

- Annual Rath Yatra in Haflong commemorates Lord Jagannath's journey from Jagannath Temple to Gundicha Temple, bringing together communities and demonstrating faith.
- Department of Cultural Affairs and Dima Hasao district administration are launching a 10-day Summer Workshop at Govt. Boys HS School, Haflong, across 126 LACs of Assam.
- Haflong Traffic Police conducted a road safety awareness program at St. Agnes HS School, promoting safe driving habits and educating students about traffic laws and recent changes to reduce accidents.

NEWS BEARER

NEWS FROM NEAR & FAR

RNI No. ASSENG/2015/66506 ■ VOL 09, ISSUE 48 ■ DIMA HASAO ■ PAGES: 10 ■ PRICE 10.00 ■ FRIDAY, JULY 11, 2025

Dima Hasao's Rath Yatra Festival Ends with Magnificence and Devotion

Haflong, July 05: Rath Yatra celebration in Haflong concluded with the return of deities to Shri Jagannath Mandir, marking the end of the weeklong festival. Annual Rath Yatra commemorates the journey of Lord Jagannath, Lord Balabhadra & Devi Subhadra from Jagannath Temple to the Gundicha Temple & their return after 7-day stay. Devotees in Haflong pulled the sacred chariots amidst chants of "Jai Jagannath," unfazed by the rain as the divine procession passed through town. Four grand chariots representing Sri Jagannath Temple, Govinda Mandir, ISKCON Temple &



Sri Gauria Math participated in celebration carrying devotees in traditional attire, Nagar Kirtan, prayers & prasada distribution. Similar Phira Rath celebrations & closing rites were recorded from other parts of Dima Hasao as Maibong & Harangajao in

addition to Haflong. All of these events were calm and filled with intense religious zeal. The Rath Yatra festival in Dima Hasao brought communities together to celebrate Lord Jagannath's heavenly journey, demonstrating togetherness, faith, and devotion.

St. Agnes HS School in Haflong is hosting road safety awareness program

Haflong, July 10: At St. Agnes HS School in Haflong road safety awareness program held. Program organized by Haflong Traffic Police sought to inform students about fundamental traffic laws and promote safe driving habits in order to reduce number of traffic accidents. Haflong Traffic In-Charge P. Borpatra addressed students stressing importance of basic road safety measures. Borpatra emphasized traffic regulations proper use of zebra crossings, seat belts, helmets, speed limits and obtaining valid driving license for students. Officer briefed pupils on the most recent changes to



India's traffic rules went into effect on March 1, 2025. In an effort to reduce reckless driving and number of fatalities caused by traffic accidents these modifications include tougher punishments and higher fines for infractions. The program was significant step in teaching young people to be responsible drivers and to enforce traffic punishment.

Himanta denounces "hostile forces" for making fun of Karbi Anglong chief Tuliram Ronghang

CM praised visionary leader of the KAAC

Guwahati, July 07: Assam's chief minister, Himanta Biswa Sarma, criticized attempts to defame Tuliram Ronghang, the CEM of the Karbi Anglong Autonomous Council, and commended him for his leadership and vision. Assam's chief minister, Himanta Biswa Sarma, criticized attempts to defame Tuliram Ronghang, the CEM of the Karbi Anglong Autonomous Council, and commended him for his leadership and vision. According to CM Sarma's public statement, Ronghang is a "respected leader who rose from a humble Karbi village to become the CEM of the Karbi Anglong Autonomous Council." He said that Ronghang's



leadership was responsible for the "unprecedented develop-

Haflong hosts a 10 day summer workshop organized by the cultural department

Haflong, July 09: Department of Cultural Affairs & Dima Hasao district administration are launching 10-day Summer Workshop at Govt. Boys HS School, Haflong, across all 126 LACs of Assam. Assam Minister for Sports & Youth Welfare, Nandita Gorlosa, and District Commissioner Simanta Kumar Das inaugurated a cultural affairs programme combining student activities with art, culture, physical, and extracurricular knowledge. Over the next ten days, participants will participate in a mandatory yoga session led by renowned teacher Phaiham Kempai, followed by various knowledge-enhancing sessions on health consciousness, drug abuse, amusement activities, traditional dances, and career counseling. Assam Minister Nandita Gorlosa emphasized students' aim, encouraging them to use government facilities & not feel inferior, citing



successful personalities from various government schools. DC Simanta Kr. Das announced a 10-day program designed for students to learn with fun. He encouraged students to make the most of the program and encouraged them to inform organizers if they would like to include other skills or classes. The workshop will provide students with educational opportunities, with officers from various departments present.

Muharram celebrated in Digboi with nonviolent Taziya ceremonies and processions

Digboi, July 07: On the auspicious occasion of Muharram, the Muharram committees staged a combined Taziya in Digboi on Sunday afternoon. Beginning at Golai Masjid, processions of Taziya, a tiny symbolic tomb, were staged all across Oil town. Fighting is customarily prohibited during Muharram, one of the four holy months in Islam. The tenth day, Ashura, which is very important to the Islamic world, was also observed on this day. Following fasting, Quran recitation, and



ceremonial reenactments of the Karbala battle—some of which included symbolic swordplay or self-flagellation—the mourners commemorated the Day of Ashura with processions led by the

Muharram committees from Golai, the railway station area, and Borbil. One of the community's active social activists, Asraf Raja Khan alias Guddu Khan, claims that these public displays honor Imam Hussain's martyrdom by reflecting both Sunni customs (prayer and fasting) and Shia customs (mourning, processions with taziyas, chest-beating, and acting out Karbala scenes). The event ended amicably after extensive preparation and security agency participation.

Lumding-Badarpur train line in another disruption operation



Haflong, July 07: On Sunday evening July 6 a new landslide at Mupa station caused train traffic along Lumding-Badarpur hill segment to be stopped again. Since the region's initial landslide along Jatinga-Lampur rail connection on June 23 this is the third such catastrophe. Several trains were stranded on Monday due to the most recent disruption: At Lumding Sealdah-Sabroom Kanchanjunga Express is stranded. At Manderdisa, the Guwahati-Silchar Express is stopped. Maibang is still where the Agartala-Rani Kamalapati Express is based. At New Haflong, the Silchar-Rangia Express is stuck. The problem is being made worse by the district of Dima Hasao's ongoing severe rainfall, which makes restoration efforts difficult and raises fears about potential disruptions. As travelers deal with delays and anxiety due to the ongoing downpours, authorities are keeping a careful eye on the situation.

Himachal flash floods Kill 78 People and 4 districts in Uttarakhand at risk of landslides

Shimla, July 08: The Himachal Cooperative Bank in Thunag, Himachal Pradesh, has been destroyed by flash floods, causing estimated loss of crores of rupees and jewellery worth lakhs. The state has experienced 23 flash floods, 19 cloud burst incidents, and 16 landslides, resulting in 78 deaths since the start of the monsoon. "The cumulative toll due to various monsoon-related disasters in Himachal Pradesh has reached 78 as of July 6," the State Disaster Management Authority stated. Rain-related tragedies in India have resulted in 14 deaths, eight drownings, eight electrocutions, accidental falls, landslides, lightning strikes, and snake bites, leaving 37 people missing and 115 injured. Infrastructural damage is widespread, with the Himachal Cooperative Bank in Mandi district filled with water and debris, affect-



ing a town with 8,000 residents. "It is an old bank and undertakes a lot of transactions every day. However, at present, the cash, documents and lockers kept in the bank have all turned into rubble," said Mr Mohan. A few residents are protecting the bank from potential robberies. Theft of valuables carried away by

floodwaters is on the rise, according to reports. In the midst of this, 278 electricity transfers are halted, 261 water projects are closed, and 243 roads—including two national highways are closed. IMD forecasts "very heavy rain, thunderstorm and lightning, squall" today and heavy rain for July 8 and 9.

US continues to suspend its tariffs on India

Pune, July 08: Indian exporters may experience short-term respite as a result of the US' decision to prolong the suspension of its reciprocal tariffs from April 2 until August 1. The action will also give the administrations of both nations more time to settle unresolved disputes and complete a trade agreement. The White House confirmed the extension, stating that the suspension, initially set to expire on July 9, was being prolonged "based on additional information and recommendations from various senior officials" and due to the ongoing discussions with trading partners. Significantly missing from the list of nations that the Trump administration formally notified this week of tariffs was India, which has been actively negotiating free trade agreement with the US.

Bangladesh, Indonesia, Japan, South Korea, Malaysia, Thailand, and South Africa received tariff letters from President Trump, stating they would apply to US products starting August 1. The US has postponed the introduction for 90 days for talks. "This deferment reflects the US's readiness to talk and helps our negotiators address the remaining contentious issues," said Ajay Sahai, Director General of the FIEO. "It also offers India a comparative advantage if a BTA on goods is finalized by the end of this month."

