

- Haflong residents participated in India's 79th Independence Day rally, despite heavy rains, to honor the sacrifices of great leaders and inspire future generations. The event, led by Assam Minister for Sports and Youth Welfare, rekindled the freedom movement.
- The BJP in Arunachal Pradesh accuses the opposition Congress of politicizing sensitive topics like the Siang Upper Multipurpose Project, Arunachal Pradesh Freedom of Religion Act, and Article 371(H) of the Constitution, alleging that Congress has been raising issues without factual basis.
- The Border Security Force (BSF) Meghalaya Frontier, Meghalaya Police, and local villagers have launched a joint combing operation in the Majersora-Hathinala forest belt following a suspected infiltration by Bangladeshi criminals.

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Independence Day Celebrated with Great Fervour in Dima Hasao

Haflong, Aug 15: The hill district of Dima Hasao has joined the rest of the nation in celebrating the 79th Independence Day with grandeur, enthusiasm, and patriotic zeal. The central programme, organised by the Dima Hasao District Administration, took place at the N.L. Daulagupu Sports Complex, Haflong, drawing a large crowd from across the district. The Chief Guest, Chief Executive Member (CEM) of the North Cachar Hills Autonomous Council, Debolal Gorlosa, unfurled the National Tricolour in the presence of Deputy Commissioner Munindra Nath Ngatey, ACS, Superintendent of Police Mayank Kumar, IPS, and other dignitaries. The celebrations commenced with Swahid Tar-

pan, a floral tribute to martyrs, followed by the inspection of march-past contingents by the CEM. Gorlosa praised the district's progress and optimism, highlighting education as the foundation for prosperity and sanctioning funds for 17 hostels for rural students. Highlighting youth development, the CEM noted the establishment of multiple stadiums and playgrounds to encourage sports and healthy lifestyles, keeping young minds away from negative distractions. Speaking on tourism, he described Dima Hasao's natural beauty as a major asset, capable of generating significant employment if developed sustainably. On infrastructure, Gorlosa assured continued focus on improving road connectivity with-



in the district and with the rest of the country, crediting support from the Prime Minister and Chief Minister for upcoming projects. Maibang Sub-Division Joins in the Celebration: In Maibang, the Independence Day programme witnessed vibrant public participation. The National Flag was hoisted by Sub-Divisional Officer (Civil) Shymanta Rabi Bara, ACS, in

the presence of SDPO Vaibhav Rawat, IPS, and local MAC member Monjoy Langhasa. The event featured a march-past, colourful cultural performances, and prize distribution to meritorious students. Dima Hasao experienced a surge of patriotic activities leading up to Independence Day, showcasing its deep sense of unity and pride.

Haflong Echo's with Patriotism in Har Ghar Tiranga Rally

Haflong Aug 13: In a stirring tribute to the spirit of 79th Independence Day, undeterred by relentless downpour a Har Ghar Tiranga rally was organized in Haflong. The rally commenced from N.C. Hills Autonomous Council premises to Sambhudhan statue point. The rally was led by Hon'ble Assam Minister for Sports and Youth-welfare, Smt. Nandita Gorlosa, who said that, "Amidst the heavy downpour, the rain did not dampen the mood or the celebration of the Har Ghar Tiranga rally." Also, she extended her sincere thanks to the children, officials of both the District Council and District Administration for their enthusiastic participation. Addressing the media District Commissioner, Dima Hasao Shri. Munindra Nath Ngatey, said that "Har Ghar Tiranga rally seeks to rekindle the spirit of the freedom movement, honor the sacrifices of our great leaders, and inspire future generations. In a culturally diverse district like Dima Hasao, this campaign holds even deeper meaning." Present in the rally was Hon'ble EM Shri. Donphainon Thaosen, MAC & Dy. Chairman Dist Planning Board Shri. Dhriti Thaosen, MACs Shri. John Poithong, Noah Daime, Shri. Lalremsiam Darnei, Shri. Pronath Raijyung officials and staffs and others.



The Indo-Bangladesh border is the site of a BSF "Operation Alert"

Shillong, Aug 13: To provide unwavering security in the lead-up to Independence Day, the Border Security Force Meghalaya has initiated "Operation Alert" along the Indo-Bangladesh border in Meghalaya from August 10 to August 16. The State Police and other law enforcement organizations are closely coordinating the effort. Senior officers from FTR HQ and Sector HQs have moved to the border to oversee the operation, while the BSF has increased the number of troops at forward border positions. The initiative involves intensified area domination, round-the-clock patrolling, surprise naka checks, and riverine patrols to plug gaps along the border. Particular attention is being paid to combating illegal crossings, contraband transportation, and cattle smuggling. Co-ordinated ground and water patrols continuously monitor vulnerable routes, both riverine and terrestrial, and mobile patrol teams and night vision equipment are used for increased vigilance.

NHIDCL pledges to finish the strategic Arunachal highway on schedule

Itanagar, Aug 14: The National Highways & Infrastructure Development Corporation Ltd. (NHIDCL) has promised to finish the Akajan-Likabali-Bam Road in Arunachal Pradesh under all three packages by the timeframes set out in response to public demand. The guarantee comes from Galo Youth Organisation (GYO) issued warning and NHIDCL official Leparada depu-sioner Heema to demand immediate repairs. The agency has also cautioned that any temporary fixes on the double-lane road in Package II would be met with hostility. All maintenance work under Package I, spanning the distance from 12 km to 33+ km, will be finished by December 30 of this year, according to a signed commitment made by NHIDCL Manager (Project) Abhishek Kumar.



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Congress is accused by the BJP of hypocrisy over Article 371(H) and the Siang project

Itanagar, Aug 13: In an attempt to gain political points, the BJP in Arunachal Pradesh accused the opposition Congress on Monday of politicizing delicate topics like the Siang Upper Multipurpose Project (SUMP), the Arunachal Pradesh Freedom of Religion Act (APFRA) 1978, and Article 371(H) of the Constitution. According to the party, all three policies were introduced or adopted during previous Congress administrations. Party spokesperson and Roing MLA Muthu Mithi told reporters here that Article 371(H) was passed in 1986, when the Congress



controlled both the state and the federal government. In a similar vein, the SUMP was authorized by the Union government, which was then governed by Congress, in 2009, while the APFRA was passed during a Congress government. "Congress has for years been raising issues without any factual base,

only to gain political mileage. The party lost its path after being dethroned from power," Mithi alleged. The comments followed APCC President Bosiram Siram's recent meetings in New Delhi with Congress President Mallikarjun Kharge and Leader of the Opposition in the Lok Sabha Rahul Gandhi.

Tripura Guarantees All Class 12 Board Passes College Admission

Agartala, Aug 11: Higher Education Minister Kishor Barman said on Saturday that all students who passed Tripura's Class 12 state board exam this year would be accepted into government degree programs. The guarantee coincides with recent demonstrations against undergraduate admissions at Agartala's Ramthakur Degree College. A lecturer there was suspended for allegedly using a



fake principal's signature to improperly accept over 100 pupils. Although the disci-

plines and colleges may not be of their choosing, Barman promised students who

passed the higher secondary exam that they would be admitted to government degree colleges. While the state has over 33,000 places available, he pointed out that more than 24,000 pupils completed this year's Class 12 exams. According to the minister, he has directed Agartala degree college administrators to add more seats in order to accommodate students. "The department has nothing to

do with what had happened outside the campus," Barman remarked in response to the Ramthakur College incident. Reporters were informed by Principal Papri Das Sengupta that the college had already accepted more pupils than it could accommodate. "We are unable to admit any more people. All admissions were done completely on merit using an internet portal," she said.

The Bombay High Court ban will not be overturned by the Supreme Court

New Delhi, Aug 11: The Bombay High Court's decisions ordering the Brihanmumbai Municipal Corporation (BMC) to prosecute individuals who feed pigeons at Mumbai's "kabutar-khanas" (pigeon feeding sites) in violation of civic ordinances have been rejected by the Supreme Court. The high court is scheduled to reopen the case on August 13; a bench of justices JK Maheshwari and Vijay Bishnoi observed that the matter is still pending. "This court's parallel indulgence is improper. The bench declined to get involved and stated that the petitioner could petition the high court for a change in the order. In response to several petitions from animal rights advocates and animal lovers contesting the BMC's



demolition of decades-old kabutar-khanas, the high court originally halted the demolition but prohibited feeding. The high court authorized criminal prosecutions under the Bharatiya Nyaya Sanhita on July 30 after observing ongoing feeding and obstruction of civic officials, describing the actions as a "public nuisance likely to spread diseases and endanger human life." BMC provided medical proof in court showing pigeon droppings and

Street protests were triggered by the crackdown.

feathers can cause lung fibrosis, asthma, hypersensitivity, and pneumonitis—diseases that are incurable once they progress.

The civic organization contended that many sufferers are unaware of the impact until their lungs have been irreparably damaged. Pallavi Sachin Patil and other petitioners in the Supreme Court contended that pigeon

feeding is a long-standing religious activity, especially among Jain and Hindu devotees, with about 51 feeding locations in Mumbai that have been in operation for decades. They asserted that health concerns were exaggerated and that open burning and car pollution were more directly related to asthma.

They suggested substitutes, such as bird towers for coexisting pigeons and humans. Street protests were triggered by the crackdown.

At Dadar "kabutar-khana," hundreds of people fought with police on August 6 and tore down tarpaulin sheets that had been put up to prevent food. After the location was covered and barred with bamboo poles two days prior, more than 1,000 people of the community demonstrated.

