

Manipur Organisation Seeks Apology from NSCN-IM Chief Muivah for Past Errors

Imphal, Oct 21: In the days leading up to the eagerly awaited trip of NSCN-IM General Secretary Thuingaleng Muivah to Manipur, a Naga group called on him on Sunday to express regret for his previous errors regarding the Naga community during his homecoming on October 22.

Preparations were underway for the proposed visit of Isak-Muivah faction leader Muivah of the National Socialist Council of Nagalim (NSCN-IM) to his birthplace in Ukhrul district of Manipur, marking his first return in 50 years. On October 22, the NSCN-IM leader, who is in his nineties, is anticipated to visit Somdal, his home village, located in the Tangkhul Naga area of Ukhrul district. In a statement, the Zeliangrong United Front (ZUF) announced that Muivah will visit his native village of Somdal in the Ukhrul district “empty-handed” 55 years after embarking on a mission to seek freedom for the Nagas. Louis Gangmei, the ZUF’s Secretary for Information and Publicity, stated, “There was no reason to glorify

an individual who ‘failed’ the Nagas on all fronts.” The statement indicated: “Muivah has personally targeted many individuals. In the name of Naga nationalism and sovereignty, he commanded the ruthless murders of numerous prominent leaders. In the name of taxation or combating the Indian Army, he commanded arson in villages, and it was the ordinary Nagas who bore the brunt of these actions. The ZUF stated that while Muivah and his close associates were “hopping from one international destination to another,” the common people in the Naga-inhabited areas of Manipur were suffering. The group, which possesses an armed faction, stated that the NSCN (I-M) leader “should offer a straightforward apology to the Nagas for all the mistakes made over the years.”

It emphasized that other Naga leaders, including church members, had also sought an apology from Muivah in the past. Previously, the ZUF had alleged that the NSCN (I-M) was engaging in a “deliberate pattern of



targeted persecution” aimed at the Zeliangrong people, which includes the Zeme, Liangmai, and Rongmei Nagas. It cautioned that if these confrontations were not stopped, clashes could occur within Naga society. The Naga organization stated that reports suggest that

the NSCN-IM has set up camps in Zeliangrong regions to exert control over territory, carry out extortion, and levy illegal taxes on the National Highway and Trans-Asians railways.

According to a ZUF statement, Muivah’s proposed visit is a misleading

A Naga group has called on NSCN-IM General Secretary Thuingaleng Muivah to apologize for his past mistakes regarding the Naga community.

effort to revive the diminished spirit of Naga Nationalism; through deceitful propaganda aimed at confusing the populace, he is merely trying to advance his own self-serving political ambitions under the guise of promoting Naga sovereignty. It is merely a desperate attempt. It stated that the 2015 Framework Agreement had been intentionally misrepresented to the Naga people and had not provided a true solution. “Thus, there are appeals to the Naga people, especially the Zeliangrong community, to remain alert against such empty political propaganda,” the statement added. Out of the 16 districts in Manipur, the districts inhabited by Naga people are Tamenglong, Chandel, Ukhrul, Kamjong, Noney, and Senapati, situated along the borders with Nagaland and Myanmar.

In Brief

Silent Diwali

Pathsala: Bajali district residents celebrated Diwali without fireworks, focusing on earthen lamps and Zubeen Garg’s soulful songs. Local clubs and cultural organizations held gatherings, singing songs, lighting candles, and sharing emotional moments. The peaceful celebration reminded them that love and music last forever.

NCHISF protests admission irregularities at DIET

Haflong: The NC Hills Indigenous Students’ Forum (ISF) has criticized the admission process at the District Institute of Education and Training (DIET), Kalachand, for significant irregularities. The ISF claims that deserving and diligent students were denied seats, while candidates with scores as low as 39 were admitted due to recommendations from certain Autonomous Council Members and the Principal Secretary of the North Cachar Hills Autonomous Council. The ISF leaders argue that education must remain merit-based and free of political influence, as manipulating the admissions process undermines the aspirations of deserving students from rural and impoverished backgrounds. They urge authorities to take immediate action and review the entire selection list to restore public trust in the system.

NIT Silchar Lights 1.11 Lakh Diyas for Zubeen Garg

Silchar: On Deepotsav 2025, the National Institute of Technology (NIT) Silchar lit 1,11,111 earthen lamps in a tribute to late musical legend Zubeen Garg. The display featured diya arrangements representing Lord Ram, the symbol of Operation Sindoor, and a luminous image of Garg himself. The event symbolized unity, dedication, and commemoration, transforming the campus into a tableau of illumination and feeling. Participants described the moment as profoundly affecting, paying tribute to the artist whose ageless tunes still motivate and link hearts throughout Assam and beyond.

Fake doctor arrested

Silchar: In the bustling Ambicapatty area, which serves both domestic and commercial purposes, Silchar police apprehended another fraudulent doctor. Bipul Chandra Nath was recognized as the fraudulent doctor. SSP Cachar Numal Mahatta reported that they conducted a raid on a medical chamber called ‘Healthy Unique Life Clinic’ based on a complaint. During the operation, they apprehended Nath, who had been operating this medical unit while falsely claiming to be an MBBS and a specialist in medicine. It is interesting that Nath was merely a matriculate. Since August, a total of 13 individuals posing as doctors have been apprehended in Cachar district.

Shillong Cantonment launches CCTV Drive

Shillong, Oct 22: The Shillong Cantonment region has made a substantial advancement in the project at a time when the Meghalaya government has been placing a great deal of emphasis on installing CCTV cameras around different areas to improve public surveillance and law enforcement. The Shillong Cantonment Board has started the process of installing between 30 and 35 CCTV cameras in several strategic sites as a proactive measure to improve public safety and reduce illegal activity. Shillong Cantonment CEO Ayush Maurya plans to install CCTV cameras in Buchchar Road, Jhalupara, and Palton Bazar areas to combat drug-related issues.

Major fire hits Diphu Market, significant property loss

Diphu, Oct 22: Early on October 21, a huge fire at Diphu Market destroyed three stores and seriously damaged a lot of other property. A hardware store, a paan shop, and a biscuit bakery are among the businesses impacted.

Before firefighters arrived, local people and traders raced to the site and tried to contain the fire. They tried, but the fire spread quickly and destroyed all three stores. Later, firefighters were able to contain the fire and stop it from spreading to other homes and stalls.

The losses are valued at several lakh rupees, according to the authorities. Thankfully, there have been no reports of casualties or injuries.

According to preliminary indications, an electrical short circuit may have started the incident, however authorities have launched.

DC Anand Kumar Das inspects Rupajuli and Tarajuli Tea Estates in Sonitpur

Tezpur, Oct 21: District Commissioner Anand Kumar Das undertook a proactive outreach initiative by visiting the Rupajuli tea estate (Rubber Line) and the community auditorium of Tarajuli tea estate. His goal was to engage directly with local residents about two critical issues: the escalating human-elephant conflict in the area and the increasing worry of drug abuse among young people. While visiting the tea estate areas, the Deputy Commissioner engaged in a public dialogue with villagers, tea garden employees, and management personnel to gain insight into the difficulties posed by regular elephant movement nearby. He emphasized the need for collective vigilance, awareness, and coordination among local communities, the Forest Department, and the district administration to reduce such conflicts and safeguard both people and wildlife. “To achieve human-elephant coexistence, we need to be patient and prepared, and there



must be effective communication between village and forest communities. “Every life—human or animal—matters,” the DC stated while addressing

the crowd.

During the visit, the district administration arranged an awareness programme as part of the ‘Cultural

Programme for Sensitization on Drug Abuse,’ which is a component of the Nasha Mukta Bharat Abhiyan — an initiative by the Ministry of Social Justice and Empowerment, Government of India. The event included street plays, songs, and interactive sessions, aiming to raise awareness among the youth about the dangers of substance abuse and motivate them to become agents of change in their communities. In his speech on the occasion, the DC underscored that drug prevention must start with awareness and empowerment, calling on youth to ‘lead by example and create a society free from addiction.’

Later that day, the DC and his team visited Sonajuli ME School, which had recently experienced an unfortunate human-elephant conflict incident. The visit aimed to evaluate the actual situation and deliberate on preventative measures to avert similar incidents in the future.

NCHISF protests admission irregularities at DIET

Haflong, Oct 21: On Monday, the NC Hills Indigenous Students’ Forum (ISF) conducted a press conference in Haflong to denounce significant irregularities in the admission process at the District Institute of Education and Training (DIET), Kalachand.



ISF representatives, in their address to the media, claimed that several deserving and diligent students were refused seats in the current academic session, while candidates with scores as low as 39 were allegedly admitted due to the recommendations of certain Members of the Autonomous Council (MAC) and the Principal Secretary of the North Cachar Hills Autonomous Council. The forum characterized the situation as a serious injustice toward

true aspirants who had labored diligently to achieve their rightful position. The leaders of the ISF stressed that education must stay merit-based and free of political influence, asserting that manipulating the admissions process undermined the aspirations of

deserving students from rural and impoverished backgrounds. They urged the authorities to take immediate action to correct the situation and review the entire selection list in order to restore public trust in the system.

The forum announced that it would ‘take every necessary step to ensure justice for the meritorious students,’ warning that stronger measures would follow if its demands were overlooked.

Assam Government Prepares to Submit ST Status Report for Six Groups Next Month

Guwahati, Oct 21: Ranoj Pegu, the Minister of Education in Assam, declared that a report by the state government regarding the granting of Scheduled Tribe (ST) status to six communities will be presented in the forthcoming Assembly session in November.

Pegu acknowledged to the press that the process of tribalisation is complex, but stressed that the government is taking a neutral position. He assured that all aspects would be thoroughly examined prior to the final decision being made. This relocation pertains to six communities — Koch Rajbongshi, Tai Ahom, Chutia, Matak, Moran, and Tea Tribes (Adivasis) — whose demand for ST recognition has been a longstanding socio-political issue



in Assam.

Pegu reiterated the government’s commitment to addressing the issue judiciously, balancing administrative feasibility with the aspirations

of the affected communities. The upcoming Assembly session is anticipated to illuminate a discussion that has influenced Assam’s political landscape for decades.

Baksa Clash victims receive compensation from CM

Baksa, Oct 22: Himanta Biswa Sarma, the chief minister of Assam, traveled to Baksa district on Monday to visit with those hurt in the violent incident outside Baksa Jail. Two people who suffered severe injuries in the event, Dipak Medhi and Bidyut Kalita, received compensation checks totaling ₹2 lakh each from the Chief Minister during his visit. He gave the impacted families his word that the state government would pay for all medical costs and continue to support them.

Unrest started when the five main suspects in the strange death of Zubeen Garg, a famous Assamese

star, were taken to the Baksa District Jail under intense security. When the convoy pulled up, a gathering of demonstrators gathered outside the building, fighting with security guards and throwing stones at cars. Nearly twenty-one persons were hurt in the October 15 event. Mild force had to be used to restore order after ten police officers and twelve journalists—including a number of civilians—were killed in the outburst. Security personnel moved quickly to defuse the situation and stop it from getting worse. After using light force to disperse the throng, police arrested a number of demonstrators on the



spot.