Sena Minister attempts join protest over the MNS rally in Thane



Mumbai, July 08: Maharashtra minister & Shiv Sena leader attempted to join opposition MNS protest against his government, but MNS workers detained him and forced him to leave the protest site in Thane. MNS workers protested against a 'slapgate' incident but were detained & detained by police. They questioned why traders were allowed to protest but their counter-protest was prohibited. CM Devendra Fadnavis dismissed the allegations. "In Maharashtra,

everyone has the right to take out a protest march. Anyone can do after taking police permission. There are traffic issues, stampede risks etc. The police commissioner told me they were asked to change the route, but they were adamant. So police stopped them," he said. Taking a swipe at his rivals, the Chief Minister said, "I think I know Maharashtra's mood. Such experiments won't work here. Marathi has a large heart. He does not think small."

Rahul Gandhi Will Attend July 9 Labor Code Protest in Patna

Patna, July 07: According to leaders of the INDIA bloc, Rahul Gandhi, the head of the Congress, would be in Patna on Wednesday for a "chakka jam" against the new labor law and the particular, rigorous revision of the electoral lists in Bihar. At a news conference on Monday, AICC in-charge for Bihar Krishna Allavaru, state Congress president Rajesh Kumar, Leader of the Opposition in the assembly Tejashwi Yadav & representatives of the Left parties made the announcement. Gandhi, the leader of the opposition in the Lok Sabha, will march with the demonstrators in the



state capital, where a march to the Election Commission office has been suggested, Mr. Kumar said. Mr Yadav said, "We will be with Mr Gandhi in Patna, but the stir will be held across Bihar. We are extending support to the chakka jam against the labour code which is as much an assault on democracy as revision of electoral rolls." He also alleged that the special intensive revision will complete in less than a month from now, has so far been mired in "confusion" & accused the EC of trying to help the ruling BJP-led NDA through the exercise.

Indian & Brazilian perform together Brasilia Welcomes PM Modi With Shiva Tandava Stotram

New Delhi, July 08: PM Modi attended cultural display in Brasilia featuring the Shiva Tandava Stotram & Brazilian Samba Reggae rhythms showcasing unity in diversity & deeply moving for Brazilian Vedanta teacher Padma Shri Jonas Masetti. "It was very powerful moment, a true blessing for everyone involved. This is tremendous opportunity to express our deep gratitude to India. Knowledge of Vedanta has transforming our lives here not just individually but reshaping very fabric of our society. It brings clarity, depth & meaning to our existence," he said. Performance showcased a distinctive cultural blend, incorporating Amazonian chants, revealing surprising connection between spiritual traditions of India and Brazil. Director



of ICCR, Jyoti Kiran Shukla, remarked, "This unique programme special gift to Indian community beautiful confluence of our Vedic chants. In Vedic traditions, we have powerful chants like Shiva Tandava & Shroth. We witnessed these combined with Amazonian chants, revealing a fascinating cultural connection between India & Brazil. At the Vivekananda Centre, we are researching similarities between these

chants, their linguistic patterns, meanings & origins." Yoga teacher, Kenlyn, witnessed the performance, shared her excitement: "I wasn't one of the performers, but it was truly an honour to watch my fellow students perform and to be part of this incredible opportunity to present for the Prime Minister. I hadn't met him before & it was a powerful experience; you could really feel his energy, presence & genuine care & compassion."

Bihar elections approach Chirag Paswan recalls 2014 NDA re-entry



2014", which was just before Ram Vilas Paswan eventually went with the BJP. "We met respected So-

nia Gandhi ji several times during this time, but they kept saying a meeting will be fixed with Rahul ji, but that never happened," Chirag stated. He claimed that although he lacked the courage to persist following his father's remark that "poison, but no BJP," the circumstances changed to the point where the alliance was feasible anyway. He was thinking back to when Narendra Modi was Gujarat's chief minister and his father had joined—or rather rejoined—the NDA after splitting over the 2002 riots. Chirag was adamant that he had no issues with the BJP because of a split in his party in 2021, even if he is hoping to become "the x-factor" or "kingmaker" in the Bihar state elections this time. Around the same time that Chirag declared his intention to run in the assembly elections, the interview was released.

Sara Ali Khan and Aditya Roy Kapur's movie Metro in Dino gets off with a good start

Movie with urban relationships, heartbreak & love

Mumbai, July 05: Metro In Dino, starring Anupam Kher, Neena Gupta, Pankaj Tripathi, Konkona Sen Sharma, Aditya Roy Kapur, and Sara Ali Khan, explores urban relationships, heartbreak, and love. Despite a slow start, the film earned Rs 3.35 crore on its opening day and had a strong occupancy in key markets. Metro In Dino has not met the opening figures of Anurag Basu's subsequent films, even if its first day earnings are better than those of his 2007 feature Life in a... Metro, which made Rs 87 lakh. With Ranbir Kapoor and Katrina Kaif in the lead roles, Basu's final theatrical release, Jagga Jasoos, made Rs 8.57 crore at the box office. When compared to Sara Ali Khan's previous film, Zara Hatke Zara Bachke, which opened with Rs 5.49 crore, the present one has similarly performed poorly.



At the box office, Metro In Dino is up against fierce competition as well. With a solid Rs 9 crore opening, Jurassic World Rebirth is still drawing crowds. Films from earlier weeks are still doing well. For example, Aamir Khan's Sitaare Zameen Par has already made Rs 137 crore in two weeks, Brad Pitt's F1 made Rs 3.50 crore on its eighth day, and Kajol's Maa made Rs 1 crore on Day 8.

The movie was released during a mixed first half of 2025 for Bollywood. At Rs 585 crore, Vicky Kaushal's Chhaava is still the lone significant blockbuster. Raid 2 has earned Rs 173 crore, and if it keeps up its current rate, Sitaare Zameen Par may soon be among the top earners. The film was produced for a total of Rs 100 crore, which included Rs 15 crore for marketing and Rs 85 crore for production.

Nick Jonas kisses Priyanka Chopra at their fourth of July celebration in New York

New Delhi, July 05: The singer Nick Jonas & actress Priyanka Chopra are each other's greatest supporters. It was Priyanka's turn to accompany Nick at his event in NY after he had backed her during her recent Heads of State promotions. Jonas Brothers launched the Macy's Fourth of July festivities in NY. Priyanka and Nick Jonas were present. She posted images and videos from the event to Instagram. In addition, Priyanka posted video of Kevin, Nick,



and Joe performing live to applause from the audience. In a clip, she captured the distant fireworks with Nick,

ka wrote, "Happy 4th of July to all celebrating." The video ended with Priyanka giving a glimpse of the sky turning bright with fireworks. Priyanka and Nick shared a photo of them watching fireworks together, wearing a brown outfit and a red shirt and denims, without captioning the photo. Priyanka and Nick, married in 2018 in Rajasthan, welcomed Malti through surrogacy in January 2022 after attending Wimbledon and having a traditional Christian & Hindu ceremony.

who then panned the camera towards her and kissed her cheek, making her smile. Sharing the video, Priyanka

cy in January 2022 after attending Wimbledon and having a traditional Christian & Hindu ceremony.

8th day after the release of 'Maa' movie, Kajol's film made over Rs 25 cr

Pune, July 05: In by Vishal Furia, has was released on June end total of Rs 17.65 on Friday, Rs 6 crore. It brought in Rs 2.5 day, Rs 1.85 crore Thursday, for a total contributed an additional total collection mouth has helped despite competition Par and Kannappa. Devgn, Jyoti Desh- Kajol plays a mother to lift her daughter Ronit Roy, Kherin Sharma, Jitin Gulati, and Indraneil Sengupta are part of the cast. The film, females disappear under inexplicable circumstances, combines themes of love, bravery, and sur-



its first week of release, Kajol's most recent movie, Maa, a mythical horror drama helmed performed steadily at the box office. Early estimates from Sacnilk indicate that Maa, which 27, has made about Rs 27.50 crore over the course of eight days. With an opening week-

crore, the movie made Rs 4.65 crore on Saturday, and Rs 7 crore on Sunday. crore on Monday, Rs 3 crore on Tuesday, and Rs 1.5 crore on of Rs 26.5 crore for the first week. Maa national Rs 1 crore on its Day 8, bringing to Rs 27.50 crore. Positive word-of- the movie sustain steady collections from Aamir Khan's Sitaare Zameen In Maa, which was produced by Ajay Pande, and Kumar Mangat Pathak, er who uses the goddess Kali's power out of a mysterious curse. In addition, which is set in a community where fe- vival with emotional drama and terror.