A body that protects animals raises issues, legal infractions

Shocking' SC order on stray dogs

New Delhi, Aug 12: The Supreme Court's ruling on Monday, which mandates the elimination of all stray canines in Delhi-NCR, has alarmed the Federation of Indian Animal Protection Organizations (FIAPO). The animal protection organization has called the ruling "shocking," pointing out a number of issues and legal infractions with the ruling of the highest court. "The recent Supreme Court order directing that all street dogs in Delhi-NCR be moved to shelters is a shocking judgment that runs contrary to global public health guidance, India's own laws, and humane, evidence-based practice," according to the FIAPO statement. The Supreme Court's ruling, according to FIAPO, not only calls into question Delhi's rabies control strategy, but it also raises concerns about public safety. "Relocation disrupts existing vaccination coverage, breaks up stable, disease-protected dog populations, and triggers the



"vacuum effect" — where new, unvaccinated dogs quickly move in," said FIAPO. Additionally, the SC order contravenes the 2003 Animal Birth Control Rules, a national legislation. The WHO recommends that dogs be returned to their original areas following vaccination and sterilisation, and the ABC law completely complies with these guidelines. Like PETA, FIAPO has declared that it is inhumane to shelter healthy, vaccinated dogs in large numbers. "Overcrowded facilities cause extreme stress, injury, disease outbreaks, and suffering, while diverting scarce resources away from effective rabies prevention: mass vaccination, sterilisation, and community engagement," the CDC stated.

Cargo jet catches flames, lands safely in Chennai

Chennai, Aug 12: According to government, a fire broke out in one of the engines of an international cargo airplane on Tuesday while it was landing at Chennai airport. Arriving from Kuala Lumpur, Malaysia, the aircraft made a safe landing at the Chennai airport. According to the report, no injuries were reported during the event. The fire erupted in the fourth engine of the cargo flight during landing, which prompted the pilots to alert the officials. Officials said that no emergency landing was made and pilots safely landed the aircraft. Meanwhile, fire tenders, who were already on standby, doused the fire soon after the carrier landed. An investigation has been ordered to ascertain the cause of the incident.



SIA raids in central Kashmir in 1990 after a Kashmiri Pandit woman was killed

Srinagar, Aug 12: As part of its probe into the murder of a Kashmiri Pandit woman 35 years ago, the State probe Agency conducted raids at multiple locations in central Kashmir on Tuesday, according to officials. According to officials, the agency raided the homes of other individuals who were formerly connected to the outlawed Jammu and Kashmir Liberation Front (JKLF) in relation to Sarla Bhat's murder. Bhat was discovered dead in downtown Srinagar after going missing from her hostel at the Sher-e-Kashmir Institute of Medical Sciences in Soura in April 1990. The agency's detectives, who recently took over the case's investigation, investigated the homes of several people, including former JKLF commander Peer Noorul Haq Shah, also known as Air Marshal. Officials said they were awaiting more information on the raids.



"EC needs to respond in order to restore credibility

Shashi Tharoor at INDIA bloc protest

New Delhi, Aug 11: Congress MP Shashi Tharoor, who is taking part in the INDIA bloc protest against the Election Commission of India, stated on Monday that the poll body needs to address the concerns brought up by Rahul Gandhi, the Leader of the Opposition in the Lok Sabha, in order to preserve its credibility. He said that as long as people have doubts in their minds regarding the fairness of elections, it will harm the credibility of the poll body. "The credibility of the



Election Commission is being harmed as long as people have concerns about how fair the elections were. The credibility of the Election Commission can be restored as long as those uncertainties are eliminated. As a number of opposition MPs demonstrated against the purported "voter fraud" that Rahul

Gandhi had claimed on Monday, Tharoor told news agency ANI that it was in the Election Commission's own interest to address these issues. Following Gandhi's accusations of "vote theft" against the Election Commission and the Special Intensive Revision (SIR) of the Bihar voter rolls, hundreds of members of the opposition INDIA group marched from Parliament to the Election Commission building on Monday to express their disapproval of the polling agency.

Congressman Randeep Surjewala criticizes the EC for failing to provide a separate list of removed names

New Delhi, Aug 11: In a Monday criticism of the Election Commission of India (ECI), a Congress politician and member of the Lok Sabha claimed that the constitutional body was using "lame duck excuses" to conceal voter fraud by failing to produce a separate list of the 65 lakh names that were removed from the draft electoral roll in poll-bound Bihar. "Bihar's 65,00,000 (65 lakh) names were removed: The amended affidavit from the Election Commission: He shared a news item on the matter and stated, "Will not share the list of the 65 lakh deleted names, Will not disclose the reasons

why 65 lakh names were deleted, Will not provide details of the 65 lakh deleted names." The Congress leader has previously called the poll body the "Election Capture of India" and attacked it for disguising itself behind procedural smokescreens in another tweet.

"The Election Commission tries to conceal the "Voter Fraud" with its flimsy legalese, phony technicalities, and lame duck excuses when faced with proof of widespread voter roll manipulation. That it is now called "Election Capture of India" (ECI) is hardly surprising," Surjewala said



on X. Additionally, he criticized the Election Commission for using "procedural smokescreens" by repeatedly requesting proof from Rahul Gandhi about his allegations of voter fraud. "It is not neutral to avoid scrutiny in favor of procedural smokescreens. The

very democracy it is intended to defend is weakened by this dereliction of duty. These warnings won't lessen the unforgivable evil it is doing, which is nothing less than a crime against democracy and the Constitution," he continued in his statement.

The Congress leader was responding to the ECI's Supreme Court affidavit, in which the polling organization stated that it is not required by law to create or disseminate a separate list of names of individuals who are absent from draft electoral rolls or to publish the explanations for their exclusion "for any reason" whatsoever.

Romance and Rajinikanth in Janhvi-Sidharth's love story Param Sundari trailer

New Delhi Aug 13: The wait is finally over. Dinesh Vijan and Maddock Films have unveiled the breathtaking trailer for Param Sundari, their epic romantic drama set to storm cinemas on August 29. Starring Janhvi Kapoor and Sidharth Malhotra in a fresh and electrifying pairing, the film, directed by Tushar Jalota, celebrates a love that blossoms across cultural divides. From the first frame, the trailer promises a sweeping, old-school romance told with a modern heart. It paints a vibrant picture of a North-meets-South love story, where two worlds collide in the most beautiful way possible. Positioned as the biggest love story of the year, the film is already generating immense buzz for its stunning visuals, soulful music, and the undeniable



chemistry between its leads. The trailer transports audiences to the stunning, rain-kissed landscapes of Kerala. Director Tushar Jalota uses this backdrop to create a world that feels both grand and intimate, capturing the intoxicating charm of monsoon-drenched roads, romantic backwater bike rides, and the timeless beauty of centuries-old churches. The visuals

feel like a love letter to the region, providing a lush canvas for the unfolding romance. In a move that has already delighted fans, the iconic romantic moments popularized by Shah Rukh Khan and Kajol. This blend of classic romance with a unique cultural setting promises a visual experience that is both nostalgic and refreshingly new.

Dogs are Delhiites too John Abraham to Chief Justice over court order on strays

New Delhi Aug 13: Actor John Abraham urged Chief Justice of India BR Gavai to reconsider the Supreme Court's recent ruling on stray dogs in a letter he wrote to him on Tuesday. In his strongly worded letter, the 52-year-old called the court's ruling "impractical" and "inhumane," and he asked Justice Gavai to reexamine the order to relocate Delhi's community dogs to shelters and distant places. "I hope you will agree that these are not 'strays' but community dogs - respected and loved by many, and very much Delhiites in their own right, having lived in the region as neighbours to humans for generations," he wrote in his letter. The 'Tehran' actor further cited the World Health Organisation and the Animal Birth Control (ABC) Dog Rules, 2023, which require that dogs be sterilized, vaccinated and returned to their home areas.

Abraham sought 'compassion, science-based solutions and compliance with Indian law' to safeguard animals. He also highlighted the 'vacuum effect' in his appeal, warning that displacing Delhi's estimated 19 lakh community dogs would worsen public health risks. On August



11, the Supreme Court ordered the Delhi government and the civic bodies of Gurugram, Noida, and Ghaziabad to immediately remove stray dogs from all localities, house them in shelters, and ensure they are not returned to the streets. The order has since sparked a debate online, with several film industry figures, including Janhvi Kapoor, Varun Dhawan, Vir Das, Adivi Sesh and Siddharth Anand, among other celebs, reacting on social media, and also writing to the authorities.

Baaghi 4 Teaser Receives

Mumbai Aug 13: The internet has officially been set on fire. The teaser for Baaghi 4, the latest installment in the high-octane franchise from producer Sajid Nadiadwala, has finally dropped, and the reaction is deafening. Within minutes of its release, social media exploded with praise for the teaser's unrelenting intensity, brutal action, and the menacing return of its star, Tiger Shroff. Helmed by director A. Harsha, the teaser promises a

■ The teaser for "Baaghi 4," starring Tiger Shroff, has been met with enthusiastic praise from fans online, with many hailing.

cinematic experience soaked in blood, fury, and chaos, pushing the boundaries of action in Indian cinema. Fans, critics, and industry members alike are in agreement: reactions suggest that Baaghi 4 is poised to be one of the most talked-about films of the year, setting a new benchmark for the genre.

Hrithik Roshan Starrer DOMINATES Rajinikanth's Film In Hindi Belt

Mumbai Aug 13: The stage is set for one of the biggest box office clashes of the year, as YRF's spy thriller War 2 goes head-to-head with Lokesh Kanagaraj's gangster epic Coolie. With both films scheduled for an August 14 release, the advance booking data is pouring in, and a clear trend has emerged in the crucial Hindi-speaking belt. While Rajinikanth's Coolie is a phenomenon in its own right, the Hindi market is overwhelmingly favoring the homegrown action spectacle led by Hrithik Roshan and Jr NTR. War 2 Establishes Clear Domination

According to the latest reports tracking sales as of Tuesday afternoon, War 2 has established a commanding lead. The Ayan Mukerji directorial has sold over 67,000 tickets in the top three national multiplex chains (PVR, INOX, and Cinepolis) alone. In stark contrast, the Hindi version of Coolie has recorded approximately 14,000 ticket sales in the same circuits. This gives War 2 a staggering lead of more than 53,000 tickets, firmly positioning it as the primary choice for audiences in North India. The film's significantly wider screen count in the Hindi belt is also



playing a major role in its dominant performance, making it clear that there is little direct competition between the two in this specific market.

