

The Assam Assembly will establish a detention facility for members who have been suspended

Guwahati, Nov 28: In order to house suspended Members of the Legislative Assembly (MLAs) who interfere with House procedures, the Assam Legislative Assembly will shortly establish a special detention chamber on its grounds. The Assembly Secretariat would create comprehensive guidelines for its operations in the upcoming days, Speaker Biswajit Daimary stated on Friday. The event follows a string of disruptions in the House, the most recent of which was suspended MLA Akhil Gogoi, who participated in heated confrontations and repeatedly interrupted Question Hour. On Friday, his actions sparked more controversy and highlighted the need for more severe disciplinary actions. In order to stop recurring disruptions and preserve order during proceedings, Minister Bimal Borah backed the notion of establishing a special holding



area inside the Assembly after the incident. He emphasized that having such a facility would support maintaining the House's dignity and efficient operation. Speaker Daimary responded to the suggestion by saying that the detention room will soon be set up and run

under stringent guidelines that the Secretariat will establish. While differences and protests are a necessary component of a democratic society, he said that ongoing disruptions must be permitted to impede legislative action. Given the hostile environment during previous

sessions and Akhil Gogoi's outspoken criticism of the administration, political interest in the decision has already faded. It is anticipated that more information regarding operational standards, the length of custody, and procedural protections will be made public soon.

Nagaland joins nation in observing 76th Constitution Day

Kohima, Nov 28: Nagaland marked the 76th Constitution Day on Wednesday, joining the rest of the country in commemorating the historic adoption of the Indian Constitution. The Constitution was formally adopted by the Constituent Assembly on November 26, 1949, and came into effect on January 26, 1950, laying the foundation of the world's largest democracy. According to a DIPR report, officials and staff of the Nagaland Civil Secretariat gathered at the Secretariat Conference Hall in Kohima to observe the day, which also marked the conclusion of year-long celebrations held under the national theme "Hamara Samvidhan – Hamara Swabhiman." The programme was chaired by Home Commissioner Abhijit Sinha, who reflected on the Constitution's historic journey. He highlighted that the Constituent Assembly, formed in 1946, worked meticulously for nearly three years to frame the document that defines India's democratic, legal, and administrative framework. Sinha reminded participants that the Constitution remains a living guide, shaping governance and safeguarding citizens' rights.



Shillong, Nov 28: Following a meeting with the state government, the Meghalaya SSA Schools Association (MSSASA) disclosed that Education Minister Lakhmen Rymbui promised to announce the long-awaited pay structure for SSA teachers before Christmas, with implementation scheduled for April 1, 2026. The guarantee was given on Thursday during a meeting where MSSASA pushed for quick decisions on TET eligibility, rationalization, and service-related issues. According to Aristotle C. Rymbui,

president of MSSASA, the delegation reaffirmed the necessity of completing the rationalization process on time and emphasized that it must be implemented prior to the upcoming academic year. "We are grateful for the state government's efforts to rationalize the SSA schools.

The minister has promised that the government will make every effort to finish the procedure by the beginning of the upcoming school year, as we have recommended," he stated. The minister said that the exercise "may take sometime"

Before Christmas, Meghalaya will reveal the salary structure for SSA instructors

because of discussions with private and missionary organizations, he continued. Rymbui stated that the department has already developed the Teachers' Eligibility Test (TET) procedure but is currently awaiting clarification from national authorities. "The minister told the group that the education department has prepared the full procedure for conducting this TET, but the question is whether or not instructors would be allowed to participate. In order to get clarification on the requirements for inservice teachers' eligibility, the minister will meet with relevant officials from the Ministry of Education and NCTE next week. He stated that "The government wants the length of service of teachers to be considered as the eligibility criteria." Rymbui added that districts have started laying the foundation for the new wage structure. "The direction for collection of data regarding the length of service of SSA teachers has already been sent to all SDSEOs, and we hope that the process will be completed soon," he stated.

Minister Mama Natung demands more investigation into the tribal origins of the Northeast

Itanagar, Nov 28: Arunachal Pradesh Home Minister Mama Natung emphasized the importance of ongoing academic study and documentation of the Janjati (tribal) legacy of the Northeast. Natung made this statement while in Guwahati for a national seminar on "Temple Heritage and Sacred Places of Worship of the Janjatis of North East Bharat" sponsored by the Indian Council of Historical Research. He said that seeing academics, researchers, and organizations come together to honor and record the rich cultural and spiritual legacy of our Janjati communities made him very proud. The minister emphasized that the Northeast is home to some of the oldest temples, sacred locations, and indigenous customs, each of which symbolizes centuries of knowledge, identity, and depth of civilization. According to Natung, these platforms enhance our awareness of the region's cultural continuity as a whole. However, in order to guarantee that our origins continue to be relevant and alive for future generations, academic research must continue. The minister expressed gratitude to the Cotton University History Department and the Heritage Foundation Guwahati for organizing the seminar, saying it is an important endeavor that is vital to maintaining our cultural heritage and encouraging the next generation to comprehend and preserve it. The ICHR-sponsored two-day national seminar brings together scholars, historians, and cultural practitioners to examine the art, architecture, customs, and historical development of Janjati temple legacy throughout the Northeast.



The revolutionary digital learning software DSD-DEEP

Agartala, Nov 28: The future of Tripura's youth is being drastically altered by the DSD-DEEP program, a revolutionary digital learning project under the Directorate of Skill Development's (DSD) MMDUP (Mukhya Mantri Dakhyata Unnayan Prakalpa) Skill Mission. The program provides an engaging, adaptable e-learning experience to increase digital competence throughout the state and is designed to give students contemporary, industry-relevant skills. DSD-DEEP's goal is very clear: to equip youth with critical digital skills that will enable them to work, start their own business, and be independent. Candidates in Tripura are gaining vital IT skills, AI tools, workplace preparation, and life skills through this initiative. MKCL's cutting-edge digital platform, which offers interactive lectures, tests, and practical ex-



perience, is used to deliver the training. The initiative is assisting students in developing their digital literacy, boosting their self-esteem, and opening up new prospects in both urban and rural areas. "DSD-DEEP is not just a course--it is a movement towards a digitally skilled and empowered Tripura," the department said. Speaking about the ongoing initiatives, Sutirtha Paul, Joint Director of the Government of Tripura's Skill Development Department, stated that these programs are being carried out in several areas.

Congress is split on how to handle suspended MLA Rahul Mamkootathil



Thiruvananthapuram, Nov 27: The Congress party is experiencing internal division regarding the handling of Palakkad MLA Rahul Mamkootathil, who was suspended in August due to allegations of inappropriate behavior towards women. Mamkootathil, a first-time MLA, has been unofficially campaigning for party candidates in the upcoming local body elections. Former KPCC president K Sudhakaran expressed discontent by stating he was not

informed about the suspension decision and had not attended the meeting where it was made. This contradicts the stance of Leader of the Opposition VD Satheesan, who claims the suspension was a collective decision by the party. Sudhakaran has also indicated a willingness to share the stage with Mamkootathil if an opportunity arises. Although he acknowledges the need for Mamkootathil to reform, he opposes those who aim to ruin his political future over the allegations. Conversely, senior party leader K Muraleedharan asserted that Mamkootathil should not participate in party meetings or events, emphasizing that he remains suspended and must face consequences for his

actions. Muraleedharan noticed that while Mamkootathil could engage in grassroots campaigning for the workers who aided his election, he is not entitled to share the platform with party leaders. In response, Mamkootathil expressed his commitment to support the party workers who stood by him, stating he has not attended any party meetings but feels obligated to campaign when requested. The allegations against him include sending obscene messages to a woman actor and audio clips allegedly featuring him urging a woman to abort a pregnancy. Mamkootathil has denied these accusations, and no formal charges have been filed against him as of yet.

17 minors have been rescued from trafficking charges

Chhattisgarh, Nov 27: Seventeen minor girls were rescued from alleged trafficking during a police raid in Bardihan village, Rohtas district, Bihar. The operation, prompted by intelligence on the movement of teenage girls who were being brought in under the guise of work, involved police teams from five stations led by additional SP Saket Kumar. The girls, hailing from Chhattisgarh and Madhya Pradesh, were placed into the care of the Child Welfare Committee (CWC). Three individuals were arrested: Mamta Vishwakarma, Gita Kunwar, and Raman Kumar Paswan, all linked to the trafficking operation. A case has been registered against the operators under several laws, including the Bharatiya Nyaya Sanhita and the POCSO Act. Ongoing investigations are evaluating the criminal backgrounds of the arrested and pursuing additional suspects. The rescued minors are being transferred to a children's facility in Kaimur, with steps being taken to inform the National Commission for the Protection of Child Rights to address the trafficking issue.

Shivakumar's enigmatic statement that Siddaramaiah will travel to Delhi due to the Karnataka CM post dispute

World power comes from word power

Bengaluru, Nov 27: The ongoing leadership struggle within the Congress-led government in Karnataka, led by Chief Minister Siddaramaiah, has intensified with Siddaramaiah indicating he may travel to Delhi if summoned by the party's high command. Concurrently, Deputy Chief Minister DK Shivakumar made a cryptic post on social media stating, "word power is world power," suggesting a deeper connotation amid their power-sharing discussions. Since Congress's victory in the Karnataka assembly elections in March 2023, discussions of a possible power-sharing agreement between Siddaramaiah and Shivakumar have surfaced. This arrangement is believed to have support from the party's central leadership, contemplating a power

transition after two and a half years of Siddaramaiah's administration. Over recent months, speculation has increased, particularly as Siddaramaiah hinted at a potential cabinet reshuffle while asserting his intention to remain in power. Meanwhile, Shivakumar's supporters are actively advocating for his promotion, both within the state and at the national level. In response to the ongoing conflict, Shivakumar shared a striking image on social media that emphasizes the significance of keeping one's word, suggesting integrity in leadership. This was accompanied by a message reiterating that maintaining one's promises is a crucial strength, applicable to all, including himself, judges, and presidents alike. Congress President Mallikarjun Kharge announced plans to



convene a meeting with senior leaders, including Rahul Gandhi, Siddaramaiah, and Shivakumar, in New Delhi, aiming to address the ongoing leadership dispute and provide clarity on the situation. He stressed the necessity of discussing the way forward and resolving the "confusion" surrounding the leadership issue.