Varun Dhawan make his own worlds with pet Joey & daughter Lara



Mumbai, July 05: Actor Varun Dhawan shares heart-warming picture of his daughter & pet dog expressing homesickness & nostalgia. Post dedicated to his pet dog, captures the actor's heartwarming moments with his family. "My raja babu #joey #missmybabies," Varun wrote as caption to pictures. In one image Varun playing with Joey & in another he seen holding Joey in his arms as he walks out in the rain. Varun shown in one photo having fun at home with his daughter Lara & his pet dog Joey. Varun is seen on the carpet, lying on his stomach, shirtless, and wearing black-and-white shorts. In his hands, he clutches Joey's face. His young daughter seated on colorful play mats in the front, wearing pink suit. For privacy, she has heart emoji over her face. Fans were happy to get a sweet glimpse of Varun's daughter. They flocked to the comment section, showering her with love & admiration & expressing their delight. "Cuties," one posted, with another one writing, "Sooooo cute".

Boney Kapoor eagerly waiting daughter Anshula Kapoor's return to Mumbai

Mumbai, July 05: Producer Boney Kapoor announced daughter Anshula Kapoor's engagement to writer Rohan Thakkar on Instagram, sharing photos of the special moment in Central Park, New York City. Sharing the photos, Anshula wrote, "We met on an app. Started talking on a random Tuesday at 1.15 am. We spoke until 6 am that morning. And somehow, even back then, it felt like the beginning of something that mattered. 3 years later, in my favourite city, in front of the castle in Central Park, he proposed! At exactly 1.15 AM India time! "And somehow the world paused just long enough for the moment to feel like magic. Just the quiet kind of love that feels like home. I've never been the girl who believed in fairytales.. but what @rohanthakkar1511 gave me that day was better. Because it was intentional. Thoughtful.



Real. Us. I said yes. Through ugly tears, shaky laughs, and the kind of happiness I can't put into words. Because since 2022, it's always been you. I'm engaged to my best friend!!! My safe place. My person. Fav boy, fav city... and now, my fav YES!" she added. Reacting to the post, Boney wrote, "God bless you both, waiting anxiously for you guys to come bk & celebrate the engagement in your home town at my house."



Sachin Tendulkar bats for authenticity in organic India's new campaign

Guwahati, July 10: Organic India, a Tata Consumer Products brand, has launched its latest campaign titled 'Sirf Naam Se Nahi, Kaam Se Organic' with cricket icon Sachin Tendulkar, urging consumers to look beyond labels and demand proof of authenticity in organic products. As awareness of organic food grows, so does confusion around what qualifies as truly organic. The campaign aims to address this by educating

nized certifications. In the campaign film, Tendulkar appeals to viewers to verify the integrity behind organic claims. "In today's world, it's important to ask where your food comes from and how it's grown," he says, endorsing the brand's commitment to transparency and traceability. In Guwahati, the campaign is expected to resonate with the city's growing health-conscious consumers who often seek authentic organic options amid a flood of loosely regulated products.

Retailers in Guwahati anticipate a positive response as demand for certified organic goods continues to climb.



GIFT Trump's tariff Nifty rising and nine more indicators

New Delhi, July 10: With investors keeping eye on significant events in global indexes commodities, money flows, Indian equities markets probably going to reflect global signals. Early market sentiment will also be influenced by sectoral trends & institutional activity. GIFT Nif-

ty up 44 points at 25,574, indicating that the domestic markets are off to a good start. Indian equities markets took a break on Wednesday, closing the session little lower. The Sensex fell 176.43 points, or 0.21%, to end the day at 83,536.08, while the Nifty 50 down 46.4 points, or 0.18%,

to close at 25,476.10. Early trading saw a 0.45% decline in Japan's benchmark Nikkei 225 and a 0.54% decline in the larger Topix index. Tech-focused Kosdaq increased 0.44% and South Korea's Kospi increased 0.24%. Australia's S&P/ASX 200, meanwhile, increased by 0.51%.

Ahead of Q1 results, TCS shares are unchanged

New Delhi, July 10: Ahead of the company's Q1 FY26 results announcement, which will essentially kick off the IT pack's earnings season, TCS shares were trading flat on July 10. The stock was up 0.02% at 10.30 am, trading at about Rs 3,384 per share. In the post-market hours of July 10, the business is scheduled to report its April-June quarter results for the current fiscal year 2026. The company had informed stock exchanges of this and stated that its board would meet on July 10 to review & approve results and dividend. The record date to determine eligibility of the shareholders set to receive the possible dividend has been

set at July 16. "The interim dividend, if declared, shall be paid to the equity shareholders of the Company whose names appear on the Register of Members of the Company or in the records of the Depositories as beneficial owners of the shares as on Wednesday, July 16, 2025, which is the Record Date fixed for the purpose," the company said. Analysts have suggested that the IT sector may see a soft earnings season, amid global uncertainties. "If the final U.S. tariffs are pushed on consumer, U.S. inflation will rise, injecting continued uncertainty for global corporations and could drag growth in IT," said Girish Pai, analyst at BOBCAPS.

Aashirvaad brings devotees closer to Lord Jagannath with tech-powered 'Bhakti Path' at Puri Rath Yatra

Guwahati, July 10: Aashirvaad, India's leading packaged atta brand, launched its unique spiritual initiative 'Bhakti Path' during the ongoing Puri Rath Yatra. The immersive experience, live from June 27 to July 5 near Bada Sankha More, offers devotees a high-tech yet heartfelt connection with Lord Jagannath through digital prasad-making and a holographic darshan of the deities. The activation features a "Prasad-Making Zone" where devotees virtually prepare offerings using Aashirvaad Shudh Chakki Atta. Once the ritual is completed, a large LED screen splits to reveal a stunning holographic vision of Lord Jagannath, Balabhadra, and Subhadra on their raths, enhancing the spiritual journey for thousands. Anuj Rustagi, COO, Staples & Adjacencies,



Foods Division, ITC Ltd, said, "With 'Bhakti Path,' we aim to blend devotion with digital, making darshan more inclusive and accessible." In Guwahati, where Aashirvaad holds a strong consumer base, the activation has sparked excitement. Local retailers report increased footfall and consumer in-

terest in festival-themed offerings, reinforcing Aashirvaad's bond with households during key cultural celebrations. Aashirvaad continues to lead India's staples segment, now extending its offerings across salt, spices, millets, and ready-to-eat meals, enriching traditional Indian kitchens.

Apple currently less valuable than Nvidia

Mumbai, July 10: Nvidia became first firm in history to surpass \$4 trillion in market capitalization. This unprecedented increase was fueled by the global AI craze. The Wall Street Journal reports that the Santa Clara-based chipmaker finished at \$162.88 a share, surpassing tech behemoths Apple and Microsoft to take the top spot on the Nasdaq. Jensen Huang, a Taiwanese-American engineer, created Nvidia in 1993. In the past, it manufactured graphics chips for PC gaming. Huang, however, had a bolder prediction early on: that the same GPUs that drive video games would also accelerate data centers and AI tasks. That wager has paid off handsomely. These days, ChatGPT, Midjourney, and a host of other generative AI products are powered by the company's GPUs. Nvidia, once worth \$1 trillion, experienced exponential growth, registering \$44.1 billion in Q1 2025 compared to \$7.2 billion 2 years ago. The company boasts over 70% gross margins & fast chip sales, including Hopper H100 and Blackwell B200. AI chatbots & large language models are causing hardware arms race between Meta, OpenAI, and Google for tens of thousands of Nvidia chips with some costing over \$40,000 each. Technology firms are publicly boasting about their AI ambitions.

East India's Gen Z tops nation in retirement planning with life insurance: Tata AIA study

Guwahati, July 10: A new study by Tata AIA Life Insurance reveals that Generation Z in East India is leading the country in retirement-focused financial planning, with 63% of working individuals aged 21–29 considering life insurance as a key retirement tool—the highest nationwide. The study, titled 'New Age Habits, Traditional Values', was conducted in partnership with NielsenIQ. The survey highlights a well-rounded investment approach among East India's youth, blending traditional choices like gold (47%) and fixed deposits (54%) with growing participation in equities (43%). While only 11% currently hold term insurance, a promising 44% intend to buy it soon, indicating strong growth potential. Value-for-money premiums (56%), tax



savings (51%), and transparent claims service (36%) were top factors in insurance selection. Interestingly, 21% of respondents rely on social media platforms like Instagram and YouTube for financial advice, underscoring a digital-first mindset. Girish Kalra, Chief Marketing Officer of Tata AIA, said, "It's heartening to see East India's youth planning early for retirement. We're committed to empowering them with reliable, accessible protection products."

