2 to December 10, featuring exciting performances, including a special opening act by Japan's renowned drum ensemble, Drum Tao. This unique collaboration brings together traditional and contemporary musical experiences, showcasing a deep cultural bond. TKM's ongoing partnership with the Hornbill Music Festival

reflects the company's deeper connections with the people of Nagaland and Northeast, and support to promote the rich cultural heritage. TKM is deeply engaged in the Northeast, with a strong commitment to elevating customer experiences and shaping the region's automotive landscape with its world-class products and exceptional services. Commenting about TKM's association with the Hornbill Music Festival 2024, Mr. Sabari Manohar—Vice President, Sales-Service-Used Car Business, Toyota Kirloskar Motor—said, "We are thrilled to continue our partnership with the esteemed Hornbill Music Festival for the third year in a row."

Nissan crosses 5 lakh sales milestone, records strong growth in November 2024

Guwahati: Nissan Motor India has reached a significant milestone, surpassing 5 lakh domestic sales since its inception, with a total of 5,13,241 units sold to date. The company reported a consolidated wholesale of 9,040 units in November 2024, with 2,342 units sold domestically and 6,698 units exported. This marks a 62% increase in total sales from October 2024, driven by a surge in exports. The export business saw a remarkable growth of 222%



year-on-year and a 173.5% month-on-month increase. The strong performance is largely attributed to the continued popularity of the New Nissan Magnite SUV, which has bolstered both domestic and export numbers. "This milestone reflects the trust customers have in the quality, reli-

ability, and performance of our vehicles," said Saurabh Vatsa, Managing Director of Nissan Motor India. In Guwahati, the New Nissan Magnite has been particularly well-received, with customers appreciating its stylish design, top-notch safety features, and competitive pricing. The vehicle's success is further driving Nissan's growing footprint in the Northeast, positioning the company as a key player in the region's automotive landscape.

Soch opens its first store in Guwahati, expands its reach to Assam

Guwahati: Soch, India's renowned ethnic wear brand, has officially opened its first-ever store in Guwahati, marking a significant milestone in its expansion into Assam. Located at GS Road, the new 1150 square foot store offers an immersive shopping experience, showcasing the brand's exclusive Festive and Wedding wardrobe collections. These collections blend contemporary elegance with traditional craftsmanship, catering to the fashion-forward tastes of women across India. The launch of Soch's Guwahati store is part of its strategy to expand its footprint across the northeastern region, following its widespread success in other parts of India. "Soch's strong foundation of customer trust and a wide range of exquisite ethnic wear positions us well to expand into the promising Guwahati market," said Vinay



Chatlani, CEO and Co-founder of Soch Apparels Pvt Ltd. The store offers a variety of ethnic wear, including sarees, lehengas, kurtas, kaftans, and fusion wear. It reflects Soch's commitment to providing quality and style, further enhancing its presence in over 70 cities across India. Guwahati's growing fashion-conscious audience presents a promising opportunity for Soch. The city, known for its rich cultural heritage, offers an ideal location to introduce the brand's exclusive collections, making it a new favorite shopping destination in Assam.

ICICI Prudential Life's mobile app paid commissions on the same day

Aizawl: IPRU Edge, a mobile app offered by ICICI Prudential Life Insurance exclusively for its advisors, has led to a 37% increase in their productivity in H1-FY2025, resulting in higher earnings for them. Importantly, 98.1% of agents using IPRU Edge were paid commissions on the same day. ICICI Prudential Life is the first life insurer to pay out commissions on the same day to select distributors. The company has a network of over 2 lakh advisors, and approximately 61% of the company's top advisors are now actively using the app, which is helping them grow their business. In H1-FY2025, the company recorded a 49% year-on-year increase in retail-weighted received premium from its agency channel, this showcases the convenience offered by the app. Mr. Rajiv Arora, Chief of Sales, Proprietary Channel, ICICI Prudential Life Insurance, said, "Our mobile app, IPRU Edge, has enabled our agents to grow their business." We have also implemented technology solutions which has enabled us to issue approximately 50% of the policies on the same day for the savings business segment in H1-FY2025.



NCVET recognizes IN-SPACE as an awarding body

Guwahati: In a landmark development, the National Council for Vocational Education and Training (NCVET), Ministry of Skill Development & Entrepreneurship (MSDE), Government of India, has officially recognized the Indian National Space Promotion and Authorization Center (IN-SPACE) as an Awarding Body (Dual). The agreement, aimed at strengthening the vocational education and training landscape in the space sector, was signed in the presence of Shri Atul Kumar Tiwari, Secretary, MSDE, and Chairperson, NCVET. NCVET, serving as the national regulator for vocational education and training, plays a vital role in setting standards, developing regulations, and improving the quality and outcomes of skilling initiatives across the country. Shri Atul Kumar Tiwari, Secretary, MSDE, and Chairperson, NCVET, emphasized the growing need for a skilled workforce in India's space sector. "As India continues to expand its space exploration capabilities and integrate emerging technologies, it is crucial to cultivate a highly skilled talent pool," he said. Dr. Vinod Kumar, Director of the Promotion Directorate at IN-SPACE, represented the organization during the signing of the agreement. He expressed his enthusiasm about the recognition, stating, "This recognition marks a significant milestone in our efforts to build a skilled workforce for India's growing space sector."