In a statement to the media, CM Sarma voiced his alarm at the occurrence and restated the government’s resolve to uphold justice and peace. He emphasized that the administra-

tion’s first priority is still the welfare of the injured and that any future occurrence of this kind of violence will be met with tough action. According to sources, the accused were moved to a newly created high-security area within the facility after the altercations. Since then, in an effort to stop more disruptions, authorities have revised security plans and increased surveillance. In addition to reaffirming the state’s message of accountability, compassion, and zero tolerance for lawlessness, the Chief Minister’s visit and compensation push are intended to bring peace back to the area.

NATIONAL

Cardiologist's 5 Gut Health Secrets: Why You Should Never Skip Breakfast

Cardiologist Dr Alok Chopra highlights 5 simple tips to ensure your gut health remains optimal, recommending hydration, avoiding high glycemic foods, and more. Cardiologist Dr Alok Chopra often shares health tips on Instagram, educating his followers on how to take care of their heart, gut health and overall wellbeing. In a post shared last year in October, Dr Chopra, also a functional medicine expert, talked about 5 simple tips that can ensure your gut doesn't suffer because of day-to-day lifestyle choices. Let's find out what the cardiologist suggested

Sharing the five tips, the cardiologist wrote, "Enjoy every moment without feeling weighed down—follow these 5 simple tips to keep your gut happy and healthy." He stressed that the tips will keep your glow up, from the inside out.

Hydration: According to the cardiologist, the key to good gut health is hydration.



He suggested drinking 3-4 litres of water every day. He also advised starting your day with overnight-soaked methi or coriander water, and drinking buttermilk or coconut water. Additionally, if you are out with friends, he suggests skipping cocktails and mocktails when enjoying hard liquor. "Use water as a mixer," he added.

Sleep: Per the cardiologist, sleep is more crucial than we realise. He advised at least 8

hours of sleep. Additionally, if you are unable to get adequate sleep at night, the expert suggested the option of sneaking in a 45-minute afternoon nap for rejuvenation.

Movement: No pain, no gain: Make time for 45 minutes of daily movement, Dr Chopra advised. According to him, "Fit in a workout daily. If time is tight, even a short meditation, stretch session or yoga can make a difference. Consider joining a group

class; it can keep you motivated."

Do not head out on an empty stomach: Dr Chopra warned against heading out of home on an empty stomach and advised being smart about your body clock. He said, "Eat at the same time every day, try to take your biggest meal as your first meal. Avoid high glycemic foods and choose grilled options." According to Harvard Health, "Glycemic index

rates the effect of a specific amount of a food on blood sugar compared with the same amount of pure glucose. A food with a glycemic index of 28 boosts blood sugar only 28% as much as pure glucose. One with a GI of 95 acts like pure glucose." Some examples of high GI foods are white bread, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, and most packaged breakfast cereals.

Dance the night away: Lastly, the cardiologist advised to enjoy and live it up for good gut health. How does it help? Per the expert, dancing releases endorphins, the "feel-good" hormones. "It's a fun way to express emotions and boost your mood. Also, it lets you get some cardio in," he added. Note to readers: This article is for informational purposes only and not a substitute for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

6 Causes of Post-Pregnancy Period Pain & Doctor-Approved Pain Relief

The postpartum period is a very challenging time, both mentally and physically. The stage after childbirth brings a whole new set of changes, from emotional turmoil like postpartum depression to physiological changes like a much more painful period. While your period may make a grand comeback after the nine-month hiatus but the pain feels much more jarring because of the sharp intensity.

In an interview with HT Lifestyle, Dr Ila Jalote, consultant, obstetrics and gynaecology at Manipal Hospital, Gurugram, shared how after childbirth, periods can be more painful. She explained, "After months without a period during pregnancy, many new moms are confused when menstruation returns, which may be more painful than ever. Cramping, heavy flow, and discomfort that interfere with daily life can be both surprising and worrying. While some change in menstrual patterns is normal postpartum, an increase in pain isn't something to ignore." Further describing



how whether it's heavier or more painful than usual actually depends on whether the mother is breastfeeding or not. This is an important indicator. Dr Ila added, "The return of menstruation is primarily dependent on whether you are breastfeeding or not, with some women having their period within weeks and others taking many months. The initial period may be heavier, more irregular, and accompanied by severe cramping. In many cases, painful periods are temporary and manageable, but sometimes they can signal an underlying issue, such as UTIs and endometriosis, that requires medical atten-

tion." Your doctor may also suggest that you try hormonal birth control. Hormonal birth control is available as a pill, patch, vaginal ring, injection, implant, or IUD. Hormones prevent ovulation, which can control your menstrual cramps. Surgery can treat endometriosis or uterine fibroids. This is an option if other treatments haven't been successful. The surgery removes any endometriosis implants, uterine fibroids, or cysts. In rare cases, a hysterectomy is an option if other treatments haven't worked and pain is severe. If you have a hysterectomy you will no longer be able to have children.

Women: Modest Weight Loss Cuts Osteoarthritis Risk, Says Surgeon



According to the World Health Organisation (WHO), more than 60 percent of the 528 million people with osteoarthritis (OA) globally are women, and 73 percent of those affected are over the age of 55. The WHO reports that the knee is the most commonly affected joint, followed by the hip and hand. In an interview with HT Lifestyle, Dr Sharmila Tulpule, orthopaedic surgeon, regenerative medicine specialist, and founder and director of Orthobiologix Biotech Pvt Ltd, said that osteoarthritis, long thought of as a 'wear-and-tear' disease, has become incredibly complex, especially for women.

The prevalence of osteoarthritis, a type of joint disorder that occurs due to cartilage breakdown in the joints, is expected to increase with ageing populations and rising rates of obesity and injuries. By understanding the causes, symptoms, and treatment options for OA, you can take steps to manage the condition and improve your quality of life. According to Dr Tulpule, below are the factors concerning osteoarthritis in women.

Hormonal changes and menopause: Estrogen decline during menopause accelerates cartilage degradation, increasing OA risk. Hormone replacement therapy (HRT) may offer some benefits but requires careful consideration due to potential risks.

Obesity and metabolic factors: Obesity is a significant risk factor for OA, particularly in weight-bearing joints like the knees. Excess weight increases joint stress and systemic inflammation, exacerbating OA symptoms. Even modest weight loss can reduce OA risk and improve joint function.

Physical activity and joint health: Regular, moderate physical activity strengthens muscles around joints, enhancing mobility and reducing pain. Conversely, sedentary life-

styles contribute to joint stiffness and muscle weakness.

Mental health and quality of life: OA can lead to depression and anxiety, particularly in women, affecting overall well-being. Addressing mental health is crucial for effective OA management and improving quality of life.

Dr Tulpule said, "Regenerative therapies offer a more holistic approach by addressing the underlying causes of OA rather than merely alleviating symptoms. They are particularly beneficial for women seeking alternatives to invasive surgeries and medications." According to Dr Tulpule, stem cell therapy holds promise as a regenerative treatment for knee osteoarthritis, offering potential benefits in pain reduction and functional improvement. Explaining platelet-rich plasma (PRP) therapy, Dr Tulpule said it utilises growth factors from the patient's own blood to stimulate tissue repair and reduce inflammation. "Studies indicate that PRP can provide longer-term pain relief and functional improvement compared to traditional treatments like hyaluronic acid (HA) injections," she said. Dr Tulpule added that gold-induced cytokine therapy is a novel regenerative treatment that involves incubating the patient's own blood with gold particles, enhancing the anti-inflammatory and reparative properties of platelets. Studies have shown that it can lead to significant improvements in pain and function in patients with knee OA, with minimal adverse effects, she said. "For women, osteoarthritis is not just a joint issue — it intertwines with hormonal health, body weight, lifestyle, mental wellness, and occupational context," Dr Tulpule said. Advocating early detection especially during menopause. Promoting preventive strategies combining diet, weight management, and exercise.

Eat Your Way to Better Health: Dietitian Lists Top Glutathione Foods

Boost glutathione: food for health

What went wrong with actor and model Shefali Jariwala? The sudden death of Shefali at just 42 has left many shocked and concerned, with early reports linking her cardiac arrest to an IV glutathione drip taken while fasting. Dr Anupriya Goel, a dermatologist, raises awareness about the potential risks of cosmetic treatments performed without proper supervision, noting that fasting, dehydration, and underlying health conditions can make these seemingly safe procedures dangerous. Also read | Shefali Jariwala death: Doctors warn skin lightening glutathione injections aren't without risk or 'severe side effects'

Glutathione, a powerful antioxidant, plays an essential role in the body by defending against illness, reducing inflammation, and protecting cells from damage, thereby improving skin health. In recent years, glutathione treatments for anti-ageing and skin brightening have garnered attention. But did you know that you can naturally boost your body's glutathione levels by incorporating the right foods into your diet. Let us tell you about foods rich in glutathione and share tips on how to encourage its production through your daily meals. Glutathione is a potent antioxidant that helps protect cells from oxidative stress and damage, states Antioxidants Journal. It contributes to liver detoxification, plays a role in DNA synthesis, and is involved in various metabolic processes. "Low levels of glutathione have been linked to several health issues, including chronic diseases, fatigue, and im-

paired immune function. Therefore, incorporating glutathione-rich foods into your diet can be beneficial for maintaining optimal health," shares dietitian Gulnaaz Shaikh of KIMS Hospitals. "In many cases, glutathione-rich foods are a better and safer option compared to supplements, especially when it comes to long-term health and minimal side effects. Natural food sources help support the body's natural glutathione production without the risks associated with high-dose supplementation," says Dr Bhavya Swarnakar, MD, dermatologist, Apollo Hospitals. "However, for individuals seeking targeted cosmetic or anti-ageing benefits, especially skin brightening, supplements — particularly oral glutathione — are sometimes recommended under medical supervision. While oral forms are generally safe, they can cause mild stomach discomfort in rare cases. Intravenous (IV) glutathione, on the other hand, may carry serious risks like skin allergies or effects on the liver, kidneys, or thyroid, and should only be administered by experienced professionals," explains Dr Swarnakar. While natural dietary intake is ideal for overall health, supplements may be considered in specific cases, but only after consultation with a qualified dermatologist or plastic surgeon who can advise on

the appropriate form, dosage, and duration. Glutathione, often referred to as the 'master antioxidant', is crucial for neutralising harmful free radicals and supporting vital bodily functions. This tripeptide, comprising the amino acids glutamine, cysteine, and glycine, plays a vital role in detoxification, immune health, and overall well-being. "While our bodies generate glutathione, we can elevate its levels through dietary choices. Incorporating glutathione-rich foods such as watermelon, strawberries, spinach, avocados, and broccoli into our meals can significantly benefit our health. Ideally, these should be consumed fresh or lightly cooked, as this helps retain their antioxidant properties. Moreover, maintaining a diet full of colourful, whole foods is key to bolstering your body's natural immunity," explains

Dr Rajeshwari Panda, head of the dietetics department, Medicovert Hospital. Several glutathione-rich foods can help boost your glutathione levels. Here's a list of some of the most effective options shared by Fauziya Ansari, Dietician, Apollo Spectra, Mumbai. Cruciferous vegetables are among the best sources of glutathione, along with other glutathione-rich foods. High in glucosinolates, which can enhance the body's production of glutathione. Packed with nutrients and known for their antioxidant properties. Provides essential vitamins while promoting the production of glutathione, a key antioxidant. A versatile vegetable that's easy to incorporate into meals. Another group of vegetables that support glutathione levels includes alliums, such as garlic and onions, as noted in the Archives of Biochemistry and Biophysics. These are known for their sulfur-containing compounds, which are essential for glutathione synthesis.