Meeting with Jarkiholi to plan state elections in 2028: DKS

Agency, Nov 27: Deputy Chief Minister DK Shivakumar has refuted any links between his recent meeting with Congress leader Satish Jarkiholi and the ongoing leadership change crisis in Karnataka, stating that their discussion was focused solely on preparing the party for the upcoming 2028 assembly elections. Shivakumar, who also holds the position of state Congress chief, emphasized that Jarkiholi is a significant asset to the party and affirmed their cordial relationship. He remarked that the discussion aimed to address actionable plans for the remaining two and a half years of their current term. Additionally, Shivakumar downplayed his ambitions for the chief minister position, asserting that collective work for the party's resurgence is prioritized over personal ambitions. He dismissed rumors regarding Congress legislators lobbying in Delhi on his behalf and indicated that any leadership decisions would be made by the party's senior leadership. Jarkiholi, a close associate of Chief Minister Siddaramaiah, echoed Shivakumar's sentiments by reiterating his support for Siddaramaiah and clarifying that their meeting was routine and does not signify any shift in leadership dynamics.



In Bihar polls, there were no requests for EVM burnt memory checks: ECI

Patna, Nov 28: On Thursday, the Election Commission of India (ECI) reported that authorities in Bihar have not received any applications from candidates who lost in the recent assembly elections requesting verification of burnt memory or microcontroller data from the electronic voting machines (EVMs) used in the polls. The ECI highlighted that no candidates who finished second or third in any constituency submitted requests during the required seven-day

filing window after the results were announced on November 14.

This situation also applied to the eight assembly bypolls conducted concurrently with the second phase of polling on November 11. New Standard Operating Procedures (SOPs), introduced on June 17 following a Supreme Court directive, allow candidates who come directly behind the winner to request post-counting examinations of EVM components. Despite the ECI's open veri-

fication process, which aims to ensure transparency for candidates seeking scrutiny of EVMs post-counting, no requests were filed statewide during the specified timeframe. Consequently, the ECI has officially closed the window for any filings related to the 2025 Bihar elections and the concurrent bypolls.

The ECI maintains that if any valid requests for verification are made, district election authorities are responsible for acknowledging and process-



ing these requests, ensuring that the verification process occurs in the presence of the applicants or their authorized representatives.

With the deadline for submissions now lapsed, no further applications can be made in relation to these elections.

After losing the Bihar elections, RJD starts looking for "saboteurs"

Patna, Nov 28: Following a disappointing defeat in the Bihar Assembly elections, the Rashtriya Janata Dal (RJD) has initiated an internal review aimed at identifying members who may have undermined the party's campaign. This effort began with a meeting at the RJD's headquarters in Patna, involving central leadership, victorious MLAs, and losing candidates from the Magadh region. The aim is to compile a list of purported with possible disciplinary actions including expulsion pending a two-stage review conclusion by December 9. During the initial phase, candidates were instructed to report any misconduct by party workers, local leaders, and alliance partners. The review will also include discussions with Saran candidates on Thursday and Purnea candidates on Friday,



while also gathering strategic insights from senior leaders for future initiatives. However, some RJD leaders have voiced concerns about factionalism, inadequate coordination, and internal dissent undermining the party's potential. They suggest that a failure to establish proper eligibility criteria for candidates contributed to the inability to effectively combat the opposition's narrative, particularly regarding allegations of 'jungle raaj.' This sentiment underscores the prevailing issues within the party as it re-evaluates its organizational strategy moving forward.

Minor rape case accused in MP injured in encounter

Bhopal, Nov 28: The accused in the alleged rape case of a six-year-old girl in Madhya Pradesh, identified as Salman, was injured during a police encounter on Friday. After attempting to flee and attacking

a sub-inspector to snatch his gun, Salman was shot in the leg by the police in self-defense and subsequently taken to the hospital. He had been on the run for five days prior to his arrest in the Gandhinagar area

while being transported to the police station. During transit, he attempted to escape, seized an inspector's pistol, and fired at the police. This incident unfolded against the backdrop of protests in Raisen, where local

markets were shut down, demanding justice for the child. Activists from various Hindu organizations participated in the demonstrations, prompting a heavy police presence to maintain order.

Editorial

Rare Earth Magnet Mission: Powering India's Self-Reliant Future

The Union Cabinet's approval of a ₹7,200 crore scheme to manufacture rare earth permanent magnets marks one of the most decisive steps taken toward strengthening India's technological independence. At a time when global supply chains are undergoing dramatic geopolitical shifts, the move positions India to reduce its long-standing dependence on imports—particularly from China, which dominates over 85% of the world's rare earth magnet production. Rare earth magnets are not just industrial components; they are the silent engines driving the technologies of the future. From electric vehicles, robotics, and smartphones to satellites, defence systems, and renewable energy infrastructure, the demand for high-performance permanent magnets has been rising exponentially. For India to emerge as a global economic force, securing this crucial link in the technology value chain has become non-negotiable. The new scheme, aligned with the Prime Minister's Atmanirbhar Bharat vision, seeks to create a domestic ecosystem for extraction, processing, and advanced manufacturing. With India possessing significant rare earth reserves—estimated to be among the top five globally—the country has long held untapped potential in this domain. What has been missing, however, is the technology, refining capacity, and coordinated industrial strategy to exploit these resources responsibly and competitively. A dedicated rare earth magnet manufacturing mission could open doors to multiple strategic advantages. First, it would boost India's electric vehicle and renewable energy sectors, both of which rely heavily on high-strength mag-

nets for motors, turbines, and energy storage systems. Second, it will provide a major push to defence indigenisation, especially in missile guidance, radar systems, and aerospace applications. Third, the scheme is expected to stimulate high-value employment, innovation, and R&D partnerships between government, private industry, and global players. However, the success of the scheme will depend on more than financial allocation. The rare earth industry is complex and environmentally sensitive. Mining and processing rare earth elements require advanced technology and strict ecological safeguards. India must ensure a carefully regulated extraction process, world-class refining technology, and a robust waste-management framework to prevent environmental degradation. Equally important is nurturing domestic talent—engineers, material scientists, and skilled workers capable of sustaining long-term innovation. The Cabinet's decision is timely and visionary, but it must be implemented with precision and long-range planning. If executed well, India could not only meet domestic demand but eventually emerge as an exporter of strategic materials—something that could dramatically shift global dependencies. The ₹7,200 crore Rare Earth Magnets Scheme is not just an investment in industrial capacity; it is an investment in India's technological sovereignty. As the world accelerates toward a future powered by green energy and advanced electronics, India has an opportunity to take its place at the frontlines of global innovation. The imperative now is to turn vision into reality.

Is Stranger Things season 5 available in Tamil and Telugu on Netflix

New Delhi: Stranger Things Season 5 volume 1 is out on Netflix in 25 international languages with three Indian tongue and those are: Hindi, Tamil and Telugu. The show that has been shot in English languages is available in following languages on the OTT giant.

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Jr NTR's Devera Part 2 shelved after the first part flopped at box office

New Delhi: Jr NTR-starrer Devara: Part 1 released in theaters on September 27, 2024. Now, it seems that the movie's sequel, Devara: Part 2, has been shelved by the makers after the underwhelming and mixed responses to the first installment. Is Jr NTR's Devara: Part 2 shelved? According to a report by Let's Cinema, Devara: Part 2 has been shelved by the makers. As per speculations, director Koratula Siva had written a new draft for the movie and narrated it to Jr NTR. However, the RRR star reportedly felt that the new version did

not land well with him and seemed forced to fit the narrative. As of now, these are only reports, and an official confirmation from the makers is still awaited. Earlier, the makers had announced that Devara: Part 2 was still in development, sharing a special post on the movie's release anniversary. However, there have been no further updates about the project since then. Devara: Part 1, chieftain, Devara. Along with his contemporaries, he makes a living by smuggling goods from the middle of the sea to influential clients.

Box Office 2025 120 Bahadur, Mastiii 4's

New Delhi: Riteish Deshmukh, Vivek Oberoi and Aftab Shivdasani's Mastiii 4 and Farhan Akhtar's 120 Bahadur were released in theaters on November 21. They generated good collections over the weekend. Both films are barely making their presence felt at the box office during the weekdays but now the collections for both films declined on Wednesday. Meanwhile, Ajay Devgn, R Madhavan, Meezan Jaffrey and Rakul Preet Singh's De De Pyaar De 2 has maintained its hold on the On Wednesday, the film collected Rs 1 lakh at the box office. After earning Rs 2.25 crore on its first day, it earned a record Rs 4 crore on Sunday. This brings the total collection of Farhan Akhtar's film to Rs 14 crore. Mastiii 4.

Kis Kisko Pyaar Karoon 2 Trailer Review: Heap Praises On Kapil Sharma's Film

New Delhi: Kapil Sharma returns with the sequel to his much loved film Kis Kisko Pyaar Karoon. This time, he's caught juggling not three but four marriages. The trailer promises non-stop laughter, a mayhem of confusion, and a whirlwind of drama, delivering the ultimate shaadi chaos. Since its release, fans have been praising its sharp humour and Kapil Sharma's impeccable comic timing.

The makers of Kis Kisko Pyaar Karoon 2 have officially unveiled the trailer of the much-anticipated sequel, setting the stage for Kapil Sharma's comedy caper. Promoted with the tagline "triple the romance, triple the confusion, and unlimited fun," the film promises to deliver an amplified dose of the humour and chaos than the original. Presented by Star Studio18 and Venus Worldwide Entertainment in association with Abbas-Mustan Film Productions, the sequel to the 2015 film aims to take the franchise a step further with a larger scale, more complex romantic entanglements, and heightened comedic situations.