Ujjivan SFB unveils International RuPay Select Debit Card for global, digital-first customers

Agartala, July 10: Ujjivan Small Finance Bank has launched its first international payment solution — the International RuPay Select Debit Card — aimed at providing seamless global banking with premium lifestyle benefits to its growing base of digitally-savvy customers. The card, powered by the RuPay-Discover Network, will be accepted at ATMs, POS terminals, and online platforms worldwide. Designed especially for frequent international travellers and online shoppers, the card offers an impressive suite of benefits. These include complimentary domestic and international airport lounge



access, ₹10 lakh accident and disability insurance, free quarterly golf lessons and wellness services, travel coupons, annual health check-ups, and concierge services both in India and abroad. Speaking on the launch, Hitenra Jha, Head of Retail Liabilities - TASC & TPP at Ujjivan SFB, said, "This card strengthens our digital-first approach and commitment to financial inclusion. It caters to aspirational consumers seeking global convenience and premium service." In Agartala, a growing hub of tech-enabled financial activity, the new card has stirred strong interest among young professionals and small business owners. Local customers appreciate the enhanced transaction limits and global usability, which align with their increasing travel and digital lifestyle needs.

Amazon's first 3-day Prime Day 2025 empowers small businesses with unmatched growth opportunities

Guwahati, July 10: Amazon India is all set to launch the 9th edition of Prime Day from July 12 to 14, 2025 for the first time as a three-day event bringing a wave of new opportunities for small and medium businesses (SMBs) across the country. Tens of thousands of sellers, from artisans to startups, are preparing to offer special deals in categories such as apparel, home décor, beauty, and grocery. In the run-up to the event, Amazon has rolled out its biggest-ever seller support initiatives, including zero referral fees on over 1.2 crore products, multi-unit fee waivers, and the 'Mega Selection Addition Rewards'



of up to ₹3 lakh for eligible sellers. Tools like the Prime Day Launch badge and real-time screen-sharing support aim to maximize seller visibility and performance. In Guwahati, local entrepreneurs and artisans have welcomed the revised fee structures and promotional opportunities. Many are gearing up to introduce handcrafted and tradition-

al Assamese products to a wider audience through the Prime Day platform, expecting a significant rise in online traffic and conversions. "Prime Day is more than a sale—it's a growth catalyst," said Amit Nanda of Amazon India. Sellers can also engage via Amazon's STEP program and a new WhatsApp channel to boost sales and strategy.

X's challenging path under Elon Musk

Mumbai, July 10: Linda Yaccarino, CEO of X, announced her resignation amid controversies and challenges, including a mass exodus of advertisers. Yaccarino was responsible for boosting advertising revenue, alleviating debt, and implementing new features like a video tab and fact-checking via community notes. As advertisers returned to the platform in the wake of Musk's increasing political influence, research firm Emarketer reported in March that X was on track to achieve its first year of advertising revenue increase this year since its acquisition in 2022. Elon Musk offered \$43 billion for Twitter, then known as X, but paused the deal due to spam and fake accounts.

HP launches affordable AI-powered OmniBook laptops in India

Guwahati, July 10: HP today announced the launch of its most affordable next-generation AI PCs in India, unveiling the HP OmniBook 5 and OmniBook 3 series. Aimed at students, professionals, and everyday users, the new laptops are packed with cutting-edge AI capabilities including a dedicated NPU capable of 45–50 trillion operations per second (TOPS), promising seamless responsiveness and efficiency. The HP OmniBook 5, powered by Qualcomm Snapdragon X Plus processors, boasts the world's longest battery life in an ultra-slim design — up to 34 hours. Meanwhile, the OmniBook 3 series is equipped



with AMD Ryzen AI 300 processors and offers robust AI-powered collaboration tools such as Windows Studio Effects and HP AI Companion for enhanced performance and video calling. Assam's Guwahati welcomed the launch, noting rising demand for AI-enabled yet cost-effective laptops in educational hubs and startup ecosystems. Retailers anticipate strong interest from

university students and tech-savvy professionals, especially due to flexible financing options like 8-month no-cost EMI and competitive pricing starting at ₹69,999. Built using recycled and ocean-bound materials, the new OmniBooks also support HP's sustainability goals. The models are now available in Glacier Silver across online and offline HP stores nationwide.

India showcases global leadership in outcome-based financing at UN Conference in Spain

Guwahati, July 10: At the Fourth International Conference on Financing for Development (FfD4) held in Seville, Spain, Shri Jayant Chaudhary, Minister of State (Independent Charge) for Skill Development and Entrepreneurship, spotlighted India's strides in institutionalizing outcome-based financing (OBF). Participating in a high-level panel co-hosted by OECD and the Outcomes Finance Alliance, Chaudhary highlighted India's success stories like the Skill Impact Bond and Project AMBER, showcasing how public, private, and philanthropic capital can converge for scalable social impact. The Indian delegation, led by Union Finance Minister Smt. Nirmala Sitharaman, reinforced India's commitment to linking financing with measurable development outcomes in skilling, women's empowerment, and livelihoods.



Global leaders and multilateral agencies,

including the World Bank and UNFPA, joined the session to explore innovative funding approaches for accelerating Sustainable Development Goals (SDGs). Shri Chaudhary also held bilateral meetings with leaders from OECD, CIFF, UBS Optimus Foundation, and Swiss agencies, discussing collaboration on gender-focused and employment-driven finance models. In Guwahati, where skilling initiatives are vital for youth employment, industry leaders expressed optimism over OBF's potential to drive data-backed training programs and boost women's participation in micro-enterprises. Experts believe these models could significantly uplift the Northeast's employment ecosystem, attracting greater investment in skill-linked ventures. India's leadership in OBF sets a global precedent for sustainable, inclusive growth.

Workshop on skilling charts vision for 'Viksit Bharat' ahead of Chief Secretaries' meet

Guwahati, July 10: A national workshop on "Skilling: Future Ready Workforce" was held on Monday at Kaushal Bhawan, New Delhi, as a prelude to the 5th National Conference of Chief Secretaries. Organised by the Ministry of Skill Development and Entrepreneurship (MSDE) in partnership with the Department of Agricultural Research and Education (DARE), the event focused on building human capital for a future-ready India under the theme "Human Capital for Viksit Bharat". Addressing the workshop, Rajit Punhani, Secretary, MSDE, said, "Skill training is the cornerstone of our vision for Viksit Bharat @2047. We must ensure that every youth and working professional is equipped with the right skills to contribute meaningfully to both organizational growth and the nation's development. Our focus must be on three key pillars—agriculture skilling, ITI upgradation, and future skills. Integration of agri-skilling into mainstream education will empower rural youth and make agriculture a viable, future-ready career path. The ITI upgradation will help us transform these institutions into dynamic skilling hubs aligned with evolving industry needs. Emphasis on future skills will enable our workforce to stay competitive in a rapidly changing global landscape. Above all, we must focus on making skilling as



pirational—something that excites, empowers, and elevates the aspirations of our youth." DARE's Rajbir Singh called for transforming Krishi Vigyan Kendras into rural skill hubs. A ₹60,000 crore ITI upgradation plan was showcased by the Directorate General of Training.

States such as Karnataka, Odisha, Assam, and West Bengal presented innovative models, while industry players like Adobe, Tata Strive, and Indian Oil highlighted collaborative efforts. The insights gathered will shape discussions at the Chief Secretaries' Conference, with states expected to submit feedback notes by August-end to drive inclusive and aligned skilling strategies.

At the Rs 12,760 crore, net profit increases 6% year over year

Mumbai, July 10: Tata Consultancy Services reported that its Q1 FY26 net profit increased 6% year over year to Rs 12,760 crore. The earnings exceeded the expectations of the street. TCS's net profit rise from April to June was estimated by a Bloomberg consensus poll of analysts to be a modest 1.9% at Rs 12,263 crore. The biggest IT business in India also reported that its operating revenue for the April–June quarter increased by 1.3% to Rs 63,437 crore. That was less than the Rs 64,636 crore consensus forecast from Bloomberg. An interim dividend of Rs 11 per share of Re 1 face value each was announced by TCS.