It contains sulfur compounds that help boost glutathione levels in the body. Rich in quercetin, an antioxidant that can enhance glutathione. A milder option that provides similar benefits. Certain fruits are also known to support glutathione levels. Incorporating these glutathione-rich foods into your diet can help boost your body's antioxidant defence. High in healthy fats and rich in nutrients, including glutathione. It contains lycopene, which may help to increase glutathione levels. Rich in vitamin C and antioxidants, promoting glutathione efficiency. Including nuts and seeds in your diet can also contribute to your glutathione intake, as research published in the journal Nutrients. Known for their antioxidant properties and healthy fats. A great source of omega-3 fatty acids that support overall health. High in lignans and omega-3s, making them a healthy addition.



Shed 20kg in 3 Months: This Coach Says Sugar is Your Waistline's Enemy

Anita Roy, a fitness enthusiast and coach, regularly shares weight loss tips and workout strategies on her Instagram profile. From fat-burning exercise routines to smart diet hacks that accelerate results, her feed is a go-to resource for anyone looking to lose weight and stay fit. On April 25, Anita shared an Instagram post explaining 10 cheat codes for weight loss. "10 cheat codes to lose 20

kgs in 3 months," she said. According to her, here's what you need to do. Use spices like cayenne pepper, turmeric, cinnamon, to boost your metabolism for faster weight loss. Eat your protein and vegetables first before your carbs, it will make you full quickly, you will struggle to eat your carb left on your plate. Always drink water 5-10 minutes before eating your meal; it will help con-



trol your appetite, and ensure you're satisfied with your meal portion on your plate. Always use smaller plates / bowls when serving your

food to trick your brain into seeing that the meal is big, this way you will be satisfied with your food. Focus mainly on low calorie- high pro-

tein meals as they keep you fuller while consuming far lesser calories which ensures you're always in deficit for more weight loss. Eliminate sugar and refined carbs, your waistline will be snatched so fast. Use pictures, your fittings in your old clothes and body measurement to track your progress; they're always accurate. Scale fluctuates and can make you lose hope and stop your journey because

you may feel that you are not making progress. Follow this rule where you eat healthy 80% and allow yourself to indulge in a cheat meal 20% to help you stay consistent and not restricted. This fuels your energy and boosts your mood to stay consistent on your journey. This helps you to build muscles and still keep burning calories even while at rest. Weight loss is a journey and the only way to

keep seeing true and lasting results is by staying consistent and not perfect. Strength train 2-3 days a week. This helps you to build muscles and still keep burning calories even while at rest. Weight loss is a journey, and the key to seeing true and lasting results is by staying consistent, not being perfect. Note to readers: This article is for informational purposes only and not a substitute for pro-

fessional medical advice. Always seek the advice of your doctor with any questions about a medical condition. Leave the scale completely. Use pictures, your fittings in your old clothes and body measurements to track your progress; they're always accurate. "Scale fluctuates, and has made me lose hope and stop my journey because I felt I was not making progress," the fitness coach added.

Amahiya Tithi of Zubeen Garg observed in Sirajuli



Secretary [In-Charge] of AASU West Dhekiajuli unit), along with Akash Debnath (Advisor, Sirajuli unit), Hilul Kashyab (General Secretary), and Minmoy Mahanta (Vice-President).

Bongaigaon Refinery Launches CER community projects

Kokrajhar, Oct 21: Indian Oil has launched three public-oriented development projects at its Bongaigaon Refinery as part of its Corporate Environment Responsibility (CER) initiative. These include the construction of a boundary wall for Gandhi Maidan and a children’s park, and the enhancement and refurbishment of cremation grounds at Birjhora tea estate and New Bongaigaon. MP Phani Bhusan Choudhury attended the inauguration ceremony, praising proactive social welfare initiatives and expressing hope for future cooperation. Bongaigaon District Commissioner Nabadeep Pathak thanked Indian Oil for people-focused projects enhancing the district’s well-being and infrastructure.

Tripura CM opens 3-Day Diwali Festival at 524-Year-Old Sundari Temple

Agartala, Oct 21: On Monday, Chief Minister of Tripura Manik Saha opened a three-day Diwali festival and mela at the Mata Tripura Sundari temple in Udaipur, located in the Gomati district of southern Tripura. This temple is one of the 51 Shakti Peethas that Hindus hold sacred. The Chief Minister, along with his wife Swapna Saha and several Cabinet colleagues, performed puja at the famous temple before formally inaugurating the Diwali festival and mela. Sushanta Chowdhury, the Minister for Transport and Tourism, announced that the Northeast Frontier Railway (NFR) is running two special trains — Agartala–Dharmanagar–Agartala and Agartala–Sabroom–Agartala — for three days (October 20 to 22) to handle the large influx of passengers during the festival and mela. Every year, the celebrations attract thousands of devotees from different regions of the country. Previously, hundreds of individuals from Bangladesh participated in the annual Diwali festival and mela. However, due to the political turmoil in the neighboring country last year, the number of participants has significantly decreased. Kiran Kumar K, Superintendent of Police (SP) for Gomati district, stated that detailed security measures have been implemented to uphold law and order throughout the three-day celebrations. In line with the security measures, more than 3,000 security personnel have been deployed, including members of the Tripura State Rifles (TSR). The IPS officer stated that thirty-seven CCTV cameras and ten watchtowers have been set up in and around the temple complex for 24/7 monitoring. District police and CRPF forces have been deployed, and several hundred volunteers have been engaged to manage the large crowds and devotees expected during the three-day celebration.

Meghalaya-Assam villagers reach peace agreement a week after violence

Shillong, Oct 21: Weeks of border tension between the Pnar villagers of Lapangam in Meghalaya and the Karbi villagers of Tahpat in Assam have eased after both sides reached a peace agreement, paving the way for farmers to resume paddy harvesting without disruption. The breakthrough came during a coordination meeting held on October 20 at the Assam Border Outpost in Khanduli, where officials from West Jaintia Hills and West Karbi Anglong districts jointly facilitated talks between community representatives. The meeting marked a key effort to restore normalcy following the violent clash on October 8 that resulted in the death of Oriwel Timung of Tahpat village. Authorities from both states confirmed that the two communities have agreed to maintain peace, cooperate with ongoing investigations, and allow unhindered agricultural activity during the critical harvest period. The administrations also assured full coordination in ensuring justice for Timung’s death. Senior officials, including West Jaintia Hills Border Magistrate GH Passah, West Karbi Anglong Deputy Commissioner SP Sarma, Superintendent of Police R Barua, and several headmen and community leaders from both sides, attended the meeting. Participants emphasised the need for restraint and collective responsibility to prevent further unrest. The decision to resume paddy harvesting immediately was seen as essential to protect livelihoods amid rising concerns over crop loss. Both administrations have urged villagers to adhere to the peace accord and assist law enforcement agencies in maintaining order along the sensitive border region. Officials described the agreement as a significant step toward rebuilding trust and ensuring lasting stability between the border communities of Assam and Meghalaya.

Raas Festival cancelled by Rajabari Natya Gosthi, tribute program held instead

Bokakhat, Oct 21: Rajabari Natya Gosthi organized a press conference on Sunday at the Rajabari Public Temple grounds in the Bokakhat sub-division. The group announced at the press meet that the Ras Festival, originally set for November 15 and 16, had been cancelled due to demands for justice for the late artist Zubeen Garg. The group’s Hemanta Das (President), Ajanta Pujari (Secretary), and Apurba Barthakur (Chief Coordinator) were present at the press meet. They communicated that, despite the Ras Festival having been organized every year since last year, it was put on hold this time to show support for the ongoing call for a fair investigation into Zubeen Garg’s death. Instead, they stated that they would arrange a special tribute programme on November 18, which coincides with Zubeen Garg’s birthday and is near the death anniversary of Sudhakantha Dr Bhupen Hazarika on November 5. At the event, people who were closely connected to Bhupen Hazarika and Zubeen Garg will recount their memories, and selected songs by both legendary artists will be performed. The Rojabari Natya Mandir will host the tribute event ‘Geete Mate: Remembering the Icons,’ where music will honor Zubeen Garg and Dr. Bhupen Hazarika. The organizers announced that a free eye check-up camp for the public would take place on November 16 at Rojabari Sankardev Sishu Niketan, in lieu of the canceled Ras Festival.

Assamese Community in USA (DMV) Celebrates Diwali Honouring Zubeen Garg

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Truckers announce four-day strike in Mizoram over crumbling NH-306

Aizawl, Oct 21: Truck operators and commercial vehicle owners in Mizoram’s Kolasib district have announced a four-day strike from October 23, protesting the poor condition of National Highway-306 — the state’s key transport lifeline. The protest, organised by the Kolasib unit of the Mizoram Tipper Association (MTA) and the Joint Action Committee (JAC) of drivers and vehicle owners, will block the Sairang–Vairengte and Kolasib–Bairabi stretches of NH-306 from 7 am on October 23 to 4 pm on October 26. The alternate Kawnpui–Durtlang route connecting Aizawl and Kolasib will also be closed. MTA Kolasib general secretary Vanlallungtiawia said the road has become “dangerous for trucks and other vehicles” despite being repaired as recently as July and August. “Many vehicles have met with accidents because of the poor condition of the road,” he said, blaming slow and substandard repair work by the National Highways and Infrastructure Development Corporation Limited (NHIDCL). The association has demanded that the state government and NHIDCL expedite repairs before winter sets in. “If the work continues at this pace, it won’t be completed even before the next rainy season,” Vanlallungtiawia warned. He also accused NHIDCL of negligence, saying the agency “does not pay due importance to roads under its care in Mizoram.” Around 30 local commercial vehicle associations have pledged support to the strike. Emergency service vehicles will be exempted. State officials said that repair work on the highway is ongoing. The NH-306, a vital supply route connecting Mizoram’s capital Aizawl to Assam’s Silchar, has been disrupted by repair work, causing LPG and fuel shortages. Trucks carrying essentials are often stranded for days, causing irregular deliveries, though no major shortage has been reported yet.

Midnight fire ravages Khonsa Market during Diwali

Tirap, Oct 21: Just after midnight on October 20, a huge blaze erupted at Khonsa Lower Market, turning several shops to ashes and resulting in considerable property damage.

As per first reports, the fire is suspected to have been caused by firecrackers used during Diwali festivities. Before firefighters were able to get the situation under control in the early morning hours, the flames spread quickly through the densely packed market area, consuming rows of stores. Fire brigade teams worked around the clock to stop the fire from advancing to nearby residential areas, guaranteeing that no casualties were reported. The incident has had a serious economic impact, with many shop owners losing both their entire stock and their livelihoods. Officials from the local police and fire departments have initiated an inquiry to establish the precise cause of the fire. For numerous traders, a night that started with festivities turned into one of destruction, as the remnants of Diwali cheer were replaced by sorrow and bereavement.

