

## National Record: North Boro Lokhindong Limestone Block begins operations in just 9 months



**Dima Hasao, Dec 12:** In a major industrial milestone for Assam, the North Boro Lokhindong Limestone Block in Umrangso—auctioned to M/S Dalmia Bharat Ltd.—has achieved full operational status within an unprecedented nine months from the issuance of the Letter of Intent (LOI), marking the fastest LOI-to-operation project in India. This exceptional achievement has been credited to the dynamic leadership of Assam Chief

Minister Dr. Himanta Biswa Sarma, whose continued emphasis on rapid industrial development has transformed project execution timelines across the state.

The inauguration ceremony witnessed the presence of several key dignitaries, including Debolal Gorlosa, Chief Executive Member of the North Cachar Hills Autonomous Council (NCHAC), and Kaushik Rai, Minister of Mines & Minerals, Government of Assam.

Also present were Executive Member Samsing Engti, Additional Chief Secretary Ajay Tewari, Director of Geology & Mining Paragmani Mahanta, and Additional Secretary (Mines) Pranjit Warry. Speaking on the occasion, officials highlighted that the project will unlock significant economic opportunities for Dima Hasao district. With the limestone block entering full operation, the initiative is expected to: Create substantial local employment, reducing the need for educated youths to migrate outside the district, Enhance Council revenue through mineral development, and Spur overall socio-economic growth in the region. NCHAC CEM Debolal Gorlosa expressed heartfelt gratitude to the Chief Minister, acknowledging his “vision, support, and commitment toward accelerating industrial progress in Dima Hasao.”

## Special Session of NCHAC Assembly Reviews Key Financial Proposals

**Haflong, Dec 09:** The North Cachar Hills Autonomous Council (NCHAC) today convened its 13th Special Session at the Session Hall of the NCHAC Secretariat under the chairmanship of Chief Executive Member (CEM) Mohet Hojai. The session focused on critical financial matters concerning the council’s developmental and administrative activities. During the meeting, Executive Member (Finance) Donpaignon Thaosen placed the Supplementary Demand for Grants, seeking approval for an additional allocation of ₹30 crore.

The proposal aims to meet emerging financial requirements across various departments for the current fiscal year. The House also deliberated on the status of unspent SOPD (State Owned Priority



Development) funds accumulated between 2015–16 and 2018–19.

Detailed discussions were held on the utilisation framework and the need to expedite sanctioned projects to ensure timely implementation and avoid future lapses. Members of the Council participated actively, raising questions and offering suggestions on fund manage-

ment, project execution, and financial discipline.

The leadership emphasised transparent utilisation of resources and strengthening monitoring mechanisms for ongoing works. The Special Session concluded with assurances that all financial decisions would prioritise the development and welfare of the people of Dima Hasao.

## Swahid Divas Observed in Haflong, Tributes Paid to Martyrs of Assam Movement

**Haflong, Dec 10:** Swahid Divas, the solemn day dedicated to honouring the martyrs of the historic Assam Movement (1979–1985), was observed today at the District Commissioner’s Conference Hall in Haflong with heartfelt reverence and patriotic spirit. The programme was graced by District Commissioner Munindra Nath Ngatey, ACS, who attended as the Chief Guest. He was joined by the NCHAC Deputy Secretary, Additional Deputy Commissioner, and other senior officials and dignitaries from various departments. The ceremony began with the lighting of lamps and the offering of floral tributes to commemorate the more than 800 martyrs who laid down their lives during the six-year-long mass movement. In his address, District Commissioner Munindra Nath Ngatey, ACS, reflected on the profound significance of the day. He noted that Swahid Divas is a reminder of the supreme sacrifices made by hundreds of youths and citizens who fought under the leadership of the All Assam Students’ Union



(AASU). Their struggle centred on the demand for the detection, deletion, and deportation of illegal immigrants, a movement that ultimately shaped the political and social landscape of Assam and led to the signing of the Assam Accord in 1985. He added that the observance of Swahid Divas serves not only as a tribute to the martyrs but also as a powerful reminder of the continued need to preserve the cultural identity, language, and heritage of the Assamese people. The day, he said, reinforces the values of unity, civic responsibility, and collective consciousness across the state. The programme concluded with renewed calls for upholding the spirit of the Assam Movement and ensuring that the sacrifices of the martyrs continue to inspire future generations.

## Falcon Festival Lights Up Umrangso



**Umrangso, Dec 12:** The 11th edition of the Falcon Festival, Assam’s biggest music celebration, is underway at Umrangso from December 12 to 14. Today’s highlights include a special performance by popular playback singer Shilpa Rao. The festival was graced by Ranjeet Kumar Dass, Minister for Panchayat & Rural Development and Tourism, whose presence reaffirmed the government’s commitment to promoting

tourism and preserving cultural heritage. A grand cultural evening featuring Bollywood singer Vishal Mishra, marking his first-ever live performance in North-east India, mesmerized the audience against the scenic backdrop of Umrangso. The programme was attended by Debolal Gorlosa, Chief Executive Member, DHAC, along with Executive Members, Autonomous Council Members, officials, and hundreds of enthusiastic spectators.

## State Ministers Review Progress of Key Road Projects in Haflong; Follow-Up to Earlier Inspection Visit

**Haflong, Dec 11 :** A high-level review meeting was held today at the Circuit House, Haflong, jointly chaired by Kaushik Rai, Minister for Food, Public Distribution & Consumer Affairs and Mines & Minerals; Nandita Gorlosa, Minister for Sports & Youth Welfare; and Debolal Gorlosa, Chief Executive Member of the North Cachar Hills Autonomous Council (NCHAC). The meeting was convened to assess the progress of two major infrastructure projects in Dima Hasao — the 4-Lane East–West Corridor (NH-27) from Jatinga to Harangajao and Lumding to Badarpur. This review comes as a continuation of the Min-

isters’ earlier visit to project sites, where they had emphasized the need to expedite work and strengthen coordination among implementing agencies. Today’s meeting aimed at evaluating the follow-up actions and addressing bottlenecks that have slowed down execution. Officials from the National Highways Authority of India (NHAI) presented a comprehensive chainage-wise progress chart detailing the current status, challenges, and timelines of the East–West Corridor project. The Ministers and the CEM instructed all concerned departments to adopt a more coordinated approach, ensure

timely resolution of pending issues, and maintain steady progress to meet completion targets. The meeting was attended by Executive Members Donpaignon Thaosen and Lalremsiamia Darnei, Principal Secretary of NCHAC Partha Johari, District Commissioner Munindra Nath Ngatey, ACS, Senior Superintendent of Police, Dima Hasao, Project Director of NHAI, Divisional Railway Manager, Lumding Division, and Additional District Commissioners, along with key officials from PWD (R&B) and other line departments. The authorities reaffirmed their commitment to accelerating these strategically important infra-



structure projects, which are expected to enhance regional connectivity and support socio-economic development in Dima Hasao district.

## Shah Claims Vande Mataram Division Caused India's Partition, Makes Assertion

New Delhi, Dec 09: The division of 'Vande Mataram' song for "politics of appeasement" led to the partition of India, Home Minister Amit Shah said in the Rajya Sabha on Tuesday, as he slammed the Opposition for linking the debate on 150 years of the national song with the upcoming West Bengal elections.

Initiating the debate in the House, Shah said Vande Mataram was the "mantra" that awakened India's cultural nationalism, and remains as relevant today as it was during the freedom struggle. He stressed that the song will remain relevant in the days to come as well, in taking the country towards Viksit Bharat.

Shah also attacked Congress for questioning the need for a debate on Vande Mataram, and accused the first prime minis-



ter Jawaharlal Nehru of "dividing" the poem and limiting it to two stanzas. "Yesterday some MPs in the Lok Sabha questioned what is the need to discuss Vande Mataram. The need for discussion...was as relevant when the song was written, during the freedom movement, today, and will be as relevant in 2047 when the Viksit Bharat would be achieved," Shah said. "Some people are saying Vande Mataram is being discussed because elections

are coming in West Bengal... They are trying to reduce the importance of Vande Mataram by linking it with Bengal elections," he said. The home minister urged members to take the spirit of the message of Vande Mataram to the youth of the nation.

He said the song was written by Bankim Chandra Chattopadhyay in Bengal, but it spread across the nation, and became the chant for India's freedom struggle.

## IndiGo Flight Operations Stabilize, CEO Confirms End to Nationwide Disruptions

New Delhi, Dec 09: IndiGo chief executive Pieter Elbers on Tuesday asserted that the airline's operations have "stabilised" after days of unprecedented nationwide disruptions that left passengers stranded across major airports.

In a video message, Elbers said the airline had regained operational stability and confirmed that an internal review is underway to examine the factors that triggered the widespread disruptions. "IndiGo is back on its feet, and our operations are stable. Lakhs of customers have received full refunds, and we continue to process them daily. Most of the bags stuck at airports have been delivered to homes. We are addressing every customer need," he said.

Elbers added that IndiGo had restored services across its full network. "As of yesterday, we are back to flying to all 138 destinations. We continue to work in full cooperation with the government. Internally, we've begun reviewing what led to this disruption, the lessons to be learned, and how to emerge stronger," he noted. The remarks come after a severe wave of cancellations that continued to rattle air travel through Tuesday, triggering



widespread delays and passenger complaints. More than 400 IndiGo flights were cancelled nationwide, according to airport authorities, reported news agency ANI.