Govt intends for PSBs to raise Rs 45,000 cr in capital

New Delhi, July 10: The govt has laid out comprehensive plan to raise capital & dilute shareholding in PSBs during fiscal year 2025–2026. An estimated Rs 45,000 cr will be raised through QIPs. SBI will lead the fundraising effort after obtaining Ministry of Finance approval to raise Rs 20,000 crore through QIPs. It is anticipated that the offering will launch soon. "Public sector banks are being prepared for market-led capitalisation will ensure they are well positioned for credit growth. They need capital to lend," the source said. Meanwhile, the govern-

Toyota launches 'Prestige Package' for Urban Cruiser Hyryder, enhances style and value



Bangalore, July 10: Toyota Kirloskar Motor (TKM) has rolled out an exclusive 'Prestige Package' for its self-charging hybrid SUV, the Urban Cruiser Hyryder, aiming to boost both style and practicality for Indian SUV buyers. Available for a limited period starting July 2025, the new package features 10 premium, dealer-fitted accessories including body cladding, chrome garnishes, and a hood emblem that elevate the vehicle's bold urban appeal.

Built on Toyota's proven hybrid technology, the Hyryder combines a 1.5L TNGA Atkinson cycle petrol engine with an advanced electric motor, offering seamless performance and class-leading fuel efficiency. The SUV also

features Neo Drive mild-hybrid variants and an optional All-Wheel Drive system for enhanced versatility. With over 1 lakh units sold since its 2022 debut, the Hyryder has cemented its place in the Indian B-SUV segment. Toyota's new accessory package adds another layer of value to an already well-rounded offering.

Indus Towers, NEAID deliver relief to flood-hit northeast families

Imphal, July 10: Amid widespread devastation caused by recent floods in Northeast India, Indus Towers Limited, in partnership with grassroots organization NEAID, has stepped in to aid affected communities across Assam, Manipur, and Tripura. Under its CSR initiative 'Pragati', the telecom infrastructure giant distributed 1,030 dry ration kits to families in severely impacted regions such as Cachar (Assam), Imphal (Manipur), and remote areas in Tripura. Indus Towers employees actively participated in the distribution process, providing on-ground support. "We are deeply committed to supporting families affected by the floods with timely and meaningful assistance," said Rajender Singh



Gurung, Circle CEO, Indus Towers Limited. In Imphal, where several localities remain waterlogged, the relief kits were a much-needed lifeline. Many residents, especially daily-wage workers, welcomed the support, with local vendors noting a gradual improvement in access to essential food items.

"The support from Indus Towers came when local supply chains were disrupted. It brought immediate relief," said a market trader in Imphal Bazaar. NEAID Co-Founder Meraj Ahmed said, "Thousands have been left struggling. With Indus Towers' support, we aim to provide timely relief and help build long-term resilience."

Aviva Life Insurance bags 'Product of the Year 2025' in two key categories

Guwahati, July 10: Aviva Life Insurance has won the prestigious Product of the Year 2025 title in two significant categories—Life Insurance – Retirement Income and Life Insurance – ULIP. The recognition came following a nationwide consumer survey conducted by NielsenIQ for the 17th edition of Product of the Year India. The awarded products—Aviva Signature Increasing Income Plan and Aviva Signature Investment Plan—were voted as the most innovative in their segments. Asit Rath, CEO & MD, Aviva India, called the win a "powerful validation" of the company's customer-centric product design. Raj Arora, CEO of Product of the Year India, highlighted that Aviva stood

out across a crowded field of consumer products, crediting their "future-ready financial solutions." Ajai Kumar Tripathi, Chief and Appointed Actuary, added that the win reflects Aviva's commitment to creating simple yet secure long-term financial tools based on deep consumer insight. In Guwahati, where consumer awareness about retirement planning and ULIPs is on the rise, financial advisors noted increased interest in Aviva's offerings following the announcement. Local distributors see the recognition as a confidence booster for customers seeking long-term savings and protection plans. The dual recognition reinforces Aviva's reputation as a transparent and innovative insurer.

MoS Margherita's Cambodia visit reinforces India's cultural and strategic ties

Guwahati, July 10: Union Minister of State for External Affairs and Textiles, Pabitra Margherita, is on an official visit to Cambodia and Malaysia to bolster India's ties with ASEAN nations.

Starting his Cambodia leg on July 6, the Minister paid homage to the Father of the Nation and interacted with ITEC and ICCR alumni, alongside Cambodian dignitaries. On July 7, MoS Margherita met with Cambodian Senate President H.E. Hun Sen and Prime Minister H.E. Hun Manet to discuss avenues for deepening the India-Cambodia development partnership. He also had a Royal Audience with His Majesty King Norodom Sihamoni and conveyed greetings from India.

"Reaffirmed the enduring friendship between our two countries built on the foundation of shared culture," he posted on social media. A visit to the Royal Palace on July 8 further underlined shared cultural heritage. The Minister lauded the Ramayana murals



and confirmed the Archaeological Survey of India will assist in their restoration. In Guwahati, the visit is viewed as a diplomatic stride likely to benefit Assam's growing cultural and textile exports. Stakeholders hope deeper ASEAN ties will boost demand for Assamese silk and handicrafts. Margherita will proceed to Malaysia on July 10 to join ASEAN-led Foreign Ministers' Meetings.

Nothing launches first flagship phone and over-ear headphones in India

Guwahati, July 10: London-based tech company Nothing has launched its first true flagship smartphone,

Nothing Phone (3), and debut over-ear audio device, Nothing Headphone (1), in India, marking a significant step in its product evolution. The Phone (3) offers cutting-edge features, including a 6.67-inch AMOLED display, Snapdragon® 8s Gen 4 chipset, and a triple pro-grade camera system capable of 4K video across all lenses. With a redesigned ergonomic body, the new Glyph Matrix, and AI-driven Nothing



OS 3.5 based on Android 15, the device also promises longevity with 5 years of Android and 7 years of security updates. It is priced at ₹62,999 for the 12+256GB variant and ₹72,999 for the 16+512GB model, with pre-bookings already open. Headphone (1), co-engineered with KEF, features spatial audio, Hi-Res Audio support, and up to 35-hour battery life. It will retail at ₹21,999, with an introductory price of ₹19,999 on launch day. Both products go on sale from July 15 via Flipkart and offline partners.

Nissan expands CNG retrofitment for Magnite to 6 more states amid rising demand

Guwahati, July 10: Nissan Motor India has launched Phase 2 of its CNG retrofitment initiative for the New Nissan Magnite across six additional states—Rajasthan, Bihar, Jharkhand, Madhya Pradesh, Chhattisgarh, and Tamil Nadu—driven by rising customer demand for affordable and sustainable mobility. The retrofitment kit, developed by government-approved third-party vendor Motozen, is priced at ₹74,999 and comes with a 3-year or 1 lakh km warranty. It is compatible with the 1.0-litre naturally aspirated petrol engine (manual transmission) and is installed at government-authorised centres. The New Magnite retains its 336-litre boot space, one of the best in its class. Following the successful rollout in seven states during Phase 1, Nissan now offers the CNG option in 13 states. Phase 3 preparations are already underway. Saurabh Vatsa, Man-



aging Director of Nissan Motor India, said, "The Phase 2 rollout reflects both the growing demand for cleaner mobility and our commitment to offering credible, high-quality alternatives." In Guwahati, auto dealers noted a surge in inquiries after Phase 1, with buyers appreciating the Magnite's low running cost and robust features. The expansion is expected to boost sales further, especially among environmentally conscious urban consumers in the Northeast.

Sensex and Nifty 50 continue to lose for second straight session

New Delhi, July 10: July 10, key indices, the Sensex and the Nifty 50, continued to lose for the second straight day as the Indian stock market was still affected by uncertainties around tariffs and prudence ahead of the Q1 earnings season. The Nifty 50 dropped 121 points, or 0.47 percent, to settle at 25,355.25, while the Sensex closed at 83,190.28, down 346 points, or 0.41 percent. With a 0.28 percent decline, the BSE Midcap index likewise finished down. The BSE Smallcap index, on the other hand, defied the trend and finished up 0.12%. Since June, the Indian stock market has been trading in the 24,470–25,670 level, and there are no compelling new triggers to break out of this range. Despite recent assertions by both nations

that talks are progressing well, a trade agreement between the US and India is still far off. Investors are also being held back by the beginning of the Q1 results season. Although a recovery in earnings is anticipated, analysts predict that significant earnings growth won't be evident for another quarter or two. "Indian equities concluded the day in the red, weighed down by weakness in IT stocks ahead of TCS's Q1 results. Investor sentiment remains cautious ahead of the Q1 results in anticipation of a muted start to the season from the IT and finance sectors. However, the recent consolidation in the IT stocks largely factors in the muted outlook, limiting further worries," Vinod Nair, the head of research at Geojit Investments Limited, observed.