Superman 2025 OTT release date in India

Mumbai Aug 13: The superhero action adventure film 'Superman' starring David Corenswet was released on big screens on July 11, 2025. The English-language film was directed by ace filmmaker James Gunn and became a box office hit. Those who couldn't watch this film in theatres are eagerly waiting for its digital release. However, the director of the film has put an end to all the speculations regarding its release date.

Jolly LLB 3 Teaser Out Now Akshay Kumar and Arshad Warsi in Hilarious Courtroom Face-Off

Mumbai Aug 13: Fans of the beloved franchise have been eagerly anticipating a new glimpse of Jolly LLB 3, and the wait is officially over. On August 12, 2025, Star Studios released the teaser on YouTube, reuniting Akshay Kumar and Arshad Warsi as their iconic 'Jolly' avatars in a riotous legal showdown. This time, it is Jolly Mishra from Kanpur (Akshay Kumar) locking horns with Jolly Tyagi from Meerut (Arshad Warsi), setting the stage for a no-holds-barred battle of wit and will. Jolly LLB 3 Teaser Sparks Anticipation



with Comic Chemistry. The teaser plunges viewers into a scene of courtroom chaos. Judge Tripathi, portrayed by the ever-hilarious Saurabh Shukla, finds himself exas-

perated as both Jollies - Advocate Jagdishwar "Jolly" Mishra (Akshay Kumar) and Advocate Jagdish "Jolly" Tyagi (Arshad Warsi) hurl witty barbs and clever comebacks

at each other. Their verbal sparring escalates into playful yet explosive exchanges, capturing the quirky essence of the franchise. The result is a laugh-out-loud glimpse of legal mayhem and sharp comic timing that sets the tone for the film's tone of humor-meets-courtroom drama. Just a day before the teaser drop, Star Studios unveiled a motion poster on Instagram featuring both Jollies trying to squeeze through a courtroom. This playful visual built anticipation for the double-Jolly dynamic in the teaser.

Richa Chadha says motherhood has calmed her rebel spirit

Mumbai Aug 13: Actor Richa Chadha, known for her fiery performances in 'Gangs of Wasseypur,' 'Masaan', and 'Fukrey', admitted that her aggressive, rebellious nature, which she also carries off-screen, has softened since the birth of her daughter. In a recent interview with The Indian Express, the 38-year-old shared that her daughter's birth has brought a deep shift in her personality, making her more patient, punctual, and emotionally softer.

Dragged by truck, saved by 18 surgeries; Guwahati woman's remarkable recovery at Amrita Hospital

Aizawl: 33-year-old Pinku Mani Talukdar from Guwahati has defied the odds after a horrific road accident, thanks to advanced trauma care at Amrita Hospital, Faridabad.

On January 20, Pinku was riding pillion with her husband when a speeding truck hit them, dragging her several metres and causing massive tissue loss and fractures. After initial treatment in Guwahati, she was airlifted to Delhi but turned away by multiple hospitals due to bed shortages and complexity. A nurse's tip led her to Amrita Hospital, where Dr. Shikha Gupta and team began emergency surgery within hours. Over the next weeks, Pinku underwent 18 surgeries, avoiding amputation



and regaining mobility.

In Aizawl, traders and shoppers say Pinku's story is a reminder of the importance of advanced medical access beyond metropolitan hubs. Many in the region travel long distances for specialised care, often facing delays that can be

life-threatening.

Now back home, Pinku is walking again. "The doctors told me they would cure me — and they did," she said. Her case stands as a testament to timely intervention, multi-disciplinary expertise, and medical dedication.

Medanta's record Q1 FY26 results reflect growing reach, hope for Aizawl patients

Aizawl: For patients across India's heartland and Northeast, better healthcare access is no longer just a hope—it's becoming a reality. Global Health Limited (NSE: Medanta, BSE: 543654), one of the largest private multi-specialty tertiary care providers in North and East India, has reported its strongest-ever first-quarter results for FY26, buoyed by rising patient trust and expanding facilities.

Total income rose 19.1% year-on-year to ₹10,513 million, EBITDA climbed 22.6% to ₹2,553 million, and Profit After Tax surged 49.6% to ₹1,590 million. Occupied bed days increased 13.3%, ARPOB grew to ₹66,584, and both in-patient and out-patient volumes posted double-digit growth. Mature hospitals generated ₹7,006 mil-

lion in revenue, while developing hospitals jumped 35.9% to ₹3,219 million. International patient revenue increased 33.8% to ₹636 million, with OPD pharmacy sales up 21.6%. In Aizawl, where specialized medical services are limited, Medanta's planned Northeast expansion brings optimism. Currently, many residents travel to Guwahati or Kolkata for complex procedures. A Medanta facility within reach could reduce financial strain, keep families closer during treatment, and strengthen local healthcare ecosystems.

CEO Pankaj Sahni credited the growth to rising patient volumes and reaffirmed expansion plans, including the newly launched Ranchi hospital and an upcoming 550-bed Noida facility.

Tide introduces fixed deposits for SMEs, offers up to 8.84% returns

Guwahati: Business management platform Tide has launched a new Fixed Deposit (FD) feature on its app, enabling small and medium enterprises (SMEs) to earn competitive returns on idle funds with a fully digital, paperless process. The offering allows SMEs to invest with multiple RBI-regulated banks and NBFCs, including Suryoday Small Finance Bank, Bajaj Finance Ltd., and Mahindra Finance, with tenures ranging from 7 days to 60 months and interest rates up to 8.84% per annum.

The move addresses a key gap highlighted by RBI data, which shows that over 85% of SME funds remain in low-yield current accounts. According to CRISIL's SME Insight Report 2022, more than 60% of SMEs prefer fixed-return instruments due to lower risk appetite. Investments can start from ₹1,000, making the feature accessible to micro and small enterprises.

In Guwahati, where SMEs form a significant part of the local economy—especially in sectors like retail, logistics, and services—the feature is expected to attract entrepreneurs seeking safer, higher-yield options for surplus capital without the complexity of traditional banking processes.

Gurjodhpal Singh, CEO, Tide India, said the initiative is aimed at unlocking the value of idle SME funds, offering instant booking, flexible tenure, and full integration within the Tide platform.

super.money takes off with 'FLIGHTS'; bets big on Gen Z travel surge via UPI

Guwahati: super.money, one of India's fastest-growing UPI-first platforms, has announced the launch of 'FLIGHTS'—a rewards-first flight booking feature built for Gen Z travellers. Powered by Cleartrip, the new service allows users to book domestic flights via UPI and earn an exclusive 5% benefit stacked on top of existing offers, positioning it as the most rewarding way to book flights today.

This strategic move strengthens super.money's vision of expanding UPI beyond utility payments into high-value commerce. As UPI now accounts for 85% of India's digital transactions (IMF, 2024), FLIGHTS empowers users with simplicity, security, and value without relying on credit.

Recent Cleartrip data indicates Gen Z is driving a shift in travel behaviour, preferring UPI and debit card payments, solo travel, and immediate benefits. super.money directly addresses this trend with a smart, flexible, and debt-free booking experience.

In Guwahati, where travel demand among youth is rising post-pandemic, this launch is well-timed. Local travel agents note a surge in UPI-driven bookings, and super.money's FLIGHTS could become a preferred tool for budget-conscious and tech-savvy young travellers in Assam and the Northeast.

With FLIGHTS, super.money cements its role as a digital lifestyle enabler for India's next-generation consumers.

From Diet to Data: Managing Blood Sugar with Technology

Guwahati: Imagine a world where our favourite comfort foods - pizza, burgers, desserts—miraculously turn into health foods! But until the day a slice of cheesy pizza becomes as wholesome as a bowl of steamed broccoli, people need to be mindful especially those managing diabetes and make informed decisions about what ends up on their plate. Diabetes specific nutrition isn't a one-size-fits-all. The Indian Council of Medical Research-National Institute of Nutrition dietary guidelines emphasize the need for diverse dietary options for individuals based on cultural and regional aspects. Food can affect everyone's glucose levels differently- whether it's a bowl of rice or a bag of chips. Unlike traditional finger pricks or occasional HbA1c tests, Continuous Glucose Monitoring (CGM) devices provide automatic glucose readings every minute on the phone without having to scan every time. One can activate alarms when they hit a high or low glucose lev-

el, enabling people to respond before it becomes a serious issue.

Dr Samiran Das, DM Endo, Nemcare Super Speciality Hospital, Guwahati, said, "Foods with rapidly digestible carbohydrates can trigger a sudden surge of glucose into the bloodstream after eating, causing a spike in your blood sugar levels. From continuous glucose monitoring (CGM) devices that provide updates about real-time impact of food on glucose levels, to food-tracking apps that make it easier to count carbs, technology is helping people live better with diabetes. These tools can also share data with your doctors or caregivers—especially helpful when rain, illness, or a packed schedule makes in-person visits tricky." Dr. Vivek Iyer Head, Medical Affairs, South Asia, Abbott, said, "With smart tech and mindful nutrition working together, it becomes easier to navigate everyday choices. Whether you are meal planning for the week, tweaking your favorite recipe, or grabbing a

snack on the go, tools like CGMs make it easier to manage blood sugar. It alerts you the minute your glucose readings are outside your target range, thus providing you better control on how diabetes affects you." Here's how you can plan your meals better: 1) Watch Your Carbs Closely: Counting carbs in every part of your meal is essential. 2) Smarter Sugar Swaps: You don't have to give up sweetness—just choose better substitutes. 3) Use Tech to Stay on Track: CGMs provide real-time glucose readings updated on your phone every minute, predictive alerts, and trend data—letting you see how specific foods impact your blood sugar. 4) Snack Smart: Opt for nutrient-dense options like fresh fruit, raw veggies, nuts, boiled eggs, light popcorn, or a small peanut butter and banana combo. 5) Healthy choices when dining out: Eating out can be enjoyable, but restaurant meals often come with large portions and hidden carbs that challenge blood sugar control.