Delhi's Indira Gandhi International Airport saw the sharpest impact, reporting 152 cancellations, split evenly between arrivals and departures. The ripple effect stretched across the south as well: Bengaluru's Kempegowda International Airport recorded 121 cancellations, while Chennai reported 41 and Hyderabad logged 58. Other major hubs, including Mumbai (31 cancellations), Ahmedabad (16), and Patna (9), also reported significant disruption. Thiruvananthapuram saw minimal impact, with only four flights cancelled.

## CM Unveils 'Telangana Thalli' Statues Statewide

Hyderabad, Dec 09: Telangana Chief Minister A. Revanth Reddy on Tuesday unveiled Telangana Thalli (mother Telangana) statues at all district Collectorates across the state. He virtually unveiled the statues from the Telangana Rising Global Summit venue at the upcoming Bharat Future City near here. The event was organised as part of Praja Palana (people's governance) celebrations to mark the second anniversary of the Congress government in the state. As part of the celebrations, the Telangana Thalli statue has been installed at a cost of Rs 5.8 crore at all 33 district Collectorates. The Chief Minister, Deputy Chief Minister Mallu Bhatti Vikramarka and ministers offered floral tributes to the statue of Telangana Thalli at the Global Summit



venue. Telangana state song 'Jaya Jayahe Telangana' was also played on the occasion. On the occasion of the unveiling of Telangana Thalli statues, Chief Minister Revanth Reddy extended his greetings to the people of the state. He recalled that on December 9, 2009, the then Congress government, under the leadership of UPA chairperson Sonia Gandhi and Prime Minister Manmohan Singh, announced that the process for the formation of Telangana would be initiated. He said this fulfilled the six-decade-long aspiration of four crore people of Telangana.

## Three Critically Hurt in Explosion at Balco Aluminium Plant in Korba, Chhattisgarh

Korba, Dec 09: Three workers were seriously injured after an explosion at Bharat Aluminium Company Limited's (Balco's) GAP (Green Anode Plant) in Chhattisgarh's Korba, triggering panic among employees present at the site.

The blast took place late on Monday night. Oil leakage is suspected to be the possible cause behind the explosion. During the incident, the workers suffered severe burn injuries and were immediately rushed to the hospital for treatment. Eyewitnesses said there was a sudden loud noise inside the plant, followed by heavy smoke. The explosion created panic across the facility, prompting the arrival of the security team, which moved swiftly to bring the situation



under control. The incident falls under the jurisdiction of the Balco police station. Police have launched an investigation into the matter and are working to ascertain the exact cause of the explosion. Initial information points towards a technical fault in the machinery as a possible reason behind the accident.

So far, no official statement has been issued by the company management regarding the incident. The latest blast comes barely two months after a major mishap was narrowly averted at the Balco plant on October 8, when a two-decade-old electrostatic precipitator (ESP) structure collapsed inside the production premises.

The ESP, which was installed during 2004-05, suddenly gave way during operational hours, sending a loud crash echoing across the unit. The electrostatic precipitator, functioning as a dust and ash filter in the plant's production system, had been in continuous use for nearly 20 years. Initial inquiries had suggested that age-related weakening of the structure may have contributed to its sudden collapse. The recent explosion has once again brought Balco's safety practices under sharp scrutiny. It may be recalled that the plant had also witnessed a chimney collapse earlier, which had raised similar concerns over compliance with inspection schedules and the effectiveness of response systems.

## Belagavi Hosts Unveiling of World's Second-Largest Khadi Tricolour

Belagavi, Dec 09: The world's second-largest Khadi Tricolour installed on the western steps of Suvarna Vidhana Soudha in Karnataka's Belagavi was unveiled on Tuesday, said the Chief Minister's Office.

Chief Minister Siddaramaiah, after unveiling the flag, said that the Indian Tricolour is not merely a Khadi cloth, but a symbol of the nation's pride and self-respect. Addressing the gathering, the Chief Minister congratulated Assembly Speaker U.T. Khader, who took the initiative possible, and also the family of Vinod Kumar Revappa Bammanna from Kamalapur in Kalaburagi district, who contributed the flag. "During the freedom struggle, the Tricolour was adopted. It is not just a piece of Khadi fabric -- it embodies India's pride and

self-respect. The flag includes three colours and the Ashoka Chakra. The saffron, white and green colours represent national self-respect, economic strength, sacrifice, peace, and convey a message of patriotism," the CM said.

White represents peace and truth, while green signifies prosperity. The Ashoka Chakra symbolises the nation's progress and the creation of equal opportunities for all, he explained. "We must view our national flag with respect and pride. Every citizen must cultivate



Congress session held in Belagavi. As it has been 100 years since that event, a statue of Mahatma Gandhi has been installed beside Suvarna Soudha," he said. "We must all be patriots. India is home to many castes and religions. It

patriotism. On this occasion, it is important to remember those who sacrificed and fought for the nation. Under Mahatma Gandhi's leadership, the freedom movement was carried out. Gandhi also chaired the

is essential that we all remain secular. Human beings must love each other instead of harbouring hatred. Only then can a just society be built. Otherwise, it will be difficult to build a secular nation," he remarked. "It has been 79 years since Independence. We must introspect on how far we have progressed in terms of brotherhood, patriotism, and human values in our society. Without these, it is not possible to live as true human beings. This spirit must grow among all students and youth," he said. "We are ensuring that Dr B.R. Ambedkar's Preamble to the Constitution is read in schools and colleges. This is why we are organising such historic programmes," the Chief Minister said, expressing gratitude to Vinod Kumar Revappa Bammanna for donating the national flag.

## Door-to-Door Leprosy Detection Drive to Begin in Dima Hasao from December 15

**Haflong, Dec 12:** The District Health Society, Dima Hasao, on Thursday held a District Level Coordination Committee meeting on the Leprosy Case Detection Campaign (LCDC) 2025 at the Officer's Conference Hall, NCHAC, Haflong. The meeting underscored the need to strengthen early detection, timely treatment, and public awareness to ensure that no leprosy case in the district remains undiagnosed or untreated. Addressing the meeting, Dr. L. Vaiphei, District Nodal Officer and BCM, Mahur BPHC, highlighted that leprosy has a long incubation period, sometimes extending up to 20 years before symptoms become visible. He emphasized that the campaign aims to break social stigma, promote early reporting of symptoms, and advance the goal of making Dima Hasao a leprosy-free district. The LCDC 2025 will be implemented in three phases. Phase I will be conducted from December 15 to 28, 2025, in Haflong town, covering high-priority blocks. Phase II is scheduled from January 5 to 18, 2026, in Gunjung and Langting, covering moderate-priority blocks. Phase III will take place from February 16 to March 1, 2026, in the



Mahur area, covering low-priority blocks. As part of the campaign, door-to-door sensitization and active case detection will be carried out across Dima Hasao, targeting a population of 2,39,016. The public was informed that leprosy is completely curable with Multi-Drug Therapy (MDT), which is available free of cost at all health centres. Early diagnosis, officials noted, can prevent disability and long-term complications. Citizens were urged not to conceal symptoms such as pale or reddish skin patches, numbness in the hands or feet, or skin nodules. The meeting was attended by Joint Secretary Rebecca Changsan, ACS; Joint Director of Health Dr. Jesmin Begum; Additional Director of Education Rowelson Rongpi; DPM, NHM Rukmini Difoesa, and other officials.

## Educational milestone for Jatinga Village: New LP School and Community Hall inaugurated

**Haflong, Dec 11:** In a significant step toward strengthening grassroots education and community development, the Chief Executive Member of the Dima Hasao Autonomous Council (DHAC), Debolal Gorlosa, inaugurated the newly constructed Jatinga Khasi-2 Lower Primary School and Community Hall. The inaugural ceremony was held in the presence of Fleming Rupsi, Member of Autonomous Council (MAC), and Donpainon Thaosen, Executive Member (EM), along with teachers, students, and residents of the area. The new infrastructure is expected to enhance access to quality education for children of Jatinga Khasi-2 while also providing a much-needed space for community gatherings, cultural activities,



and local development initiatives. Expressing heartfelt appreciation, the community of Jatinga Village extended warm gratitude to CEM Debolal Gorlosa for his continued commitment to people-centric governance and his efforts in ensuring inclusive development across the region. The inauguration marks an important educational milestone for the village, reflecting DHAC's broader mission to improve rural infrastructure and uplift tribal communities through sustained developmental interventions.

## The AJYCP Council is calling for the repeal of the CAA

**Margherita, Dec 11:** In response to nationwide protests calling for the prompt repeal of the Citizenship Amendment Act (CAA), the Asom Jatiyabadi Yuba Chatra Parishad (AJYCP), Tinsukia District Committee, organized a sit-in protest in Margherita today. They planned a silent demonstration that lasted for three hours. The demonstration highlighted the growing dissatisfaction of a number of student and nationalist organizations that feel the Act jeopardizes Assam's cultural and demographic integrity. Protesters also voiced worries during the demonstration about alleged police atrocities during the previous anti-CAA campaign, in which five people were killed by police firing and several adolescents were in-



jured. The Council insisted that these five martyrs be formally honored and their sacrifice recognized by the state government. Hundreds of members of the Margherita Regional Committee participated in the demonstration, which attracted a large number of participants. The demonstration's leader, Kanchan Bora, Vice President of the AJYCP Tinsukia Dis-

trict Committee, reaffirmed the organization's unwavering position that the CAA must be immediately rescinded. He further cautioned that if the administration does nothing, the discontent will worsen. The demonstrators' pledge to carry on the democratic struggle until their demands were met shows that anti-CAA sentiment is still present in the area.