Kapil Sharma returns as the lead, bringing his signature charm and comedic timing to the role. The ensemble cast features Manjot Singh, Hira Warina, Tridha Choudhary, Parul Gulati, and Ayesha Khan. Veteran actors Asrani, Akhilendra Mishra, Vipin Sharma, and Sushant Singh also join the film, along with Jamie Lever, Smita Jaykar, and Supriya Shukla, adding depth and humour to the narrative.



The trailer offers glimpses of the film's central conflicts, eccentric love triangles, misunderstandings, and an array of humorous scenarios, suggesting that the sequel will be larger, louder, and more chaotic than its predecessor. The makers appear to have doubled down on the franchise's signature blend of romance and slapstick comedy. The sequel also aims to broaden its appeal with vibrant song-and-dance

sequences, colourful visuals, and Abbas-Mustan's signature flair for dramatic twists. The filmmakers hint at even more outlandish situations for Kapil Sharma's character, setting the tone for a high-energy entertainer designed for family audiences. Kis Kisko Pyaar Karoon 2 trailer released, promises comedy and chaos with Kapil Sharma leading an ensemble cast.

Canara Robeco AMC hits Assam roads with 'Nivesh Bus Yatra' to boost investor awareness



Jorhat: Canara Robeco Asset Management Company Limited (AMC), India's second-oldest asset management company, has launched its 'Nivesh Bus Yatra' in Assam to spread awareness about mutual fund investments. The initiative aims to educate investors across the state, starting from Guwahati and moving through Jorhat, Dibrugarh, and Silchar.

The bus will spend three days in Guwahati before proceeding to the other cities, engaging local communities with practical learning sessions, digital tools, and simple demonstrations. The program intends to simplify investing, dispel myths, and encourage residents to adopt long-term financial planning.

Rajnish Narula, Managing Director and CEO of Canara Robeco AMC, said, "An informed investor makes better decisions, strengthening the financial ecosystem. The Nivesh Bus Yatra brings financial education directly to communities, helping them embrace long-term investment strategies."

In Jorhat, the initiative will focus on connecting with traders and residents in busy markets, highlighting how mutual funds can help in financial planning and wealth creation. Local vendors and small investors are expected to benefit from on-the-spot guidance and easy-to-understand demonstrations.

Gaurav Goyal, Head of Sales & Marketing, added, "The Nivesh Bus Yatra empowers investors by making financial knowledge practical and accessible. We aim to build confidence and promote a culture of informed investing across Assam."

Oriflame's Oripeptide-3 breakthrough set to transform skincare market

Shillong: Oriflame today announced significant new findings from its research on Oripeptide-3, the brand's patented bioactivating technology and core ingredient of the NovAge+ range. The technology has been shown to support five key biological drivers of skin ageing, reinforcing Oriflame's two-decade commitment to cellular health, skin longevity, and science-driven skincare solutions.

Developed to work in harmony with the skin's natural biology, Oripeptide-3 targets DNA protection, protein quality, cellular renewal, energy for repair, and overall skin function. "Longevity is the next frontier in beauty, and Oripeptide-3 demonstrates our leadership in advanced research at the molecular and cellular level," said Dr. Lene Visdal-Johnsen, Director, Scientific Research and Innovation, Oriflame Global R&D. Edyta Kurek, Senior Vice President & Head, Oriflame India and Indonesia, added that the



innovation addresses growing consumer demand for long-term, evidence-based skincare benefits.

In Shillong, the launch of the NovAge+ range has sparked increased consumer interest, with local Oriflame partner outlets reporting rising demand among urban professionals seeking premium, science-backed anti-ageing solutions. Analysts note that the city represents a key growth market in northeast India for advanced skincare products.

Operating in over 60 countries, Oriflame continues to strengthen its corporate vision of combining innovation, sustainability, and wellbeing to deliver long-term skin health solutions globally.

Godrej Jersey Lactograph FY25-26: East Indians lead India in milk consumption and emotional connect

Guwahati: Godrej Jersey has unveiled its 'India Lactograph Findings FY25-26', highlighting evolving milk consumption patterns and motivations across eight major cities. The study reveals that East India ranks highest in "memory-led" milk consumption, with 78% associating milk with childhood and comfort, surpassing the national average of 57%. Flavoured milk drives festive and seasonal consumption, with 75% indulging during celebrations and 50% during the rains, nearly double the figures in other regions. Daily habits show 67% consuming milk at breakfast and 66% as an evening snack.

The report also points to growing nutritional awareness among parents nationwide. About 54% worry their children's growth lags behind their own, and 64% express concern over bone strength due to lower milk intake. Protein is becoming a priority, with 62% relying on milk for all-day energy. Shantanu Raj, Marketing Head at Godrej Jersey, said, "Milk is not leaving the table; it is just changing its glass. Tea remains a cultural staple, while protein shakes reflect a new fitness-driven routine."

In Guwahati, retailers report robust demand for flavoured and protein-enriched milk, especially during festivals and the monsoon season. Consumers are increasingly blending traditional preferences with modern nutrition, making milk a key component of both comfort and health-conscious choices.

Dairy staples such as dahi (80%), paneer (76%) and butter (74%) continue to anchor households, underscoring Godrej Jersey's commitment to quality, innovation, and evolving lifestyles.

Brown Hair Is the New Red Carpet Glam for This Wedding Season

The Indian wedding season has always been a riot of colour, place where reds rule, pastels preen, and metallics fight for attention. But this year, amidst all the carefully curated glamour, one unexpected shade is stirring the pot. Brides are choosing it, stylists are defending it, and traditionalists are side-eyeing it.

It's brown! The shade once dismissed for celebrations is now challenging long-held notions of what a bride should look like. And it's winning.

And not just any brown. Inspired by Pantone's official Colour of 2025 - Mocha Mousse, brown hair has officially become the shade of the season. Mocha Mousse embodies warmth, modernity, depth, and quiet luxury. So it's no surprise that the festive palette has followed suit. From brides to bridesmaids to the glam squad of friends and family, everyone is turning to rich, dimensional browns to elevate their wedding look.

Once known as a "safe" choice, brown has had a cultural glow-up. Think velvety hot chocolate, sunlit caramel, toasted almond, molten mocha shades that feel warm yet fresh, luxurious yet effortless. Brown doesn't shout; it radiates. And this year, Shailesh Moolya, National Technical Head at Godrej Professional, breaks down why brown is ruling the wedding season and why it's capturing the hearts (and hair) of every style-forward Indian woman.

1. Brown: The Colour of Effortless Glamour
Brown is unmistakably luxurious, it adds depth, dimension, and polish without screaming for attention. From glossy chocolate melts to soft cinnamon swirls and almond-toned balayage, brown shades enhance texture and shine in a way few colours can.

And here's why it works so well this wedding season: the palette is already rich—reds, golds, champagnes, metallics. Brown complements all of it. It doesn't clash with jewellery, doesn't overpower outfits, and photographs beautifully in both natural and low light.

It's the hair equivalent of the perfect nude lipstick—quiet, elegant, irreplaceable.

2. Made for Every Indian Skin Tone (and Every Occasion)

One of brown's biggest strengths? Universality. It's one of the rare colours that looks stunning on every Indian skin tone. Chocolate browns warm up dusky complexions, caramel undertones illuminate olive skin, while ashy browns complement neutral tones beautifully.

And then there's versatility. Brown tones glow differently under various wedding lights: sunlit haldi mornings, the earthy hues of mehendi afternoons, or the dazzling sangeet spotlights. It's a shade that celebrates every moment, every ritual, every skin tone.

3. The Modern Twist on a Classic Shade



Brown is having a moment thanks to 2025's Mocha Mousse influence, the shade has evolved into something deeply glamorous. Think molten browns laced with caramel ribbons, butterscotch lights that melt seamlessly into brunette bases, and multi-tonal glosses that make hair look naturally rich, plush, and expensive.

No surprise that salons are reporting a clear spike in demand. These new-age browns photograph beautifully, catch every bit of light, and add movement to curls, waves, or sleek buns. In a wedding season powered by photos, reels, and non-stop candid moments, these shades are pure camera gold.

4. Beauty That Feels as Good as It Looks
This wedding season is all about smart beauty. Harsh colouring is out; tech-powered formulas with hydration-lock, shine boosters, and heat protection are in.

Indian hair goes through it all, pollution, humidity and nonstop styling from haldi to reception. That's why salons are custom-blending browns that suit our undertones while keeping hair healthy.

So you can flaunt glossy mocha or caramel highlights all through the celebrations—and still have strong, happy hair by the final baraat song.

5. A Colour That Tells a Story
Brown is emotional. It's familiar, grounding, warm, and incredibly personal. The same comfort that a cup of coffee brings or the elegance of natural wood evokes that's the emotional richness brown hair carries. This year marks a shift from loud, fleeting trends to meaningful beauty choices.

Brown celebrates roots, authenticity, and being yourself. Warm, natural, and effortlessly elegant, it's a shade that embraces who you are—letting your hair look beautiful while staying true to yourself.

This wedding season is about playing iconic. Because some shades don't just suit you—they define you.

And in 2025, brown is doing exactly that.

Axis Mutual Fund launches multi-asset active FoF to tap dynamic investment opportunities

Guwahati: Axis Mutual Fund has launched the Axis Multi-Asset Active Fund of Fund (FoF), a hybrid scheme offering investors a single-window solution for diversified exposure across equity, debt, gold, and silver. The New Fund Offer (NFO) opens on November 21 and closes on December 5, 2025, with a minimum application of ₹100 and in multiples of ₹1 thereafter.

Managed by Shreyash Devalkar,

Devang Shah, Mayank Hyanki, and Aditya Pagaria, the fund uses a disciplined, model-driven allocation strategy to dynamically adjust investments across asset classes. It aims to deliver long-term capital appreciation while mitigating risk, leveraging insights from market trends, valuations, macroeconomic indicators, and geopolitical developments. The FoF structure enables efficient rebalancing and access to a broader set of opportunities

without additional tax burdens.