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NIT Silchar Lights 1.11 Lakh Diyas for Zubeen Garg

Silchar, Oct 21: On the evening of Deepotsav 2025, the National Institute of Technology (NIT) Silchar was illuminated in a captivating light, as students and faculty members lit 1,11,111 earthen lamps throughout the campus in a heartfelt homage to the late musical legend Zubeen Garg.

The dazzling display showcased elaborate diya arrangements representing Lord Ram, the symbol of Operation Sindoor, and a luminous image of Zubeen Garg himself. The awe-inspiring demonstration represented unity, dedication, and commemoration, transforming the campus into a tableau of illumination and feeling. The participants characterized the moment as profoundly affecting, paying tribute to the artist whose ageless tunes still motivate and link hearts throughout Assam and beyond. The commemoration mirrored not just a spirit of devotion but also the lasting cultural influence Zubeen Garg has had on countless fans across generations.

Fake doctor arrested

Silchar, Oct 21: In the bustling Ambicapatty area, which serves both domestic and commercial purposes, Silchar police apprehended another fraudulent doctor. Bipul Chandra Nath was recognized as the fraudulent doctor. SSP Cachar Numal Mahatta reported that they conducted a raid on a medical chamber called ‘Healthy Unique Life Clinic’ based on a complaint. During the operation, they apprehended Nath, who had been operating this medical unit while falsely claiming to be an MBBS and a specialist in medicine. It is interesting that Nath was merely a matriculate. Since August, a total of 13 individuals posing as doctors have been apprehended in Cachar district.



Members of the AJYCP say the campaign aims to guarantee that all the facts surrounding Garg’s death are revealed and to keep the public’s attention on the ongoing investigation. The organization emphasized that the campaign is a public demand for truth and openness rather than just being symbolic. Zubeen Garg was an emotion for Assam in addition to being an artist. Until justice is done and the true cause of his death

Survey Done for Silchar Flyovers, Work to Begin Soon

Silchar, Oct 21: The topographic survey for the long-awaited flyovers in Silchar has been finished. A trustworthy source within the PWD confirmed the news, stating that three engineers from a Noida-based private agency, ‘Design Associates,’ who specialize in constructing flyovers, carried out the topographic survey from Capital point to CR statue point at the national highway junction. A team of PWD officials, including Aniruddha Nag, the Executive Engineer of the Silchar-Udharbond Territorial Division, Joybon Thaosan, and Swapan

Baksa Tensions Fueled by Media, Claims Himanta Biswa Sarma

Guwahati, Oct 22: Sections of the media have come under fire from Assam Chief Minister Himanta Biswa Sarma for allegedly escalating emotions during the most recent violent event in Baksa district. Sarma told reporters that although things were initially under control, things got out of hand when media started interviewing people at the location, which attracted additional people and caused confusion. “As the media conducted interviews, the crowd began to increase. The Chief Minister stated, “What ought to have been a peaceful situation descended into chaos. The accused had been denied bail and taken to jail, he said, demonstrating that the legal process was being properly followed. Sarma was disappointed that certain members of the public responded with turmoil rather than applauding the court’s ruling. “The court should have been congratulated by all. The defendants were taken to jail without being given bail. But instead of recognizing it, individuals decided to cause trouble,” he said. The way the media shapes public opinion in delicate situations has been highlighted by Sarma’s remarks. His comments also underscore the government’s mounting apprehension regarding the potential for real-time coverage and on-the-ground reporting to exacerbate unstable situations in conflict-prone regions such as Baksa.

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The district police chief stated that regular vehicle inspections and increased patrolling are being conducted to avert any unfortunate events.

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BUSINESS

South Indian Bank's stock go if it surges 18% to reach record high

New Delhi: Shares of South Indian Bank Ltd climbed 18 per cent in Monday's trade to hit record high levels, thanks to a higher-than-expected profit in the September quarter on a sharp moderation in credit costs. The bank has sustained 1 per cent return on asset (RoA) led by benign credit costs but the net interest margin (NIM) dip was steep, ICICI Securities said as it highlighted a pick up in the MSME segment growth. The brokerage suggested a 'Buy' on South Indian Bank with a target of Rs 42 per share. On Monday, the scrip was trading 17.57 per cent higher at Rs 38.40 apiece on BSE. This was the highest ever level hit by the lender.South Indian Bank sustained 1 per cent RoA for the ninth consecutive quarter. Overall growth



was reasonable, though MSME, key focus segment, – saw growth revival at 6 per cent sequentially. The bank reiterated its aspirations of 20 per

cent growth in MSME/retail going ahead. NIM declined 23 basis points QoQ to 2.8 per cent. The decline is a bit steeper for SIB vis-a-vis peers, possibly due to higher share of corporate book, lower share of bulk and faster rate transmission. South Indian Bank said SIB stated NIM has bottomed out, assuming no further rate cuts. "Asset quality remains strong with new book (83 per cent of total) sustainingOpex growth remained muted at 2 per cent YoY, as the bank has been rationalising branches and headcount. CET 1 declined QoQ in absolute terms due to investment fluctuation reserves and AFS reserves. "Slippages remained muted at 0.9 per cent. NNPA ratio improved to 56 bps with PCR rising to 81 per cent. Performance of new book (83 per cent of the total) remains strong with slippages and GNPA's.

Markets could rebound after 12-month consolidation Samvat 2082 expectations

Mumbai: Diwali 2025 marks the beginning of Samvat 2082, the new Hindu calendar year. Analysts expect the new year to be marked by strong earnings growth across selective sectors after a year of consolidation. The special Muhurat trading session tomorrow will see investors usher in Samvat 2082, and bid farewell to Samvat 2081.How markets performed in Samvat 2081?In 2081, risks such as FII outflows, India-US tariff jitters, slowdown of consumption sector in India has led to a time-based correction for Indian markets, said Vaqarjaved Khan, Fundamental Equities at Angel One. "Currently, Nifty 50 one-year forward P/Ex trades at 20x, which is close to its historical average and way below what it was a year before. EPS growth in Indian equities is expected to see an uptrend from Q3 FY26 onwards with earnings seen a CAGR of 13% between

FY25-27E," he said. The analyst however noted that Samvat 2082 is expected to be better than 2081 as major risks to India's growth is expected to get negated till then. "Going forward, there are expectations of tariffs getting resolved in early part of 2026 and expected rate cuts by US Fed will be able to provide much needed liquidity to global risky assets and in turn benefitting Indian equities as well. On the domestic front, there has been rationalization on GST rates which is expected to boost domestic consumption. Meanwhile, RBI has also done 100 bps of rate cuts till to provide liquidity and lending support to retail and corporates," he added. Chandraprakash Padiyar, Senior Fund Manager at Tata Asset Management, however said that Samvat 2082 ending in April 2026 is likely to be a range bound year with second half being better than the first half.

Reduce PSP Projects target Rs 720 Equity

Mumbai: Our core investment thesis on PSPPL remains unchanged: With the entry of Adani Group entity (Adani Infra) as a promoter shareholder, we believe there is better order book visibility. However, in this SPA & Open Offer deal to valuing PSPPL using a DCFbased model. The model takes into consideration 10-year explicit forecast period up to 2035E and terminal growth rate of 2%, which yields a TP of INR 720/share. Choice Equity Broking recommended reduce rating on PSP Projects with a target price of Rs 720 in its research report dated October 20, 2025.



Zerodha Fund House launches BSE SENSEX Index Fund a new low-cost route to India's top 30 companies

Mumbai: Zerodha Fund House has announced the launch of its latest offering — the Zerodha BSE SENSEX Index Fund, an open-ended equity scheme designed to mirror the performance of the BSE SENSEX Index, India's oldest and most widely tracked benchmark. The New Fund Offer (NFO) opens on October 20, 2025, and closes on November 3, 2025, with units to be allotted on November 6. The fund will reopen for continuous subscriptions and redemptions from November 10. The scheme aims to replicate the SENSEX by investing primarily in equities and equity-related securities that form part of the 30-stock index, subject to tracking errors. The BSE SENSEX comprises some of India's largest, most liquid, and financially sound companies across key sectors — offering investors a broad-based representation of the Indian economy.Announcing the launch, Vishal Jain, CEO of Zerodha Fund House, said the new fund offers investors a simple and transparent way to gain exposure to India's leading companies. "As the first stock market index in India, the BSE SENSEX has witnessed every major transformation in India's growth story — from liberalization to the digital economy. This fund allows investors to participate in that journey through a diversified,



long-term vehicle," he noted. Investors can subscribe to the NFO through all major mutual fund distribution platforms and online investment apps.The Zerodha BSE SENSEX Index Fund will follow a passive management strategy, meaning it won't actively pick stocks but will instead track the index composition exactly. The goal is to match, not out-

perform, the returns of the SENSEX, providing exposure to large-cap companies such as Reliance Industries, HDFC Bank, Infosys, ICICI Bank, TCS, and others.This structure makes it a cost-effective investment option, as passive funds generally carry lower expense ratios compared to actively managed funds. However, investors should note that returns may slightly differ from the index due to tracking errors and expense ratios. Diversification: By investing in the 30 Sensex companies, investors gain automatic diversification across multiple sectors.Low-cost exposure: The passive nature of index funds ensures lower fees, enhancing long-term compounding. A BSE SENSEX Index Fund is a passively managed mutual fund that seeks to replicate the performance of the BSE SENSEX Index, which represents 30 of India's largest and financially sound companies listed on the Bombay Stock Exchange (BSE). These funds invest in the same stocks and in the same proportions as the index to generate returns that closely match its performance, subject to a small tracking error. Diversification: Investors gain instant exposure to 30 large companies across major sectors, spreading risk effectively.

YES Bank shares climb 3%; brokerage raises target price, maintains 'Sell' rating

Mumbai: Shares of YES Bank Ltd rose 3.24 per cent to hit a high of Rs 22.96 in Monday's trade, recovering from the previous session's decline following reports that Japan's Sumitomo Mitsui Banking Corporation (SMBC) has no immediate plans to increase its stake in the lender beyond the regulatory cap.Brokerage Emkay Global Financial Services has raised its target price on YES Bank shares by 12 per cent to Rs 19 (from Rs 17) while maintaining a 'Sell' rating. The revision follows the private lender's September quarter (Q2 FY26) results announced on October 18.According to Emkay, YES Bank's core profitability improved during the quarter, supported by stable margins and contained operating expenses. However, the profit after tax (PAT) of Rs 654 crore



fell 16.4 per cent below estimates, with return on assets (RoA) at 0.6 per cent, affected by lower treasury gains and elevated provisions at 68 basis points (bps) of loans.YES Bank's net profit grew 18.3 per cent year-on-year (YoY) to Rs 654 crore, while net interest income (NII) increased 4.6 per cent YoY to Rs 2,301 crore in the September 2025 quarter. Provisions rose 41 per cent YoY to Rs 419 crore, while asset quality remained stable, with both gross and net non-perform-

ing assets (NPAs) flat sequentially. "Credit growth was relatively weak at 6 per cent YoY as retail growth remains slow. However, the management believes that corporate portfolio consolidation is largely complete, which should support better growth ahead," Emkay said. The brokerage added that better cost management and potential support from strategic stakeholder SMBC could help improve margins.Emkay noted that asset quality remains a concern, with slippages at 2.1 per cent. The Board is in the process of appointing a new MD and CEO in consultation with SMBC. The brokerage expects earnings to decline 3 per cent for FY26E but rise 2–6 per cent for FY27–FY28E, projecting RoA to improve to 0.9–1.1 per cent over that period.