## Awareness Programme on Rights of Persons with Disabilities Act Held at Dima Hasao DC Office

**Dima Hasao, Dec 11:** An awareness and sensitisation programme on the Rights of Persons with Disabilities (RPwD) Act, 2016 was conducted on 10 December 2025 at the Conference Hall of the District Commissioner's office in Dima Hasao. The event aimed to enhance understanding of disability rights, promote inclusive governance, and strengthen the implementation of provisions under the Act at the district level. The programme was jointly organised by the Office of the Commissioner for Persons with Disabilities, Assam, in collaboration with the Office of the District

Commissioner, Dima Hasao. District Commissioner Munindra Nath Ngatey, ACS, chaired the session, which was attended by Additional Deputy Commissioner Sangita Devi, heads of various government departments, representatives from the State Commissioner for Persons with Disabilities, and other officials. Resource person Rajeev Bhardwaj delivered an in-depth presentation on the key features of the RPwD Act, emphasising equal rights, accessibility, government responsibilities, and the importance of inter-departmental coordination to ensure disabili-



ty-inclusive development. Officials noted that such programmes play a crucial role in building awareness among administrators and frontline officers, paving the way for better service delivery and stronger protection of rights for persons with disabilities across the district.

## Assam CM Starts a Statewide Bicycle Distribution Campaign for More Than 3 Lakh Students in Class 9



**Dibrugarh, Dec 11:** Chief Minister Himanta Biswa Sarma officially inaugurated the much anticipated bicycle distribution program under the Chief Minister's Special Scheme in Dibrugarh on a day filled with happiness and enthusiasm. Several Cabinet Ministers and MLAs attended the state-level inauguration at Phulbagan, where they gave

*Chief Minister Himanta Biswa Sarma inaugurated a bicycle distribution program in Dibrugarh aimed at easing school commutes for students.*

bicycles to Class 9 pupils alongside the Chief Minister. A total of 3,10,031 children will receive bicycles as part of this ambitious program to make their daily commute to school easier. This includes 1,34,423 boys and 1,75,608 girls enrolled in Adarsha Vidyalayas, Tea Garden Model institutions, and government and provincial institutions throughout Assam. The occasion was attended by the Chief Minister, Education Minister Ranaj Pegu, Cabinet Minister of Public Works Jogen Mohan, MLA

Prasanta Phukan, MLA Taranga Gogoi, and a number of other distinguished visitors. Speaking at the ceremony, the CM pledged the state's commitment to lowering school dropout rates and expanding access to education. He was certain that these bicycles would serve as a motivational factor and a useful support system for young students. The government then sent its best wishes to each and every beneficiary, encouraging them to pursue their studies with fresh zeal and resolve. With this widespread distribution, Assam reaffirms its dedication to educational equity and student welfare, marking yet another significant development in the state's ongoing endeavor to fortify the learning ecosystem.

## Unlawful "Gunda Tax" Gathering in Biswanath

**Biswanath, Dec 11:** A group that collected illicit "gunda tax" from vehicles entering Biswanath Chariali has been apprehended by Biswanath police. So far, five men have been arrested. Jatin Chetia, Bhaskar Saikia, Kuldeep Singh, Rajen Baruah, and Zadv Hazarika are the names of the detained suspects. The Biswanath Chariali Truck Drivers' Association, Biswanath Chariali Truck Owners' Association, and Biswanath Chariali Truck Workers' Association are three fictitious organizations that the group has been using to collect money for a long time, according to the police. Additionally, it has been revealed that Bhaskar Saikia collected ₹200 from drivers under the name of Biswanath Chariali Municipal Board rather than the legitimate rate of ₹100, keeping the extra money for himself. After a truck driver shared a video on Facebook detailing the hostility experienced by drivers, the issue gained widespread attention. Police acted quickly when the video went viral, started an investigation, and detained the suspects. Police believe there may be additional participants in the scam. Under provisions BNS 308(2)/3(5), a case with case number 213/25 has been filed at the Biswanath Chariali Police Station.

## Editorial

## Swahid Divas “Historic Assam Movement”, : A Timeless Call to Conscience and Collective Responsibility

Every year, Assam pauses on Swahid Divas to honour the extraordinary courage and sacrifices of the martyrs of the historic Assam Movement (1979–1985). This year’s observance in Haflong, held at the District Commissioner’s Conference Hall, once again rekindled the profound emotions associated with the struggle—an agitation that shaped Assam’s destiny and continues to define its socio-political fabric. More than 800 brave individuals—most of them young—paid the ultimate price during the six-year-long mass movement led by the All Assam Students’ Union (AASU). Their demand was simple yet powerful: protect Assam’s identity by detecting, deleting, and deporting illegal immigrants whose unchecked influx threatened the demographic and cultural landscape of the state. The movement culminated in the signing of the Assam Accord in 1985, a landmark document that sought to address one of independent India’s most contentious issues. In Haflong, tributes were paid with lamps, flowers, and words of remembrance. But Swahid Divas is more than a ceremonial tribute—it is a moral reminder. A reminder that the responsibility of preserving the cultural heritage, language, and identity of Assam does not rest solely on the shoulders of the past but on those of the present and future. As District Commissioner Munindra Nath Ngatey rightly observed, the day rein-

forces essential values: unity, civic consciousness, and collective responsibility. These are not merely ideals to be remembered during commemorations but principles to be upheld in our daily conduct as citizens of a diverse and vibrant state. Today, Assam stands at a crossroads where demographic concerns, ethnic aspirations, and political narratives continue to evolve. The lessons of the Assam Movement remain profoundly relevant. They urge us to safeguard the hard-won protections of the Accord, ensure transparent governance, and foster harmony among communities. They remind us that identity is not preserved through conflict alone but through dialogue, understanding, and sustained policy action. Swahid Divas also calls upon the youth—the inheritors of this legacy—to critically engage with the issues that shaped the lives and deaths of the movement’s martyrs. Their sacrifices were not for a fragmented or polarized society but for a future where every Assamese, irrespective of community, lives with dignity, security, and pride. As we bow our heads in respect, we must also raise our voices in commitment. The best tribute to the martyrs of the Assam Movement is not in ritual but in renewed dedication to their vision—an Assam that stands united, vigilant, inclusive, and proud of its heritage. Their flame still burns. It is upon us to ensure it lights the way forward.

## Advances in the diagnosis and management of Parkinson’s disease in India: Insights from Dr. Rupam Borgohain

*Prof. Dr. Rupam Borgohain, Senior Consultant Neurologist and Programme Director-PDMDRC at Yashoda Hospitals, Hyderabad*

Dr. Rupam Borgohain shares insights on Parkinson’s disease, the second most common neurodegenerative disorder globally, is witnessing a significant rise in India, with the country projected to have one of the highest absolute numbers of patients in the coming years. The challenge lies not only in the growing prevalence but also in the timely diagnosis and effective management of this complex condition. Due to minimal understanding, stigma, and inadequate number of experienced neurologists, especially in rural and semi-urban regions, Parkinson’s disease diagnosis is frequently delayed in India. Early detection of symptoms like stiffness, bradykinesia, and tremors is essential for starting treatment right away and enhancing patient outcomes. In order to close this diagnostic gap, Prof. Dr. Rupam Borgohain, Senior Consultant Neurologist and Programme Director-PDMDRC at Yashoda Hospitals, Hyderabad, stresses the significance of training in medicine and public education. Genetic testing, and cut-



ting-edge treatments like Deep Brain Stimulation (DBS) for severe instances are examples of recent developments in India. Personalized treatment regimens and more precise diagnoses are made possible by these instruments of diagnosis. DBS in particular has significantly improved motor symptoms and quality of life for people with medication-resistant Parkinson’s disease, revolutionizing their care. Dr. Rupam Borgohain provides specialized consultations

and care at our center located in GUWAHATI. To book an appointment, please call [08065906114 / 08065906179] or book online at -<https://www.yashodahospitals.com/Multi-disciplinary> teams are now essential to management tactics, which have also changed. Patients receive comprehensive care when neurology, physical therapy, occupational therapy, and psychological support are integrated. Subcutaneous apomorphine infusion is one of the cutting-edge drug

## Notional security: On the U.S.’s National Security Strategy

The U.S. has released its first National Security Strategy (NSS) under the Trump second term, a document described as a road map to “ensure that America remains the world’s strongest, richest, most powerful, and most successful country for decades to come”. Washington has identified five top foreign policy priorities. These include the notion that the era of mass migration has ended, that core rights and liberties including the freedom of speech and religion need to be protected more than ever before, that the “days of the U.S. propping up the entire world order like Atlas are over”, that the White House sees it as imperative to double down on shepherding peace deals across the world as a means to solidify U.S. influence abroad, and that economic security will be accorded highest importance in foreign policy. For the last pillar of national security, especially, the thrust of concerted foreign policy

actions for the remainder of the second Trump administration will entail efforts towards achieving balanced trade, securing access to critical supply chains and materials, reindustrialisation of the U.S. economy, boosting American defence infrastructure, energy dominance, and supporting Wall Street to leverage the “dynamic free market system and our leadership in digital finance and innovation” worldwide. While the grandiose terms of U.S. foreign policy priorities are unsurprising in their broad emphasis, other than, perhaps, the unrelenting subtext of eternal, unquestioned American exceptionalism, it is the broadside against European allies that is most troubling for the risk that it poses to regional stability across the continent. The NSS not only takes a patronising tone on Europe facing the “stark prospect of civilizational erasure” owing to its purported economic decline, but it also faults Germany and EU countries with “un-

stable minority governments” whose policy actions do not apparently match their stated desire for peace in the context of Russia’s war in Ukraine. Little wonder that Germany’s Foreign Minister Johann Wadepful retorted that in the context of Germany, he did not believe that “questions of freedom of expression or the organisation of our free societies” belonged in the U.S. NSS and that his country did not need “outside advice”. While the NSS is a signpost to guide U.S. diplomats towards a united vision for Washington-defined foreign policy goals, its latest version has set the cat among pigeons so far as anxieties around NATO’s strength are concerned. If, as the NSS says, the U.S. intends to push a “burden-sharing network” to force all its allies to assume responsibility for stability in their regions, it might end up bolstering the sense of impunity with which autocrats worldwide flout territorial and human rights norms in their quest for power.