Amazon Prime Day 2025 set to launch with mega deals, faster deliveries across India

New Delhi, July 10: Amazon India has announced the return of its much-anticipated Prime Day 2025, promising 72 hours of non-stop shopping from 12:00 AM on July 12 to 11:59 PM on July 14, exclusively for Prime members. The event will feature blockbuster deals and new launches across categories including smartphones, electronics, fashion, beauty, home & kitchen, grocery, and more. This year's Prime Day will showcase over 400 top Indian and global brands, with Amazon's AI-powered shopping assistant Rufus set to enhance the customer experience by offering tailored recommendations and simplified product comparisons. To support



faster deliveries, Amazon has launched 30+ new delivery stations in tier-2 and tier-3 cities like Panchkula, Mohali, Howrah, and Nagpur. "We're committed to delivering convenience with speed,"

said Abhinav Singh, VP - Operations, Amazon India & Australia. Membership options include Prime at ₹1,499/year, Prime Lite at ₹799, and the newly introduced Prime Shopping Edition at ₹399.

Sony unveils WF-C710N earbuds with dual noise cancelling and smart AI features

Guwahati, July 10: Sony India has launched its latest truly wireless ear-

introductory cashback of ₹1,000 valid till July 31. The WF-C710N features Dual

SONY



WF-C710N
Are you ready to
#PutThemOn

buds—WF-C710N—designed for everyday comfort, seamless calling, and immersive audio experiences. Priced at ₹8,990, the earbuds are available starting today across Sony Centers, retail outlets, and online platforms, with an in-

Noise Sensor technology, allowing users to enjoy music without external distractions. The Ambient Sound mode offers 20 levels of sound adjustment, enabling users to remain aware of their surroundings. The earbuds also come equipped

with AI-powered Precise Voice Pickup, trained on over 500 million voice samples to ensure crystal-clear calls even in noisy environments. With Sony's 5mm driver unit, DSEE sound enhancement, and customizable EQ, the earbuds deliver rich bass and well-balanced audio. The sleek, compact design is offered in four colours—Glass Blue, Pink, White, and Black. In Guwahati, retailers expect strong consumer interest in the WF-C710N, especially among college students and professionals looking for affordable, high-performance earbuds with long battery life and stylish aesthetics.

The earbuds offer up to 40 hours of playtime, multi-point connectivity, IPX4 water resistance, and plastic-free packaging, underscoring Sony's focus on innovation and sustainability.

HP unveils Laser M300 series in India, targets SMBs with fast, eco-friendly printing



Guwahati, July 10: HP has launched its new Laser M300 Series printers in India, designed to cater to the evolving needs of small and medium-sized businesses (SMBs), print shops, and enterprises seeking high-volume, low-maintenance printing solutions. The series includes five models—Laser MFP 323sdn, 323dnw, 323d, 303dw, and 303d—each offering auto-duplex printing, high-speed output, and energy-efficient features. With print speeds up to 30 pages per minute and first-page-out in just 8.5 seconds, the M300 Series delivers quick, sharp, and reliable results. Equipped with high-yield toner cartridges capable of print-

Market value of AI giant Nvidia has reached \$4 trillion

Mumbai, July 10: Nvidia became 1st firm to hit \$4 trillion in market value setting a new benchmark in Wall Street's wager that AI will revolutionize the economy. Nvidia shot up to \$164.42 just after the stock market opened, valuing the company at almost \$4 trillion, before a tiny decline. "The market has an incredible certainty that AI is the future," said Steve Sosnick of Interactive Brokers. "Nvidia is certainly the company most positioned to benefit from that gold

rush." Investor optimism that AI will usher in a new era of robots and automation, potentially increasing productivity while also disrupting established industries and businesses, is demonstrated by Nvidia's current market value, which is higher than the GDP of France and Britain. Even as Nvidia itself beats key benchmarks, the California semiconductor company's most recent climb is contributing to a comeback in the larger stock market.

The Indian Express Group and Screen announce the launch of Screen Academy

Mumbai, July 10: The Indian Express Group and Screen have announced the launch of Screen Academy, a pioneering not-for-profit initiative that will nurture and showcase exciting new voices in Indian cinema. With an exciting and fast-growing list of diverse members including Cannes and Oscar winners Guneet Monga, Payal Kapadia, and Resul Pookutty, and veteran screenwriter Anjum Rajabali, the Academy, working with India's top film institutes, will identify and empower the next generation of filmmakers through education, representation, and recognition. Established with the generous support of Founding Patron Abhishek Lodha of the Lodha Foundation, Screen Academy will annually provide postgraduate fellowships to students nominated by their film schools who demonstrate exceptional storytelling potential but lack the financial resources to pursue formal film education. Chief Minister of Maharashtra Shri Devendra



Fadnavis said the timing and the location couldn't be more relevant. "The film industry has an inseparable association with Mumbai." Said Anant Goenka, Executive Director of The Indian Express Group, who steered the idea of the Academy: "Screen Academy represents a bold step toward institutionalising excellence in the entertainment and culture space." For Abhishek Lodha, the Academy's work is key to India's soft power and growth as a global leader in the creative arts. "The Lodha Foundation is committed to supporting India's progress to becoming a developed nation by 2047." Said Dhiraj Singh, Director, Film and

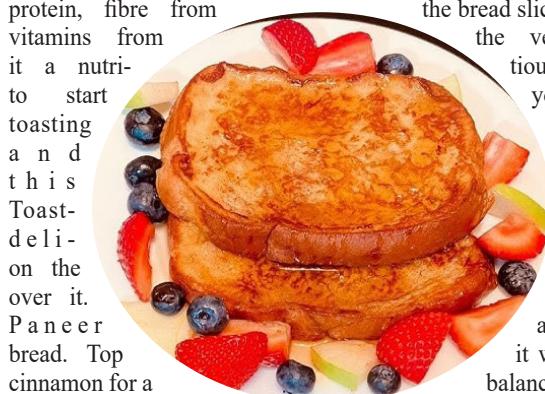
Television Institute of India: "Screen is a very respected name in film journalism. FTII is very happy that a meaningful collaboration is taking shape." Samiran Dutta, Director in charge of the Satyajit Ray institute, said the fellowships will plug a vital gap. "At Whistling Woods International, we believe that access to quality education can transform lives," said Meghna Ghai Puri, President Whistling Woods International. To ensure excellence, Screen Academy has established a Resident Critics Panel which includes Dr. Priya Jaikumar, Professor of Cinematic Arts in the Division of Cinema and Media Studies at the University of Southern California, Los Angeles; Priyanka Sinha Jha (Curator of Screen Awards); Shubra Gupta (The Indian Express Film Critic); Nikhil Taneja (Co-Founder of We are Yuva); and Anjum Rajabali (screenwriter and Head of Screenwriting at WWI and FTII).

Begin Your Day With A Delicious And Wholesome Breakfast For A Healthy

New Delhi: Mornings can be hectic, but a wholesome breakfast doesn't have to take much time. If you're craving something quick yet nutritious, bread can be your best friend. With just a few simple ingredients, you can create a delicious breakfast that is nourishing and rich in fibre to support good gut health. Here are five easy, convenient and nutrient-packed breakfast recipes to enhance your overall health.

Egg and Spinach Sandwich For a protein-packed start to your day, scramble an egg and sauté some spinach in a little olive oil. Toast a slice of Harvest Gold 100% Atta Bread, assemble your sandwich, and top it with a slice of cheese. With just four slices of bread, you can fulfill 30% of your daily fibre intake and benefit from the essential nutrients in the spinach and egg. This sandwich provides a perfect balance of carbs, protein, and fibre.

Tandoori Chicken Sandwich A protein-rich tandoori chicken sandwich makes a great breakfast option. Marinate and cook the chicken until tender, then place it between slices of bread, add toppings like fresh lettuce, tomatoes, cucumbers, and a drizzle of yogurt or light mint chutney. This balanced breakfast option provides protein, fibre from the bread slices, and essential vitamins from the veggies, making it a nutritious and filling way



French Toast Start your day with a stack of French toast. Top it with cinnamon for a balanced taste. Complete the sandwich with another slice of wheat bread. This sandwich is packed with protein, vitamins, and antioxidants, while the bread provides fibre, making it a well-rounded, nutrient-dense breakfast.

Tomato and Basil Toast Make an easy Tomato and Basil Toast by your healthy bread, adding sliced tomatoes, and topping it with fresh basil olive oil. Finally, season with a pinch of salt and pepper to taste. Enjoy quick and flavorful breakfast on your way to the office!

Cinnamon Sugar Toast This warm, buttery toast with its sweet, spicy coating is a simple and delicious breakfast perfect for a winter morning. Spread a thin layer of butter on toasted bread and sprinkle a generous amount of cinnamon-sugar mixture. For an extra touch, you can add a pinch of salt to balance the sweetness.