Air India Express begins daily flights from Sri Vijaya Puram to Bengaluru and Kolkata

Port Blair: Air India Express has commenced daily direct flights connecting Sri Vijaya Puram (Port Blair) with Bengaluru and Kolkata, significantly enhancing connectivity to the Andaman and Nicobar Islands. The first flights departed on Sunday, with celebrations marking the launch at Sri Vijaya Puram Airport. The inaugural flight to Kolkata departed at 8:35 am, followed by



a flight to Bengaluru at 1:50 pm. Passengers were greeted with decorated check-in counters, sweets, and ceremonial boarding cards. Celebrations were echoed at Bengaluru and Kolkata airports, reflecting Air India Express's commitment

to fostering regional connectivity. Port Blair's tourism sector stand to benefit immensely from these new routes. Local businesses anticipate increased trade and visitor flow, bolstering the city's economic prospects. The expanded connectivity is expected to enhance access to major markets, particularly during peak tourist seasons. Air India Express currently operates 21 weekly

flights from Sri Vijaya Puram and plans to launch services to Chennai on January 1, 2025, with additional Kolkata flights starting December 15, 2024. With a rapidly growing fleet of 90 aircraft and over 400 daily flights, Air India Express continues its aggressive expansion, recently surpassing 50 destinations worldwide, including Bangkok, Dimapur, and Patna.

Shopsy unveils a one-stop destination for seasonal essentials

Shillong/Guwahati: Winter in India is more than just a season; it's a time to embrace warmth, comfort, and the spirit of togetherness. From the refreshing chill in the air to the joy of layering up in stylish outfits, winter brings its own special charm to every part of Bharat. Recognizing the unique needs of customers across the country, especially in the colder regions of the North, West, and East, Shopsy, India's leading hyper-valued e-commerce platform, is



thrilled to announce its exclusive Wow Winter Sale. Designed to cater to Bharat consumers, the Wow Winter Sale offers an extensive range of winter essentials, combining style, comfort, and functionality, starting at just Rs 99. It features top categories like hoodies, sweatshirts, bik-

ing gloves, caps, jackets, and kids' winterwear, ensuring every member of the family can stay warm while looking fashionable. Shopsy's winter sale offers exclusive deals and discounts, ensuring consumers can enjoy the season without breaking their budgets. These winter essentials are accessible across Shopsy's vast delivery network, which covers over 19,000 pin codes, ensuring customers in the most remote parts of Bharat get access to them seamlessly.

Bitcoin hits new milestone

New Delhi: Bitcoin has successfully crossed the \$100,000 level. The price of this digital currency has reached a record high. The cryptocurrency has seen a great rise since Donald Trump won the US presidential election. It is expected that Donald Trump will introduce crypto-friendly policies as the new US President. Trump is set to take office as the US President next month. Although the volatility pressure was noticeable last week, this cryptocurrency quickly recovered. Bitcoin has seen a great increase. During the election campaign, Trump promised to make the United States the 'Bitcoin and Cryptocurrency Capital of the World'. Bitcoin has seen a growth of more than 50 percent since Trump's victory. This cryptocurrency has grown by about 134 percent this year. Also, other altcoins have seen great performance in recent times. Dogecoin has seen a stunning rise. This cryptocurrency has given a return of 177.50 percent in a one-month period. In a year, Dogecoin has yielded a return of 404.71 percent.

Royal Enfield launches Goan Classic 350, celebrates iconic moto-culture of the '70s

Imphal: Royal Enfield, a global leader in mid-size motorcycles, has launched the Goan Classic 350, a tribute to the bohemian moto-culture of 1970s and '80s Goa. The motorcycle, inspired by bobber-style designs, combines retro aesthetics with modern engineering, embodying the free-spirited lifestyle synonymous with Goa. Powered by a 349cc air-oil cooled, single-cylinder engine, the Goan Classic delivers 20.2 bhp and 27 Nm torque, offering a smooth, relaxed riding experience. With its low-slung silhouette, single-seat design, and vibrant colorways like Trip Teal and Purple Haze, the bike exudes retro charm and individuality. Prices start at ₹2,35,000 for single-tone and ₹2,38,000 for dual-tone variants,

with bookings and test rides now open. Royal Enfield Managing Director Siddhartha Lal remarked, "The Goan Classic represents freedom and individuality, blending Goan culture with Royal Enfield's ethos of self-expression." CEO B. Govindarajan highlighted its fusion of bobber aesthetics and advanced features, including dual-channel ABS, Tripper navigation, and a USB-C port. The Goan Classic 350 is poised to capture the imagination of riders in the Siliguri, a hub for biking enthusiasts seeking both style and performance. Its retro-modern design and relaxed ride make it a perfect companion for scenic drives through the hills and tea estates, resonating with the region's adventurous spirit.

Godrej DEI Lab and Khaitan & Co commemorate International Day of Person with Disabilities

Guwahati: Godrej DEI Lab, the diversity and inclusion arm of Godrej Industries Group, and Khaitan & Co, a leading full-service law firm, have commemorated International Day of Person with Disabilities.