Sony India unveils the second-generation lineup of the ULT POWER SOUND series

Guwahati: Sony India has unveiled the second-generation lineup of ULT POWER SOUND series. The new range consists of wireless party speakers ULT TOWER 9 & ULT TOWER 9AC, wireless bluetooth speakers ULT FIELD 5 & ULT FIELD 3 and wireless dual mic, ULTMIC1. All speakers in the series include the ULT button for powerful bass, providing signature sound quality by enhancing the music with one or two different sound modes. Sunil Nayar, Managing Director, Sony India, expressed his excitement at the introduction of new products under ULT POWER SOUND, saying, "The latest launch of the ULT POWER SOUND series reflects this vision, offering powerful bass and truly immersive sound." Speaking about the association with Karan Aujla, he added, "We're thrilled to have Karan Aujla onboard as the brand ambassador for the ULT range." Sony India's Audio brand ambassador Karan Aujla said, "I'm

exhilarated to be part of Sony's revolutionary ULT POWER SOUND lineup."

The ULT TOWER comes in two versions—ULT TOWER 9 and ULT TOWER 9AC, both designed to transform any space into a high-energy entertainment hub. Take your favourite tunes on the go with the ULT FIELD 5—a compact speaker packed with powerful bass. Compact, powerful, and designed to move with you, the Sony ULT FIELD 3 delivers deep, punchy bass with ULT POWER SOUND. Engineered to deliver clear, powerful vocals with minimal background noise, the ULTMIC1 ensures your voice shines with rich, dynamic clarity. The new ULT POWER SOUND products (ULT TOWER 9, ULT TOWER 9AC, ULT FIELD 5, ULT FIELD 3, and ULTMIC1) are available across Sony retail stores—Sony Center and Sony Exclusive, www.ShopatSC.com portal, major electronic stores, and other e-commerce portals in



India. As a special launch offer, customers purchasing the ULT TOWER 9 and ULT TOWER 9AC will get a Sony Wireless MIC worth Rs.19,990/- (MRP).

Nissan's 10-year warranty for Magnite redefines after-sales standards in B-SUV segment

Aizawl: Nissan Motor India has introduced a consumer-focused breakthrough in the B-SUV segment with its first-of-its-kind 10-Year Extended Warranty Plan for the New Nissan Magnite. The model, recently awarded a Global NCAP 5-star rating for adult occupant safety, now offers coverage for up to 10 years or 2 lakh kilometres at an accessible cost of 22 paise per km or INR 12 per day.

The plan, available exclusively for vehicles with a 3-year standard warranty,



provides multiple flexible options — 3+7, 3+4, 3+3, 3+2, and 3+1 years. It ensures seven years of full protection, followed by engine and transmission coverage for the

final three years. Customers can access unlimited cashless repairs at Nissan-authorized centres, with financing available through Nissan Finance for added convenience.

In Aizawl, dealers expect strong interest from consumers who prioritise durability and low maintenance in challenging hilly terrains. The Magnite's strong safety credentials, combined with predictable ownership costs, position it as a reliable option for families and professionals alike in the city's growing SUV segment.

"This initiative allows customers to focus on their journeys while we ensure lasting protection," said Saurabh Vatsa, MD, Nissan Motor India.

Kameng Kings launch Jersey & Logo; spotlight on Rising Star TNR Mohit ahead of T20 showdown

Itanagar: Kameng Kings officially launched their team jersey and logo ahead of the Techi Tagar Arunachal T20 Championship. The event marked the franchise's formal entry into the premier state tournament, placing the spotlight on young spin sensation TNR Mohit, who is rapidly becoming the face of Arunachal cricket.

Representing the Kameng region, the Kings will compete among eight formidable teams in the championship, which will be held entirely in Guwahati. The launch event saw participation from key dignitaries, including Nabam Vivek, MLA and ARCA Honorary Secretary; T.C. Tok, ARCA President; and Yab Lala, ARCA Treasurer, each playing crucial roles in strengthening cricket's infrastructure across the state.

TNR Mohit, known for his 9-wicket debut against Sikkim and standout performances in the Syed Mushtaq Ali Trophy, said, "Wearing the Kameng Kings jersey is about representing the hopes of a region."

In Itanagar, excitement is already building. Local sports retailers and fan merchandise vendors are preparing for a surge in demand, with many viewing Kameng Kings gear as the next big draw among the youth and cricket enthusiasts in the capital region.

Tata AIA powers digital education in Nagaland, targets 3,267 students with smart classrooms

Kohima: Tata AIA Life Insurance has launched a landmark digital education initiative across seven government schools in Dimapur, aiming to empower 3,267 students through state-of-the-art smart classrooms. The three-year CSR project (2024–2026) addresses the digital infrastructure gap highlighted in the ASER 2024 report, which found that only 32.6% of schools in Nagaland have computers, with minimal usage.

The initiative includes smart classrooms with interactive tools, subject-specific digital content, training for 168 teachers, and essential infrastructure like projectors and connectivity. In collaboration with Teachmint Edutech, localized e-learning resources are also being developed to align with regional needs.

Kristyl Bhesania, CHRO, Tata AIA Life Insurance, said, "Our presence in Nagaland is not just about insurance — it's about building a



digitally empowered future for communities."

In Kohima, local educators and parents have welcomed the move, seeing it as a potential blueprint for replication in the capital's schools. The market sees strong interest from educational stakeholders and policymakers looking to bridge the digital divide in urban and semi-urban clusters.

Additionally, Tata AIA continues its support for vulnerable families through a state-run INR 2 lakh insurance cover scheme, reinforcing its long-term commitment to Nagaland's development.

Elanpro certifies 30 refrigeration technicians in Guwahati to strengthen cold chain sector

Guwahati: Elanpro, in collaboration with non-profit Care U 365, has successfully concluded the first phase of its "Cool Skills, Bright Future" initiative in Guwahati, certifying 30 aspiring refrigeration technicians. The six-week skill development programme, held at Assam Engineering College, aimed to address the shortage of qualified service professionals in India's fast-growing commercial refrigeration industry.

The certification ceremony was attended by Assam Minister for Education, Welfare of Plain Tribe & Backward Classes Ranuj Pegu, Director of Technical Education Dhrubajyoti Bora, and AEI Chandmari Principal Dr. Hitesh Tahbildar. Trainees underwent a blend of classroom sessions, performance assessments, and hands-on



experience with real-world refrigeration systems. Selected graduates will also receive internship and placement opportunities.

From the Guwahati market perspective, the initiative arrives at a crucial time. The city's expanding network of quick service restaurants, cloud kitchens, artisanal dairies, and ice-cream parlours is fuelling demand for efficient cold storage and maintenance

services. Local startups, backed by the Assam Start-up & Innovation Policy 2025, are driving this growth, making a trained workforce essential for sustaining momentum.

Elanpro Director Sanjay Jain highlighted that the industry is growing at over 15% annually, underscoring the urgent need for skilled technicians. The programme will soon expand to other cities in Assam.

Royal Enfield expands Hunter 350 lineup with Graphite Grey variant priced at Rs 1.76 lakh

Shillong: Royal Enfield, the global leader in the mid-size motorcycle segment, has added a new Graphite Grey colourway to its 2025 Hunter 350 range, priced at ₹1,76,750. The launch brings the total number of colour options for the roadster to seven, with the new variant joining Rio White and Dapper Grey in the mid-range segment.

The Graphite Grey edition features a matte finish with neon yellow accents inspired by street graffiti art, targeting riders who prefer understated style with bold character. It retains recent upgrades such as increased ground clearance, improved seat comfort, new suspension, slip-assist clutch, LED headlamps, tripper pod, and type-C USB fast charging. Powered by the proven 349cc J-series engine, it blends retro charm with modern performance.



In Shillong, dealers anticipate strong interest from young professionals and touring enthusiasts. The city's mix of hilly terrains and vibrant lifestyle makes the Hunter 350's nimble handling and comfort features appealing for both daily commutes and leisure rides. The style-focused Graphite Grey could also boost sales among riders seeking a distinct urban identity.

Bookings are open across Royal Enfield stores, the company's app, and its official website. Deliveries are expected to begin in the coming weeks.

Tata Tea Premium blends art and AI in Independence Day campaign 'Desh Ka Garv – Pradesh Ki Kala'



Guwahati: Tata Tea Premium, the flagship brand from Tata Consumer Products, has launched the 2025 edition of its much-awaited Independence Day campaign, 'Desh Ka Garv – Pradesh Ki Kala', celebrating India's diverse regional art forms through hand-painted artisanal kettles.

In collaboration with Kaushalam, a platform preserving Indian folk art, the brand has unveiled a limited-edition kettle collection inspired by iconic art styles like Warli, Gond, Madhubani, Sanjhi, Kalighat, Phulkari, and Pattachitra. Each kettle, a cultural artefact, features region-specific motifs—from Punjab's vibrant dhols to Uttar Pradesh's serene ghats—designed to preserve and promote India's rich artistic traditions.

The campaign also features a visually captivating AI-generated brand film, voiced by singer Piyush Mishra, showcasing regional dance forms like Kathak and Odissi in a never-seen-before digital format.

The Desh Ka Garv collection is available exclusively at www.IndiakiChai.com, with all proceeds supporting women's training at Indian Army Skill Development Centres.

In Guwahati, the initiative has struck a chord with consumers who value local identity and craftsmanship. Retailers report increased interest in culturally themed products, and tea lovers in Assam—a region steeped in tea heritage—have welcomed this blend of tradition and modernity as a meaningful tribute to the nation's spirit.