Paneer and Fruits Sandwich Spread a generous layer of paneer on a slice of wheat bread and fresh seasonal fruits, drizzle a little honey and sprinkle a pinch of spices. Complete the sandwich with another slice of wheat bread. This sandwich is packed with protein, vitamins, and antioxidants, while the bread provides fibre, making it a well-rounded, nutrient-dense breakfast. It's an excellent choice for boosting your fibre intake, improving digestion, and starting your day with a burst of energy! These recipes offer easy, nourishing breakfast options that also focus on your digestive health. With just a few ingredients and a slice of bread, you can turn every breakfast into a nourishing, indulgent option to kickstart your day.

Best Strawberry Ice Cream Flavors

Mumbai: It's the time of year when the sweetest strawberries make their way into our ice cream! Strawberry season is here, and we've captured it in the creamiest ice cream you'll ever taste. Made with fresh, hand-picked strawberries, this seasonal flavor is sure to brighten your day. Dive into the deliciously creamy strawberry flavor while it lasts – this seasonal treat won't be around forever. This winter, Naturals Ice Cream invites you to relish the elegance of Mahabaleshwar's freshly harvested strawberries, perfectly captured in every scoop of our Strawberry flavor. Crafted from the ripest, handpicked berries, it balances delicate sweetness with vibrant tang for a luxurious, refreshing treat. Enjoy it solo or paired with desserts. Launching on 29th November 2024, this seasonal delight is available for just 90 days at all Naturals Ice Cream outlets nationwide. Don't miss the chance to savor this fleeting indulgence! This December, Apsara Ice Cream celebrates the season with its star flavor—Strawberry! Made from the ripest, juiciest strawberries, it strikes the perfect balance of sweetness and tartness. Creamy, fruity, and bursting with vibrant flavor, each scoop is a delightful treat for all ages. Indulge in this unforgettable seasonal delight, available now at all outlets! INDU Ice Cream has become a standout in India's growing ice cream industry, known for its innovative flavors and rich, smooth textures. This winter, they've unveiled a seasonal delight: Strawberries and Cream with a twist. It starts with a refreshing Gondhoraj strawberry sorbet, layered with velvety Vanilla ice cream, and topped with an in-house strawberry compote for a perfect balance of taste and texture. This indulgent treat is the ultimate winter delight, delivering a truly unforgettable flavor experience. The Bread Bar Mumbai, helmed by the talented Chef Ruchi Gupta, has unveiled its seasonal Strawberries and Cream Ice Cream, a luxurious addition to its menu. Known for exceptional bakery items and innovative dishes, this all-day brunch café blends casual comfort with culinary artistry.

Nutrition Expert Reveals Five Worst And Best Breakfast Options

Mumbai: It is often said that breakfast is 'the most important meal of the day,' and with good cause. Breakfast, as the name implies, breaks the overnight fast. In addition to supplying other vital nutrients needed for optimal health, it tops off your glucose supply to increase your energy and alertness. The health benefits of having breakfast have been demonstrated by numerous studies. In the short term, it boosts your energy and concentration, and in the long run, it can help you control your weight better and lower your risk of heart disease and type 2 diabetes. A nutritious breakfast is usually abundant in fibre, protein, healthy fats, and vitamins. In a video released on Instagram earlier this month, nutritionist Deepshikha Jain revealed some of the worst breakfast alternatives that she has pledged never to approve as a nutritionist.

Croissants or Bagels: According to Deepshikha Jain, they are merely



processed foods deficient in fibre, protein, and even healthy fat, which will raise blood sugar levels and increase hunger throughout the day.

Coffee or Sugary Coffee Drinks: The nutritionist claims that these sugar-filled beverages will disrupt your stress and cortisol levels, which will also suppress your appetite.

Acai bowls or smoothie bowls: She also criticised smoothie bowls and acai bowls, saying they are rich with calories yet don't provide

balanced and delicious breakfast. Together, they create a filling, nutritious meal that keeps you energized throughout the morning.

Lentil Pancakes: Lentil pancakes are a healthy breakfast option, rich in protein, fiber, and iron. They offer a savory alternative to traditional pancakes, providing sustained energy and promoting digestion for a nutritious start.

Moong Dal Chilla: It's light, nutritious, and filling, providing energy and promoting digestion for a healthy start to your day. Also, it is an excellent breakfast choice, packed with protein and fiber.

Poha: Poha is a light, nutritious breakfast option, made with flattened rice, vegetables, and spices. It's rich in carbohydrates, fiber, and vitamins, offering a quick, energy-boosting, and easily digestible start to your day.

Dosa / Idli + Sambar: Dosa or idli with sambar is a nutritious breakfast, rich in carbohydrates, protein, and fiber.

Elevate Your Palate Exquisite Sushi Creations Redefined

New Delhi: Indulge in a curated selection of sushi creations, where artistry meets innovation. Each roll is thoughtfully crafted with the finest ingredients, balancing vibrant flavors, delicate textures, and visual appeal. From the earthy richness of truffle mushrooms to the zesty kick of sriracha, our menu celebrates diverse culinary inspirations. Garnished with edible flowers, microgreens, and house-made sauces, these rolls are as visually stunning as they are delicious. Whether you're savoring the crispiness of tempura or the luxurious silkiness of Atlantic salmon, each bite promises a journey of taste and sophistication. Experience sushi like never before—crafted to perfection, designed to delight with these creations by Chef Murali Purushotham, Cluster Chef, CHA by Bellona Hospitality.

Main Ingredients: Cucumber, avocado, sweet corn, tanuki, black quinoa, white quinoa. **Accompaniments:** Wasabi, pickled ginger. **Garnish:** Spicy mayo, sweet sauce, tanuki, microgreens, edible flowers, spring onion. **Main Ingredients:** Salmon, tobanjan, iceberg lettuce, cucumber, tanuki. **Accompaniments:** Pickled ginger, wasabi. **Garnish:** Spicy Kewpie mayo, wasabi mayo, cream cheese, red tobiko, tanuki, edible flowers. **Main Ingredients:** Tuna, cucumber, avocado. **Accompaniments:** Pickled ginger, wasabi. **Garnish:** Cream cheese, green tobiko, tanuki, edible flowers, sriracha mayo, spicy mayo. **Main Ingredients:** Silken tofu, shimeji mushroom, truffle oil, cheese, tanuki. **Accompaniments:** Pickled ginger, wasabi. **Garnish:** Truffle mayo, tanuki, beetroot juice, edible flowers.



Magnus Carlsen stunned by Gukesh once again defeats

Excitement in grand chess tour



Pune: D Gukesh, a recurrent world champion, defeated Magnus Carlsen in the sixth round of Grand Chess Tour SuperUnited Rapid 2025 in Zagreb, Croatia. The victory secured Gukesh's top spot individually at the competition. He also shared the top spot on Day 1 and continued his good form on the second day, winning over Uzbekistan's Nodirbek Abdusattorov in the fourth round and American grandmaster Fabiano Caruana in the fifth round.

Gukesh won his fifth consecutive tournament match against Carlsen, securing a victory with black pieces, despite being dubbed as one of the weaker players by Carlsen. "Gukesh hasn't done anything to indicate that he's going to do well in such a tournament," Carlsen had said in an interview before the tournament. "Gukesh actually played quite well here last time. But it re-

mains to be proven that he's one of the best players in such a format. This is a very, very strong field that we have here. Players like Gukesh and Anish Giri... they have a lot to prove because there aren't a lot of players you can feast on. In the course of 27 rounds, things usually show. I hope for Gukesh's sake that he can play better, but playing him in this tournament I will sort of approach it as I'm playing one of the presumably weaker players in the tournament actually," he had added. Gukesh started the tournament with a loss against Duda but overpowered France's Alireza Firouzja and R Praggnanandhaa to reach four points out of six. Carlsen beat Wesley So and drew two games against Ivan Saric and Duda to match Gukesh on points. Wesley was involved in all decisive games, crossing his US compatriot Fabiano Caruana and Anish Giri of Holland.