The second edition of the Khaitan & Co's Handbook on Rights of Persons with Disabilities, in collaboration

with Godrej DEI Lab, was unveiled at their Disability Inclusion Summit in Mumbai. The comprehensive handbook serves as a ready reckoner for understanding the evolution of Indian jurisprudence on disability rights framework.

"This event represents a crucial milestone in our ongoing commitment to workplace in-

clusion," said Parmesh Shahani, Head of Godrej DEI Lab. Speaking about the importance of workplace inclusion, Aakash Choubey, Partner, Khaitan & Co, said, "Creating an inclusive workplace for persons with disabilities is not just a legal obligation but an imperative for organisations." The Handbook on Rights of Persons with Dis-

abilities covers two crucial legislations – Rights of Persons with Disabilities Act, 2016, and the Mental Healthcare Act, 2017, offering insights into beneficiaries, entitlements, and remedies. It also provides legal guidance on fundamental rights, legal capacity, education, employment, healthcare, transport, and mental health.

Global Fashion experts lead exclusive fashion series at NIF Global Guwahati

Guwahati: New York Institute of Fashion (NIF Global) has launched a month-long Fashion Series from November 14 to December 14, 2024, offering its students across India unprecedented exposure to global fashion trends.

This series, led by renowned fashion professionals from New York and London, provides a unique opportunity for students to interact directly with industry leaders, enhancing their design skills and global understanding.

The series features experts like Emma Kennedy, a stylist for global icons such as Beyoncé, and Carla Paz, a Spanish designer known for her work with AI integration in fashion. Other mentors include Kitty Lyell, celebrated for her sustainable styling, and Mila Morris, a marketing expert with extensive experience at international fashion weeks.

At NIF Global Guwahati, students are learning firsthand from these fashion giants, gaining insights into



design, sustainability, and innovation. Centre Director Adv. Chinki Agarwal expressed pride in offering such an exclusive platform, highlighting the institute's commitment to shaping the next generation of global fashion influencers.

In Guwahati, this initiative is expected to have a transformative impact, equipping students with the skills to compete on an international scale while bringing global expertise directly to the Northeast region. The event represents a milestone in fashion education, reinforcing Guwahati's growing prominence as a hub for creative talent.

GST hike on apparel could shut MSMEs

New Delhi: The GoM's rate-rationalization plan, which includes major adjustments to GST rates for the garment industry, has drawn criticism from the CMAI led by Bihar Deputy Chief Minister Samrat Chaudhary. The GST rate would remain at 5% for ready-made clothing up to Rs 1,500 under the revised guidelines, but it will rise significantly to 18% for items priced between Rs 1,500 and Rs 10,000. The highest GST band of 28% is intended to apply to garments costing more than Rs 10,000. The CMAI has responded by voicing serious worries about the possible negative consequences of these changes on the clothing sector, namely the repercussions on price, manufacturing, and customer demand. "The proposed GST rate hike risks severely disrupting the formal retail sector by driving both consumers and businesses toward informal channels. This shift would adversely affect legitimate retailers and potentially benefit unscrupulous sellers and illegal merchants," the CMAI said in a statement. Additionally, it stated that the already-stressed textile sector may lose up to 100,000 jobs, and SMEs involved in spinning, weaving, and clothing production, which operate on narrow profit margins, would see revenue declines and reduced profitability. Increases in taxes put livelihoods at risk. With over two million weavers employed and a significant contribution to India's cultural legacy, the handloom industry may see revenue losses of up to 25%, further endangering its established business structures and restricted access to markets. Similar detrimental effects are anticipated for the wool industry, which employs over 1.2 million people in the organized sector and an additional two million in allied businesses. Rahul Mehta said, "The government must consult industry stakeholders to fully understand the implications and avoid further challenges before making decisions. The government's commitment to ease of doing business should reflect in their actions, supporting policies that drive growth, reduce obstacles, and help the industry to thrive."

The rise and fall of Vang Vieng, Laos' notorious party town

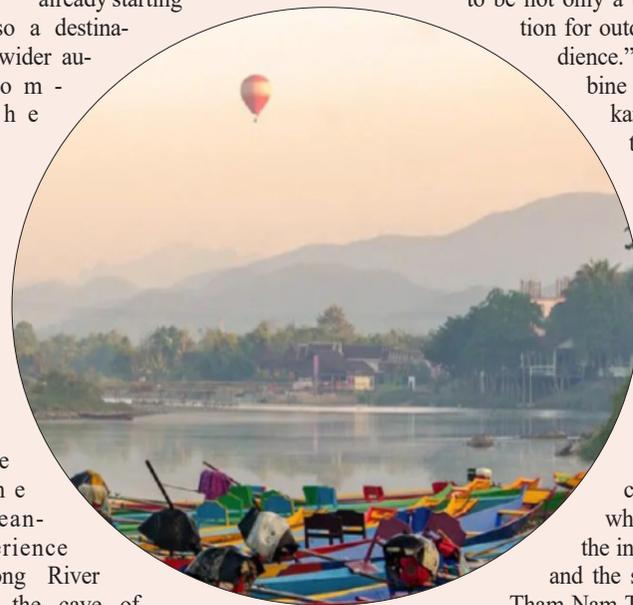
Just make sure you push yourself off the end when you reach the bottom of the slide. We had someone die on those rocks down there last week." It was 2010, and for the young me – teenaged, inebriated and on my first ever backpacking trip through Southeast Asia – health and safety were far from the top of the agenda. Nevertheless, I heeded the advice offered by the dreadlocked Australian bartender, and, as I reached the end of the tiled slide, gave myself an almighty push into the air above the Nam Song River, throwing out a warning yell to