## Prudent action: On RBI interest rate cuts

The decision made by the Reserve Bank of India’s Monetary Policy Committee (MPC) to cut interest rates once again, by 25 basis points to 5.25%, is both an assessment of India’s current economy and also of what to expect over the next few months. Cumulatively, interest rates have been cut by 125 basis points in calendar year 2025. The last time such large cuts had been implemented was in 2019 when rates had been cut by 135 basis points, in reaction to a plummeting growth rate. India’s quarterly GDP growth rate had fallen from 8.9% in the March 2018 quarter to 3.3% by the quarter-ended December 2019. Growth is currently seeing the opposite trajectory. It has steadily been accelerating from 5.6% in Q2 of last year to the recently released 8.2% in Q2 of this year. From a growth perspective, there are at least two ways to look at the MPC’s interest rate moves. The first is that the central bank is not convinced that growth is currently as robust as the numbers suggest, and so feels monetary policy needs to be as supportive as possible. After all, it could have left rates unchanged at 5.5%. A rate cut addresses both issues. The MPC also possibly feels that the economic impact of the U.S.’s 50% tariffs have not yet fully played out. Supply chains take some time to realign, and so there might still be a further shift away from Indian exporters. Cheaper credit going ahead is something Indian MSMEs, especially exporters, will welcome. On the inflation front, the MPC has lowered its outlook for the year to a benign 2%. However, a jump in food prices or oil prices, for whatever reason, will undo all its calculations. The MPC must be ready to raise rates at the first sign of inflation rising faster than expected. The 2019 rate cut episode saw inflation jumping from 2% in January 2019 to 7.6% in about a year. Taken together, the rate cut suggests that the MPC feels that India’s seemingly robust growth could do with further help, while inflationary worries are a thing of the past. Its decision to retain its neutral stance is a prudent one. Global uncertainty is such that growth and inflation trajectories could reverse direction suddenly, which would need a quick policy pivot.

regimens that Dr. Borgohain recommends it as it stabilizes dopamine levels and lessens motor swings. In summary, India is making great progress in Parkinson’s disease diagnosis and treatment. The prognosis for patients is getting better thanks to ongoing emphasis on awareness, early intervention, and cutting-edge treatments. Experts like Dr. Rupam Borgohain insights are crucial in driving this change and guaranteeing improved care for Parkinson’s patients in India. Prof. Dr. Rupam Borgohain, Senior Consultant Neurologist and Programme Director-PDMDRC at Yashoda Hospitals, Hyderabad, will visit Every month to provide specialized consultations and care at our center located in GUWAHATI. To book an appointment, please call [08065906114 / 08065906179] or book online at -<https://www.yashodahospitals.com/>.

~ Prof. Dr. Rupam Borgohain, Senior Consultant Neurologist and Programme Director-PDMDRC at Yashoda Hospitals, Hyderabad.

## Northeast priority as Dimapur highlighted in anti-smuggling discussions

**Dimapur:** With the Northeast identified as a major route for illicit cigarette entry into India, Philip Morris India has reinforced efforts to support authorities through capability building and global knowledge-sharing, highlighting the region's role in national enforcement discussions.

The company says that illegal cigarettes avoid taxation while legal brands face high tax pressures, contributing to a wider market gap. Intelligence-led mapping across multiple states has shown that border-linked markets, including Nagaland and neighbouring areas, are often tar-

geted by smuggling networks. Philip Morris India has also supported training programmes for customs and tax officials to help them identify illegal products. For markets such as Dimapur—where cigarettes are commonly sourced across state boundaries—greater awareness of packag-

ing, labeling and regulatory markers has become increasingly important.

The company stated that advanced track-and-trace frameworks used internationally could provide useful guidance as India expands digital monitoring across the tobacco sector.

## Godrej Group plans Rs 10,000-crore investment in Telangana; Godrej Jersey inks Rs 150-crore dairy MoU

**Guwahati:** Godrej Jersey, operated by Creamline Dairy Products Limited, has signed a Memorandum of Understanding with the Telangana government to invest INR 150 crore in a new state-of-the-art dairy facility. With this, the total planned investment by the Godrej Industries Group in Telangana crosses INR 10,000 crore across various business verticals, including dairy, oils, housing and emerging sectors.

Executives from Godrej stated that the facility is intended to support the fast-growing market for value-added milk products as consumer demand for nutritious and protein-rich packaged dairy



continues to rise.

In Guwahati's retail market, distributors said that Telangana-based processing capacity could help companies expand eastern distribution routes in the coming years, especially as Assam and the Northeast show growing demand for packaged curd, paneer and

milk beverages.

The MoU was signed in the presence of the Telangana Chief Minister and senior industry representatives. The project is expected to create more than 300 direct jobs, while also helping improve supply chains and the broader dairy ecosystem.

## Young athletes in Guwahati draw inspiration as Manasi Joshi shares road to recovery and renewal

**Guwahati:** Para-badminton champion Manasi Joshi's story of recovery, setback and determination is striking a chord with young sports enthusiasts in Guwahati. During her interaction at the Godrej Industries Assistive Tech Conference, she spoke candidly about rebuilding her form ahead of a hectic 2026 season, where both the World Championships and Asian Games will test athletes with back-to-back events.

Her qualification in all three formats; singles, doubles and mixed doubles has been particularly inspiring for young players at Guwahati's training centres. Joshi said recent medals in Japan, Australia and Indonesia helped her regain confidence after the Paralympics, where an early exit led her to take time off the sport. The break included speaking engagements in Singapore and Hong Kong, which she said helped her reset mentally.

Her journey also included a major surgery in June to remove multiple uterine fibroids, after which she had to rebuild strength as a prosthetic user. Coaches in Guwahati say many local athletes draw motivation from such stories, especially those training with physical challenges. Joshi said she is now focused on recovery routines and maintaining energy across multiple events as she aims for a strong 2026 season.

## Flipkart Minutes sees surge in Guwahati as quick-commerce adoption rises

**Guwahati:** Flipkart Minutes reported extraordinary growth in 2025, marked by a 16X year-on-year jump in orders and more than 53 million unique visitors nationwide. Guwahati emerged as one of the key expansion markets, with the platform extending its 10-minute delivery services across major neighbourhoods. Company officials said

the city's young population and growing digital dependency helped accelerate adoption.

Gen-Z users between 15 and 25 years were the largest driver of growth, followed by students who relied on rapid restocking of essentials. Fresh produce dominated customer baskets, accounting for 45% of orders. Flipkart Minutes

now sources fruits and vegetables directly from over 2,000 farmers, strengthening its supply chain across Assam and supporting local growers.

The platform also onboarded regional and national brands, boosting hyperlocal market access for businesses. With rising demand in Guwahati, executives highlighted increasing repeat orders and

stronger trust in the 10-minute delivery model. Sustainability efforts, including green packaging and EV-based deliveries, further enhanced customer engagement.

Officials said the company aims to deepen its footprint in Guwahati through better inventory planning, city-specific assortments and an expanded last-mile network.

## Tata Tea Premium unveils new campaign celebrating everyday care with Assam blend



**Guwahati:** Tata Tea Premium Care has launched a fresh advertising campaign highlighting the value of thoughtful gestures in everyday life, reinforcing the philosophy that caring for loved ones should feel special. The new communication places emotional focus on small daily acts rather than grand expressions, including simple moments over a cup of tea.

The TV commercial narrates a husband preparing tea for his wife after a hectic day, replacing their normal beverage with Tata Tea Premium Care. Company officials said the concept intends to portray care through personal attention rather than extravagant expressions. The brand said that when tea com-

bines traditional ingredients with wellness benefits, "care becomes premium."

Executives at Tata Consumer Products said demand is rising for beverages that balance taste with natural ingredients. The premium blend features Assam tea, ginger, elaichi, tulsi, mulethi and brahmi ingredients long associated with wellness traditions.

In Guwahati, the campaign is expected to attract interest as Assam tea remains a large part of everyday culture and household consumption. Local retailers believe the messaging may appeal to consumers looking for products with both taste and traditional benefits. The campaign will be amplified across television and digital platforms.

## Usha backs Apukhu Kiti at Hornbill extension, highlights indigenous sports of Nagaland



**Kohima:** Usha International supported the second edition of Apukhu Kiti, a traditional Naga combat sport, held alongside the Hornbill Festival at Zunheboto. The three-day event drew over 200 participants and nearly 6,000 spectators, reflecting growing interest in indigenous games across Nagaland.

Apukhu Kiti, which originates from the Sumi Naga tribe's traditional martial practices, features contestants using their feet in controlled combat. This year's finals saw Aghevi Shohie win the senior title, while Atuna N. Kiba took the top position in the junior category.

The competition received support from local authorities including the Minister C. L. John and Abu Metha, Advisor to the Chief Minister. Senior officials also felicitated winners during the valedictory ceremony.

In statements, Usha said preserving such indigenous sports is essential to keep cultural traditions alive. Officials added that the event encourages physical activity among young people while connecting them with heritage.

In Kohima, the festival continues to be a major cultural attraction, and the backing of prominent brands is seen as helping expand visibility of Naga traditions beyond the state. Usha has been working on several sports initiatives, including community-based engagement activities during Hornbill, officials said.