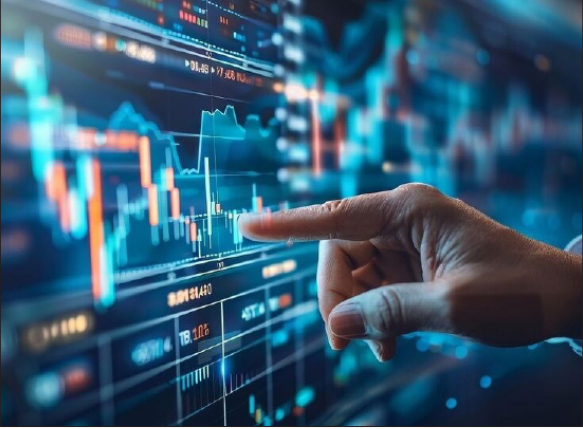
Top business from Asia Pacific to attend 'APEC CEO Summit'

Mumbai: Top business leaders from across the Asia-Pacific region are set to gather in Gyeongju, North Gyeongsang Province, South Korea, later this month for the APEC CEO Summit 2025, as per a report by Pulse, the English service of Maeil Business Newspaper Korea. As per the report, a high-profile business forum held in the run-up to the Asia-Pacific Economic Cooperation (APEC) Leaders' Summit slated for October 31 to November 1. According to the host, the Korea Chamber of Commerce and Industry (KCCI), on Sunday the event will take place from October 28 to 31. KCCI noted that 16 heads of state or government from APEC's 21 member economies and around 1,700 global corporate chief executive officers (CEOs) are expected to join the event, including Nvidia Corp. CEO Jensen Huang. Industry observers are watching closely to see whether the company will deepen its collaboration with Korean chipmakers such as Samsung Electronics Co. and SK hynix Inc. Matt Garman, CEO of Amazon Web Services Inc. (AWS), the world's largest cloud service



provider, will also attend.AWS is currently partnering with SK Group to build an AI data center in Ulsan, a major industrial city in southeastern Korea.In the finance sector, Jane Fraser, CEO of Citigroup and one of the most prominent female leaders in U.S. finance, will participate, and in healthcare, Joaquin Duato, CEO of Johnson & Johnson, will join.From China, Li Fanrong, chairman of Sinochem Holdings Corp., the country's largest chemical company, and Zeng Yuqun, chairman of Contemporary Amperex Technology Co. (CATL), the world's leading battery manufacturer, will join the summit as well.

GRM Overseas shares rise to fresh high



Mumbai: GRM Overseas shares on Monday climbed to a new 52-week high after the company announced a partnership with a Saudi Arabian firm for product distribution. In an exchange filing, the company said it has entered into an agreement with Seven Star Company Limited, Riyadh, for the distribution of its flagship basmati rice brand '10X' across the Saudi Arabian market.Following the announcement, the stock extended early gains to touch an intraday and 52-week high of Rs 413.8 on the NSE, up 3.81 percent from the previous close.The counter has been on an upward trend for the last two sessions, gaining nearly 5 percent during the period. The share has been on an upward trend for the last two sessions, gaining nearly 5 percent during the period. GRM Overseas shares on Monday climbed to a new 52-week high after the company announced a partnership with a Saudi Arabian firm for product distribution.

GST rate cut keeps India's consumption rising beyond festive season, says Sitharaman

Mumbai: The impact of the GST rate cut will sustain even after the festive season is over, Union finance minister Nirmala Sitharaman argued on Saturday, claiming that India's consumption story will continue.Addressing a joint press conference in Delhi along with commerce minister Piyush Goyal and IT minister Ashwini Vaishnav, Sitharaman said the benefit of the GST rate cut is reaching consumers, translating into 'record' sales Asked if the spike in sales for automobile and consumer durables — where the rate cut benefit has been most visible in terms of price reduction — would continue after the festive period, she said, "Yes, it will." "It (rate cut) would benefit consumers on day-to-day items...the consumption story will continue," she said, scotching speculation that reported sales spikes were due to pent up demand. However, the FM declined to hazard a guess if the spike in sales will translate into higher GDP growth for this fiscal.Commerce minister Piyush Goyal buttressed the claim that upswing is not a flash in the pan by pointing towards the September GST collection which was up by 9 per cent year-on-year. Even as the Prime Minister Narendra Modi announced on August 15 that GST cut will bring down prices of daily items, the sales were not dampened by

deflationary expectations, he said noting that September GST data reflected business activities in August. IT minister Vaishnav predicted that consumption would increase more than 10 per cent this year. Last year, the GDP size was ₹335 lakh crore, of which ₹202 lakh crore was from consumption and ₹98 lakh crore from investment. There is a possibility of about ₹20 lakh crore extra consumption this fiscal compared to last fiscal, Vaishnav said.The FM said the government is closely monitoring the prices of 54 products to ensure the benefits of the revised tax structure reach the common man. "More than expected tax reduction has happened and consumers have ended up getting benefits that were expected and some more than that," she said. Sitharaman also said the department of consumer affairs has received 3,169 complaints related to GST price anomalies. Of this, 3,075 complaints have been forwarded to the concerned authorities. Finance minister Nirmala Sitharaman announced that recent GST reforms are successfully lowering prices for consumers, stimulating increased purchases nationwide. With rates reduced on hundreds of daily-use items, businesses are passing on savings, boosting consumption, particularly in the electronics sector, with significant sales



growth reported. While addressing a press conference, Sitharaman said, "The pent up demand was only for a month as people were waiting once they got the indication in August there will be GST cuts. So we should not conflate it to revenge spending and will it sustain? The impact of GST cuts will sustain beyond the festive season." "The consumption story will continue. We have corrected most of inverted duty structure," Sitharaman added. She further added that GST cut benefits are reaching end consumers, and some items have seen more-than-expected price drops. She

added that the government is closely monitoring the prices of 54 products to ensure the benefits of the revised tax structure reach the common man." "More than expected tax reduction has happened and consumers have ended up getting benefits that were expected and some more than that," said Finance Minister Nirmala Sitharaman during a GST Bachat Utsav press conference, held along with Commerce Minister Piyush Goyal and Information & Broadcasting Minister Ashwini Vaishnav, on the auspicious day of Dhanteras on October 18.

Amitabh Bachchan donates Rs 11 lakh to Lalbaugcha Raja



Amitabh Bachchan is a loyal devotee of Lord Ganesha, like millions of others. Every year, Big B visits Mumbai's famous Lalbaugcha Raja with his family. This time, the 'Deewaar' actor offered a huge donation to the popular pandal, and he gifted Rs 11 lakh to Bappa and the Lalbaug Ganpati committee. A video of Lalbaugcha Raja secretary Sudhir Salvi holding a cheque near the mega Lord Ganesha idol went viral. The video caption reads: "Amitabh Bachchan Ji generously donated Rs 11 lakh to Lalbaugcha Raja, received by Secretary Sudhir Salvi ji!" Just like every year, several celebrities, including Shilpa Shetty, Malaika Arora, Janhvi Kapoor, Sidharth Malhotra, and others visited Lalbaugcha Raja to seek blessings.

Established in 1934, the Lalbaugcha Raja Sarvajani Ganeshotsav Mandal has grown into a cultural and spiritual landmark in Mumbai, drawing millions of devotees to seek blessings from the "Navasacha Ganpati." Meanwhile, on the work front, the actor is currently hosting 'Kaun Banega Crorepati 17'.

The moment Karisma Kapoor revealed that she was engaged to Abhishek Bachchan

Following the unexpected passing of her ex-husband, Sunjay Kapur, earlier this June, Karisma Kapoor's private life has once again come into the spotlight. Although her previous marriage has received a lot of attention, many people have also been looking back at a previous period of her life: her well-publicized engagement to Abhishek Bachchan, which used to make headlines in Bollywood. Everyone was taken aback by the Kapoor and Bachchan families' shocking news in the early 2000s: Karisma and Abhishek were engaged. The announcement was one of the most talked-about things at the moment because it came during Amitabh Bachchan's 60th birthday celebrations. But the wedding was abruptly called off in 2003, less than a year later, and neither family disclosed why. Abhishek subsequently wed Aishwarya Rai in 2007, while Karisma later married

Sunjay Kapur, a businessman from Delhi. Years later, Karisma admitted that the broken engagement left her shaken. In an old 2003 interview with Rediff, she called the phase "traumatic." She explained,



"It was deliberate. I withdrew into a shell. I just was not ready to go public with my grief. I chose a dignified silence because that is the kind of person I am. I have always been a woman of few words." Karisma described the early months of 2003 as some of the hardest moments of her life. She said, "The beginning of this year was traumatic for me. I wouldn't wish any girl to go through it. I was forced to

deal with my hurt and pain on my own. I guess time is the best healer. Though I have been through a lot, I have come to terms with whatever has happened. All I will say is, whatever is destined is bound to happen. I was emotionally unprepared to confront my problems. Life deals you different cards. You have to just go with the shuffle." Through it all, Karisma credited her family for standing by her. "I couldn't have come out of my trauma if it wasn't for my parents [Babita and Randhir Kapoor], sister [Karrena], my Dadiji [Krishna Raj Kapoor], my two Buas [Rima Jain and Ritu Nanda], and my close friends," she shared. Abhishek later found happiness with Aishwarya Rai, and the couple welcomed their daughter Aaradhya in 2011. Karisma, on the other hand, continues to remain a single, balancing her personal life with her work.

Mira cites her greatest motivation as Shahid's athleticism, and love of dancing.

Bollywood actor Shahid Kapoor and his spouse Mira Rajput have joined forces with luxury lifestyle brand Athletifreak to embark on a new chapter in their careers. The pair, who are well-known for their love of fitness and mindful living, formally announced their partnership when the business opened its first physical location in Asia at Select Citywalk Mall in Saket, New Delhi. For Mira, this partnership is a natural extension of her entrepreneurial journey. "Fitness and wellness have been an integral part of our lives. It's not just fitness, but this project stands for movement and passion, which has connected with us," she said. While Shahid's "discipline toward work and fitness" has been a key inspiration, Mira added that her own life—balancing motherhood, family, and business—has also shaped her approach to the venture. The actor's wife was all praise for him, saying, "Shahid's passion for dance and his discipline toward work and fitness have resonated with this project." Mira also expressed admiration for her sister, Noor Wadhvani, who co-founded the brand with her husband in 2021. "We both admire each other equally, and there's a lot to learn

from each other. It has been a very enriching experience," Mira shared. Reflecting on her entrepreneurial philosophy, Mira said, "My entrepreneurship started from the faith that people have in me and my vision. It has been an extremely exciting journey, as all my businesses have been focused on consumers, and I enjoy that specifically. Connecting with people on a day-to-day basis is something I really look forward to. My philosophy is always to create impact." The launch also comes with a vision of making high-quality international lifestyle apparel more accessible to Indian consumers. "The idea to bring the brand to India was a conscious decision. We wanted to bring quality apparel for Indian consumers, making it accessible, as people previously had to travel abroad to buy the products. We are ready for the competition in the Indian market, and the entire focus remains on offering the right thing," Mira emphasized. With Shahid Kapoor's star power and Mira Rajput's growing entrepreneurial presence, Athletifreak's entry into the Indian retail space promises to blend celebrity influence with a genuine message of wellness and mindful living.