alert the revellers in the water below of my clumsily impending cannonball. Vang Vieng, a town of around 25,000 people on the banks of the Nam Song River in central Laos, has for decades been a firm fixture on the so-called "Banana Pancake Trail" – the backpacker path through Southeast Asia named for the go-to breakfast at so many guesthouses and cafes along the route. Once notoriously known as a debauched riverside party town, Vang Vieng had cleaned up its act in recent years, but it is now in the headlines for all the wrong reasons once again, with a number of foreign tourists having died after ingesting drinks laced with methanol. Vang Vieng became famous as a party destination in the late 1990s for its plentiful backpacker hostels and wooden riverside bars stocked with cheap Beerlao and lao-lao, the local rice whisky often sold with a whole snake or scorpion infusing in the bottle – the intermingling of the venom and the alcohol believed to bestow medicinal benefits to the drinker. Back then, the iconic mode of tourist transport in Vang Vieng, known simply as "tubing", involved travellers floating downriver on the inflated inner tube of a tractor tyre, disembarking at the riverside bars to play drinking games – beer pong was a particular favourite – and throwing themselves off ramshackle rope swings and slides overhanging the river. The tubing practice supposedly originated in 1999 with a local farmer, Thanongsi Sorangkoun, who lent the inner tubes to his workers to allow them to unwind on the river. It quickly developed into just as big a fixture on the itinerary of many backpackers as the notorious Full Moon parties of Thailand's Koh Pha Ngan. By the time of my visit in the early 2010s, Vang Vieng was a place of loose morals, light policing and Wild West tourism. Besides the riverine activities, the town was famous for its "happy bars" where blissed-out, red-eyed Westerners would sit before untouched plates of food, gazing up at televisions playing endless re-runs of Friends and Family Guy. Sit down in one of these establishments and open the menu, and, alongside the usual backpacker fare of pizzas, noodles, burgers and fried rice, you would find a veritable pharmacopeia: pre-rolled spliffs, mushroom pizzas, mushroom shakes – mushroom everything. Needless to say, the combination of a shallow river, sharp rocks and unregulated rope swings, combined with the cheap availability of alcohol and psychedelic drugs, proved dangerous. In 2011, the town's hospital recorded 27 deaths due to drowning or suffering serious trauma against the river's rocks; that figure did not include patients taken directly to Vientiane, Laos' capital, which is two hours away by road. The same evening as my adventures on the "death slide", as it was known locally, I had to help take a fellow tourist to the hospital after she shattered her ankle falling into the river. As a group of us helped her up the riverbank towards the nearest road, an ambulance could reach, we passed through a forest ablaze with fireflies – a reminder that, for all the madness, natural beauty cannot help but intrude in Vang Vieng. It was that same beauty that drew backpackers here in the first place. This is a rural area,

and the patchwork of rice paddies that emanate from the banks of the Nam Song River are ruptured with soaring mountains of karst limestone, ripe for hiking, climbing and exploring caves sheltering gilded Buddhas. And so in 2012, when the Laos government finally decided enough was enough and clamped down on Vang Vieng's tubing and happy bars, they repositioned the town as an outdoor adventure destination. The makeshift wooden bars with their riverside swings and slides were torn down and the tubing centre was closed. Tubing later returned, but in a much reduced and more heavily supervised capacity; the same is true of the town's nightlife. More operators sprang up offering activities in the countryside outside Vang Vieng: kayaking on the river, hiking and hot air balloon rides. It's been a successful rebrand, despite the recent tragedy suggesting that a dangerous side to Vang Vieng still exists. "Tourism has changed a great deal since 2012," said Stéphane Vigié, co-owner of Riverside Boutique Resort on the banks of the Nam Song. "New visitors are no longer primarily attracted by the party reputation of Vang Vieng but rather by the outdoor activities and scenery it can offer. In fact, they hardly go to the town centre anymore. Instead, they can be found hiking in the countryside or kayaking on the river." "Vang Vieng has changed a lot," agreed Violaine Cleyet-Marrel, co-founder of Above Laos, which offers hot air balloon trips over Vang Vieng. "When we started Above Laos in 2018, Vang Vieng was already starting

also a destination for a wider audience. The

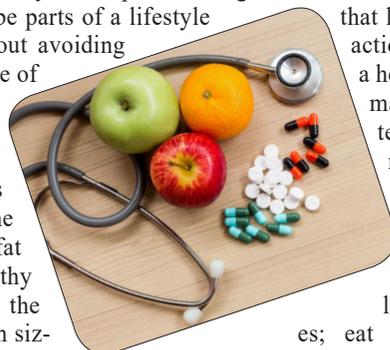


ple the experience of the Song River at the cave of through a mountain, ing, meanwhile, offers a chance to take it all in from above: a bird's-eye-view over the patchwork rice paddies of the plain, cut through with the serpentine sweep of the Nam Song and riddled with karst caves, like bullet holes in green baize. The profile of visitors has changed, too, according to Cleyet-Marrel: where once the town was the domain of Western backpackers, the balance has now tipped in favour of Asian tourists. "There are still many backpackers and parties, but there are also many families travelling, couples of all ages and Chinese and Korean groups, as well as Lao people coming from Vientiane for the weekend," Cleyet-Marrel said. The town is changing physically, too – expanding onto the west bank of the Nam Song River, with more rural accommodations outside the town in quieter surroundings. New transport links have been as transformative as the government clampdown. In 2021, the long-awaited Boten-Vientiane railway opened, joining Laos with China and connecting Vang Vieng with other major Laotian cities in record time.