## Vi Business unveils smart gas metering in Shillong



**Shillong:** Vi Business, the enterprise arm of Vodafone Idea, has expanded its advanced metering infrastructure portfolio by introducing Smart Gas Metering solutions for City Gas Distribution companies. The announcement marks a major step in modernising utility services as India sees rapid growth in natural gas consumption.

Officials said the solution is based on Narrowband IoT technology, which helps gas operators monitor leakage, theft, and manual billing errors. The move is expected to support CGD companies by reducing unaccounted gas and improving billing efficiency.

With demand for natural gas rising, the Petroleum and Natural Gas Regulatory Board has projected the CGD industry to become the largest consumer by the end of the decade. Vi Business said the upgraded system will help companies manage operational challenges as cities continue to expand energy networks.

In Shillong, officials working in the energy sector said digital metering can help address gas supply concerns in hilly regions, where operational costs are high and manual checks are difficult during monsoon months. Many local users believe that improved billing systems will also enhance service transparency for households and commercial consumers.

## New opportunities for youth as IGNOU introduces skill centres in Assam

**Guwahati:** Youth in Assam pursuing higher education may soon have access to new opportunities in skill training as IGNOU and MSDE collaborate to roll out industry-focused courses under PMKVY through regional centres.

Officials said the agreement will introduce Skill Centres within IGNOU's network, starting with pilot locations before expanding nationwide. The initiative focuses on integrating vocational education with academic pathways, enabling students to acquire employability skills while continuing regular studies.

For many young learners in Guwahati, the programme is expected to create easier access to training in areas linked with jobs and entrepreneurship. Local educators believe flexible learning and recognition under national standards will encourage more students to join skill-based professions.

The collaboration also aims to include internships and apprenticeships through industry partnerships. Digital platforms will play



a role in certification and delivery, which could be an advantage for students across Assam's districts.

IGNOU stated that combining academic resources with Skill India's industry network would support long-term livelihood opportunities and open more pathways for youth in Guwahati preparing for employment.

## Amway's Rs 100-crore investment plan draws interest in Kohima

**Kohima:** Amway President and CEO Michael Nelson reaffirmed India's importance in the company's global strategy during his visit, announcing a Rs 100-crore investment to enhance distributor capabilities and customer experience. In Kohima, local direct sellers say the move could strengthen digital training and product availability as Amway expands its physical footprint nationwide. The company marked 10 years of local manufacturing, with plans to boost innovation, wellbeing solutions, and entrepreneurship support across emerging markets like Kohima.

## TVS MotoSoul 5.0 opens in Goa with new motorcycle launches; Guwahati riders take keen interest

**Guwahati:** TVS Motor Company has opened its fifth edition of MotoSoul in Goa with the launch of the new TVS Ronin Agonda and the anniversary edition of the TVS Apache RTX. The festival has drawn more than 8,000 riders from different countries, according to the company's statement.

The TVS Ronin Agonda has been introduced at ₹1,30,990 (ex-showroom), while two custom creations; TVS Ronin Kensai and TVS Apache RR310 Speedlinecrafted with Smoked Garage, have also been displayed.

TVS also unveiled a new limited-edition helmet line called Art of Protection, available exclusively at the festival. The company said the design direction reflects the creative identity of the Ronin range.

Motorcycling communities in the Northeast, including Guwahati, have been following the developments closely as the Apache series completes two decades. TVS Motor Chairman Sudarshan Venu stated that MotoSoul celebrates youth expression, individuality and the evolving culture of custom motorcycles.

The festival has also featured freestyle showcases, stunt arenas, dirt track events and other riding activities. More experiences and announcements are scheduled during the second day of the event.

## Retail investors in Guwahati look to precious metals through new fund

**Guwahati:** Axis Mutual Fund has announced a new commodity-based Fund of Fund that invests in units of gold and silver ETFs. The scheme is available for subscription during the NFO period from December 10 to 22.

In Guwahati, financial planners said younger savers are exploring alternative investments beyond equity and fixed deposits. Many believe the combined exposure to gold and silver may help protect savings from inflation.

Axis AMC said commodities like gold and silver play an important role in diversification, particularly during volatile markets. The fund is managed by Pratik Tibrewal and Aditya Pagaria.

Local distributors said more retail investors are showing curiosity about passive investing options.

## India-Australia to co-develop skills for global workforce; new scope for Northeast youth

**Guwahati:** India has proposed an Annual India-Australia Skills Meet to expand cooperation in training and workforce mobility, with a particular focus on emerging sectors such as advanced construction, sports economy, mining and renewable energy.

The proposal came during the Australia-India Education and Skills Council meeting in New Delhi, where both countries discussed harmonising standards and enabling movement of skilled workers. The partnership is likely to help young workers access jobs across infrastructure, hospitality and IT in coming years.

Shri Jayant Chaudhary said the aim is "to shape the global workforce of the future" and ensure youth are trained according to global requirements. The initiative is expected to benefit states like Assam where thousands of students pursue technical and IT-related courses every year.



Industries in Guwahati especially construction, logistics and sports goods trading—may find new opportunities as Australia expands infrastructure ahead of global sporting events. Officials noted that India's skilling ecosystem, including ITIs and NSTIs, will work with Australia's TAFE network on curriculum and standards.

The meeting ended with a shared commitment to build future-ready skill pathways and improve the quality of workforce mobility between the two countries.

## Axis Max Life strengthens online insurance presence with faster digital journeys



**Guwahati:** Axis Max Life Insurance has said that its e-commerce channel has become a core pillar of policy sourcing over the last three years, helping the company build a strong share in the online protection and savings segment. H1 FY26 numbers show sustained momentum in digital sales as the company continues to push direct-to-consumer channels.

At present, more than one-third of the company's new policies are sourced online. The company has used analytics, performance marketing, AI-powered communication, regulated onboarding systems and account aggregation tools to support cus-

tomers through a seamless buying experience.

In Guwahati, digital adoption is accelerating in Assam, particularly after mobile banking and UPI payments became more common. As a result, online insurance buying is gaining acceptance among young earners and middle-class families.

Axis Max Life said it will continue investing in mobile-first journeys, digital distribution partnerships and structured buying flows that guide customers from discovery to purchase. The company also noted that trustworthy processes and customer-centric product design remain key to online growth.

## Bank of Baroda partners with Hornbill Festival, strengthens focus on North East

**Guwahati:** Bank of Baroda has partnered with the Government of Nagaland for the Hornbill Festival 2025, reinforcing its commitment to expanding financial inclusion and supporting regional development in the Northeast. The festival, held from December 1 to 10 at Kisama Heritage Village, saw the participation of the Bank's MD & CEO Dr. Debadatta Chand and Executive Director Ms. BeenaVaheed, who were felicitated as special guests.

A dedicated engagement stall was inaugurated by Tourism Minister TemjenImna Along in the presence of senior government and Bank officials. The stall showcased digital banking services, product information and interactive sessions with artisans, entrepreneurs, tourists and com-

munity groups. The initiative aligns with Nagaland's efforts to promote financial literacy, digital payments and grassroots entrepreneurship.

Dr. Chand and Ms. Vaheed also met Union Minister Jyotiraditya M. Scindia to explore expanded collaboration in the region. Discussions with Chief Secretary SentiyangerImchen focused on accelerating credit flow into priority sectors and supporting youth-led ventures.

Bank of Baroda currently operates 197 branches in the Northeast, with a significant rural presence. The Bank recently opened a new Zonal Office in Guwahati to strengthen administrative efficiency and drive branch expansion across the region.



## 78-year-old Mizoram patient undergoes rare minimally invasive aortic repair at Manipal Hospital EM Bypass

**Aizawl:** A 78-year-old man from Mizoram, who had been suffering from persistent abdominal and back pain for months, successfully underwent a highly complex endovascular aortic repair at Manipal Hospital, EM Bypass, Kolkata. The rare, minimally invasive procedure was performed by Dr. Dilip Kumar, Director Cath Lab and Senior Interventional Cardiologist, along with his medical team. The patient was initially evaluated at a local hospital in Mizoram, where doctors detected a dangerous



aortic aneurysm an abnormal balloon-like swelling in the body's main artery that can cause fatal internal bleeding if ruptured. Considering the high risk, he was referred

to Manipal Hospital EM Bypass for advanced care. Traditionally treated through open surgery, the condition was managed using a safer endovascular repair. Dr. Kumar's team inserted a bifurcated aortic graft using two femoral access points and closed the procedure with five closure devices—four ProGlides and one Angio-Seal—enabling minimal bleeding and rapid healing. The patient walked the next day and was discharged, marking one of India's rarest same-day mobility cases involving such large-bore access. In Aizawl's healthcare and diagnostics sector, the case has sparked discussions about the growing need for specialized cardiac interventions outside the state. With many patients traveling to metro hospitals, the demand for advanced cardiovascular care continues to rise. The patient has now recovered well and will attend regular follow-ups. Dr. Kumar termed the success "a gratifying moment" for the team and the family.