Rasna Pvt. Ltd. launches the all-new Jumpin, RTD fruit juice



Guwahati Aug 14: Rasna Pvt. Ltd., the world's largest manufacturer of instant beverages, has launched the all-new Jumpin, a 100% Indian-made, ready-to-drink (RTD) fruit juice. Timed with India's 79th Independence Day, the launch echoes Prime Minister Narendra Modi's call to revive the spirit of Swadeshi through the "Be Indian, Buy Indian" campaign. With the launch, Rasna has officially entered the RTD segment, reinforcing its commitment to self-reliant, locally sourced products. Also, on the occasion of India's 79th Independence Day, Rasna Pvt. Ltd. reaffirmed its commitment to honouring the nation's security forces by extending heartfelt gratitude to the Border Security Force (BSF). As part of this initiative, Rasna Jumpin was distributed to BSF personnel and their families, celebrating their unwavering dedication and service to the nation. Speaking at the

launch, Mr. Piruz Khambata, Group Chairman of Rasna Pvt. Ltd., said: "The new Jumpin reflects Rasna's commitment to the spirit of Swadeshi, as envisioned by our Hon'ble Prime Minister." The new Jumpin range includes popular flavours like Mango, Orange, Litchi, and Mixed Fruit, offering a superior taste.

It is fortified with 10 essential vitamins, including Vitamin C, and low sugar contains just 7 grams of added sugar, nearly half that of most other similar products available in the market. It will be available in multiple formats, including convenient PET bottles (250 ml to 1.2 L) and hygienic Tetra Packs (125 ml, 200 ml, and 1 L). Priced affordably between Rs 10 and Rs 85, the product is tailored for families, children, fitness enthusiasts, and professionals. Notably, Jumpin is the only brand offering an orange drink 125 ml in a Rs 10 Tetra Pack.

Tide introduces fixed deposits for SMEs, offers up to 8.84% returns

Guwahati Aug 14: Business management platform Tide has launched a new Fixed Deposit (FD) feature on its app, enabling small and medium enterprises (SMEs) to earn competitive returns on idle funds with a fully digital, paperless process. The offering allows SMEs to invest with multiple RBI-regulated banks and NBFCs, including Suryoday Small Finance Bank, Bajaj Finance Ltd., and Mahindra Finance, with tenures ranging from 7 days to 60 months and interest rates up to 8.84% per annum.

The move addresses a key gap highlighted by RBI data, which shows that over 85% of SME funds remain in low-yield current accounts. According to CRISIL's SME Insight Report 2022, more than 60% of SMEs prefer fixed-return instruments due to lower risk appetite. Investments can start from ₹1,000, making the feature accessible to micro and small enterprises.

In Guwahati, where SMEs form a significant part of the local economy—especially in sectors like retail, logistics, and services—the feature is expected to attract entrepreneurs seeking safer, higher-yield options for surplus capital without the complexity of traditional banking processes.

Gurjodhpal Singh, CEO, Tide India, said the initiative is aimed at unlocking the value of idle SME funds, offering instant booking, flexible tenure, and full integration within the Tide platform.

East India shows strong life insurance ownership, Kolkata leads with 85% coverage: Axis Max Life Survey

Guwahati Aug 14: Life insurance ownership in East India stands at a robust 79%, according to the seventh edition of the India Protection Quotient (IPQ 7.0) survey by Axis Max Life Insurance in partnership with KANTAR. The region recorded a Protection Quotient (PQ) of 42 and a Knowledge Index of 42%, driven by growing familiarity with ULIPs and savings plans. Kolkata, the fi-



nanial hub, tops the chart with 85% ownership and a PQ of 47, highlighting increasing adoption of advanced protection products. The survey shows that 41% of respondents invest with family-led intent, prioritising children's education, old-age protection, and medical security. While the Security Index

stands at 46, reflecting awareness, there remains an opportunity to convert it into greater confidence and term insurance adoption, which currently lags at 25%—the lowest among Indian zones. In Guwahati, growing financial awareness mirrors regional trends, with urban residents increasingly exploring ULIPs and endowment plans. Local insurance agencies report rising interest

among families aiming to secure children's education and healthcare, signaling potential growth for term and goal-based insurance products in Assam's largest city. Prashant Tripathy, CEO of Axis Max Life, noted, "East India exemplifies early financial inclusion, and our focus is to bridge awareness into long-term confidence through education and personalised solutions."

Vi brings Independence Day live celebrations and patriotic content to viewers nationwide

Guwahati Aug 14: Vi Movies & TV, the content aggregator platform from Vi, is set to make India's 79th Independence Day celebrations more engaging for viewers with live streaming and curated patriotic content. Vi users can watch the Flag Hoisting ceremony and Prime Minister Narendra Modi's address live from the Red Fort, New Delhi, directly on the Vi Movies & TV App, accessible to all Vi users without a subscription. In addition, Vi has created a special Independence Day watchlist, featuring popular titles from



India's top OTT platforms, including Jio Hotstar, SonyLIV, and ZEE5. Highlights include films and series such as Uri: The Surgical Strike, Mukhbir – The Story of a Spy, Sam Bahadur, Avrodh: The Siege Within, and Neerja, offering stories of courage, sacrifice,

and national pride. Plans start at just Rs. 154, allowing easy access to 17 leading OTT platforms under a single recharge. Guwahati viewers can now seamlessly enjoy live Independence Day coverage and premium OTT content, reducing the need for multiple subscriptions and providing entertainment options for families during the holiday. Local retailers have also reported rising interest in Vi's subscription plans ahead of the celebrations, reflecting growing demand in northeastern markets.

Lower rates, bigger rebates, clearer rules

Mumbai Aug 14: The Lok Sabha has passed the Income Tax (No. 2) Bill, 2025, aiming to revamp the existing tax framework for individuals and families. The Union Finance Minister, Nirmala Sitharaman, spearheaded the move amidst opposition protests. This legislation is designed individual salaried taxpayers. Once ratified by Parliament, the bill will come into effect on 1st April 2026, replacing the longstanding Income Tax Act, 1961.

Tata AIA Life Insurance launches "Shubh Shakti," a term insurance plan tailored for women

Guwahati Aug 14: Tata AIA Life Insurance is proud to launch "Shubh Shakti", a term insurance plan designed specifically for women. It is more than just a life insurance product—it is a holistic protection plan that caters to every woman's unique life stage and financial needs, empowering her to safeguard herself and her loved ones while continuing to thrive in her personal and professional journey. Traditionally, the term life insurance industry has been designed with a male-centric approach, focusing largely on the needs of male breadwinners

and ignoring the unique challenges women face. As the Female Labour Force Participation Rate has risen to 41.7% in FY24, up from 23.3% in FY18, women are not only contributing economically but are also leading in securing their financial futures. However, while women are making strides in financial independence, a recent Tata AIA survey revealed that 89% of married women still rely on their husbands for financial planning, with only 44% taking independent financial decisions when given the choice. "As Indian women



take charge of their finances and investments, they are still vastly underinsured, leaving their families vulnerable in the event of tragedy," said Swati Jain, Women Advisor at Tata AIA. Shubh Shakti: A Plan That Protects You at Every Stage of Life: Understanding that women's needs are multi-faceted, Tata AIA Shubh Shakti is designed to be flexible, comprehensive, and supportive across the various roles that women play in their lives—as moth-

ers, daughters, partners, and professionals. Women-Centric Benefits: Premium Holiday During Pregnancy, Special Health Benefits for You & Your Family, Child Education Protect, Waiver of Premium on Husband's or Accidental Death. Tata AIA Health Buddy—Because a Healthier Life Deserves to Be Rewarded: Wellness That Rewards, Health & Wellness for Family, Lifestyle Nudges, Affordable. Tata AIA Shubh Shakti is not just a life insurance plan; it is an enabler of strength, independence, and security for women

Center Fresh launches humorous 'Dimaag Pe Rakhe Lagaam' campaign to tackle overthinking

Shillong Aug 14: Chewing gum brand Center Fresh, from Perfetti Van Melle India, has unveiled its latest campaign, "Dimaag pe rakhe lagaam," targeting the growing habit of overthinking among Indians. Inspired by the India Overthinking Report developed with YouGov, which found that 81% of people spend over three hours daily lost in thought spirals, the campaign presents the gum as a refreshing pause that helps clear the mind. The campaign features two quirky TVCs directed by Nitesh Tiwari and conceptualised by Ogilvy,

humorously portraying relatable moments such as overanalyzing a deleted message or misreading small situations. "The minty burst of freshness will help break the cycle of overthinking and bring moments of clarity," said Gunjan Khetan, Marketing Director, Perfetti Van Melle India. In Shillong, the campaign is expected to resonate strongly with younger shoppers navigating a mix of digital interactions and everyday stress. Local traders believe the ad's playful approach could boost impulse purchases, especially among



college students and office-goers who often seek quick refreshments during breaks.

The campaign will run across TV, digital, and social media, reinforcing Center Fresh's image as more than gum—a quick refreshment for the mind.