to be not only a backpacker destination but also a destination for outdoor activities, catering for a wider audience. The town do not form a mountain range, but erupt suddenly from the green river plain like jagged molehills on a smooth lawn. This makes them particularly tall, and the highest viewpoint in the area, Pha Ngern, can be reached in a couple of hours on foot from centre of town. Kayaking, while, is the best way to experience the interaction between the Nam and the soft limestone topography: Tham Nam Thaem you can kayak right following a tunnel carved by the river. Ballooning, meanwhile, offers a chance to take it all in from above: a bird's-eye-view over the patchwork rice paddies of the plain, cut through with the serpentine sweep of the Nam Song and riddled with karst caves, like bullet holes in green baize. The profile of visitors has changed, too, according to Cleyet-Marrel: where once the town was the domain of Western backpackers, the balance has now tipped in favour of Asian tourists. "There are still many backpackers and parties, but there are also many families travelling, couples of all ages and Chinese and Korean groups, as well as Lao people coming from Vientiane for the weekend," Cleyet-Marrel said. The town is changing physically, too – expanding onto the west bank of the Nam Song River, with more rural accommodations outside the town in quieter surroundings. New transport links have been as transformative as the government clampdown. In 2021, the long-awaited Boten-Vientiane railway opened, joining Laos with China and connecting Vang Vieng with other major Laotian cities in record time.

Healthy Living and Disease Prevention

This article is designed to give tips to readers about how they can improve or augment will include major components that are considered to be parts of a lifestyle healthy, the article will mention some of the tips about avoiding humans have to eat food for the growth and maintenance of teenagers, young adults, adults, and seniors. For example, infants solid foods. Eventually, they develop into the more normal pattern, kids, teenagers, and young adults often snack between cause adults and seniors often do the same. Eat three healthy meals to remember that dinner does not have to be the largest meal. The foods, such as fruits, vegetables, whole grains, and fat-free or low-fat beans, eggs, and nuts (with emphasis on beans and nuts) into a healthy trans fats, cholesterol, salt (sodium), and added sugars; look at the comprise the highest concentrations of ingredients. Control portion size stop eating. Healthy snacks are OK in moderation and should consist of excessive weight gain. Avoid sodas and sugar-enhanced drinks because a good choice as they make some people hungrier and increase food consumption. Avoid eating a large meal and weight gain. If a person is angry or depressed, eating will not solve these situations and may make the unsugary snacks; such a pattern may become a lifelong habit for people. Avoid heavy meals in the summer months,



actions in their life on how to live a healthy lifestyle; it is not meant to be all-inclusive but that lead to good health. In addition to the tips about what people should do for living actions (the don'ts) that lead to unhealthy living. Here's how to live a healthy life. All a healthy body, but we have different nutrition requirements as infants, children (kids), may require feeding every 4 hours until they gradually age and begin to take in more term of eating three times per day as young kids. However, as most parents



meals. Snacking is often not limited to these age groups be a day (breakfast, lunch, and dinner); it is important bulk of food consumption should consist of healthy milk products. Incorporate lean meats, poultry, fish, diet. Choose foods that are low in saturated fats, items like fruit, whole of the excessive calories in the

believe because the first listed items on the labels smallest portion that can satisfy hunger and then grains, or nuts to satisfy hunger and not cause sodas and sugar drinks; diet drinks may not be fore sleeping to decrease gastroesophageal reflux derlying problems worse. Avoid rewarding children with especially during hot days.

Thanksgiving recipes you can make with cranberry

Thanksgiving is just around the corner! With near and dear ones turning up at the door and lighting up the home with their presence and warmth – 't'is the season to be merry. And what's a merry season without some 'berry'licious delicacies! Berry is one of the most popular and versatile fruits to enjoy this holiday season. Not only do they add a great punch to the holiday special delicacies, but also, they deliver a perfect treat to the ones with a sweet tooth! Amongst all the berries, strawberries and blueberries might be the most popular ones – but, cranberries for sure are the showstopper! Cranberries are a group of evergreen dwarf shrubs or trailing vines in the subgenus *Oxycoccus* of the genus *Vaccinium*. Cranberries are small, hard, round, red fruits known for their bitter or tart flavour. The red berries are rarely eaten fresh because they have a very sharp and sour taste. That's why we consume them dried, as juice, powder or its extract is added to the food supplements. However, they're widely thought to be a Thanksgiving must-have but are also used in sauces, juices, muffins, and more throughout the year. Now, several people might not find the sharp taste of raw cranberries very appealing to their taste buds. However, the good news is – cranberry is one of those adaptable fruits that can be consumed in many ways. Here are the Thanksgiving special recipes that you can make using cranberries, and we assure you – you won't be lacking in loud cheers!