## It's time for small enterprises in Guwahati to re-evaluate their insurance protection

**Guwahati:** Fire incidents reported across the country, including in Goa, have highlighted the rapid escalation of such emergencies and the lack of preparedness among many enterprises. Beyond the immediate human toll, such events expose a deeper vulnerability: the ability of small enterprises to survive a severe disruption without adequate insurance protection. Guwahati and the larger Assam ecosystem host diverse industries including tea warehousing and logistics, food processing, retail trade, hospitality, printing units, small-scale manufacturing, and regional distribution businesses. Despite this economic vibrancy, a significant proportion of units continue to remain underinsured or inadequately insured, leaving them exposed to major risks such as fire, natural calamities, and business interruption. TATA AIG's SME Business Insurance Solutions aim to address this protection gap. The offering includes cover for fire and allied perils, machinery breakdown, and loss of income due to insured interruptions. Coverage can also be sought for employees' hospitalization expenses due to such accidents at very reasonable price. Whether it's a blaze triggered by an electrical short circuit in a manufacturing unit or water damage caused during fire-fighting operations, such policies ensure both protection of assets and indemnity of expenses incurred for employee care. As importantly, small enterprises must regularly reassess



whether their sum insured is sufficient so that claim payouts adequately match the scale of potential losses. Pranay Shah, Head – SME Products at TATA AIG General Insurance, said, "At TATA AIG, we are committed to delivering straightforward, reliable insurance solutions that not only protect their assets but also ensure continuity of operations and safeguard the livelihoods of countless families." For Assam's business community, the recent events serve as a timely reminder: in a region where businesses operate in tightly packed markets and play a crucial role in the Northeast's logistics and travel ecosystem, comprehensive insurance is a critical pillar of risk preparedness and long-term continuity.

## JBL Tour One M3 review: Big ambition, smart extras and a few quirks

**New Delhi:** JBL's Tour One M3 lands in India as a serious challenger to Sony and Sennheiser, priced at ₹26,999, with the optional Smart Tx transmitter adding another ₹6,000 on top. On paper, it is an impressive formula. You get 40 mm drivers, adaptive ANC, LDAC, spatial audio with head tracking, Hi-Res support, and a claimed forty hours of battery life with ANC enabled. The Smart Tx also promises freedom from the phone by giving you app-level controls on a pocket-sized dongle. After two months of living with the Tour One M3, along with the Smart Tx transmitter, I came away with the sense that JBL has built one of its most feature-heavy headphones yet, but not without a few surprising contradictions. Comfort and Design: Firm, Plush, and Easy to Wear All Day

The Tour One M3 strikes a nice balance between firmness and comfort. The clamping force is strong enough to hold steady during brisk walks and light jogging, but never crosses into painful territory. A lot of this comfort comes from the generous synthetic leather padding that lines the cups and the headband. It feels soft, distributes pressure evenly, and never made me adjust the headphones in irritation during long sessions. At 278 grams, the weight is noticeable in the hand but rarely on the head. JBL's padding and well-balanced frame make them feel lighter in actual use than they look. The large earcups accommodate most ear shapes easily. A few colleagues with different ear sizes tried the headphones and all of them found the fit natural and the enclosure secure. The blue variant I tested

looks stylish with a matte finish that gives the headphones a premium look. My only gripe is the construction of the earcups. For the price, the plastic feels a bit underwhelming. Sony's XM series and Sennheiser's Momentum line feel sturdier at similar prices.

The Tour One M3 also folds flat and inward, and the included hard case feels practical rather than bulky. It has a clip-on loop that can hang off a backpack or belt, useful when you are travelling or commuting with limited bag space. The biggest flaw in the design is the touch panel. It is too sensitive. A slight brush against the right earcup often triggered a pause or track skip when I did not intend it. Sensitivity adjustment inside the app would help, but at the moment this remains an annoyance.

## Biscuit snacking gets a playful twist in Shillong

**Shillong:** Biscuit snacking gets a playful twist as Britannia 50-50 Golmaal introduces new ideas for quick, fun and fuss-free evening bites that have become popular among young snack lovers in the city. The product combines savoury and nostalgic flavours such as Buttery Bites and Kala Jeera, making it suitable not only for tea-time but also for at-home gatherings. According to the brand, Golmaal can be used beyond regular biscuits, from replacing canapés at house parties to turning into a base for small chaat servings. The idea fits well with Shillong's growing trend of informal home snacking, where friends often gather for adda sessions around hot tea and local favourites. The suggested "Golmaal Biscuit Chaat" uses boiled potato, onion, tomatoes, chutneys and sev placed on the biscuit, giving a street-food style taste with-



out complicated ingredients. The recipe highlights quick preparation something many Shillong households prefer during weekends.

With winter gatherings becoming more frequent in Shillong, brands introducing quick snack hacks are likely to get attention among young families and home hosts. For many, the appeal lies in enjoying something warm and flavourful without long cooking time, especially during chilly evenings across the hills.

## IT stock remains volatile as board approves proposal

**New Delhi:** Shares of IT services and business solutions provider Bartronics remained volatile on Friday's trade, even as stock markets rallied in early trade. Benchmark indices Sensex and Nifty extended their previous session's rally, in tandem with a positive global trend amid a rate cut by the US Federal Reserve. The 30-share BSE Sensex climbed 402.99 points to 85,221.12 during early trade. The 50-share NSE Nifty jumped 115.3 points to 26,013.85. The stock opened in green at 13.60 against the previous close of Rs 13.21 on the BSE. The stock opened with a gain of 2.95 per cent, and it jumped to hit a high of Rs 13.61 but later dipped to touch an intraday low of Rs 12.06, a dip of 8.71 per cent. Last seen, the counter was trading at Rs 12.35 with a dip of 6.51 per cent. The market cap of the company stood at Rs 376.15 crore. The stock has fallen after four days of consecutive gains and technically, the counter trades higher than the 5-day and 20-day moving averages but lower than the 50-day, 100-day and 200-day moving averages.

The stock's 14-day relative strength index (RSI) is 62.13. For the uninitiated, a level above 70 is considered overbought or overvalued, and below 30 is defined as oversold or undervalued. In its latest exchange filing, the company stated that its board of directors has approved several decisions, including the proposal to change its name to 'Avio Smart Market Stack Limited,' which will be effective after the ministry's approval. Additionally, the company plans to rename its wholly-owned subsidiary, BIL Healthtech Private Limited, in line with the new brand identity. The meeting also decided that the company will be able to borrow up to Rs 250 crore, subject to shareholder approval.

The board has also approved the proposal of the company to borrow Rs 100 crore from Kinex India Private Limited under a related-party transaction.



## Nancy Tyagi's Saree-Inspired Sequinned Ensemble Dazzles on Tyla



When a Grammy-winning global pop star touches down in Mumbai and ends up in a custom saree-inspired couture look stitched overnight by one of India's most influential young designers, you know fashion history is being made. Tyla's first trip to India sparked an unexpected yet electric collaboration with 23-year-old creator Nancy Tyagi – resulting in a dazzling ensemble that marries cultural homage with

world-tour glamour. Rather than reinterpreting the saree in predictable tropes, Nancy Tyagi crafted a piece that feels almost cinematic – ethereal, sculptural, and unmistakably contemporary. Using a sheer pale-mint fabric drenched in fine sequins, she constructed a silhouette that floats between a red-carpet gown and a pre-draped saree. The pallu, reimagined as a sweeping cross-body drape, framed Tyla's torso while giv-

ing the look a fluid sense of motion. A low-rise, figure-hugging skirt with front pleats and a dramatic train added couture sharpness, while the thigh-high slit injected red-carpet audacity. The see-through effect, tastefully executed with intricate embroidery, offered a whisper of sensuality without compromising elegance. What elevates this collaboration is its spontaneity. Tyla revealed that Nancy quite literally “stayed up all night” designing and hand-making the ensemble – transforming an idea into a statement within hours. Speaking about the experience, Nancy said, “I designed this saree for Tyla as a way of bringing two distinct visual languages into a single expression. Indian technique carries a deep emotional history, a sense of artistry and I wanted that lineage to sit naturally beside Tyla's bold, modern, self-assured style.

## Breathing Exercises Improve Mood Despite City Pollution

Visualise yourself walking through the bitter, noxious vapours of a Delhi winter morning, where the air quality index sits firmly in the “severe” range and every breath feels like a struggle. It is a familiar sight across many Indian cities, where fine particulate pollutants are pulled deep into the lungs and quietly stir up distress. Yet, within this bleak landscape, a quiet resistance is growing, a movement powered by something as simple as the act of breathing.



Regular breathing exercises are not just a yogic relic; they are a practical bridge from this smog-choked reality to a deeper, more resilient sense of happiness. In a country where family feasts and festival lights help 88% of us describe ourselves as content, the highest

rate in a 30-country Ipsos survey, why does that joy so often feel surface-level? According to the 2025 Ipsos World Happiness Survey, India has improved its overall happiness score from 78% in 2017 to 90% after recovering from a low of 66%, largely due to strong family ties (from large Sunday meals in Mumbai to late-night celebrations at rural weddings in Rajasthan). These are our emotional anchors. Yet they can also mask deep-rooted challenges: unspoken difficulties within relationships, lower levels of genuine intimacy, and spiritual practices that do not always translate into daily contentment. Adding to this is the chaos of social media and the uncertainty of the political climate, creating a steady background hum of stress.

## Gen Z Changes Honeymoon Plans



The traditional idea of a long, leisurely honeymoon is rapidly evolving. Today's Gen Z newlyweds are rewriting the rules, favouring shorter, high-impact getaways over extended trips. Their fast-paced lifestyles, work commitments, and desire for personalised experiences are shaping a new honeymoon culture built on flexibility, variety and value.