Speaking on the launch, B Gopkumar, MD & CEO of Axis AMC, highlighted that the fund is ideal for investors seeking diversification without managing multiple products, while Ashish Gupta, CIO, emphasized its ability to capture market opportunities across equity, debt, and commodities through active oversight.

In Guwahati, experts note growing investor interest in multi-asset perfor-



ucts amid equity market volatility and stable debt returns. Local distributors report that the fund is expected to attract both retail and HNI investors seeking balanced returns and risk-adjusted performance in the current mar-

ket environment.

The fund carries a 1% exit load if redeemed within 12 months for investments exceeding 10%, and is positioned for investors with a minimum two-year horizon.

Malabar Gold & Diamonds unveils 15th Edition of 'Brides of India', honour India's diverse bridal traditions



Guwahati: Malabar Gold & Diamonds, one of the world's largest jewellery retailers, has launched the 15th edition of its flagship Brides of India campaign, known as one of India's most anticipated bridal showcases. This year's campaign features 22 brides and 10 celebrities including Alia Bhatt, Kareena Kapoor Khan, NTR, Karthi, Anil Kapoor, Sreenidhi Shetty, Rukmini Maitra, Sabiyasachi Mishra, Prarthana Behere and Manasi Parekh, highlighting the cultural depth and emotional stories behind Indian weddings.

The brand film, directed by Abhishek Varman with music by Shubhjit Mukherjee, captures rituals, emotions and heritage that shape every bride's identity. Chairman M. P. Ahammed said the 15th edition is a tribute to the memories, relationships and traditions that define Indian brides,

backed by Malabar's transparency and quality assurance.

The campaign showcases regional identities—from Rajasthan's polki craft to Tamil Nadu's temple jewellery, Kerala's kasavu-inspired gold and Bengal's intricate motifs—while allowing brides anywhere in India to choose any cultural style.

In Guwahati, the campaign has generated strong interest among upcoming brides seeking culture-rich yet contemporary designs. Retailers in the city say demand is rising for Malabar's signature Divine, Precia and Diamond collections, particularly among families preparing for the winter wedding season.

Celebrities praised the campaign for capturing the balance between tradition and personal expression, reinforcing Malabar's position as a leading bridal jewellery destination.

Amway India launches Nutrilite Vitamin D plus Boron to tap growing preventive nutrition market

Imphal: Amway India has launched Nutrilite Vitamin D plus Boron, a science-backed supplement designed to address the widespread Vitamin D deficiency affecting 80–90% of Indians. The launch aims to strengthen Amway's nutrition portfolio by offering products that support bone health, immunity, and holistic wellbeing amid rising demand for preventive nutrition solutions. Rajneesh Chopra, Managing Director, Amway India, said, "Changing lifestyles and limited sun exposure have led to a significant rise in Vitamin D deficiency across the country. Nutrilite Vitamin D plus Boron reflects our commitment



to empowering individuals to achieve wellness goals through science-backed nutrition." The supplement combines Vitamin D3, Boron, Vitamin K2, and a patented Licorice-Quercetin blend, providing a three-tier protection system for optimal calcium absorption, bone strength, and antioxidant support.

In Imphal, the launch has generated notable traction among health-conscious consumers. Local Amway Business Owners report strong pre-orders, reflecting growing awareness and demand for preventive health products in the region. Customers in Imphal are increasingly prioritizing science-backed supplements to bridge dietary gaps, signaling a promising market opportunity for Amway in Northeast India. Each tablet delivers 15 µg Vitamin D3, 3 mg Boron, 20 µg Vitamin K2, and the Licorice-Quercetin blend sourced from NutriCert™ farms. Nutrilite Vitamin D plus Boron is available exclusively through Amway distributors, Business Owners, and online at www.amway.in.

Godrej Industries to host Global Summit on workplace health 2030, chart new era of employee well-being

Guwahati: Godrej Industries Group, in collaboration with The Global Centre for Healthy Workplaces (GCHW) and Arogya World, will host the Global Summit 2025 and the 14th Annual Healthy Workplace Conference on November 20–21 at Godrej One, Mumbai. Themed "Workplace Health 2030: Redefining the Future, From Wellness to Vitality," the two-day event will bring together global leaders, health experts, and corporate changemakers to explore holistic well-being, mental health parity, AI-driven predictive health, empathetic leadership, and ESG-linked wellness metrics.

Keynote speakers include Dr. Rati Godrej, Banmali Agrawala, and Sumit Mitra, with insights from international experts such as Hector Garcia and representatives from OECD, National University of Singapore, Pfizer, and Allianz. Sessions will focus on integrating technology, culture, and leadership to foster resilient organizations, alongside workshops on mindfulness and personalized wellness programs. The Summit will also present the Global Healthy Workplace Awards and announce Arogya City Mumbai, promoting community health.

In Guwahati, local business



leaders and HR professionals are closely watching the summit, anticipating adoption of advanced wellness practices across workplaces in Assam. Companies in the region are expected to explore ESG-linked wellness frameworks, mental health initiatives, and AI-driven health monitoring to en-

hance workforce productivity and retention.

Ajay Bhatt, Group Head, Corporate Services, Godrej Industries said, "Embedding health and empathy into organizational culture is essential for sustainable growth. This summit sets new global standards for workplace well-being."

DSP Mutual Fund unveils four new passive funds to tap midcap–smallcap growth

Guwahati: DSP Mutual Fund has launched four new passive schemes—DSP Nifty Midcap 150 Index Fund, DSP Nifty Midcap 150 ETF, DSP Nifty Smallcap 250 Index Fund and DSP Nifty Smallcap 250 ETF—offering investors simple and low-cost access to India's rapidly expanding midcap and smallcap segments. The launches strengthen DSP's passive suite by tracking two rules-based indices that represent the country's most dynamic pool of 400 companies.

The Nifty Midcap 150 Index covers India's 101st to 250th largest companies,

while the Nifty Smallcap 250 spans ranks 251 to 500 of the Nifty 500. Historical data shows strong long-term performance: the Nifty Midcap 150 TRI delivered 16.2% average 10-year rolling returns and the Nifty Smallcap 250 TRI posted 13.5%, both outpacing the Nifty 500 TRI's 12.6%. DSP noted that although these categories may face higher drawdowns, longer holding periods significantly improve the chances of positive returns.

In Guwahati, distributors say demand for passive products has been rising as investors increasingly seek diversified, rule-based ex-

posure. With younger retail investors showing interest in midcap and smallcap themes, DSP's new offerings are expected to attract strong enquiries across major Guwahati investment hubs.

The indices also provide exposure to sectors with limited large-cap presence and maintain low overlaps—32% for midcaps and 18% for smallcaps—with active funds. "Disciplined, rule-based exposure has historically rewarded long-term investors," said Anil Ghelani, Head – Passive Investments at DSP. The NFOs are open from November 24 to December 8, 2025.

Bajaj Life joins 'Aapki Punji, Aapka Adhikar' campaign to help citizens reclaim unclaimed assets in Tripura

Agartala: Bajaj Life Insurance has ramped up its support for the Government of India's national campaign, "Aapki Punji, Aapka Adhikar," to help citizens across Tripura identify and recover unclaimed financial assets. The three-month campaign, running from October to December 2025, brings together banks, insurers, regulators, and state administrations to return dormant assets to rightful owners.

Under the initiative, Bajaj Life collaborated with the State Level Bankers' Committee (SLBC), State Level Insurance Committee (SLIC), and district administrations to enhance outreach. The company set up citizen help-desks and actively participated in camps across West, North, and South Tripura, providing on-the-spot guidance on claim verification and initiation. Executive President Anil PM stated, "We aim to make settlement of unclaimed funds faster, transparent, and customer-centric by working closely with district authorities and partner institutions."

In Agartala, the campaign has gained traction among residents and local traders. Busy market areas saw kiosks and awareness drives, helping citizens understand dormant financial assets, verify entitlements, and initiate claims conveniently. The engagement in Agartala reflects the campaign's practical impact on urban citizens, connecting financial literacy with actionable solutions.

Through its agent network, branch teams, and logistical support, Bajaj Life is ensuring that policyholders and nominees across Tripura have easy access to accurate information and can reclaim assets efficiently.

Nissan India drives post-festive sales with nationwide Test Drive Carnival

Guwahati: Nissan Motor India has launched its Test Drive Carnival across the country to sustain post-festive showroom momentum and boost bookings for the 5-Star GN-CAP-rated New Nissan Magnite. Riding on strong sales during Navratri, Dussehra, and Diwali, complemented by the government's GST rate reduction, the campaign aims to engage customers through immersive experiences and reinforce Nissan's commitment to safety, innovation, and value.

The month-long initiative transforms 24 key city dealerships into experiential hubs with festive décor, interactive games, quizzes, live RJ events, and on-ground activations. Customers are invited to expe-

rience the Magnite's dynamic performance and advanced safety features firsthand, while also enjoying attractive offers including exchange benefits up to ₹60,000, cash incentives up to ₹15,000, early booking benefits, and special finance options in the South Zone.

In Guwahati, the campaign has generated robust footfall at local dealerships, with consumers showing strong interest in test-driving the New Magnite and exploring the KURO Special Edition in Metallic Grey. Dealers report that the festive-themed activities, combined with full GST benefits reducing prices by up to ₹1 lakh, have strengthened customer engagement and significantly



boosted booking inquiries in the region.

Through this strategic 360-degree campaign spanning digital, radio, TV, and print, Nissan continues to reinforce its brand presence, drive showroom traffic, and ensure the New Magnite remains a top choice among compact SUVs nationwide.

Understanding Menopause-Like Symptoms in Women in Their 30s

Dr. Preeti Rastogi Director & HOD Obstetrics & Gynaecology Medanta - The Medicity, Gurgaon

The perception that menopause-like symptoms are exclusive to older women is increasingly being challenged. A growing number of women in their 30s are experiencing symptoms traditionally associated with the menopausal transition. This phenomenon often indicates either perimenopause, the natural transition period leading to menopause, or, in rarer instances, premature menopause, defined as the cessation of ovarian function before the age of 40. Both perimenopause and premature menopause share a common constellation of symptoms, including irregular periods, hot flashes, night sweats, vaginal dryness, sleep disturbances, mood changes, and urinary problems. While perimenopause typically commences in a woman's 40s, premature menopause affects a smaller proportion of women, estimated at 1-3%, representing a significantly earlier onset of these experiences.