Baked Salmon with Cranberry Thyme Crust: This Baked Salmon with Cranberry Thyme Crust is a simple and elegant salmon recipe, perfect for fall! This salmon recipe is easily made gluten free and will quickly become a favourite! The crust is easy to whip together and features dried cranberries, thyme, lemon, butter, green onion and panko crumbs! The cranberry margarita recipe makes a festive, red drink with a lovely



balance of tart and sweet flavours. Adding cranberry juice to the classic tequila cocktail's usual ingredients gives it a holiday twist.

Cranberry orange bread: Tart cranberries are paired with orange zest and juice in this classic cranberry orange bread. A simple baked treat with bright flavour! This is a simple, winter-inspired recipe with lots of fresh orange and cranberries. Serve this loaf as a breakfast treat, brunch side, or afternoon snack with hot cocoa or tea.

Cranberry orange sauce: This easy orange cranberry sauce recipe is made in just 15 minutes! It's flavoured with apple cider and orange zest and slightly sweetened with brown sugar. The BEST homemade cranberry sauce for your Thanksgiving holiday meal.

Sage and cranberry buttercream cookies: These Sage Cookies with Cranberry Buttercream are an unexpected treat! The not-too-sweet sage sugar cookies are sandwiched with a sweet-tart cranberry buttercream for an outstanding combination of flavours and textures! For a little extra holiday bling, you can top them with candied sage leaves, too! Looking for a holiday appetizer that's super easy but still a bit fancy?

These Cranberry Tartlets with Whipped Feta are where it's at. Crispy little phyllo cups, creamy feta with a hint of garlic, and a pop of cranberry on top—these bites are festive, fun, and guaranteed to be a hit!

Cranberry apple pie: With a perfect balance of tart and sweet, this cranberry apple pie will quickly become a holiday favourite! Filled with apples and cranberries, and topped with a buttery, flaky lattice crust, it's easy to make ahead and enjoy later.

Fudgy cranberry orange brownies: The ultimate holiday dessert! These Cranberry Orange Brownies are swirled with fudge batter and topped with rich chocolate icing for a festive and irresistible treat. Making it is easy and is a crowd-pleaser since these brownies are not ultra-sweet and each bite is way different than the other. The texture is gooey, with some chewiness from the orange and cranberries, and crunchiness from the walnuts.

Aging human body experiences 'really dramatic changes' at 2 ages



Everyone knows that as we age, our bodies go through a lot of changes. While changes will occur every year, past research shows that, at the protein level, the most notable changes take place around ages 34, 60, and 78. Although some of these aging body changes you can see — such as graying hair and skin wrinkles — many of these alterations are not visible as they happen inside the body to organs, tissues, and even on a cellular level. A new study recently published in the journal *Nature Aging* adds to what we know about how aging affects the inside of the body. Scientists from the Stanford University School of Medicine have discovered that humans undergo two major changes in their molecules and microorganisms around ages 44 and 60. Researchers say these changes can potentially have a major impact on a person's health, including cardiovascular health. For this study, researchers analyzed data from 108 people living in California between the ages of 25 and 75. Study participants were tracked for an average of 1.7 years with a maximum of about 7 years. Throughout the study, participants donated blood and other biological samples every few months, which allowed scientists to track changes in their bodies' molecules and microbiomes. The research team tracked age-related changes in more than 135,000 different molecules and microbes for almost 250 million distinct data points. "We are tracking people in incredible detail — measuring as many molecules as possible (tens of thousands) and their microbes to get a detailed picture of their health," Michael P. Snyder, PhD, professor of genetics at Stanford University School of Medicine and senior author of this study explained to *Medical News Today*. "In the process, we can also see how they age." As Snyder and his team looked at the data more closely, they noticed that about 81% of the molecules and microbes they identified change more at certain ages than at other times of a person's life span. The two ages with the largest molecule and microbe changes, scientists found, occur when a person is in their mid-40s and early 60s. "We expected the changes in the 60s because this is when disease risk increases for nearly all diseases and people's immune system decreases (and) we found additional changes," Snyder said. "The changes in the 40s were unexpected although in hindsight it is a time when people hit their 'mid-life crisis' and often injured themselves." "We think people are undergoing biological changes throughout their lives but (there are) two periods where lots of changes occur. The reason is not clear, but it might be because their lifestyle is not ideal — exercise and nutrition — or their cells are undergoing senescence in their 60s." — Michael P. Snyder, PhD

Additionally, the scientists found that the most noteworthy age-related molecule and microbe changes were linked to potential health concerns. For example, with people in their 40s, Snyder and his team discovered significant changes in the number of molecules related to alcohol, caffeine, and lipid metabolism, as well as cardiovascular disease and skin and muscle. At the age of 60, the biggest molecule changes were related to cardiovascular disease, immune regulation, kidney function, carbohydrate and caffeine metabolism, and skin and muscle. Snyder said it is important for researchers to continue to examine what happens to the body during biological aging because we can then take action to reduce many of the problems associated with aging.