This shift is powered by two major forces: the need for personalisation and financial practicality. “Gen Z newlyweds are transforming honeymoon culture, replacing the long, elaborate vacations of previous generations with a craving for flexibility, personalization, and experiences created real-time. 70% of Gen Z travellers in India believe that multiple short trips offer better value than one long holiday,” says Dr Vikas Katoch, Founder and CEO, Adotrip. Their preferences are clear. Whether it's a three-day beach escape, a cosy mountain retreat or a quick cultural experience, couples want trips that reflect their identities and shared interests as partners. Dr Katoch adds that value-consciousness also guides their choices. “Average honeymoon budgets now range from INR 1-2 lakh, with a lot of couples seeking premium, personalised, or luxury experiences over shorter trips.” He notes a surge in demand at Adotrip for weekend honeymoon getaways, with nearly 35% of honeymoon bookings now consisting of compact, experiential trips. This nationwide shift is echoed across the travel industry. Govind Gaur, CEO, WanderOn, observes that young couples especially Gen Z are prioritising agility and experience-rich itineraries. “About 71% of all road-travel trips made in 2025 were less than two days, up from 66% in 2023, underlining a clear tilt toward quick weekend getaways.”

## How To Prevent a Heart Attack

A heart attack—medically known as a myocardial infarction—occurs when a blockage in your bloodstream interrupts blood flow and oxygen to the heart. Without a quick restoration of this blood flow, the affected part of the heart begins to die because of a lack of oxygen. Unfortunately, without proper intervention, heart attacks can be fatal.

Recognizing the symptoms of a heart attack is essential for quick intervention and treatment. Symptoms may include chest discomfort, a sudden feeling of weakness, dizziness, and shortness of breath. If you or someone around you shows signs of having a heart attack, it's critical to call emergency services immediately. The quicker the response, the better the chances of recovery. The aftermath of a heart attack doesn't mean an end to an active life. With swift treatment and appropriate care, many people continue to lead lives. While heart attacks are common, there are several prevention strategies you can implement in your life to reduce your risk one.



Heart attacks often occur when the heart doesn't receive enough oxygen-rich blood. A common cause of a heart attack is coronary artery disease—a heart condition that develops when coronary arteries (the vessels that supply your heart with blood) become narrowed due to the accumulation of a waxy substance called plaque. Over time, the narrow blood vessels can cause chest pain, difficulty breathing, or a blockage that may cause a heart attack. There is also a type of heart attack called MINOCA, which stands for myocardial infarction in the absence of obstructive coronary artery disease. This occurs more frequently in people assigned female at birth, younger individuals, and certain racial and ethnic groups, including African Americans, Asian Americans, and Latin Americans.

## Adopt These 12 Japanese Habits for a More Disciplined, Joyful, and Calm Life

It is often said that if you wish to improve your life, begin by changing your habits. In the fast-paced world, we become so absorbed in the chase for success that we overlook the quiet power of small, consistent habits. The Japanese way of living teaches us that major changes do not always require massive efforts; rather, they come from simple rules followed every day. Many of these gentle yet powerful practices bring discipline, peace of mind, and positivity. Here are twelve such habits that can elevate your daily routine.

**Clean Your Toilet Every Morning:** In Japan, cleaning the toilet is believed to attract luck and prosperity. Even the wealthiest individuals clean their own bathrooms. The act keeps one grounded and reinforces the idea that no work is beneath anyone.

**Say 'Arigato':** Gratitude is more than a polite gesture; it is an acknowledgement of the value someone or something brings into your life. The Japanese express thanks not only to people but also to food and its ingredients.

**A Unique Bathing Ritual:** After a warm bath, pouring cold water for around 30 seconds before rinsing again with lukewarm water helps refresh



the body, improve blood circulation, and soothe the mind. It creates a sense of balance and calm.

**Eat Fermented Foods:** Incorporate fermented foods into your diet. Japanese staples such as miso, natto, and koji are flavourful, strengthen immunity, and aid digestion.

**Have a Balanced Breakfast:** A traditional Japanese breakfast including, rice, miso soup, eggs, and fish, offers energy, nourishment, and a wholesome start to the day.

**Eat Until You Are 80% Full:** The practice known as Hara Hachi Bu encourages stopping at 80% fullness. It supports digestion, prevents overeating, and keeps the body light.

**Go Trekking in the Mountains:** When life feels overwhelming, time in the mountains can be profoundly healing. Fresh air, greenery, and a break from screens help restore both body and mind.

**Use Vinegar in Your Diet:** Vinegar is valued in Japanese cuisine not only for flavour but for health. It supports digestion and boosts metabolism.

**Go Trekking in the Mountains:** When life feels overwhelming, time in the mountains can be profoundly healing. Fresh air, greenery, and a break from screens help restore both body and mind.

These habits are more than cultural practices; they are philosophies for living. Adopt them gently, one step at a time, and notice how even small changes can transform your daily life.

## PMAY-G Sanction Letters are distributed to 3.25 lakh families by the Assam Chief Minister

*A landmark achievement in rural housing is highlighted by Assam's approval of over 325,000 homes under PMAY-G, reinforcing the state's dedication to providing safe and dignified housing for everyone.*

**Guwahati, Dec 09:** In a significant development, Assam Chief Minister Himanta Biswa Sarma facilitated the distribution of Pradhan Mantri Awaas Yojana Gramin (PMAY-G) home ownership sanction letters to beneficiaries during a ceremony in Boko. This event represents a major advancement in the state's rural housing initiative, with notable presence from Assam Panchayat and Rural Development Minister Ranjeet Kumar Dass, along with local MLAs and other dignitaries. With backing from Prime Minister Narendra Modi, the program has



sanctioned housing for over 3.25 lakh families, each receiving financial assistance of approximately ₹1.3 lakh. This initiative amounts to an extensive investment of ₹4,228 crore, aiming to empower rural households by providing them with safe and dignified housing solutions. Moreover, each sanctioned house will include support for toilet construction, ensuring comprehensive development in rural areas. The Chief Minister highlighted that the distribution covers

all original applicants under the PMAY-G program. He announced a forthcoming geo-tagging exercise that aims to identify an additional 30 lakh families eligible for assistance, emphasizing the government's dedication to inclusive housing solutions. With 3,25,234 families now on the path to owning secure homes, the PMAY-G sanction distribution at Boko exemplifies Assam's commitment to promoting equity, dignity, and sustainable progress in rural housing.

## Under Modi's vision, border villages are now considered India's '1st villages': Pema Khandu, CM

### Chief Minister Pema Khandu

**Itanagar, Dec 09:** Chief Minister Pema Khandu announced a significant change in the perspective towards border villages in Arunachal Pradesh, as well as in other parts of India, aligning with Prime Minister Narendra Modi's vision of frontier development. In a social media update, Khandu stated that these territories, previously regarded as remote and neglected, are now being celebrated as India's 'first villages,' marking a transformative shift in societal outlook. He emphasized that these village communities, while located at the country's borders, serve as essential gateways and are considered the guardians and pride of Bharat. Khandu cited Mago village in the Tawang district as a prime example of this paradigm shift, noting that it now embodies the principles of development, dignity, and national priority. This transformation reflects the government's commitment to enhancing connectivity, services, and administrative reach in challenging high-altitude regions, ensuring that residents of these villages feel a sense of inclusion and recognition.

By elevating the status of border settlements, Khandu underscored the renewed national priority surrounding the welfare of



border villagers, claiming that they are no longer marginalized but rather active participants in nation-building.

The improvements in infrastructure and essential services have significantly boosted the confidence of residents living in these difficult terrains, signaling that their challenges are being addressed by the government. Mago, characterized by its rugged landscape and historical isolation, is now receiving the attention it deserves through recent development efforts, underscoring a broader commitment to transforming the living conditions in India's frontier areas.

## Meitei MLA visits tribal areas in Manipur



**Imphal, Dec 09:** In a notable step towards ethnic reconciliation in Manipur since the violence began in May 2023, former Minister and BJP MLA Yumnam Khemchand Singh visited the tribal-majority districts of Ukhrul and Kamjong. This marked the first outreach by a Meitei leader to these hill areas. Singh's initiative was viewed as a significant move to foster harmony between the Meitei community and Kuki-Zo tribals. During his visit, he interacted with villagers in Litan and Chassad, both Kuki-inhabited areas, and visited a relief camp in Litan to meet those displaced by the conflict. Singh emphasized the need for peace and harmony, stating that despite conflicts, communities should work together for the future of their children. As a rural development minister, he had previously facilitated construction funding for houses for displaced persons and organized a relief camp for the Meitei community.

## Mizoram is currently registering refugees from Bangladesh and Myanmar using biometrics

**Aizawl, Dec 09:** Various district authorities in Mizoram have recorded biometric details for approximately 66% of the nearly 31,000 Myanmar refugees who have sought refuge in the state since the military coup in February 2021. As of Monday, officials from the Mizoram Home Department reported that biometric data for about 20,335 of these refugees has been collected across 11 districts. Additionally, around 14% of the 2,375 Bangladeshi refugees residing in different districts have also had their biometric details recorded. The biometric enrollment process, guided by the Ministry of Home Affairs (MHA), utilizes the Foreigners Identification Portal and Biometric Enrollment system. The initiative began in Serchhip



district on July 30, followed by enrollment activities in 10 other districts. Despite facing numerous challenges such as technical difficulties and limited internet connectivity in remote areas, the district authorities continue to advance the enrollment process, although at a slower pace than desired. The demographic of refugees includes not only those from Myanmar but also about 2,375 migrants from the Chittagong Hill Tracts (CHT) of Bangladesh, with the majority—approximately 2,000—living in Lawngtlai district,

which is located near both Myanmar and Bangladesh. Other Bangladeshi refugees have been placed in Lunglei and Serchhip districts. Both Myanmar and Bangladeshi refugees are housed in designated camps as well as with relatives or in rented accommodations throughout Mizoram's mountainous regions. Collecting biometric information is more straightforward for those in camps, but poses significant challenges for those residing with family or in rented homes across remote villages. To address these issues, local authorities have enlisted the assistance of village councils and non-governmental organizations, particularly the Young Mizo Association, to facilitate the biometric data collection process among scattered populations.