Giants throughout Europe had taken notice of Nico Williams

Extension in Spain contract

Agency: Athletic Bilbao extended the contract of coveted

release clause by 50% considered success. "When you



Spain forward Nico Williams to 2035, with an increased release clause. The deal extends contract by 8 years & increases

have to make decisions for me what matters most is the heart. I am where I want to be, with my people, this is my home,"

Indians performed the best individually in the abroad tests away from home

New Delhi: Sachin Tendulkar, a former India batter, holds the fifth-highest individual score of any India batter away from home in Test cricket, securing a 526-run victory against Bangladesh. Virender Sehwag, a former India opener, set a record for the fourth-highest individual score by an Indian in an away Test in 2006 against Pakistan. He scored 254 runs in 247 deliveries, helping India post 410 runs before the match was drawn. In the second Test of the Anderson-Tendulkar Trophy 2025, Shubman Gill, India's recently chosen Test captain, performed admirably. Gill helped India reach 587 runs in the first innings of the second Test match against England at Edgbaston by scoring 269 runs in 387 deliveries. In away Test matches, Rahul Dravid, a former hitter, has the second-highest individual score for India. In April 2004, he accomplished the feat against Paki-



stan. Rahul Dravid's 270-run knock in 495 deliveries helped India reach 600 runs with the bat after Pakistan was bowled out for 224 runs in the first innings. In an away Test match, Virender Sehwag holds the record for the highest individual score scored by an Indian. In April 2004, the former

opener accomplished the incredible feat against Pakistan. Team India batted first to start the match, and Virender Sehwag gave an incredible effort. Before the innings was declared, Sehwag helped India reach 675 runs in the first innings with 309 runs in 375 deliveries.

According to Neeraj Chopra, Haryana was the top pick for NC Classic

Mumbai: India's Golden Boy, Neeraj Chopra preparing for NC Classic javelin throw event in Bengaluru. After the ceremony had to be postponed earlier, Neeraj told that he is thrilled that it could now finally happen. Neeraj initially considered Haryana for the event, but faced infrastructure issues preferring Bengaluru for easier travel arrangements.



Neeraj hopes to inspire future NC Classic sporting events, despite its inaugural edition.

John Pulskamp's help SKC to win over Rapids

New Delhi: Colorado, Sporting Kansas City defeated the Colorado Rapids 2-1 thanks to seven saves & an assist on the game-winning goal from John Pulskamp. SKC defeated the Colorado Rapids on the road for the first time in almost 11 years. At Dick's Sporting Goods Park, Kansas City has a 0-6-5 record since their 3-2 victory on March 29, 2014. Sporting Kansas City moved into a tie for 10th place in the MLS Western Conference with the Houston Dynamo thanks to goals from Erik Thommy and Dejan Joveljic. Pulskamp recorded his fourth shutout of the season. Colorado lost even though they finished with a 24-5 advantage in shot attempts, including an 8-2 advantage in shots on goal, thanks to a late penalty kick by Rafael Navarro. Joveljic scored his 12th goal of the season in the fourth minute, giving Kansas City a 1-0 lead at the intermission despite being outshot 13-3 in the first half. Joveljic cut to the goal after Thommy stopped goalie Nico Hansen's feeble clearing pass by the left side of the box. Joveljic then scored his eighth goal in the last eight games with left-footed effort into the far right corner. Pulskamp called for a foul inside the box after tripping Djordje Mihailovic while diving for a loose ball, giving Colorado a chance to level the score in 31st minute.

F1 returns to its birthplace, Silverstone is in the focus



New Delhi: The British Grand Prix, marking the midpoint of the 2025 F1 season, is a celebration of Formula One history, taking place at the iconic Silverstone Circuit from July 4 to 6. The track has one of the quickest and most intricate layouts on the calendar and is home to iconic turns including Copse, Maggots, and Becketts. Additionally, teams like McLaren, Mercedes, Aston Martin, and

Williams call it home. In front of fervent home fans, British racers Lewis Hamilton, Lando Norris, and George Russell, as well as rookie Oliver Bearman, will make this year's race extra spectacular. Hamilton has won here nine times more than any other driver, and he currently drives for Ferrari. However, his competitor Max Verstappen's 2020 Silverstone lap time of 1:27.097 is the fastest.

Chris Paul a veteran of the NBA, suggests he may retire this year

Mumbai: Chris Paul, an NBA veteran has previously held the record for second-most assists, has disclosed that he may be leaving the league shortly. Point guard for San Antonio Spurs has already disclosed his motivations for leaving the court and alluded to what he would like to accomplish once the last ball drops.

Paul stated that he gives his NBA career "at the most, a year". He also declared his intention to retire shortly after. "I just finished my 20th season, which is a blessing in itself. I've been in the NBA for more

than half of my life, which is a blessing. But these years you do not get back with your kids, with your family," he reasoned.

This implies that Paul's final season on the court may be 2025. The 40-year-old, no longer in his peak, started all 82 games for the Spurs last season and averaged 8.8 points, 7.4 assists, and 1.3 steals per contest. He has earned spots on nine All-Defensive Teams and eleven All-NBA Teams his Suns advanced to the NBA Finals but were defeated by the Milwaukee Bucks in six games.



Wiaan Mulder's decision to declare on 367* is criticized by Chris Gayle

Pune: South African cricketer Wiaan Mulder attempted

beaten on 367. Mulder praised Lara's stature, stating that his



to break Brian Lara's record in the second Test against Zimbabwe by scoring 400. However, he declared the innings un-

record is "pretty special" for someone of his stature. Another former cricketer, Chris Gayle, slammed the decision

and said it was an error from Mulder. "He panicked and he blundered, straight up," Gayle said, speaking on talkSPORT. "I think it was an error from his side, not to try and go to get it. We don't know if he would go on and get it or not. But he declared on 367, and he said what he had to say. But listen, it's a once-in-a-lifetime opportunity to get 400 runs in a Test match. Come on, youngster, you've blown it big time!" "Come on, you're on 367; automatically, you have to take a chance at the record. If you want to be a legend, how are you going to become a legend?" Gayle added.

Tanvi, 16 year old junior world number one aiming for Olympic medal

Tanvi's path hasn't always been easy

Mumbai: Tanvi Sharma from Hoshiarpur only sixteen already made name for herself by becoming the youngest Indian to advance to the US Open 2025 finals. However, Tanvi sees these achievements as merely stepping stones to India's much bigger objective of taking home an Olympic medal. Tanvi is ranked as the top junior shuttler in the world, has her sights set on the Olympic Games, the greatest stage of all. Her journey, which is characterized by courage, sacrifice, and unwavering resolve, hasn't been a bed of roses. Tanvi was exposed to the harsh reality of financial struggle at a young age, having been born into a middle-class family in the northern city of Punjab. She and her sister had been training in Hyderabad to follow their



sporting aspirations, but it compelled them to come home. "Those days were incredibly challenging," Tanvi recalls

in an interview with The Statesman. "It wasn't easy for a middle-class family to send both of us from Hoshiarpur to Hy-

The Chiefs' wide receiver Hollywood Brown's latest tattoo piques fans' curiosity

New Delhi: Kansas City Chiefs wide receiver Hollywood Brown showcased his college to NFL journey with ink on his skin, capturing the excitement of fans on social media. "Insane: Chiefs wide receiver Hollywood Brown got a crazy full-back tattoo that is themed around his love for himself and his accomplishments. It includes his entire football journey from college to the NFL. Hollywood is ready to add another Super Bowl ring this upcoming season," he wrote in the caption. Fans expressed how they felt about the incident in the comment area. One cynical fan commented, "That ink is poison." As poison continues to creep into his bloodstream, he is going to have a rough year. However, a large



number of people agreed with the conclusion. Another person commented, "It's going to be crazy when he's 80 and he says, 'Look at my hairy back, kiddos, this is my autobiography, everything your gramps has ever ac-

complished.' Another chimed in to say, "That's an awesome tattoo I wanna get one similar. Hollywood needs a healthy year so he can get paid." "Dude's got some serious self-belief, love to see it," a fan wrote"

Barcelona player could skip the preseasn tour



New Delhi: Barcelona's Diego Kochen faces disappointment this summer as his chances of joining first team on pre-season tour remain uncertain. Despite his talent, Kochen is in crowded goalkeeping department under new manager Hansi

Flick. Kochen is set to start as Barça Atlètic's goalkeeper this season but his senior squad role may be limited due to new to the pre-season tour. Club maintains a strong belief in Kochen's potential and has included him in early training sessions.

derabad. Living in a big city comes with its own difficulties. We were mentally strong, but financial strength is just as important." She was only 11 when the pandemic forced her to return to Punjab, but instead of retreating, Tanvi and her sister doubled down on fitness and discipline at home. "Whatever happens, just do it." It became a motto that anchored her through the storm, powered by the unwavering support of her parents. Her perseverance paid off.

With the help of renowned Korean instructor Park Tae Sang, Tanvi's skill set quickly improved. An Olympic gold medal for India is now the clear objective. In their own way, Tanvi's idols are champions. She talks about getting ideas from the greatest.