Several key factors may contribute to women in their 30s experiencing these symptoms: 1. Premature Ovarian Insufficiency (POI): This condition involves the ovaries ceasing to function properly before the age of 40. The resulting decline in estrogen levels leads to menopause-like symptoms. Causes of POI can include genetic predispositions, au-



toimmune disorders, and, in some cases, idiopathic factors. 2. Medical Interventions: Certain medical treatments and procedures can impact ovarian function. Chemotherapy, radiation therapy, surgical removal of the ovaries (oophorectomy), or specific infections can damage the ovaries and trigger early menopausal symptoms.

3. Lifestyle and Health Conditions: Unhealthy lifestyle practices, such as smoking and excessive alcohol consumption, can increase the risk of early menopausal symptoms. Furthermore, autoimmune diseases or a family history of early menopause are recognized risk factors. 4. Hormonal Fluctuations: While natural hormone levels begin a subtle decline in the late 30s, leading to mild symptoms for some women, this typically does not equate to full menopause. Symptoms at this age may also be conflated with those arising from stress, lifestyle factors, or conditions such as Polycystic Ovary Syndrome (PCOS). It

is crucial to acknowledge that younger women can indeed experience some of these symptoms as early as their 30s, a phenomenon not commonly expected until their 40s. This represents a significant misconception that many women may not be aware of or may overlook. Is This Normal? No, the onset of menopause before the age of 40 is not considered normal. The majority of women experience menopause between the ages of 46 and 55. Premature symptoms often signal a potential underlying medical issue and warrant a thorough medical evaluation. What Should Women Do? If you experience significant menopause-like symptoms in your 30s—particularly skipped periods, hot flashes, or night sweats—it is imperative to consult a healthcare professional. Early diagnosis is crucial for effective symptom management and for addressing potential long-term health risks, such as bone loss and cardiovascular disease. Menopause-like symptoms in your 30s should not be disregarded; they are uncommon and typically indicate premature menopause or another underlying condition that necessitates medical assessment. Dr. - Preeti Rastogi Director & HOD Obstetrics & Gynaecology Medanta - The Medicity, Gurgaon

Ai+ launches "Laptab" in India: A laptop-tablet hybrid for the hybrid generation

Guwahati: Ai+ unveils "Laptab" in India, aim to redefine hybrid computing market. Ai+, India's fastest-growing technology brand, today launched the "Ai+ Laptab," a new device category combining the productivity of a laptop with the portability of a tablet. The Laptab will be available in three sizes—11", 12", and 13"—with keyboard and stylus support, and is set to go live nationwide in Q1 2026 via Flipkart and Ai+ retail partners. The Laptab runs on Ai+'s proprietary NxtQ OS, offering a dedicated PC Mode that allows multitasking, document management, and long-form content creation, while maintaining a lightweight tablet experience. Its privacy-first architecture ensures no pre-installed bloatware, no invasive trackers, and complete local control of user data. CEO Madhav Sheth said, "The Ai+ Laptab brings productivity, utility, and entertainment into one space that fits naturally into everyday life."

In Guwahati, retailers and



tech enthusiasts have welcomed the device's launch, citing strong demand for hybrid computing solutions among students, creative professionals, and digital-first workers. Local stores expect the Laptab's portability, stylus support, and productivity features to resonate with urban buyers who seek versatile devices for work and study, especially in cafes and co-working spaces. The launch follows the success of the Ai+ Smartphone, which crossed one million users within six months, and marks a key step in Ai+'s broader ecosystem, including productivity, utility, and entertainment into one space that fits naturally into everyday life.

Midea enters Mizoram, brings full range of smart home appliances

Aizawl: Midea, the world's No.1* smart home appliances brand, has officially expanded its footprint in Mizoram, marking a major step in strengthening its presence across India's North-Eastern region. The company announced on 24 November that consumers in the state will now have access to its complete range of home appliances, including refrigerators, washing machines, microwave ovens and major domestic appliances. The brand said the expansion is aimed at making high-quality, energy-efficient and smart products



more accessible by building a strong dealer network along with dedicated after-sales service support. It also reflects Midea's strategy of combining global innovation with local insights to enhance everyday living for Indian families.

Speaking about the launch, Siddharth Saxena, Country Head, Midea India, said, "We are delighted to bring Midea's world-class range of home appliances to Mizoram. This expansion represents our continued commitment to provide smart and energy-efficient solutions to every Indian household. The North-East region offers immense potential, and with our presence in Mizoram, we look forward to delivering superior convenience, performance, and design to our customers." In Aizawl, dealers say the arrival of a global brand like Midea is expected to boost competition and offer consumers more choices in the rapidly growing appliance segment. Retailers anticipate increased demand during winter and year-end shopping cycles. Midea India, a subsidiary of Midea Group, continues to invest in retail and service infrastructure to ensure seamless customer experience across the country.

Godrej Consumer Products unveils India's first disability inclusion toolkit for manufacturing

Guwahati: Godrej Consumer Products Ltd. (GCPL), in partnership with Atypical Advantage, launched India's first 'Work That Includes' Employability Toolkit at the EmployAbility in Manufacturing Summit 2025 in Mumbai. The toolkit, designed to facilitate practical disability inclusion in factories, offers step-by-step guidance on job mapping, workflow redesigns, accessibility checklists, Indian Sign Language (ISL) glossaries, and real-world case studies, helping manufacturing units integrate persons with disabilities (PwDs) effectively. With over 30 million employed in manufacturing but only 36% of PwDs represented, the summit aimed to shift the con-

versation from "why inclusion" to "how inclusion" can be implemented. GCPL's Malanpur (MP) and Chengalpattu (TN) units have demonstrated inclusive operations, hiring over 20 PwDs and embedding disability awareness and ISL modules into core training. In Guwahati, local manufacturers see this initiative as a pathway to enhance operational efficiency while fulfilling corporate social responsibility. Industry experts in Assam note that inclusive practices can improve workforce retention, productivity, and brand perception, while fostering a socially responsible industrial ecosystem in the region. Vineet Saraiwala, Founder of Atypical Advantage, said, "With the right



systems and mindset, inclusion is not only possible—it is deeply rewarding for companies, communities, and the country." The toolkit, available online, sets a benchmark for inclusive manufacturing across India.

Coforge-promoted small cap IT sees technical

New Delhi: Systematix Shares and Stocks (India) Limited on Friday suggested a 'Buy' rating on Cigniti Technologies Ltd in the Rs 1,857-Rs 1,850 range, asking traders to keep a stop loss at Rs 1,780 for the targets of Rs 1,927 and Rs 1,998, respectively. On the daily chart, the smallcap stock has formed a bullish candlestick pattern, as it settled 2 per cent higher on Thursday, signalling renewed buying interest. On Friday, the scrip added 0.51 per cent to Rs 1,866, taking its winning run to the fifth trading session. Other investors, such as YC Continuity Fund, Venture Highway, and Gemini Investments, are also experiencing steep gains. The YC Continuity Fund's 5.2 crore shares (1.22 percent) bought at Rs 1.02 a share, now value at Rs 576 crore, up from Rs 5.3 crore—a rise of more than 10,000 times. Systematix said the weekly chart further supports this momentum, with the stock registering an impressive gain of 7.14 per cent. "A key tech-

development is the bullish breakout from multiple chart patterns, supported by robust price action and above-average trading volumes. In addition, the stock has closed above the upper band of the Bollinger Bands, reflecting a volatility breakout and an early sign of potential sharp upward movement," Systematix said. The domestic brokerage said trend indicators also confirm strength, adding that moving average analysis shows alignment in favour of the bulls, with the short-, medium-, and long-term averages trending positively. "Rs 1,998, both of which appear achievable as long as the stock maintains levels above the Rs 1,780 support," it said. Cigniti Technologies offers independent quality engineering & software testing services. It is headquartered in Hyderabad, India. Cigniti's test offerings include quality engineering, advisory & transformation, digital assurance, and quality assurance solutions.

Tamil Chicken Pepper Broth: The Ultimate Remedy for Winter Colds

Hot chicken pepper bone broth is a comforting dish that warms the body and strengthens immunity during episodes of cold, cough, or seasonal flu. Made with fresh pepper, turmeric, garlic, and homemade spices, this flavourful soup acts as a natural remedy as well as a hearty, nourishing drink. In many Indian households, it is prepared just like rasam and is known for offering quick relief from congestion, blocked nose, sore throat, and general winter fatigue. Here's how to make it at home.

Chicken bone broth is naturally rich in glucosamine, carnosine, and collagen. Research indicates that it helps reduce inflammation, alleviate upper respiratory congestion, and promote faster recovery. The collagen released while cooking helps relax the body and promotes healing. Black pepper, on the other hand, provides instant relief



from nasal blockage and is particularly effective against cold and flu symptoms.

Ingredients:

1 tablespoon black pepper
2 teaspoons coriander seeds
1 teaspoon fennel seeds
2 dried red chillies
1/4 teaspoon cumin seeds
1 sprig curry leaves
2 tomatoes
6 garlic cloves
For cooking the chicken:
500 g bone-in chicken
3/4 teaspoon turmeric
3/4 teaspoon salt
3 cups water
2 tablespoons sesame oil
1/4 teaspoon mustard seeds

1/4 teaspoon cumin seeds
1 sprig curry leaves
1/4 cup sliced shallots
1 cup coconut milk
3 sprigs coriander leaves, finely chopped

How To Make Tamil-Style Chicken Pepper Broth?

Prepare the Spice Paste: Lightly toast all the spices in a pan on low heat until fragrant and golden. Transfer them to a mixer and grind to a fine powder. Add the tomatoes and garlic, then grind again to a smooth paste, adding a little water if necessary.