## Review of Meghalaya legislative assembly building construction



**Shillong, Dec 09:** Amid ongoing construction of the New Meghalaya Legislative Assembly Building in Mawdlangdiang, a review meeting was held on Monday at the Assembly Secretariat to assess progress and tackle challenges. Chaired by Speaker Thomas A. Sangma, the meeting included Deputy Chief Minister Prestone Tynsong and emphasized the importance of regular monthly reviews for monitoring advancements in construction, set to complete the main Assembly

Hall by June 2026. Sangma expressed satisfaction with the meeting's productivity, highlighting that it allows for close monitoring and timely identification of necessary actions as construction proceeds. He confirmed that the timeline remains unaffected, indicating that Assembly sessions can commence in the new complex right after the hall's completion. An on-site inspection is scheduled by Sangma on December 11 to evaluate construction quality and pace.

## In Nagaland, mission watershed punarutthan was introduced

**Kohima, Dec 09:** The government has initiated the State Level Watershed Mahotsav 2025 along with Mission Watershed PUNARUTTHAN at Naga Solidarity Park in Kohima. This initiative aims to revive traditional water bodies, restore degraded lands, and enhance water harvesting systems, as stated in an official announcement made on Monday. The mission seeks

to attain its objectives by promoting sustainable livelihoods, emphasizing the importance of community involvement and the integration of various government schemes, particularly the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), as stated by the Ministry of Rural Development. Dr. Pemmasani Chandra Sekhar, while launching the mission



MoS for Rural Development and Communications, emphasized the critical relationship between water se-

curity and national security. He stated that the future will favor those who take measures to preserve and protect their natural resources, highlighting the importance of sustainable management of water resources for the country's long-term development.

Nagaland, known for its abundant ecological and cultural heritage, is a leader in community-led watershed

management. The state's initiatives include restoring springs, renovating water harvesting structures, and rejuvenating land resources. These efforts are framed not merely as environmental actions but as crucial lifelines for future generations, highlighting the importance of sustainability and resource management in the region, as emphasized by the minister.

## Assam wins the Syed Mushtaq Ali Trophy campaign



**Guwahati, Dec 09:** Assam finished their Syed Mushtaq Ali Trophy campaign on a high note, claiming a five-wicket victory against Kerala in Lucknow on Monday.

In the absence of their regular captain Riyan Parag, wicketkeeper-batter Sumit Ghadigaonkar took charge for the final group-stage match. Kerala, batting first, faced difficulties, losing wickets consistently and ultimately being dismissed for a mere 101 runs in 19.4 overs. The standout bowler for Assam was Sadak Hussain, who delivered an exceptional perfor-

mance, taking 4 wickets for 19 runs in 3.4 overs. Rohan Kunnummal was the highest scorer for Kerala, managing to score 23 runs. In pursuit of the target, Assam successfully chased down the runs within 18.5 overs, powered by an unbeaten 41 runs from Pradyun Saikia, whose innings spanned 39 balls and featured four boundaries and a six. Rohit Sen supported the effort with 19 runs, making him the second-highest scorer in the match. With this victory, Assam concluded their Elite Group A league journey with a total of 12 points accumulated from seven matches.

### Team India in the FEI Children's Classic Silver

**New Delhi, Dec 9:** Team India achieved a significant victory at the International Federation for Equestrian Sports (FEI) Children's Classic – Silver Tour, winning the gold medal in the Team category against competitors from Zone 9 countries.

The team, consisting of Stasya Pandya, Sresht Mantena, Harshvardhan Singh Gulia, and Prithiv Krishna, showcased steady, well-executed performances that led them to the top of the leaderboard. Stasya Pandya, representing the Amateur Riders' Club (ARC) and riding her horse Cougar, was instrumental in the team's success, demonstrating a consistent and technically proficient performance. She has now ascended to 12th place in the Overall Individual Classification (Silver Tour) at the FEI Jumping Children's Classics 2025 Final. The FEI Children's Classic serves as a crucial developmental platform for young riders, providing them with exposure to international standards of show jumping.

## At the Bodybuilding Championship, Prakash Pradhan and Saya Baruah win titles

### Bodybuilding Championship

**Guwahati, Dec 09:** Prakash Pradhan and Saya Baruah were crowned Mr Assam and Ms Assam at the 53rd Mr Assam Inter-District Bodybuilding Championship, which honors Sidharth Borgohain.

This championship, organized by the Kamrup Physique Association, took place on Sunday at the District Library in the city. Kamrup district has been recognized as the Best Team



of the championship, highlighting its superior performance and achievements throughout the event. This distinction emphasizes the district's competitive spirit and successful strategies that led to its victory.

## South Africa hopes to turn things around in the T20 format, while India looks to improve

**New Delhi, Dec 09:** The third and final segment of South Africa's tour of India begins with the first T20I match at the Barabati Stadium on Tuesday. India, having displayed exceptional dominance in T20 format with a record of 26 wins out of 30 matches since winning the T20 World Cup in 2024, aims to further refine their already strong team ahead of the upcoming title defense at home next year. Key players returning to the squad include Shubman Gill, who has recovered from a neck spasm, and Hardik Pandya, back from a quadriceps injury. The success of India's innings hinges significantly on the opening duo of Gill and Abhishek Sharma, with Sharma leading the T20I charts this year with an impressive total of 27 sixes. In contrast, South Africa's T20I performance has struggled, with only five wins



from 14 matches this year and just one series victory out of eight since the last World Cup. Nonetheless, their hopes rely on opener Quinton de Kock, who boasts an average of 50.88 in T20Is, and Dewald Brevis, who has achieved the highest strike rate in the middle overs this year at 223. Historical encounters at this venue favor the Proteas, as they have emerged victorious in both previous T20I matches against India here, which took place in 2015 and 2022.

# "He thought he was right" is how Shahid Afridi doubles down on Gautam Gambhir

## Shahid Afridi intensifies his criticism of Gautam Gambhir

**New Delhi, Dec 09:** Shahid Afridi publicly endorsed renowned Indian cricketers Virat Kohli and Rohit Sharma, strongly rejecting any initiatives aimed at excluding these two cricketing icons from the Indian One Day International (ODI) team. Afridi's comments emphasize the importance of retaining experienced players in the squad, underscoring their value and contribution to the game. Former Pakistan captain Shahid Afridi has publicly endorsed Indian cricket stars Virat Kohli and Rohit Sharma, countering efforts to exclude them from the national ODI team. Afridi emphasized their importance, stating that both players are integral to the Indian batting lineup. He referenced their recent performances in ODI matches, asserting that they possess the capability

to continue playing until at least the 2027 World Cup. His comments were reported by Telecom Asia Sport, highlighting the lasting impact these two athletes have on the team's success. Afridi emphasized the importance of featuring both Virat Kohli and Rohit Sharma in major cricket series. He suggested that the Indian team should consider resting these two star players during matches against weaker opponents, allowing the team to experiment with new players while preserving the talents of their leading stars. This advice was shared in an interview with telecomasia.net on Monday, where the former cricketer provided his insights on team management strategies. Afridi criticized Indian head coach Gautam Gambhir, recalling their on-field clashes and



stating that Gambhir initially seemed to believe his views were infallible, only to later show that he could be wrong. Afridi expressed happiness over Rohit Sharma breaking his record for the most sixes in ODI cricket, noting that "records are meant to be broken." He reflected on his own record of fastest century, which stood for nearly 18 years before being surpassed, emphasizing the

transient nature of cricket records. Rohit surpassed Afridi's previous total of 351 sixes in 398 matches with 355 sixes in 279 matches during the second ODI against South Africa. Afridi also shared fond memories of playing alongside Rohit at the Deccan Chargers in the IPL, praising Rohit's batting class and predicting his eventual success with the Indian national team.

## India defeats Wales 3-1 in the Junior Women's Hockey World Cup

**New Delhi, Dec 09:** Indian Junior women's team achieved a convincing 3-1 victory against Wales in their 9/11 qualification match at the FIH Junior Women's World Cup, which took place at the Centro Deportivo de Hockey Césped in Santiago. The match featured early aggressiveness from India, who earned a Penalty Corner within the first 30 seconds to set a strong tone. Despite creating multiple scoring opportunities, the team faced initial challenges in finding the net.

A pivotal moment occurred when Wales was awarded a penalty stroke; however, Indian goalkeeper Nidhi executed a remarkable save, preventing Wales from taking an early lead. The deadlock was finally broken by Hina Bano in the 14th minute, who scored following a clever play orchestrated by Sakshi Rana.

Continuing their advancement, India increased their lead with a goal from Sunelita Toppo in the 24th minute, capitalizing on a deflected shot from Rana. By half-time, India had established a commanding 2-0 lead after executing 14 circle penetra-



tions. The second half witnessed India quicken their pace, resulting in a third goal from Ishika in the 31st minute after she capitalized on a rebound from the Welsh goalkeeper. Jyoti Singh's team dominated the match by maintaining high pressure and breaking through the Welsh defense with disciplined gameplay. As the game progressed, India maintained the majority of possession while searching for further scoring opportunities.

In the final quarter, Wales managed to score a consolation goal in the 52nd minute, courtesy of Eloise Moat, which only slightly diminished the Indian team's dominance in the match. Ultimately, India's consistent performance, characterized by strategic attacking and solid defense, secured them a deserved victory with a final score of 3-1 over Wales.