Exploring causes of kidney cancer, and medical advances in treating this disease

DR GAGAN GAUTAM, CHAIRMAN, UROLOGY, MEDANTA HOSPITAL, GURUGRAM

The kidneys are amongst the most important organs of the body, and their primary function is to filter the blood, removing waste and excess fluids which are then expelled from the body via urine. Kidney cancer results from an abnormal and uncontrolled increase in the number of cells, resulting in a lump or mass, which can potentially spread to other parts of the body as well. There are several types of kidney cancers, and according to data from the Indian Council of Medical Research, kidney cancers account for approximately 2% of all cancer cases in India, which means that it is among the top ten cancers prevalent in India[1]. This type of cancer is very widespread in North East India, predominantly found among male patients, with researchers linking this high occurrence to the consumption of tobacco[2]. Two other factors that can trigger kidney cancers are obesity[3] and hypertension[4]. People with a family history of kidney cancer are also at a higher risk of getting the disease, as are those who are on long-term dialysis[5]. In addition, men are twice as likely to develop kidney cancer as women. There are various stages of kidney cancer, and the type and extent of spread of the disease is crucial for determining prognosis and treatment strategy. Many early stage kidney cancers are caught incidentally, while testing for other conditions or during routine health check-ups -- mostly through imaging such as ultrasound, CT scans, or MRI. This is because the symptoms usually associated with kidney cancer -- blood in the urine, persistent back pain, unexplained weight loss, fatigue, and loss of appetite -- usually present after the cancer has reached a more advanced stage. Early detection is vital for successful treatment outcomes. The first two stages, commonly known as Stages 1 and 2, is when the cancer is confined to kidney, with no apparent spread in the body. For cancers at an early stage, modern

technological advancements such as robotic surgery, can potentially enable the complete and precise removal of the tumor, while sparing the normal part of the kidney in a procedure called robotic partial nephrectomy. Unlike open surgical procedures, which entail a higher risk of complications with delayed recovery, robotic procedures can be performed with miniscule cuts which often result in a quicker recovery, less pain and decreased complication risk. In robotic surgery, the surgeon sits at a console, from where he controls the movements of fine instruments attached to robotic arms. This affords extremely precise and delicate movements. In addition, a high definition magnified 3D vision of the operative field enables the surgeon to see and appreciate minute structures inside the human body, thereby making the surgery safer. Minimally invasive procedures like robotic surgery or laparoscopic surgery can also be used to remove the complete kidney (nephrectomy) in case partial nephrectomy is not possible due to some tumor or patient related medical factors. For very early stages of kidney cancers, as well as those kidney cancers where the patient is not fit for surgery, experimental treatments like cryoablation and radiofrequency ablation can also be used. These are procedures with a minimal invasive approach, although the long-term outcomes of these techniques are yet to be ascertained. At Stage 3 of kidney cancer, surgical treatment still remains the mainstay of the treatment but is more challenging since often by this point, the tumour has extended into major veins or the adrenal gland or lymph nodes. Many a times surgical treatment is followed by additional medical treatment with immunotherapy to decrease the chances of recurrence of the disease. Advanced or metastatic kidney cancer, referred to as Stage 4, is when the tumor has spread beyond what can be

called the broader kidney area and may even be involving adjacent organs such as the liver or pancreas. At this point, metastasis to the lungs, bones, and/or brain may have also taken place. For these stages, the doctor may suggest targeted therapies: drugs which are designed to attack cancer cells directly, sparing healthy cells and reducing side effects. Tyrosine kinase inhibitors (TKIs) such as sunitinib, pazopanib, and axitinib inhibit specific enzymes involved in tumours growth and spread, with the aim of halting disease progression and prolonging survival. Another treatment could be through immunotherapy, which boosts the immune system to identify and destroy cancer cells, especially for advanced cases. Immune checkpoint inhibitors (ICIs) such as nivolumab and pembrolizumab enhance the body's immune response against cancer cells, providing an innovative approach to combat kidney cancer. There are other treatments that are still at the experimental stage: For example, in the US, trials are underway to test vaccines against cancer[6]. A separate experiment is looking at treating patients with advanced stages of kidney cancer with a combination of immunotherapy and radiolabeled antibody[7]. In the future, these and other advancements are likely to contribute significantly to improving the outcomes of kidney cancer treatment for our patients. To conclude, while a diagnosis of kidney cancer can come as a shock for the patients and their families, modern methods of early diagnosis (which are a part of most health check-ups), advanced technology (like robotic surgery) and recent development of modern therapies (targeted therapy and immunotherapy) can go a long way in relieving the suffering of and offering hope to the patients detected with this disease.

- DR GAGAN GAUTAM, CHAIRMAN, UROLOGY, MEDANTA HOSPITAL, GURUGRAM.

Ayurvedic superfoods offer natural solution to monsoon acne

Guwahati: As monsoon humidity and fluctuating temperatures trigger skin problems like clogged pores, excess oil, and persistent breakouts, Ayurveda experts are turning attention to diet as a crucial remedy. Leading Ayurveda practitioner, Dr. Madhumitha Krishnan, suggests including that balance Vata and Pitta Dosha with inherent properties of being sweet in nature, slightly oily foods in your monsoon diet to soothe your body and manage skin issues. She recommends five Ayurveda superfoods, from nutritious almonds to tridosha balancing amla, to keep pimples at bay and have clear skin.

Almonds perfectly fit the bill as an addition to the monsoon diet as they are primarily sweet in taste. They are known to balance the Vata and Pitta Dosha. They are slightly oily perfect to nourish the skin from within. As such, they are perfect for preserving



balance throughout the rainy season. According to published Ayurveda, Siddha and Unani texts, almonds are good for skin health and can enhance skin glow. Soaking them overnight aids in better digestion and provides deep skin nourishment. In Guwahati, health-conscious consumers are increasingly seeking California almonds, turmeric powder, fresh amla, and neem-based supplements, with local traders reporting a spike in demand for organic and raw variants during the monsoon season. Dr. Krishnan concludes that integrating such superfoods alongside proper skincare ensures clearer, healthier skin, even in the wettest months.

Fighting inflammation may treat depression

An analysis has revealed that addressing inflammation in diabetes can help determine success in treating depression in a group of patients. However, there are differences in outcomes between type 1 and type 2 diabetes, researchers said. While type 2 diabetes is a metabolic condition marked by an inability to manage blood sugar, type 1 diabetes is an autoimmune disorder in which the body's immune system mistakenly attacks and damages insulin-producing cells in the pancreas.

"People with type 2 diabetes and high inflammation levels possibly respond particularly well to a change in depressive cognitions through cognitive behavioural therapy. People with type 1 diabetes and high inflammation levels, on the other hand, could benefit more from anti-inflammatory drug therapies," said author Norbert Hermanns from the Research Institute of the Diabetes Academy Mergentheim (FIDAM), Germany. Findings published in the journal *Diabetologia* could help develop customised treatment plans for diabetics.

Monsoon Gut Health: Nutritionist Says Eat Yogurt, Avoid Fried Food

Monsoon season often becomes a breeding ground for many diseases, including gut health issues. Sudden weather changes, humidity, and food contamination are some of the contributing factors that lead to stomach issues in the rainy season. Therefore, it is best to avoid foods that may increase the risk of your gut health getting compromised. Moreover, it is also important to know which foods to eat to boost the gut, too. In an interview with HT Lifestyle, Dr Manjula Sridhar, MBBS, MSc Nutrition, Apollo Spectra Hospital, Chennai, talked about what one should eat and avoid in the monsoon season to keep their gut healthy.

Symptoms of compromised gut health in monsoon

But what leads to gut health problems? Dr Sridhar explains, "Gut health problems occur whenever there is an imbalance of beneficial and disease-causing bacteria in the gut, leading to problems in the digestive system. As a result of this imbalance, people are prone to infection

with issues in various ways, like digestive uneasiness, loss of nutrients, and even symptoms of mental illness. Per Dr Sridhar, nausea and vomit-



ing, constipation, diarrhoea, bloated stomach, gases, acidity and indiges-

tion are among some of the most common symptoms caused by compromised gut health during the monsoon season. "Apart from the weather, this can occur due to food poisoning and poor sanitation," she states.

What to eat and what to avoid to keep your gut healthy

What to eat and what to avoid to keep your gut healthy: Freshly cooked home food, herbal tea, yogurt, buttermilk, bananas, apples, cumin, and fennel seeds can help

enhance your immunity, thereby improving gut health. Foods that need to be avoided include street foods, raw leafy vegetables, and fried and spicy foods. Consuming hot water is vital. Quick solutions, such as maintaining cleanliness, washing, and cooking fruits, vegetables, and other food items as a precaution, can help prevent stomach infections.

Lastly, Dr Sridhar suggests: "Including a purely enjoyable diet meal with no gastrointestinal detours will not only help maintain its state of health but also solve the existing gut health issues. Gastrointestinal health can be balanced through a good diet and hygiene, particularly during the rainy season."

RJ Mahvash stuns in a dazzling ocean-blue halter gown

Radiating effortless elegance, RJ Mahvash stepped out in a look that channels both coastal charm and evening sophistication. Her choice for the day? A floor-grazing, ocean-blue halter gown that seemed to mirror the waterside backdrop perfectly. The fluid silhouette draped gracefully over her frame, creating a soft yet striking presence. Taking to her Instagram, RJ Mahvash shared pictures of her latest look. Sharing the pictures, she wrote, "She is not for everyone – and that's her power."

The halter neckline featured a delicate fabric rosette at the collarbone – a subtle detail that elevated the gown from simple to statement. The clean lines and minimalist cut allowed the colour and texture of the fabric to take centre stage, catching the light with a soft sheen as she moved. The high slit-free design gave the dress a timeless appeal, while the gentle swish of the hem lent an almost cinematic quality to her stride. Paired with the gown were open-toed heels with a dainty bow accent, adding a touch of femininity without overwhelming the streamlined ensemble. Her accessories were equally understated yet impactful – gold statement earrings and a minimal gold bracelet. For



the makeup, Mahvash went with a dewy base and a soft flush of peachy blush. Her eyes were subtly defined with neutral shadows, gentle eyeliner, and fluttery lashes. Well-groomed brows framed her face, while a muted pink-nude lip kept the look cohesive and sophisticated. Her hair was styled in a sleek, centre-parted bun. This pulled-back style let the rosette detail of her halter gown shine and kept the overall effect polished yet unfussy. From the serene hue of her gown to the refined styling choices, RJ Mahvash's look is a masterclass in understated glamour. Perfect for a seaside dinner, an outdoor soirée, or even a resort wedding, it's proof that sometimes simplicity, when paired with the right details, can make the strongest style statement.