Cook the Chicken: Place the bone-in chicken in a pressure

cooker. Add turmeric, salt, and the spice paste. Rinse the mixer jar with a little water and pour it in. Add about 3 cups of water and cook on low heat for 20 minutes. Once the pressure settles, remove the chicken, shred it, and discard the bones.

Temper and Prepare the Soup: Heat sesame oil in a pan. Add mustard seeds, cumin seeds, and curry leaves. When they splutter, add shallots and sauté until soft. Add the shredded chicken and stir briefly. Pour in the chicken stock and coconut milk. Adjust salt as needed. Sprinkle chopped coriander and bring the broth to a gentle boil. Serve this hot, aromatic chicken pepper broth with steamed rice or enjoy it as a warming soup on its own.

This dish works wonders when you're suffering from cold, flu, or general weakness. Simple to prepare, deeply comforting, and exceptionally good for health, this winter recipe is a must-try.

Homemade Snickers Bar

This delicious bar can be easy to make at home. It is a great treat for kids.

Ingredients of Homemade Snickers Bar: 1 Cup dates 1.5 tbsp peanut butter Salt, to taste 1 tsp vanilla essence 1 cup oats 1/4 cup roasted peanuts 150 gram dark chocolate, melted.

How to Make Homemade Snickers Bar: First, we need to make caramel. For this, add dates in a bowl of boiling water and leave it for around 20-25 minutes. Now, drain the water and transfer the dates to a mixer grinder. Add peanut butter, vanilla essence and salt. Blend well to make a smooth caramel sauce. Transfer to a bowl and keep aside 1/4 of the mixture. To prepare the bottom layer of the bar, add oats and the caramel mixture that we had kept aside to the grinder. Grind well till a dough-like structure forms. Now, take a rectangular baking tin and line it with baking paper. Spread the oats mixture evenly on it. Gently press it using your fingers and top it with the caramel sauce. Garnish some sliced peanuts on top and freeze for around 3 hours. Once done, slice the prepared bar into even slices. Dip them in a bowl of melted dark chocolate and transfer to a baking paper. Freeze for about an hour before serving. Homemade snickers bar is ready!



Sweet Potato is the Secret to These Ultra-Fudgy Brownies

If you're craving a fudgy chocolate brownie but want something that teeters on the edge of the healthy side, sweet potatoes might be the answer to your question. This nutrient-rich vegetable can be blended seamlessly into a brownie batter, and it will add natural sweetness and moisture to the bake without altering the fan-favourite chocolatey flavour. In fact, you'd never guess there's a vegetable hiding inside. Sweet potato brownies are a clever twist on dessert, offering more fibre, vitamins, and slow-release energy while keeping the indulgence intact. They are perfect for guilt-free snacking and satisfying weeknight cravings.

Health Benefits of Sweet Potato

Sweet potatoes are a seasonal vegetable that floods the market in the winter. While you can eat them simply by roasting them with salt and pepper, it is fun to try different recipes with them. These potatoes support eye and immune health, as they are an excellent source of beta-carotene, which the body converts to vitamin A. Its high fibre content aids digestion and promotes regular bowel movements. Sweet potatoes contain vitamin B6, which supports brain function and helps regulate mood and improve memory. Its complex carbohydrates also provide sustained energy, and antioxidants help protect against cell damage.

Recipe for Sweet Potato Chocolate Brownie

Ingredients
1 cup roasted sweet potato
2 tablespoons jaggery or maple syrup
2 tablespoons peanut butter
1/4th cup cacao powder



1 tablespoon chopped walnuts

20–30 grams chopped dark chocolate chunks
Method: Chop the washed sweet potato and roast it in the air fryer at 180°C for 15–20 minutes. If using an oven: roast at 200°C for 25–30 minutes. Peel the roasted sweet potato and blend it with jaggery/maple syrup, peanut butter, cacao powder, walnuts, and chocolate chunks into a smooth paste. Spread the batter in a baking tray lined with parchment paper. Add extra chocolate chunks and walnuts on top. Air fry at 175°C for 20–25 minutes. If using an oven: bake at 180°C for 20–25 minutes. Let it cool fully before slicing. Enjoy.

This innovative recipe has become particularly popular among bakers catering to dietary restrictions, as the sweet potato can often be used to create delicious gluten-free or dairy-free versions without sacrificing the classic chocolate experience. The growing popularity of the Sweet Potato Brownie highlights a broader shift in modern baking towards mindful eating and creative ingredient substitutions. As winter sets in, this surprisingly simple hack offers a delicious, comforting way to enjoy a classic treat while embracing seasonal produce.

3 Matcha Desserts Better Than Any Latte

Whether it is K-pop singer BTS' Kim Taehyung, aka V, going viral for drinking a strawberry matcha latte or Bollywood actor Sanya Malhotra launching her own brand, Bree, matcha has people in a chokehold. In fact, this has even caused a global shortage as the demand for this green tea soars. In 2024, the matcha market was valued at USD 3.66 billion, and it is expected to more than double. Matcha, a powdered form of Japanese green tea, which has to be carefully grown in special weather conditions, also has various health benefits. It has an enhancing effect on cognitive function, cardiometabolic health, and anti-tumorogenesis. Some studies show that it may help protect the liver, and it is rich in catechins, a type of natural antioxidant. This can help stabilise harmful free radicals, compounds that can damage cells and cause chronic disease. While everyone seems to be sipping on matcha lattes, Chef Tejasvi Chandela, founder and chef, Dzurth Jaipur, believes in going a step further. She has worked on a dessert menu that includes this tea. "Matcha is one of those ingredients that in-

vites both respect and creativity. I've loved using it in ways that challenge the idea of matcha being limited to lattes and beverages. Its earthy profile pairs beautifully with citrus, berries, and even white chocolate, so we explore those combinations in tarts, cookies, lamingtons, and more. Our goal is always

to introduce matcha in a way that feels exciting, modern, and accessible for the Indian palate," she says. Here are 3 different ways to try matcha, which is a step ahead of the typical beverages:

Matcha Strawberry Tart: A modern interpretation of a classic tart, this dessert pairs a silky ceremonial-grade matcha cream with fresh seasonal strawberries. The tartness of the berries lifts the earthy umami notes of matcha, creating a balanced, clean flavour profile. The idea was to bring

a refreshing, bright contrast to matcha, a flavour often seen in warm beverages but rarely showcased in cold-set patisserie.

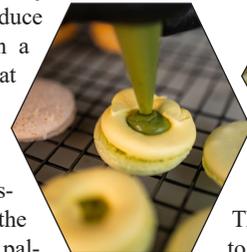
Matcha Lemon Macaron:

The macaron takes the familiarity of matcha and pairs it with a bold citrus edge. The shells are infused with fine Japanese matcha, while the filling is a tart lemon curd cream cheese that cuts beautifully through the richness.

This combination was created to highlight how matcha can work in sharper, more playful formats, far beyond the typical creamy pairings.

Matcha Strawberry Lamington:

A nostalgic lamington reimagined with a green-tea twist. Soft vanilla sponge is dipped in a matcha glaze, rolled in coconut, and layered with a homemade strawberry compote. It celebrates the meeting of Australian café culture and Asian tea traditions – something you rarely see in Indian patisserie.



Winter Wellness: Essential Intimate Health Habits for Men

According to research, lifestyle changes during winter combined with dry air and cold temperatures can negatively impact men's intimate health, including libido, blood flow, fertility, and hormone balance. Although intimate health is often overlooked, men can maintain comfort, confidence, and overall wellness during winter by adopting a few simple, science-backed habits shared by Dr Chirag Bhandari, Men's Health & Andrology Expert and Founder, IASH (Institute of Andrology and Sexual Health):

Winter air, along with indoor heating, often causes dryness including in the genital area. Doctors recommend using a mild, pH-balanced intimate wash instead of regular soap, which can strip natural moisture and worsen irritation. Applying a gentle moisturizer after bathing helps reduce itching and prevents small cuts or razor bumps in men who shave or groom. Experts also advise wearing loose, breathable cotton underwear during colder months. Synthetic fabrics trap



heat and sweat, creating an environment where bacteria and fungi thrive. Proper washing, thorough drying, and trimming pubic hair for easier hygiene all help reduce the risk of rashes and infections that are more common in winter.

In winter, blood vessels naturally constrict to conserve body heat. This reduces circulation to the extremities including the genitals and may temporarily affect comfort or erection quality, sometimes referred to as "winter penis." A study published in Urology found that low outdoor temperatures can

worsen erectile dysfunction in men with risk factors like hypertension, diabetes, or high cholesterol. Increasing daily physical activity is one of the best ways to improve circulation. Cardio exercises such as brisk walking, cycling, or light jogging enhance blood flow and support sexual performance. Doctors also emphasize the importance of Kegel exercises, which strengthen pelvic-floor muscles responsible for erections and ejaculation. Just five to ten minutes of daily practice can produce noticeable improvements.

Parent's Guide: Protecting Baby's Skin in Every Weather Condition

Babies have delicate skin which is softer, thinner, and more sensitive than that of adults. This anatomical distinction renders their skin more susceptible to environmental fluctuations, particularly during seasonal transitions. Whether its monsoon humidity, summer heat or winter dryness, every shift in season can irritate their skin barrier increasing the chances of dryness, irritation and flare-ups. Dr Dilip Tripathi, Regional Head, Baby & Women's Health Research & Director, R&D, Kenvue shares all you need to know:

A baby's skin is about 30% thinner than adult skin and still developing its natural barrier. This makes it more prone to fluctuations in temperature, humidity, and environmental exposure. The ability to retain moisture is compromised during seasonal transitions, increasing its susceptibility to irritants and allergens. With extreme seasonal changes with winters becoming harsher, infants are particularly vulnerable resulting in poor air circulation in North India trapping harmful pollutants like PM2.5 and PM10. These fine particles easily settle on a baby's delicate skin, which has an underdeveloped barrier, making it more prone to dryness, irritation, and flare-ups of conditions such as eczema and atopic dermatitis. These pollutants generate free radicals that cause oxidative stress, breaking down collagen and elastin in the skin. While this accelerates skin aging in adults, it can significantly worsen inflammatory skin conditions



in babies. With over 544 million people in the northern plains exposed to hazardous air – according to the AQLI 2025 report – it is vital to protect infant skin during high-pollution months with gentle, skin barrier-supporting care. Parents often assume moisturizing the baby isn't necessary during cooler or humid months, but that's a myth. Despite the moisture in the air or low temperatures, baby skin can still lose hydration due to fluctuations in indoor temperature, excessive sweating, and frequent wiping or bathing. For infants with sensitive skin conditions such as atopic dermatitis, the most common form of eczema, colloidal oatmeal-based moisturizers have been clinically proven to nourish, protect, and repair sensitive skin. Colloidal oatmeal is a USFDA-approved skin protectant which helps in replenishing ceramides to reduce dryness and trans epidermal water loss (TEWL), while enhancing the skin's protective barrier function, maintaining pH balance, and most importantly, breaking the itch-scratch-itch cycle due to its anti-inflammatory properties.