How Cooking Methods Impact Nutritional

New Delhi: How you cook your food isn't just about making it taste good—it can change how much nutrition you're actually getting. While we often obsess over buying the freshest produce or the highest-quality cuts of meat, the real magic (or disaster) happens during the cooking process. Whether it's steaming, grilling, or frying, the method you choose plays a big role in deciding how many nutrients stay or get lost along the way. Let's break it down and see which technique keeps your meals as nutritious as possible.

Why Cooking Methods Matter For Nutritional Retention: Cooking does more than make food taste better or easier to eat - it changes its entire nutrient profile. Some methods can boost the availability of nutrients, while others cause them to degrade. The heat, water, and fat used in cooking have a direct impact on what your body absorbs versus what gets left behind. Water-soluble vitamins (like vitamin C and B vitamins) are sensitive to heat and water, so they can vanish eas-



ily during cooking. Fat-soluble vitamins (like A, D, E, and K) can be better absorbed when cooked with fat, but they don't stand up well to high heat or frying. Minerals like potassium and magnesium are generally heat-stable but can leach into cooking water, lowering their content in the final dish. Antioxidants are a mixed bag—some methods increase their levels, while others reduce them significantly.

Let's take a closer look at steaming, grilling, and frying. When it comes to locking in nutrients, steaming is the clear winner. Protects water-soluble vitamins: Since the food doesn't sit in water, fragile vitamins like C and B-complex don't wash away like they would in boiling. No added fat: Steaming skips the need for oils, making meals naturally low in fat while protecting fat-soluble vitamins like carotenoids in carrots or glucosinolates in broccoli, making your veggies even healthier. Veggies like broccoli, there's no crispy texture.

Celtic rewarded for sticking to principles in win at Aberdeen – Brendan Rodgers

Agency: Celtic manager Brendan Rodgers praised his side for sticking to their principles in testing circumstances after Reo Hatate's late winner against Aberdeen left them in a The Japan midfielder chested down Greg Taylor's lofted pass and dispatched a half volley to seal a 1-0 win in the 78th minute and send Celtic seven points clear of the Dons with a game in hand, and a further four beyond Rangers. Rodgers said: "The conditions were awful for the players to play in. "I think you see by sticking to our principles and how we play, that's where the winning goal came from. "The first half, we were confident in the game, we took the ball through into the final third, but I think a couple of times we meant to make that final pass, but then the ball runs away and the wind takes it away, so we didn't quite make those passes at the end of our build-up play. "In our counter-pressing, we needed to close the space a wee bit quicker because they had a couple of moments on the break. "The second half, we were much better, dominated the game, controlled the game, anything that did get played forward, we were there. It was just a case of sticking to how we play and what we know, and obviously that's where the goal comes from. "So, a fantastic team move, great pass by Greg Taylor and a

wonderful finish, and deserved to win the game. "We had to showcase our attitude and mentality. Everything we were saying before the game, this is your body language, this is everything, this is way up in the north of Scotland, the rain, the wind is pouring in, our supporters are stuck in a corner with no cover. We have to do it, do it for them, do it for ourselves. "The players showed a great mentality and a great bravery to still try to play how we want to play. Eventually, we get a reward for that." Rodgers was not taking anything for granted after moving further clear at the top of the table after making it 40 points out of 42. "It's still so early, 14 games, so there's only just over a third of the season gone, but I think I said the other day that if we can get to seven points clear with a game in hand, then we're in a really, really good place," he said. Aberdeen have now taken two points from a possible 12 after matching Celtic for their first 11 games but manager Jimmy Theelin was happy with the performance of his side, who created several good chances. "That was good with the performance. "I'm happy with the performance, but I'm not so happy with the result. But that's football, and I also have to say congratulations to Celtic. They win and we have to move on to the next game."

Chelsea boss Enzo Maresca sets Noni Madueke a challenge to reach greater heights

Agency: Chelsea boss Enzo Maresca believes Noni Madueke has significant room for development and must "work more" in order to realise his potential. Winger Madueke played a key role in Wednesday's 5-1 demolition of bottom club Southampton, scoring his side's third goal after setting up the second for Christopher Nkunku. The England international, who began the Premier League season with a hat-trick in a 6-2 win at Wolves, also failed to capitalise on a number of further opportunities at St Mary's. Chelsea climbed to second in the table – above Arsenal on goal difference – by stretching their unbeaten run to six top-flight games, seven points behind leaders Liverpool. "With Noni, he can do much more," said head coach

Maresca. "In the moment he starts to score or assist and is happy, he starts to drop a little bit and the reason why he was not playing is because I do not like the way he trained. "He has to understand that he has to train every day good. He has to be ambitious. He scored one, he has to go for the second one, for the third one. He has to give more assists. "But overall, he is doing great, he is doing fantastic. He is doing even better in terms of numbers, assists and goals. "Noni has to understand he has to work more because he can be much, much, much better." A third of Madueke's 48 league appearances since his arrival from PSV Eindhoven in January 2023 have come from the bench. The 22-year-old has started 12 of Chelsea's 14 league match-

es this season, contributing five goals and two assists, but faces fierce competition from Pedro Neto. "There are players in behind that are ready," said Maresca. "We have four wingers that are all very good. "Pedro and Noni for the right side, Jadon and Misha for the left side and in the moment one of them drops for whatever reason, there is one in behind that is ready. "Noni is not allowed to drop because Pedro is there and doing fantastic. If Pedro drops then Noni is there. "This is what they have to understand if we want to be there or be close for something important." Axel Disasi and Cole Palmer were also target for Chelsea before substitute Sancho sealed a thumping south-coast success with his first goal for the club.