5 Non-Food Things That Can Raise Your Blood Sugar

When we think of high blood sugar, the first thing that comes to mind is food. But your blood sugar levels can go up even when you haven't eaten a single bite. Here are five surprising factors that can cause these changes and what you should know about them. According to Dr Pranav Ghody, consultant endocrinologist and diabetologist, Wockhardt Hospitals, Mumbai Central, stress, poor sleep, exercise, infections, and hormonal changes can all cause your blood sugar levels to rise. For example, stress triggers the release of cortisol, which tells your liver to release stored glucose to give you energy, a useful response in emergencies, but not so helpful during daily stress. "One bad night

of sleep can make the body temporarily more insulin-resistant, which keeps glucose in your blood longer," said Dr Ghody. Exercise, especially intense or resistance training, can also cause temporary spikes as your body releases glucose for energy, though this usually leads to better blood sugar control over time. "Illnesses or infections push your immune system into overdrive, needing extra energy in the form of glucose. Lastly, hormonal changes, especially around menstrual cycles, perimenopause, and menopause, can make the body less sensitive to insulin, causing fluctuations in blood sugar," said Dr Ghody. These spikes aren't always bad. "For instance, temporary increas-



es after exercise or during an immune response are natural and necessary. But chronic stress, regular poor sleep, or persistent hormonal imbalances can lead to long-term blood sugar issues, which need attention. Women in their 40s and 50s, in particular, may notice changes in weight, energy, or mood due to these hormonal effects on blood sugar," said Dr Ghody. Blood sugar changes aren't always about what you eat; knowing these hidden triggers can help you take better control of your health.

Gossiping can strengthen your relationship



Gossiping is not something that only friends do. Even couples do it. And it is not just meaningless talk or being overly nosy. In reality, gossiping has many untold perks, especially if you do it with your significant other (or situationship works too!). A study by researchers at the University of California, Riverside, published in the Journal of Social and Personal Relationships, found that couples who gossip have a better bond.

Gossip is not just badmouthing someone. Often, when someone hears about gossip, the first thing that comes to mind is talking down. But gossiping is far more. As per the researchers, gossip means talking about people who are not physically present; it can be anything, positive, neutral, or negative. The study found that couples gossip a lot, almost 38 minutes daily. This is almost around 14 per cent of what they said in a day. This does not have to include negative talk, which many people may assume gossiping to be about.

India's Youth Face Hidden Sleep Crisis

The rising incidence of sleep disorders among Indian youth is fast becoming a public health crisis. If left unaddressed, it could severely burden India's healthcare and economic systems in the coming decades, especially as we mark International Youth Day. Dr. Kunal Bahrani is Clinical Director and HOD, Neurology Department, Marengo Asia Hospitals, Faridabad, says, "In the last decade, I have seen a silent epidemic grow in clinic rooms, hostel beds, exam-prep lounges, and co-working spaces: sleep disorders in the youth. Sleep isn't just "rest" – it's a neurological function as critical as breathing. Yet, an increasing number



of young people are sacrificing it in the name of productivity, entertainment, or simply trying to keep up with others." Sleep disorders are no longer a personal inconvenience; they are rapidly becoming a public health threat.

Recent studies suggest that one in three young Indians suffers from at least one form of sleep-related issue. Compared to 15 years ago, the incidence of insomnia, delayed sleep

phase disorder, and non-restorative sleep has doubled. According to a 2022 AIIMS report, nearly 52% of students surveyed reported poor sleep quality. The 16–24 age group is particularly vulnerable to sleep disorders in India. These are years marked by academic pressure, emotional turbulence, and excessive screen time. The combination of hormonal changes, social media influence, and late-night habits makes this age group a high-risk population. The most common disorders I see in today's youth include insomnia, delayed sleep phase disorder, restless legs syndrome, non-restorative sleep, and sleep apnea.

Check Your Lung Health at Home with the BOLT Method

With pollution levels mostly remaining constant throughout the year, it not only becomes difficult to breathe, but it also takes a huge toll on your lung health. According to doctors, to increase your breathing efficiency, you can take a quick, at-home test to unlock valuable insight into your respiratory performance. The BOLT, or Blood Oxygen Level T score is the key to understanding your tolerance



to the dangerous carbon dioxide, as well as a helpful indicator of the adaptability of your nervous system. According to experts, this science behind breathing helps you take ownership of your own physiological

and psychological performance throughout your day.

The BOLT test involves an easy breath hold after exhalation, making it the most accurate way to measure your breathing volume. Doctors say the ideal BOLT score for a healthy adult should be 40 seconds, as it takes approximately that much time before the urge to breathe increases enough to initiate inspiration.

Weighted vests: new trend, are they for you?



There is a new fitness trend that has everyone obsessed almost every other day. Currently, the internet is dedicated to wearing weighted vests with fitness influencers swearing that is the new 'It' accessory to up your fitness game. But is it really worth it? Weighted vests are exactly what they sound like. These vests are designed with small weights that are distributed on the torso while wearing them. These extra weights act as a form of resistance while working out leads to increased calorie burn. Wearing weighted vests is generally linked to building muscle strength, increasing calorie burn, improving balance, promoting cardiovascular health, and enhanced bone density. There are studies that have been conducted to understand the efficacy of weighted vests with mostly positive results on weight loss, toning, and muscle building.

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generally linked to building muscle strength, increasing calorie burn, improving balance, promoting cardiovascular health, and enhanced bone density. There are studies that have been conducted to understand the efficacy of weighted vests with mostly positive results on weight loss, toning, and muscle building.

Joint Pain: If the weights are not distributed equally or is more than what is suitable it can lead to long-term joint pain.

Increased Injury Risk: With the extra weight on your person, the risk of tripping or other injuries increases manifold.

Overexertion: Getting over-enthusiastic with weighted vests and over doing it can lead to fatigue and soreness which might curb enthusiasm for work outs in general.

Posture Issues: Weighted vests can alter your usual posture which in turn can give rise to musculoskeletal problems which can be difficult to reverse.

Ronaldo speaks out about not receiving a Ballon d'Or nomination, saying, "That's fictitious to me"

● Cristiano Ronaldo has expressed his disappointment over not being nominated for the Ballon d'Or.

Mumbai: Portugal star Cristiano Ronaldo has criticized the prestigious Ballon d'Or as "fictitious" after being not nominated for the 2025 season. The Al-Nassr star, who has won the Golden Ball five times, was not included in the 30 nominees announced last week. It has been eight years since Ronaldo last won the award in 2017. Lionel Messi, who won the Ballon d'Or three times, has surpassed Ronaldo in the GOAT debate, with Messi dominat-



ing the competition after winning the FIFA World Cup with Argentina in 2022. Three of Ronaldo's international colleagues, Vitinha, Joao Neves, and Nuno Mendes of Paris Saint-Germain, are vying for the 2025 Ballon d'Or, a prestigious sports award.

Ronaldo dismissed the rumor of not being nominated for the Ballon d'Or this year, stating it was a figment of his imagination. Ronaldo announced he has signed a new contract in Saudi Arabia, extending his stay in the Saudi Pro League for two more

years, avoiding further discussion on the matter. Ronaldo confirmed on social media that he will remain with Al-Nassr, despite speculations of a move elsewhere, posting a picture with the caption "A new chapter begins." Ronaldo joined Al Nassr in 2022 after leaving Manchester United, signing a 2.5-year contract after the 2022 World Cup in Qatar, expressing his passion and dream of making history together. Ronaldo, a prolific striker, has recently secured Portugal's second UEFA Nations League title, and is currently aiming for the 1,000-goal milestone and the 950-goal mark in his career.

London's 13th-ranked Diksha battles back to even par



London: Diksha Dagar, a Top-10 golfer, managed to card an even par 73 in the second round of the PIF London Championship at Centurion Club. She is now tied-13th after being tied-10th at the end of the first day. Out of four Indian women who teed up, three made the cut,

while Pranavi Urs and Aditi Ashok made the cut. Diksha birdied the first and sixth holes, dropping a shot on the 10th and giving away a double bogey on the 12th. In the Individual competition, Germany's Laura Funfstuck held a three-shot lead with a round of 70 (-3) on day two.

Mouthguards that light up when struck hard are required for rugby World Cup players

Women's Rugby World Cup

England: British media reports that players at the Women's Rugby World Cup will wear high-tech mouthguards that light up red when they experience heavy head impacts, aiming to enhance player safety and reduce concussion. Smart gumshields will alert match-day doctors of possible concussions during the August 22-September 27 tournament in England, and referees will be advised to stop play upon seeing a red flash. British media reports that LED mouthguards will be introduced in top-flight rugby next season following the Women's Rugby World Cup. World Rugby introduced smart mouthguards in October 2023 for Head Injury Assessment, debuting in the WXV women's competition and integrated into the HIA in January 2024. Dr. Eanna Falvey, chief medical officer at World Rugby, stated that some male players opt out of off-field HIA due to their preference for wearing an instrumented mouthguard, as they need to be involved in the assessment process. Players have expressed dissatisfaction with the Bluetooth



device, feeling uncomfortable or unwilling to know about it. The reasons behind women's leagues, teams, and competitions are unclear, but they are more likely to collaborate, accept, and be excited about technology opportunities. The team has full opt-in for the World Cup, except for two individuals who are physically unable to wear braces. Reuters has contacted World Rugby for a response.

Yu Darvish is backed by Freddy Fermin's 2-run homer as Padres defeat the Giants 4-1

San Francisco: Jake Crone-worth hit a go-ahead RBI single in the seventh, followed by Freddy Fermin's two-run homer off Logan Webb, as the San Diego Padres defeated the San Francisco Giants 4-1. Darvish, who missed over three months due to elbow issues, made his seventh start of the season, striking out six batters and allowing one run on four hits, but did not walk a batter.