Your Skin is a Mirror: Why It Reveals Your Hidden Emotions

Your skin is constantly communicating, even when life gets too hectic for you to notice. Breakouts, dullness, dryness, unexpected sensitivity, pigmentation, and oil imbalance are not just cosmetic concerns; they're signals about what's happening inside your body and mind. From hormonal fluctuations and stress to diet, sleep habits, and emotional well-being, every internal shift leaves a visible imprint on your skin. Understanding these signs doesn't just help you build a better skincare routine, it helps you understand yourself better.

Dr Shravya Gurnurkar, Dermatologist, Anceita Skin Clinic, believes the skin acts as an emotional mirror, often reflecting your inner state before you fully process your feelings. "Stress, anger, fear, and even happiness can leave visible imprints on your skin," she explains. During periods of stress or anxiety, the body produces high levels of cortisol, which triggers inflammation and increases oil production. This can worsen acne, eczema, psoriasis, seborrheic dermatitis, and even conditions like hives or rosacea. Emotional strain can also lead to compulsive skin-picking while anger causes facial flushing and skin appear pale and clammy. Depression, she adds, can dull the complexion, slow healing, and contribute to dryness or breakouts. Echoing the strong mind-skin connection, Dr Rinky Kapoor, Celebrity Dermatologist and Co-Founder & Director, The Esthetic Clinics, explains that emotional health has a "direct and measurable" impact on dermatological function. "Stress elevates cortisol and neurochemicals that disturb oil and sweat gland activity, weaken the skin barrier, and heighten inflammation," she says. These internal shifts often manifest as acne, rosacea, eczema flare-ups, urticaria, or even temporary hair loss. Dr Kapoor emphasizes that these aren't just surface concerns, they reflect a person's overall emotional and physical burden.



Doctor's Orders: Essential Winter Tips to Manage Asthma and COPD Symptoms

Winter brings its own quiet challenges, especially for people living with asthma or Chronic Obstructive Pulmonary Disease (COPD). Cold winds, dry air, and rising pollution levels can irritate already sensitive airways, making breathing harder and flare-ups more frequent. But the season doesn't have to derail respiratory health. With the right habits and proactive care, individuals and families can create a protective environment, both indoors and outdoors, that supports stronger lungs through winter's toughest weeks.

According to Dr. Manoj AG, Consultant Physician at Practo, "Cold, dry air can narrow airways and increase mucus production, while seasonal pollution and smoke further irritate the lungs." For asthma and COPD patients, this combination can heighten the risk of flare-ups and infections. Echoing this, Dr. Leela Mohan PVR, Consultant Physician at Practo, says, "Cold air acts as a bronchial irritant, narrow-



ing the airways and triggering coughing, wheezing, and breathlessness." He notes that prevention and preparedness are essential as temperatures drop. Both doctors emphasize the importance of staying consistent with prescribed inhalers, rescue medications, and written action plans. As Dr. Manoj highlights, "Consistent adherence to inhalers is crucial for managing symptoms effectively." A seasonal review with a doctor, Dr. Leela adds, ensures treatment plans remain aligned with winter-specific needs. Stepping outside during winter requires a little planning. Dr. Manoj recommends limiting expo-

sure to cold or polluted environments and using a scarf or N95 mask to warm and filter inhaled air. Meanwhile, Dr. Leela advises avoiding early morning or late-night walks when pollution, fog, and smog tend to peak. "Using a scarf or mask helps warm and humidify the air before it enters the lungs," he says, making outdoor movements safer for vulnerable individuals. Monitoring air quality reports and planning outdoor activities when pollutant levels are lower can further reduce respiratory stress – an easy but often overlooked habit. Indoor air quality matters just as much, if not more, during winter. Dr.

Manoj stresses the value of clean, well-ventilated spaces: "Improve indoor air circulation by opening windows and using exhaust fans. A strict no-smoking policy indoors must be enforced." Regular cleaning of dust-prone surfaces, such as curtains, bedding, shelves, and upholstery, can significantly cut down allergens.

Dr. Leela also emphasises the role of hydration, antioxidants, and gentle indoor exercise in boosting respiratory immunity. He notes that keeping heaters, humidifiers, and air purifiers well-serviced prevents dust, fumes, and mould from circulating through the home. Winter doesn't have to mean compromised lung health. By combining doctor-recommended outdoor precautions with thoughtful indoor practices, individuals with asthma and COPD can breathe easier and stay ahead of seasonal triggers. Simple, consistent habits, backed by expert guidance, can make this winter healthier, safer, and far more comfortable.

Victoria Mboko, a Canadian teenager, wins her second WTA title at the Hong Kong Open

Teenage Canadian Victoria Mboko wins

Canada: Victoria Mboko secured her second WTA title at the Hong Kong Open, defeating the seasoned Cristina Bucsa in a hard-fought final. The 19-year-old Canadian clinched the tournament with a score of 7-5, 6-7 (9/11), 6-2, showcasing her powerful serve and ground strokes across nearly three hours of play at Victoria Park.

This victory complements her earlier success at the Canadian Open in August, where she achieved her first title. Mboko, currently ranked 21st in the world, demonstrated her rising prowess in the sport, having



previously overcome Leylah Fernandez, the 2021 US Open runner-up, in a challenging semifinal match. In another event, Anna Blinkova from Russia triumphed in the Jiangxi Open, defeating Austria's Lilli Tagger with a 6-3, 6-3 scoreline on the same day.

In T20Is, Babar Azam surpasses Virat Kohli and sets a new record

Lahore: Pakistan's Babar Azam has set a new record for the most 50+ scores in T20 International (T20I) cricket, surpassing Virat Kohli when he achieved his 40th half-century against South Africa in Lahore. This achievement elevates Babar to 40 scores above 50, compared to Kohli's previous record of 39. Babar's T20I career includes 37 half-centuries and three centuries, with a current total of 4302 runs at an impressive average of 39.83, positioning him as the leading run-scorer in T20Is.

He overtook Rohit Sharma to claim the top spot on the run-scoring charts during the ongoing series. Despite this remarkable achievement,



Babar's participation in the national team has been limited recently; he missed the Asia Cup and returned only for the series against South Africa. In the third T20I match, his performance of 68 runs was pivotal in securing a series victory for Pakistan, contributing to a four-wicket win that resulted in a 2-1 series victory. This turnaround reflects his significance to the team, both as a player and a leader in the format.

Liverpool's terrible skid comes to an end as Mohamed Salah scored his 250th goal as they defeat Aston Villa

London: Liverpool ended a troubling streak of defeats by securing a 2-0 victory against Aston Villa in the Premier League on Saturday. This win allowed them to temporarily rise to third place in the league standings. Notably, during the match, Mohamed Salah achieved a significant milestone by becoming only the third player in the club's history to reach 250 goals. After experiencing significant setbacks, including four consecutive league defeats and a total of six losses in their last seven matches across all competitions, Arne Slot's team managed to improve their position. They are now within seven points of the league leaders, Arsenal, having accumulated a total of 18 points in the current league standings. Slot expressed the significance of the game, highlighting that both the players and



fans recognized its importance. He noted the character demonstrated during the match, ultimately leading to their victory, as conveyed in his statement to TNT Sports. Salah, facing criticism for a sluggish beginning to the

season, found the net during first-half injury time. This goal was facilitated by a significant mistake from Aston Villa's goalkeeper, Emi Martinez, who inadvertently directed the ball straight to Salah, enabling the Liver-

pool star to capitalize on the error. Salah scored, marking his 250th goal for Liverpool FC, joining legends Roger Hunt and Ian Rush as the only players to reach this milestone, much to the relief of the anxious Anfield

crowd. Ryan Gravenberch made a significant impact in his return to play after recovering from an ankle injury that sidelined him for three games. In the 58th minute of the match, he scored to double the home team's lead. Gravenberch's goal was a powerful shot taken from the edge of the penalty area, which took a deflection off defender Pau Torres before finding its way into the net, bypassing the goalkeeper Martinez. Liverpool secured a victory against Aston Villa, registering 16 shots compared to Villa's nine. This win is timely as Liverpool prepares for a demanding schedule, which includes an upcoming Champions League match against La Liga's Real Madrid on Tuesday, followed by a league encounter against Manchester City at the Etihad Stadium on November 9.

At the Chess World Cup, Divya crashes out while V. Pranav moves

New Delhi: Six Indian players have advanced to the second round of the Chess World Cup, while another five are still in contention. V. Pranav, the top-ranked Indian behind the direct qualifiers, led the way, successfully defeating Algeria's Ala Ed-dine Boulrens 2-0, requiring only a draw in the second game. Alongside Pranav, M. Pranesh, Raunak Sadhwani, P. Iniyan, Surya Shekhar



Ganguly, and Karthik Venkataraman also progressed, with Ganguly achieving a flawless score against Azerbaijan's Ahmad Ahmadzada.