From CGI bulls to real elephants, how Bollywood fakes (and makes) wildlife

Over the years, Bollywood has shown wild animals in movies, but not all of them are real. Sometimes filmmakers use technologies like computer-generated imagery (CGI) to create animals such as lions, houseflies, and others. However, they often use real animals, like dogs and elephants, as characters in their films.

From wild bull or bison in 'Baahubali: The Beginning', housefly in 'Makkhi', to golden retriever in Entertainment. Let's take a look at some movies where filmmakers used both CGI technologies and real animals on screen. The movie was directed by Sajid and Farhad Samji and produced by Ramesh S Taurani under the banner of Tips Industries Limited. Bison or wild bull in Baahubali: The Beginning The bison wild bull in the most famous fight scene in 'Baahubali: The Beginning' was entirely created using CGI and VFX by the Malaysian company Tau Films. The blockbuster film 'Baahubali: The Beginning' was directed by



SS Rajamouli and features actors like Prabhas, Rana Daggubati, Anushka Shetty, Sathyaraj, Ramya Krishnan, and others in the lead roles. Housefly in Makkhi The housefly in the movie 'Makkhi' was created using CGI, specifically VFX (Visual Effects) and advanced animation techniques, to portray the insect protagonist.

It must be noted that the movie 'Makkhi' was the Hindi version of the Telugu-language action film 'Eega'. The film was directed by SS Rajamouli and features Kiccha Sudeep, Nani, and Samantha Ruth Prabhu in the lead roles. Dog in Entertainment Akshay Kumar's starrer 'Entertainment' features



a golden retriever named Junior. His role in the film was loved by the audience and the critics. Directed by Sajid and Farhad Samji, and produced by Ramesh Taurani under the banner of Tips Industries Limited. Elephant in Haathi Mere Saathi The 1971 film 'Haathi Mere Saathi', the makers

of the film features real elephants and their interactions with the lead actors. Directed by MA Thirumugham, the film stars Rajesh Khanna, Tanuja Samarth, and David Abraham in the lead roles. The movie follows the story of Raju (played by Rajesh Khanna, who is attached to his four elephants after they save his life.

Tamannaah Bhatia

amanna Santosh Bhatia (born 21 December 1989), known as Tamannaah Bhatia, is an Indian actress who predominantly works in Telugu, Tamil and Hindi films. Having appeared in 89 films and ranking among the highest-paid actresses in South Indian cinema, she has received several awards, including three Santosham Film Awards, two SIIMA Awards and the Kalaimamani Award.

Early life Tamanna Santosh Bhatia was born on 21 December 1989 in Bombay (now Mumbai), India. Her parents are Santosh and Rajni Bhatia. She has an elder brother named Anand Bhatia. She is of Sindhi Hindu origin and attended Maneckji Cooper Education Trust School in Mumbai. At the age of 13, she began learning acting and joined Prithvi Theatre for a year, where she participated in stage performances. She initially used her given name as her stage name but later altered it to "Tamannaah" for numerical reasons after gaining initial experience in the film industry. Over time, she began using her surname as well, adopting "Tamannaah Bhatia" as her stage name.

Career 2005–2014: Early work, success and recognition

Tamannaah Bhatia made her acting debut as the female lead in the Hindi film Chand Sa Roshan Chehra in 2005, which underperformed at the box office. That year, she entered Telugu cinema with Sree and, in 2006, Tamil cinema with Kedi. In 2007, Viyabari underperformed at the box office, but her performance earned critical acclaim. She gained recognition with Happy Days and Kalloori, where her roles as a college student were well-received, and both films achieved box office success, establishing her as a leading actress in Telugu and Tamil cinema. In 2008, Kalidasu made a strong impact in Telugu cinema.

In 2009, her role in the Tamil film Padikkadavan earned praise despite mixed reviews. Konchem Ishtam Konchem Kashtam received critical acclaim but moderate box office success. Ayan was a box office success, while Ananda Thandavam underperformed despite her acclaimed performance. Kanden Kadhalai earned her praise and a South Scope award. In 2010, her Tamil road movie Paiyaa received positive reviews and commercial success, but Sura and Thillalangadi underperformed.

In 2011, Bhatia starred in the Tamil film Siruthai, where her role faced criticism, though the film was a commercial success. Badrinath had mixed reviews but was commercially successful. Venghai received mixed critical reception, while Oosaravelli was a box office success, with her performance praised. Her Telugu film 100% Love, opposite Naga Chaitanya, where she played a college student, achieved acclaim and box office success, earning her the CineMAA Award and Santosham Award for

Best Actress.[38] In 2012, her Telugu film Racha achieved commercial success, with her performance lauded. Endukante Premanta and Rebel underperformed, though her acting was praised. Cameraman Gangatho Rambabu featured her in a tomboyish role and was a box office success.

In 2013, Bhatia's Hindi film Himmatwala opposite Ajay Devgn, underperformed at the box office.[46] Her Telugu film Tadakhla, where she played the bride's sister opposite Naga Chaitanya, was a commercial success. A The Times of India critic noted, "Tamannaah carries off the glam act with ease." Alongside several nominations, the film earned her the SIIMA Critics Award for Best Actress – Telugu. In 2014, her Tamil film Veeram was a commercial success, while the Hindi comedy film Humshakals opposite Saif Ali Khan underperformed. Her subsequent releases that year, the Hindi film Entertainment opposite Akshay Kumar, and Telugu film Aagadu opposite Mahesh Babu, both underperformed at the box office. Additionally, she appeared in the music video "Lafzo Mein" from the album Aapka... Abhijeet Sawant in 2005, performed cameos in Ready and Netru Indru Naalai in 2008, and Ko in 2011, and performed the special song "Labbar Bomma" in Alludu Seenu in 2014.

2015–2019: Established actress Tamannaah Bhatia reached a turning point in her career in 2015. Her portrayal of the warrior Avanthika in Baahubali: The Beginning opposite Prabhas,[61] earned her widespread acclaim, and the film's box office success, as one of the highest grossing Telugu films, boosted her career with diverse role opportunities. The Hindu critic Sangeetha Devi Dundoo found her "impressive". Vasuvum Saravanam Onna Padichavanga received negative reviews. In Bengal Tiger, she played a chief minister's daughter opposite Ravi Teja, achieving box office success.

In 2016, her roles in Oopiri and Dharma Durai received positive reviews, with the latter achieving box office success and earning her the Asiavision Award for Best Actress – Tamil. She starred in the short film Ranveer Ching Returns, which was well-received. Her trilingual comedy horror film Devi earned positive reviews, with her double role praised, contributing to its box office success. She won the Asianet Film Award for Most Popular Tamil Actress and a Sify critic noted that she "carries the film" with her double act. However, Kaththi Sandai, received mixed reviews.

In 2017, Bhatia reprised Avanthika in Baahubali 2: The Conclusion, which received positive reviews and became one of the highest-grossing Indian films. In contrast, Anbanavan Asaradhavan Adangadhavan had mixed reviews and underperformed at the box office. In 2018, her action thriller Sketch received mixed



reviews, but her role was noted positively. The Marathi film Aa Bb Kk earned positive reviews. Her Telugu films Naa Nuvve and Next Enti? both received mixed reviews and underperformed at the box office.

In 2019, Bhatia's Telugu film F2: Fun and Frustration achieved box office success as one of the highest grossing Telugu films of the year.[86] Playing a dominating wife opposite Venkatesh, she won her second Santosham Best Actress Award. Hemanth Kumar CR of Firstpost stated that she "shines" in her role. Her Tamil film Kanne Kalaimaane had mixed reviews but Srinivasa Ramanujam noted that she makes a "strong statement" through her performance, earning her the Best Actress award at Indo-French International Film Festival. Devi 2 received a lukewarm response, though her acting was noted. Khamoshi had poor reviews, but her performance was praised.

The epic historical action film Sye Raa Narasimha Reddy received positive reviews, with her role contributing to its success. Her performance in the Tamil comedy horror Petromax was noted, despite criticism for the script. Action received mixed reviews and underperformed at the box office. She also appeared in cameos in Nannabenda and Size Zero in 2015, and performed the special songs including "Bachelor Babu" in Speedunnodu and "Sampige / Mandara Thailam" in the Telugu-Kannada bilingual Jaguar in 2016, "Swing Zara" in Jai Lava Kusa in 2017, and "Jokae" in KGF: Chapter 1 in 2018.

2020–2024: TV-Theatrical balance In 2021, Tamannaah Bhatia starred in the TV series 11th Hour, which received mixed reviews, though her intense performance was praised. Her role in November Story earned praise, despite criticism for excessive dialogue. She hosted MasterChef India – Telugu and starred in the Telugu sports film Seetimaar, earning audience praise as a coach. The Telugu thriller Maestro on Disney+ Hotstar received positive reviews for its sto-

ryline and her performance.

In 2022, the Telugu comedy F3: Fun and Frustration featured her in a well-received role, achieving box office success. Babli Bouncer on Disney+ Hotstar, where she played a bouncer, received mixed reviews. Her performance in Netflix's Plan A Plan B was noted, despite a predictable plot. The romantic drama Guruthunda Seethakalam received mixed reviews.

In 2023, Bhatia starred in the Amazon Prime Video romantic drama series Jee Karda as Lavanya, with India Today's Zinia Bandyopadhyay noting, "Tamannaah gives an easy-breezy performance. She is effortless and brings out of the dilemma of her character beautifully." In Netflix's Lust Stories 2, her performance as Shanti was praised. Her supporting role in the Tamil film Jailer contributed to its box office success. The Telugu film Bhola Shankar received negative reviews and underperformed. Her Malayalam debut, Bandra, received mixed reviews and underperformed. She played a police officer in Aakhri Sach, a Disney+ Hotstar thriller series which received positive reviews. Her performance in Jee Karda and Aakhri Sach earned her the Best Actress - Series at the Bollywood Hungama OTT India Fest.

In 2024, Bhatia starred in the Tamil comedy horror film Aranmanai 4 as Selvi, a protective mother and fearsome spirit. Her performance received praise, contributing to the film's status as one of the highest grossing Tamil films of the year. She appeared in the Netflix documentary Nayanthara: Beyond the Fairytale. In the Netflix thriller Sikandar Ka Muqaddar, she played a single mother accused of theft, and Hindustan Times critic Rishabh Suri noted that she "lends good support to the story". Additionally, she performed in the music video "Tabahi" from the album Retropanda in 2022, the special song "Daang Daang" in Sarileru Neekevvaru in 2020, "Kodthe" in Ghani in 2022, and made cameos in Stree 2 and Vedaa in 2024.

For many of us, papaya is a favourite fruit that's perfect for any time of day - whether it's a breakfast boost, a mid-day snack or a sweet treat after lunch. And let's not forget its juice, which is not only refreshing but also packed with nutrients. Plus, you can easily make it at home and even order it via an online food delivery app. While papaya juice is already a healthy choice, did you know that drinking it on an empty stomach can unlock even more benefits? With its impressive nutritional profile, papaya juice is a great addition to a healthy routine. So, what happens when you drink papaya juice on an empty stomach? Can it really supercharge your wellbeing? Let's dive into the top 5 benefits of sipping papaya juice first thing in the morning and discover why it's worth making part of your daily ritual.