Roddick predicts Jannik Sinner's CAS doping hearing result

Australia: 2024 saw Jannik Sinner cement his position as No. 1 in the ATP rankings, but it was also shrouded with controversy. The Italian was hit with a doping scandal during his victorious 2024 US Open campaign, it was revealed that he had tested positive twice for an anabolic agent in March. He avoided a ban after an independent tribunal ruled in his favour, accepting his defense that his results were contaminated unintentionally. But then fast forward to September, WADA appealed to the CAS for a new investigation. WADA also asked for a suspension of one to two years for Sinner. There will be no CAS hearing at least until February 11 next year and Sinner knows that, which gives his team enough time to prepare. He will also get to

feature at the upcoming Australian Open in Melbourne.

Recently Iga Swiatek received a one-month doping ban after testing positive for a banned substance. So will Sinner also receive a short ban? Former tennis player Andy Roddick doesn't think so. Speaking on his podcast, the American felt that Sinner could face a longer ban when his hearing takes place next year. "I'm always obsessed with precedents. Iga was suspended for a month. I don't know what will happen with Jannik Sinner but I feel like at this point they will do something, they have created a precedent," he said. "All the scientists tell us that he has not improved his performance at all. Let's say the sentence is on February 11th, for example, if it's a month, March

11th, he's at the limit of Indian Wells and could probably play Miami. If it's two months it would be April 11th, he would miss Indian Wells and Miami, but it wouldn't be the end of the world for him.

"If it's three months it would be May 11th, with the French Open starting on May 25th. If they give him three months, for me if you're Jannik Sinner, you accept it and we'll close the matter like that. If he gets a six-month suspension, then it would be brutal for him, missing Slams and being released just before the US Open. That would be like screwing him and it would be a big deal," he added. Sinner won the Australian Open and US Open this year and will be seeking a successful title defence in Melbourne, in January next year.

Pink ball does more than red, one has to find his own way to deal with it

Australia: Adelaide, India skipper Rohit Sharma on Thursday said that one will need to devise his own methods to deal with the challenges posed by the pink Kookaburra ball during the day/night Test against Australia as it would do a bit more than the traditional red cherry. Rohit, who didn't score too many in the truncated warm-up game against the Prime Minister's XI, was asked for his take on the pink ball and he agreed with his colleague KL Rahul's view that it does come faster than the red Kookaburra. "I think it's just about getting used to the pace of the ball more than anything else. You are so used to playing with red ball, and pink ball certainly does a little bit more than the red ball," Rohit told reporters on the eve of the Test at the Adelaide Oval. "We have been training here for the past three days, and I certainly felt that the more time you spend playing the pink ball, it gets a little easier as well. The bounce is there. Obviously, there will be challenges," the skipper said. During a pink ball, day/night Test, twilight is believed to be the toughest period of play as floodlights aren't still on and the natural light dims, making it



difficult to spot the ball. "Pink ball will have its own challenges under lights and during the day as well. You just have to find your own way of dealing with it. I think that is something that we as a team have spoken in the group, you know, and try and respond to that current situation." The skipper's tip to the players is react as per the situation and take the best route to move forward. "Whatever is happening at that particular time, whatever you feel is best, you have to do it.

Memorable wins with Mercedes

Agency: After 12 years of record-breaking wins and memories, Lewis Hamilton is getting ready for his last race with Mercedes in this weekend's Abu Dhabi Grand Prix. g in 2020 in. Following a 12-year tenure that was full of record-breaking triumphs and unforgettable moments, Lewis Hamilton is getting ready for his last race with Mercedes at the Abu Dhabi Grand Prix this weekend. Unmute the entire screen. The 39-year-old helped the Silver Arrows win all eight of their constructors' championships and won six of his seven championship wins with them. The British driver achieved 84 race victories, 153 podium finishes, 78 pole positions, and 55 fastest lap records while operating his Mercedes.

Returning Sharma opts to stick with India's opening combination against Australia

Australia: India's winning combination is likely to get a bigger overhaul than Australia's losing lineup from the opening match in Perth when the five-test series moves to Adelaide for the day-night, pink ball match. Rohit said KL Rahul and Yashasvi Jaiswal, who combined for a 201-run opening partnership to give India the ascendancy in the

first test, would continue as the opening pair and he would bat "somewhere in the middle." Sharma usually bats at the top of the order but he missed the first test to be at the birth of his second child. He said he realized then that he didn't want to split up the opening formula. Clearly we want results, we want success, and those two guys at the top ... just looking at

this one test match, they batted brilliantly." Mitch Marsh will play and Australia skipper Pat Cummins said the allrounder is available to bowl, despite experiencing back soreness in Perth after bowling 17 overs last week. "Made the call with the medical team over the last couple of days to give him a couple of days off bowling but expect him to warm up and, if

required, will bowl," Cummins said. So the second match in Adelaide, where they're undefeated in the day-night test format, is crucial for team morale. Only one Australian team has rallied from 2-0 down to win a five-test series "When you're down there's a little bit more but we have been in similar situations in World Cups or other series," Cummins said.