At Indonesia Para-Badminton, Pramod-Sukant, Nitesh, and Manisha win gold

New Delhi: India's para-badminton team excelled at the Indonesia Para-Badminton International, with notable successes including gold medals for Pramod Bhagat and Sukant Kadam in men's doubles SL3-SL4 and other team members across various categories. Bhagat expressed immense pride in winning gold with Kadam, emphasizing the hard work involved, while Kadam highlighted

their strong on-court connection. The dominance of Indian players extended to individual events, with Nitesh Kumar and Sivakumar winning in the SL3 and SL4 men's singles, and Manisha Ramdass and Sumathy Sivan each contributing to the gold medal tally in women's singles. Additionally, Bhagat secured a bronze in mixed doubles, and Krishna Nagar earned a silver in men's singles SH6



and bronze in mixed doubles SH6. Other medalists included Solaimalai, S Kumar, Prem Kumar, and Alphina James, all contributing to a successful result for India.

Jannik Sinner has won the Paris Masters

Paris: Jannik Sinner achieved a significant milestone by winning the Paris Masters for the first time, where he defeated Felix Auger-Aliassime with scores of 6-4 and 7-6 (7/4). This victory not only marked Sinner's inaugural title in Paris but also enabled the 24-year-old Italian to reclaim the world number one ranking, especially after Carlos Alcaraz, the current top player from



Spain, was eliminated early in the tournament. Sinner originally secured the number one ranking in June of the previous year and held this position for 65 weeks until he lost the US Open final to Alcaraz in September. The ability to return to the pinnacle of men's tennis from which he briefly fell adds to the satisfaction of his latest triumph, particularly following his narrow defeat in a thrilling five-set final against Alcaraz at Roland Garros earlier in the season. Despite facing setbacks in March of the previous year due to two positive tests for traces of clostebol and missing three months, Sinner has had a remarkable season, clinching five titles, including major victories at the Australian Open and Wimbledon. His triumph in Paris is especially significant as it is his first title at the 1000-level since his win in Shanghai last October. On the other side, Felix Auger-Aliassime, ranked ninth and hailing from Canada, fell short in the final, which hindered his chance to secure a spot at the ATP Finals later this month. Nonetheless, his performance throughout the tournament has positioned him as a strong contender for the eighth and final qualifying position for the season-ending tournament, moving him ahead of Lorenzo Musetti in the competition for a ticket to Turin. While Auger-Aliassime was unable to add a fourth title to his achievements this season, he has demonstrated considerable improvement in 2025, re-establishing himself among the world's top ten players.

Hakim Trabelsi of Tunisia withdraws in the second round, & Sangram Singh wins his second career bout

New Delhi: India's Sangram Singh, a celebrated wrestler-turned-MMA fighter and Commonwealth heavyweight champion, has made history by becoming the first Indian to win at the Levels Fight League (LFL) in Europe. In a decisive match at LFL 20 in Amsterdam, he faced Tunisia's Hakim Trabelsi, an experienced and younger opponent. Sangram showcased his superior wrestling skills, maintaining control and effectively neutralizing Trabelsi's attacks by staying in clinch and body-lock positions. His strategic approach allowed him to counter-attack with precision, demonstrating both mental toughness and fight IQ. The match culminated in the second round when Sangram executed a flawless bar-arm choke submission, compelling Trabelsi to tap out. This achievement marks his second significant victory in Europe, following a swift win in his professional debut at the Gama International Fighting Championship in Georgia, where he defeated Ali Raza Nasir in under 90 seconds. Despite being over 40 years old, Sangram continues to exemplify the qualities of a true champion, emphasizing that age should not limit one's aspirations when combined with discipline and dedication. His victory in Amsterdam is portrayed not just as a personal achieve-



ment but as an inspiration for young Indians aspiring to compete on global platforms. Sangram stated that his success belongs to these aspiring athletes and hopes to motivate them to pursue their dreams. His coach, Bhupesh Kumar, praised Sangram for his heart and strategic discipline against a formidable opponent. LFL President Donovan James Alexander Panayiotis also recognized Sangram as an inspiring presence in sports, highlighting his energy and humility as an ideal representation of Indian sportsmanship. The achievement is deemed a pivotal moment in the history of Indian MMA, with LFL officials regarding Sangram as a symbol of courage and determination.

An 'excellent manager' in terms of Arsenal's 'style of play' is Mikel Arteta: Striker Gyokeres, Viktor

Mikel Arteta is described as an excellent manager

New Delhi: In an interview with Hindustan Times, Arsenal striker Viktor Gyokeres discusses the current Premier League season and his relationship with manager Mikel Arteta. Since joining Arsenal from Sporting CP, Gyokeres has made a significant impact, scoring four goals in 10 matches. His contributions have helped Arsenal establish a strong position at the top of the Premier League, leading by six points over Manchester City. Gyokeres highlights his maturation as a player, noting that he can quickly assess the situation on the field and strike effectively, which distinguishes him from other forwards. This season marks a potential turning point for Arsenal, with Gyokeres expressing optimism about the team's chances of breaking their Premier League title drought,



which has not been achieved since the 2003-04 season. He mentions the positive team spirit and atmosphere at Arsenal, stressing the importance of maintaining this momentum while focusing on upcoming matches without getting distracted by long-term goals. He praises Mikel Arteta for his managerial skills, particularly in shaping the team's playing style and understanding the different personalities on the team. Gyokeres ap-

preciates Arteta's inspiring leadership and energy, which permeates training and match preparations. Contrary to past seasons where Bukayo Saka faced heavy defensive pressure, Gyokeres' addition has diversified the attacking options for Arsenal. Despite his noteworthy impact, Gyokeres remains humble, emphasizing his commitment to teamwork and continuous improvement on the pitch as crucial for the team's success.

Transformation is being driven by young coaches in PKL



New Delhi: Coaches have noted that the 12th season of the Pro Kabaddi League (PKL) has been the most competitive yet, with teams significantly better prepared in terms of technical skills and strategies. Young coaches like Joginder Narwal and Ajay Thakur are leading teams, with Narwal guiding Dabang Delhi KC to victory and Thakur energizing Puneri Paltan to the finals. The implementation of video analysis and detailed match planning has changed the dynamics of coaching, making players more accountable for their performance. The season featured numerous tie-breakers, indicating high competitiveness. Both coaches emphasize the importance of modern techniques and continuous learning in this evolving sport, which also benefits the Indian national team by improving player skills through robust league competition.

Jonathan Trott will no longer be the head coach of Afghanistan cricket board

New Delhi: ACB has announced that head coach Jonathan Trott will conclude his role after the ICC T20 World Cup 2026, set to take place in February in India and Sri Lanka. This decision aligns with ACB's long-term strategic goals for enhancing the national team's development. Since his appointment



in 2022, Trott has been instrumental in fostering player growth and bolstering the

team's international competitiveness. Reflecting on his tenure, Trott expressed his pride in the team's achievements and commended the players for their passion and resilience. He conveyed his continued support for Afghan cricket, wishing the team and the Afghan populace success in the future.

New Olympic divisions are announced by the IWF, and Chanu's weight class is dropped

New Delhi: The International Weightlifting Federation (IWF) has announced that Mirabai Chanu's weight class of 49kg will be excluded from the Olympic program for the 2028 Los Angeles Olympics as part of a new framework for weight classes. This decision was ratified by the IWF on a recent Monday, with an emphasis on facilitating an expanded weightlifting program that will include a total of 12 events (six for men and six for women) at the upcoming Olympics. Notably, Chanu, a distinguished athlete who won a silver medal at the Tokyo 2020 Olympics in the 49kg category, also secured a silver medal at the 2025 World Championships in Norway, competing in the 48kg division. With the new weight classes, the men's categories will consist of 65kg, 75kg, 85kg, 95kg, 110kg, and +110kg, while the women's classes will include 53kg, 61kg, 69kg, 77kg, 86kg, and +86kg. These categories are set to become effective starting August 1, 2026, and will apply to all IWF competitions moving forward. Despite the exclusion from the Olympics, Chanu's 49kg division will still be active in significant IWF events, as confirmed in a statement



from the federation. The new weight categories were initially proposed by the IWF Technical Committee and received provisional approval during the IWF Executive Board's recent meeting in Forde, Norway. The finalized categories underwent ratification by the IWF's Athletes Commission. As the timeline approaches LA 2028, Chanu is expected to adapt her competitive weight after the 2026 Commonwealth Games and Asian Games. However, her primary challenge will be sustaining her lifting performance, particularly aiming to lift over 200kg consistently; she fell short of this mark during the 2024 Paris Olympics, finishing fourth with a total lift of 199kg, while China's Hou Zhihui secured the gold with a lift of 206kg.

Coco Gauff's serving issues resurface in her loss to Pegula in the WTA Finals



Riyadh: Coco Gauff's attempt to defend her title at the WTA Finals faced a setback as she lost to fellow American Jessica Pegula in a hard-fought three-set match, ending with scores of 6-3, 6-7(4), 6-2. Gauff, ranked third, struggled particularly with her serve, accumulating 17 double faults, which severely impacted her performance against the fifth-seeded Pegula. Despite her resilience and competitive spirit, Gauff's serving issues, including a notably poor second serve, resurfaced at a critical time. She had opportunities to take the second set, even holding a set point at 6-5, but repeatedly faltered with three consecutive double faults. Throughout the match, Gauff showcased her mental toughness by managing to push the contest into a deciding third set, aided by her impressive first-serve speeds reaching up to 128 mph. Nev-

ertheless, Pegula demonstrated superior form, particularly in the final stretch, winning crucial points with high-quality, deliberate tennis. Her ability to remain focused and dictate the pace of the match was evident, especially after she lacked rhythm from Gauff's inconsistent play. As Pegula continues to build on her recent form, which includes semifinal appearances in the US Open followed by successful runs in Beijing and Wuhan, she looks forward to her next match against Aryna Sabalenka—the opponent who previously defeated her at the US Open. Meanwhile, Gauff faces a must-win situation against Paolini to keep her hopes alive in the tournament. In other news from the WTA Finals, sixth seed Elena Rybakina achieved a notable victory over second seed Iga Swiatek with final scores of 3-6, 6-1, 6-0.