Why Morning Is The Best Time To Drink Papaya Juice

Drinking papaya juice in the morning is considered the best time for several reasons. On an empty stomach, the nutrients and enzymes in papaya juice, such as papain, can be absorbed more effectively by the body. According to a study published in the *Journal of Medicinal Food*, papain has been shown to improve digestive function and reduce symptoms of bloating and constipation. This allows for optimal digestion, immune system support and antioxidant activity.

Here Are 5 Powerful Benefits Of Drinking Papaya Juice On An Empty Stomach:

1. Boosts Digestion Drinking papaya juice on an empty stomach in the morning can be a total game-changer for your digestive health. The papain in papaya helps break down proteins and gets your digestion moving



ing skin and healthier hair.

juice is a heart-healthy beverage that can help reduce your risk of cardiovascular disease. Rich in potassium, antioxidants and fibre, it helps regulate blood pressure and supports healthy cholesterol levels. According

Are There Any Potential Side Ef-

Digestive issues: Papaya's papain enzyme can cause stomach upset, diarrhoea or abdominal cramps.

Medication interactions: Papaya juice may interact with blood thinners, diabetes medications or thyroid medications.

Who Should Avoid Papaya Juice?

Individuals with allergies to papaya or latex.
People taking certain medications (consult a healthcare professional).

which can cause jitters, anxiety and stomach upset

Carbonated drinks like soda, which can lead to bloating and discomfort
Energy drinks, which can cause a rapid spike in caffeine and sugar levels

How your mind

Parents in contemporary society encounter a challenging endeavor – locating snacks that their children will genuinely appreciate while also meeting nutritional requirements. As childhood obesity and lifestyle-related issues continue to escalate, there is an increasing need for more intelligent, healthier alternatives. Introducing ragi, commonly referred to as finger millet, a modest ancient grain that is now experiencing a significant resurgence in modern kitchens and grocery store shelves.

Why Ragi Stands Out “Ragi is transforming from a traditional staple into a modern nutritional powerhouse. It’s one grain that bridges the gap between taste and health for children,” says Dt. Sagari-ka Garg, Nutritionist at Tata Soulfull.

Calcium Champion Strong bones start young, and ragi delivers. “Ragi contains an astounding 344 mg of calcium per 100 g, nearly three times more than wheat. At a time when many families are cutting down on dairy due to lactose intolerance or plant-based preferences, ragi becomes an excellent alternative to meet daily calcium needs,” explains Garg.

Iron Powerhouse for Growing Minds Nutrition isn’t just about the body. It’s about the brain, too. “Ragi provides 3.9 mg of iron per 100 g, significantly higher than rice or wheat. Iron plays a critical role in haemoglobin production and oxygen transport, directly influencing cognitive performance in children,” notes Garg.

Fibre That Fills and Feeds Any parent knows the struggle of endless snack requests. Ragi’s fibre content helps. “With 11.5 g of fibre per 100 g, ragi promotes satiety while supporting gut health and bowel regularity,” Garg explains. This means fewer hunger pangs and a healthier digestive system.

Gluten-Free by Nature Food sensitivities

can make snacking complicated, but ragi cuts through the clutter. “With celiac disease and gluten sensitivity on the rise, ragi offers an inclusive option that works for everyone in the family,” Garg highlights. From Tradition to Trend Ragi is no longer limited to traditional porridges. “Today, we see ragi in cereals, cookies, crackers, and even on-the-go snacks like wafers and choco-sticks,” says Garg. Thanks to texture innovations and flavour optimisation, these products taste indulgent while packing in nutrients. Beyond Nutrition: A Sustainable Choice There’s also an eco-friendly angle. “Ragi is a drought-resistant crop requiring minimal water and inputs compared to wheat, making it a sustainable option,” Garg points out. It’s a choice that nurtures not only kids but also the planet. As awareness grows, ragi is set to move from niche shelves to mainstream baskets. Parents can look forward to snack times that no longer demand a compromise between taste and nutrition. With ragi, it’s possible to have both: crunchy joy and essential nourishment in every bite.

In the rural heartlands of Bundelkhand, spanning parts of Madhya Pradesh and Uttar Pradesh, an age-old breakfast dish continues to hold pride of place - Mahua Dobri. Known as a powerhouse of strength, this traditional recipe made from the humble Mahua flower is still prepared in villages and eaten with milk. Many believe it strengthens the body from within, and Ayurveda also recognises its restorative properties. In Bundelkhand, Mahua Dobri is considered one of the most nourishing foods. Villagers regard it as a storehouse of energy, with elders often advising weaker individuals to have it regularly.

Despite modern dietary changes, rural households in districts such as Chhatarpur, Madhya Pradesh, continue to cherish this dish. Mahua flowers begin to bloom in March and April, covering the trees with small yellow blossoms. Villagers collect them early in the morning and dry them at home for later use. By the rainy season, preparations of Mahua Dubhari begin, and ripe flowers are also turned into other delicious dishes. Remarkably, Mahua Dobri can be stored and eaten throughout the year. Shafreen, a resident of Chhatarpur, explains that the recipe is simple yet wholesome. Essential ingredients include gram, flour, chironji, grapes and coconut kernel powder. Dry fruits such as makhana may also

Dobri in the morning before heading to the fields, and again after returning home in the afternoon. It was also enjoyed at night, usually paired with milk. This regular consumption made it an essential part of rural diets, providing sustained energy for long hours of physical labour. Even today, the legacy of Mahua Dobri continues in Bundelkhand's villages. For locals, it is more than just food, it is a cultural tradition, a source of strength, and a reminder of the wisdom passed down through generations.

Crunchy, chewy and covered in chocolate—this chocolate billionaires candy is the ultimate sweet treat. It combines caramel, pecans and crispy rice cereal, so it is perfect for gifting or indulging! Looking for a sweet treat that's both indulgent and easy to make at home? This billionaire's chocolate candy combines smooth melted caramels, crunchy pecans and crispy Rice Krispies all coated in a layer of rich milk chocolate. With a satisfying mix of textures and a melt-in-your-mouth finish, these candies are the perfect homemade gift—or a little something special for yourself!

Ingredients for Chocolate Billionaires

Caramels: The soft, chewy base of the candy melts down to a rich and gooey consistency that ties everything together. You can use a store-bought brand.

Water: A small amount of water helps melt caramels smoothly and prevents them from sticking to the pan

Chopped pecans: Pecans add a nutty crunch that complements the sweetness of the caramel and chocolate. You can substitute with walnuts or almonds if you prefer.

Rice Krispies: These provide a crispy texture that balances out the soft caramel. Any puffed cereal will work in a pinch.

Milk chocolate chips: Melted milk chocolate adds a creamy and sweet coating to the candy. If you want a less-sweet option, try semi-sweet dark chocolate.

Shortening: A little shortening helps the ch

Rise and shine with this



These fluffy pancakes make for the best comfort food. Each bite of this healthy pancake with figs, grapes, and raisins melts into your mouth with sweetness oozing. This recipe takes just under 15 minutes to make.

Ingredients One whole egg One tablespoon oats flour or rolled oats One tablespoon multigrain flour One and half tablespoon low fat Milk Vanilla essence Baking soda (just a pinch) One chopped fig A few grapes (five or six only) Few raisins (again, five or six) Cinnamon powder (not more than a pinch) One tablespoon coconut oil Honey to drizzle

Preparation

1. Blend all the above ingredients in a jug blender (except baking soda) for a few minutes and pour it into a milk pot, add baking soda and mix it well with a hand beater.
2. Take a non-stick frying pan, layer it with coconut oil or spray it gently.
3. Switch on the flame to make the frying pan hot.

4. Once the pan becomes hot, lower the flame and slowly start spreading the batter in a circular form, you can rotate the pan sideways by holding the handle. [You can use small circle shape cutters that can be placed in a pan, pour the batter in it, remove the cutters after few seconds and flip the pancakes]

5. Cover the lid of a pan for a minute. 6. Take a fork and scoot it underneath the edge of the pancake. Lift it up. If the underside is golden brown, it's time to flip it and turn off the flame. 7. Let it remain in the pan for a minute or more.

8. Start rolling the pancake with the help of a spatula in a pan itself by turning it downwards
9. Slowly put it in a serving long dish and enjoy it with a hot cup of tea .
10. For those who do not like tea, the pancake can be had alone too.

completely soft. This took 25 mins in the pressure cooker, will probably take around 3

puréed tomatoes and add in 1 tsp of salt. Cook this masala into a thick reduction without a lid till all the water from the tomatoes has evaporated. You should be able to see the oil releasing from the sides. That's when you know it's ready. Once your masala has reduced to a thick paste, add it in the beans along with the cooking liquid (remove the bay leaves and cardamom). Let the beans simmer on low heat together with the masala for a few minutes and absorb all its flavours. Mash some of the beans with the back of your spoon to get a thicker consistency. Taste for seasoning and add more salt if necessary.

STEP 3: Jeera Rice
While the beans simmer with the masala, prepare the cum-in flavoured jeera rice which is the perfect accompaniment for this rajma chawal.
Rinse the basmati rice under running water till the water turns clear. Heat the ohee in a heavy bot-

tom pot and once it's hot, add the bay leaves and then the cumin seeds. Wait for them to pop and sizzle. This is what will help flavour the oil. Add 2 cups water and the

Then turn off the stove and let it steam for 5 minutes. Do not open the lid at this point. Gently mix and fluff up the rice with a fork or a rice spoon before serving.

salt and bring it to a boil. For every one part rice, you need to add 2 parts of water for this recipe. Especially since in this case, we haven't soaked the rice in advance. Once the water is boiling add the basmati rice and reduce the heat to medium-low and cook the rice till it absorbs all the liquid.

STEP 4: Enjoy

Garnish the rajma with coriander leaves and serve with jeera rice. Some common side dishes for serving include freshly pickled onions, yoghurt and Indian style salad which could include slices of cucumber, onion and fresh green chillies with a drizzle of lime juice.