San Diego secured their third consecutive win with a go-ahead run scored by pinch-runner Bryce Johnson, after Robert Suarez made his MLB-leading 33rd save. Rafael Devers scored a home run in the sixth, while Jackson Merrill contributed an RBI double in the top half of the game. Webb faced San Diego for the third time this

year, allowing four runs on eight hits, striking out three, and walking one in 6 1/3 innings. The Giants couldn't support him after being shut out 8-0. Drew Gilbert, acquired from the Mets on July 31, hit his first major league hit in the third inning, bringing his first major league hit to the Giants. The player stole second base but was ruled out

at third on replay review after being initially called safe by the Padres. Dominic Smith, a San Francisco player, extended his career-best hitting streak to 14 games by leading off the second with a single. Nestor Cortes pitches for San Diego against Giants' Robbie Ray, aiming to end a six-start winless stretch dating back to July 3.

Virat's retirement prior to England tour is a great question for India

New Delhi: Virat Kohli and Rohit Sharma's surprise retirements from Test cricket ahead of the Anderson-Tendulkar Trophy surprised the nation. Virat Kohli and Rohit Sharma's retirements before the Anderson-Tendulkar Trophy surprised India, who had not won a series in England since 2007. However, a young team led by Shubman Gill surprised everyone and came close to winning the series. Former India star and ex-BCCI chief selector Dilip Vengsarkar expressed his desire to play Kohli in the series. Vengsarkar, a 116-Test veteran, believes that if he were

the India chief selector, he would have encouraged Virat to retire from Test cricket after playing the England series due to his class and experience. Vengsarkar defended coach Gautam Gambhir's aggressive approach against Oval curator Lee Fortis, stating that Gambhir was correct in preventing India from standing too close to the pitch. Indian cricket head coach Gambhir has the right to inspect the pitch from close quarters, as teams tour India and their entire team, including the coach and captain, examine the pitch minutely. Vengsarkar questions how the rules differ when playing in

England. Matthew Hayden's criticism of Gambhir's use of 'better language' against the pitch curator was dismissed as unfounded. Vengsarkar questioned if Australian cricketers, such as Hayden, would have taken it well if a curator had asked them to stay away from the square before an important match, stating that they would have used the best language to express their opinion. The 1983 World Cup winner criticized BCCI's workload management of Jasprit Bumrah, who played only three out of five Tests. Bumrah, a key player for India, should have been advised by the BCCI, se-



lectors, and Indian team management to miss the IPL-2025 due to his fragile back. He believes that if he had been the India chief selector, he would

have convinced Mumbai Indians owner Mukesh Ambani and Bumrah to prioritize his fitness and play fewer matches in the IPL for the England se-

ries. The IPL series was characterized by impressive performances from Mohammed Siraj, Shubman Gill, KL Rahul, Yashasvi Jaiswal, Rishabh Pant, and Washington Sundar. Siraj's 23 wickets in five Tests, Gill's 754 runs, Rahul's 532, Jaiswal's 411 runs, Pant's 479, and Sundar's all-round performance (284 runs & seven wickets in four Tests). The speaker believes India will not play a five-Test series until January 2027, a period that has been a long-standing series. They wish Bumrah was available for all Tests, as it could have helped India win the series.

Regarding Virat Kohli and Rohit Sharma's aspirations for the 2027 ODI world cup, Gautam Gambhir's remarks

Mumbai: India head coach Gautam Gambhir has resurfaced on social media regarding Virat Kohli and Rohit Sharma's future in the ODI World Cup 2027. Gambhir stated that while the T20 World Cup 2026 is the next major event for Team India, their performance is the only factor that will keep them afloat if they are to feature in the prestigious event in 2027. This statement comes amid the ongoing debate over the duo's future in the ODI world. The focus of cricketers in India is currently on the T20 World Cup, which is scheduled for February-March 2027, after England.

The tournament, which is two and a half years away, is expected to be a significant event in the country's cricketing calendar. He stated that



age is just a number if you keep performing. India is scheduled to play a 3-match ODI series against Australia in October, followed by a similar assignment against South Africa. Reports suggest the BCCI selection committee is considering

allowing younger players to compete in the 2027 ODI World Cup. Rohit and Kohli may face their last match in Australia, but they can maintain their momentum by returning to domestic cricket, particularly the Vijay Hazare Trophy and India A games,

to extend their ODI careers and secure a spot in the 2027 ODI World Cup. Gambhir emphasized that performance will be the primary factor in ODI team selection, but other factors may also influence Rohit and Virat's future.

Suraj's Shergar Cup 2025 victory creates history

New Delhi: Team Asia, led by Suraj Narredu, won the Shergar Cup 2025 trophy, securing a crucial second place ahead of Europe. Narredu, along with Japanese jockeys Ryusei Sakai and Mirai Iwata, won two out of six races from India to Ascot. Asia won the race 68-67, with Great Britain & Ireland third and the Rest of the World fifth. Hugh Bowman won the Silver Saddle. Narredu, trained by Dylan Cunha, piloted Fireblade at Ascot Racecourse, winning Shergar Cup Stayers and also scoring on Prince of India in the Shergar Cup Sprint. The 40-year-old won a two-mile event, keeping opponents at bay by almost two lengths. He expressed his excitement for being a debut team and believes that in the future, they will be a formidable force to be reckoned with. Narredu, with over 2,400 career wins, is renowned



for his excellence and passion for carrying the Narredu name like a crown, adding depth to his game, akin to his father and uncle.

The speaker describes the experience as a dream come true, describing it as one of the greatest moments in their life and feeling honored to take the win back to their country. Narredu celebrated his milestone with a signature flying dismount, a move famously performed by his idol Frankie Dettori, bringing joy to the crowd and leaving fans smiling.

15th Sub Junior Men's National Hockey India Championship



New Delhi: The 15th Hockey India Junior Men National Championship 2025 is set to commence on Tuesday in Jalandhar, Punjab. The 15th Hockey India Junior Men National Championship 2025, set to begin in Jalandhar, Punjab, will follow a division-based format, similar to the Senior and Sub Junior Men's, Women's, and Junior Women's National Championships, which began earlier this year. The 30 participating teams are split into Division 'A', Division 'B' and Division 'C', with promotion and relegation adding an extra edge to the competition. The teams in Division 'A' will be fighting for the title while the top two teams from Divisions 'B' and 'C' will earn promotion to the next tier. The bottom two sides in Divisions 'A' and 'B' will face relegation to the next division for 2026.

Deion Sanders refused to take Shilo's first NFL game jersey

Agency: Shilo Sanders, who led the Bucs to a 27-9 victory over the Titans, offered his jersey to his father Deion, who declined, instead giving it to his mother. Shilo Sanders, a former Pro Football Hall of Fame player, made his father proud with a 27-9 win against the Tennessee Titans for the Tampa Bay Buccaneers. However, his father refused to accept his jersey, causing shock to the expectant son. Shilo Sanders, a Hall of Famer, refused to give his jersey to his mother, who attended both Shedeur's and his game in North Carolina. Sanders praised her for attending the

ing the moment. "WOW! @shilosanders first NFL GAME JERSEY! So Grateful, Speechless and deeply touched realizing how connected he is!" Pilar Sanders wrote. "We never had a conversation about this, so for him to do this all on his own is moms you understand! I LOVE HIM SOOOO MUCH!!!!", she added. Fans and followers of Pilar took to her comments section to express their love for the mother-son duo. "Real mom things!!! Didn't miss a game and made it for both boys Shiloh has the biggest heart" a fan commented. Another fan expressed admiration for the



game and wished her mother the same, ensuring the jersey was given to her. Shilo's mother, Pilar, however, didn't have any reservations about accepting her son's first NFL game jersey. Not only did she accept it, she also wrote an elaborate Instagram post commemorat-

mother, stating that she did an excellent job. A user expressed their admiration for a person and expressed their belief that they deserve this recognition. Another fan expressed their tears, expressing their admiration for the beauty of the situation.

Amid the mayhem caused by the Cincinnati power outage, Steely Sinner makes progress

Mumbai: Jannik Sinner defeated Gabriel Diallo 6-2, 7-6 at the ATP and WTA Cincinnati Open, despite power failure interruptions and alarms. The top seeded defending champion faced a 35th-ranked Canadian, who struggled with eight double-faults and 49 unforced errors in a match against the world's best. Sinner regained his composure in the fourth round, securing an ace on match point after saving a set point in the tie-breaker. The play was temporarily halted with Sinner leading 4-2 due to a sudden failure of the audio portion of the electronic line-calling system. Both players had to deal with flickering LED screens directly behind them on the court earlier. The pair agreed to continue without the system, with the chair umpire temporarily relaying algorithm decisions to the players during a re-boot. A minor malfunction occurred two hours after a widespread power outage caused a 75-minute power outage that completely stopped play around the grounds. After winning the first set, Sinner led 1-0 in the second set, but chaos ensued with an alarm going off and play being suspended for the third time. Sinner and Diallo continued playing, with a faint distraction in the back-



ground, until it ceased after another game. Italian tennis player Sinner secured his 23rd consecutive hardcourt win in under two hours, despite struggling to find balance against big servers in the office. US fourth seed Taylor Fritz, who endured a one-hour delay after the first set, defeated Lorenzo Sonego 7-6, 7-5 for his 21st win in 25 matches, expressing satisfaction with the win before the Grand Slam and acknowledging his potential for improvement. Fritz stated that he can improve his playing but hasn't had enough time to prepare. He's excited to fine-tune his game before the US Open. Frances Tiafoe advanced past France's Ugo Humbert and faces Holger Rune, who beat Alex Michelsen 7-6, 6-3. Top-ranked Aryna Sabalenka defeated Emma Raducanu in a

three-hour match to secure a fourth-round spot in the WTA event, a repeat of her victory from the Wimbledon third round in July.

Sabalenka, the defending champion, faced a challenging match but managed to secure two ace wins in the final stages. Sabalenka expressed happiness after overcoming a challenging match and expressed hope for a day off tomorrow to recover from the battle.

British number one Raducanu managed to hold off a 13-deuces eighth game in the final set, ultimately holding for a 4-all win and a tiebreaker. Sabalenka wins her 10th 1000 level title, bidding for her second this season. Raducanu aims to hold her level higher with practice. Australian Open champion Madison Keys loses four games.