The US travellers afraid to travel abroad right now

Declining trust in airline safety, a rise in US citizens being detained when reentering the country and growing anti-American sentiment abroad have some rethinking their summer travels. Travelling abroad used to barely faze Mary S. The American marketing professional estimates she would cross the border twice a year from her southern Arizona home to visit Los Algodones, Mexico nearby. She was also planning on attending a conference this summer in Canada to escape the Southwest US’s sweltering heat. But after watching the sweeping new policies enacted by US President Donald Trump over the last three months and a notable rise in US citizens and permanent residents being detained when attempting to re-enter the country, she’s having second thoughts. “There’s no way I’m going anywhere near an airport or border crossing,” she said. While Mary said that some of her trepidation is about the recent spate of air control tower staffing issues and near-misses, she’s more worried about potential retaliation from her social media posts criticising the Trump administration, and is afraid of being harassed at border crossings. (She requested we not use her full name for the same reasons.) These worries might have once seemed outlandish, but last week Twitch streamer Hasan Piker – who is known for his criticism of Trump and his pro-Gaza policies – was reportedly detained for hours by federal agents at Chicago O’Hare International Airport after returning from France. Though eventually released, Piker said he was questioned about his views on the Middle East in an interrogation room and asked “Do you like Donald Trump?” In response, Tricia McLaughlin, the assistant secretary of the Department of Homeland Security posted a statement on social media saying that the interaction was “a routine, lawful process that occurs daily, and can apply for any traveler”. Other high-profile incidents involving the detention of US citizens have some people “freaked out” by the idea of international travel. Pair that with many Americans losing faith in air travel safety following a spate of recent airplane crashes and anti-American sentiment rising in Europe and Canada, and some Americans are putting their international travel plans on hold – if not outright cancelling their trips. While she says the majority of her clients continue to book and take trips as usual, travel advisor Tamara Ladbom of Anytime Travel Agency has seen some changes. “Lawful permanent residents who are worried they will not be allowed to re-enter the United States based on changing immigration enforcement are just cancelling trips,” she said. “They have decided it is safer to vacation in the United States and avoid the potential risks associated with leaving the country and attempting to re-enter.” Boutique tour operator Jay-Way Travel has also seen a noticeable slowdown in demand from American travellers compared to last year, but the decline isn’t only about flight safety or detention fears. “Economic uncertainty and the declining US dollar [which hit a three-year low against the euro last month following Trump’s tariff rollout] are definitely factors,” says Charlie Neville, the company’s marketing director. Still, airplane safety is top of mind for many travellers, as Newark Airport in New Jersey, in particular, has faced mounting problems. Last week, the airport experienced its third system outage in less than two weeks, leaving controllers unable to communicate with pilots for up to 30 seconds, and reports continue to flood in that the control room is severely understaffed. Though the airport has a target of 14 controllers, only three were monitoring airspace last Monday. Despite recent headlines, air travel in the US continues to be one of the safest modes of transportation. National Transportation Safety Board data shows fatal aviation accidents in 2025 to be below the three-year average for the same period. Yet, conversations about aviation safety have been widely covered in US media, adding to the perceived threat. According to news and intelligence agency Storyful, aviation incident discussions on social media have skyrocketed, up 243% on X accounts based in the US and 71% on Reddit compared to early 2024. That has also translated to more posts about flying anxiety, up 72% on X accounts based in the US and 22%



on Reddit compared to early 2024. “Safety in travel has become a daily conversation lately, as a travel advisor specialising in European travel and a wife to a commercial airline pilot,” said Sarah Magnoni, owner of Harmony Travel Collective. “Nearly all of my clients have inquired about safety. In 2024, I received virtually no questions on airline safety.” While Magnoni has advised her clients to avoid Newark airport in the near future if possible to avoid delays and cancellations, overall she feels confident about airline safety. “Commercial airline pilots aren’t striking or refusing to fly at this time. That tells us everything we need to know about aviation safety right now,” she said. Andrew Coggins, a clinical professor of management at Pace University in New York who specialises in the travel industry, also

problems at all. “They’re very welcoming to Americans and take pride in showcasing their countries, histories and cultures,” she said. “Their tourism boards are very welcoming and ready for American travellers.” In fact, those looking for a bargain may do well to keep their European holiday plans this summer. “This may be one of the best times in years to visit Europe: fewer crowds, more availability and great airfare deals – especially out of European cities,” said Neville. “Other than in Rome, we’re expecting significantly lighter crowds across Europe this summer. While we’re not seeing mass cancellations, we are noticing fewer inquiries and more indecisiveness. It feels a lot like summer 2022, when international travel was just starting to rebound.” Coggins still expects a busy summer travel season, but since it’s just the start of the season, the tales of border crossing woes

heading in the wrong direction, not because of a lack of demand, but because of a failure to act. While other nations are rolling out the welcome mat, the US government is putting up the ‘closed’ sign.” Skift’s recent research report, The Trump Effect: Skift Travel Health Index Market Analysis, quantified the lag further. The report found that overall travel dipped 2% in March, particularly from Canada, where flight bookings fell 22% and hotel bookings dropped 34% following a spike in bilateral tensions. France, Italy, Mexico and Brazil are also seeing declines. Americans staying home this summer may provide a buffer to the travel and tourism sector. Skift’s report found that US domestic travel activity has remained nearly flat year-on-year. The report theorises that the weakening dollar may also keep Americans at home, with an uptick in particular to drive-to destinations. Many US destinations are taking note. Vail, Colorado, one of the US’s most popular ski resorts and home to a Tyrolean-style village, is currently marketing itself as providing the charm of a European holiday without visitors having to fly across the pond. It’s also promoting its support for public lands even among federal budget and staffing cuts. Jesse Neugarten, founder and CEO of Dollar Flight Club, suggests dupes like Santa Fe, New Mexico as a stateside stand-in for Spain; Sedona, Arizona for Morocco; and the Florida Keys instead of international beach vacations. “These destinations offer similar vibes without the long-haul flights or price tags,” he said. According to Alex Alioto, head of growth at vacation rental firm Whimstay, many US travellers seem keen to the US this summer and relatively close to home.



to communicate with pilots for up to 30 seconds, and reports continue to flood in that the control room is severely understaffed. Though the airport has a target of 14 controllers, only three were monitoring airspace last Monday. Despite recent headlines, air travel in the US continues to be one of the safest modes of transportation. National Transportation Safety Board data shows fatal aviation accidents in 2025 to be below the three-year average for the same period. Yet, conversations about aviation safety have been widely covered in US media, adding to the perceived threat. According to news and intelligence agency Storyful, aviation incident discussions on social media have skyrocketed, up 243% on X accounts based in the US and 71% on Reddit compared to early 2024. That has also translated to more posts about flying anxiety, up 72% on X accounts based in the US and 22%

counted by Americans booking flights since [US travellers don’t] have much choice outside of Amtrak’s Northeast Corridor if one wants to get somewhere fast,” he said. “Newark’s woes will have a greater effect on future bookings than near-term reservations, since changing airports/flights might involve considerable additional expense.” Coggins recently booked a flight to the UK, and was surprised that the flight was completely full. Even though he’s been flying to the UK since 1969, the country’s new visa requirement came as a shock (even though he said it was easy to do online). Many frequent US travellers also complained that changing visa requirements in foreign countries are causing them to reconsider international trips in an already anxious summer travel season. For Magnoni, more of her American clients are also inquiring about how they may be perceived abroad in light of more nations issuing travel warnings to the US and greater calls to boycott travel to the US. For the countries she specialises in – Ireland and Scotland – Magnoni says Americans should have no

may just be beginning. That said, he still believes the greatest impact of changing policies and border crossing fears will impact international visitors here, rather than Americans going abroad. “I think the tales of tourists’ encounters with Homeland Security may have a greater effect on summer inbound tourism than Americans’ worries over FAA safety or border crossing,” he said. So far, that belief is backed up by the data. According to the US International Trade Administration, overnight visitors from Western Europe declined by 17% in March 2025 compared to the same time last year. Overall foreign arrivals were down 12% – the sharpest dip since the pandemic recovery began, according to JayWay. Perhaps most telling: according to a report published last week by the World Travel & Tourism Council (WTTC), the US is on track to lose \$12.5bn (£9.4bn) in international travel spending this year. “This is a wake-up call for the US government,” the WTTC’s President and CEO Julia Simpson said in the report. “The world’s biggest travel and tourism economy is

stay in explore destinations “We’ve been seeing a lot of in-ner-state bookings in the US, so people from California travelling within California, Texans traveling within Texas. Not only is domestic travel leading over international, but people aren’t venturing outside of state lines.” One such person is American traveller Emily Dreilich. Though she had her heart set on travelling to Bolivia this summer, she decided to cancel and remain stateside. “The combination of increased reports of flight disruptions, border control unpredictability and just this general tension in the air right now is what really made me stop and rethink,” Dreilich said. “When that anxiety gets high enough to mess with your trip from day one, it’s just not worth it, especially if your vacation is short. When you only get one trip a year, you’re not being paranoid for wanting a smooth entry and exit.”

Destination dupes

Citizens of Canada, Denmark, Finland, France, Germany and the UK have all heard the same thing in the past few months: if you’re planning to travel to the US, the situation has changed. All six governments have issued updated travel advice following recent policy changes, drawing attention to a tightening of entry rules and the need for transgender people to declare themselves as male or female on Esta and visa applications. As a result, sentiment is shifting around travel to the Land of the Free. Reports of travellers being detained at the border over misunderstandings, along with a disturbing spate of air traffic control failures, have done nothing to increase confidence among travellers. So if you’re drawn to the bold landscapes, cultural energy and cinematic atmosphere of the US but are reconsidering your travel plans this year – where can you go instead? From cowboy ranches to vibrant cities and deep canyons, these international alternatives echo the best of the US, with a twist. There’s no place like the Big Apple – or is there? Toronto

to has long served as a convincing on screen stand-in, doubling for New York in film and television thanks to its eclectic architecture and versatile landscapes along with favourable film-industry incentives. It’s so convincing a dupe that it even passed as the city in the Sebastian Stan and Jeremy Strong film The Apprentice, charting Donald Trump’s rise to fame in the 1970s and ‘80s Manhattan. Of course Toronto is a different and far smaller city to visit: you’ll find the Blue Jays not the Yankees on the baseball field here, and a city-wide devotion to poutine, not pizza. However, the parallels run deep. High Park – a 400-acre park with hiking trails and cherry trees – evokes the grandeur of Central Park; while the CN Tower delivers a

skyline view to rival the Empire State Building. Even its history aligns: from 1793-1834, Toronto wasn’t even called Toronto, it was called York. “Actor Peter Ustinov famously said that Toronto is New York run by the Swiss,” said Lydia Devereaux, international marketing director at Destination Ontario. “We’ve both got world-class museums and galleries, shopping, a renowned food scene inspired by an incredibly diverse population and unique walkable neighbourhoods.” Yellowstone has a lot to answer for. The popular Paramount show – along with spin off show 1888 and Beyoncé’s Cowboy Carter world tour – is behind what travel experts have called the rise in cowboy core: a growing interest in Western culture, ranch stays and horse-riding holidays. But while Montana and Wyoming are seeing new interest, you don’t

have to be in the US to experience the best of cowboy culture: just ask the gauchos (cowboys) of Argentina. Here, gaucho culture draws on a centuries-old heritage of nomadic horsemen who care for their livestock and live life in the saddle. While this traditional lifestyle is struggling to survive in the face of agricultural advancement, travellers can stay in a wide array of estancia (Argentine gaucho ranches) where the pace is slow, the landscapes are vast and the asado (traditional barbecue) is serious business. “At Estancia Los Potreros, guests witness authentic horsemanship, asados and mate drinking, which are all still part of daily life,” said owner Kevin Begg, who believes the Argentinian version of cowboy culture is even more authentic than the US. “We invite our guests to be part of our family and our activities are all based on what is going on at the estancia as opposed to being picked off an activity list.” The Grand Canyon’s size and scale are unmatched – measuring 278 miles long, 18 miles across at its widest and an average of one mile deep. Its also one of the US’s most visited national parks, with nearly five million visitors last year. But Europe’s deepest canyon, the Tara River Gorge in Montenegro, offers a similar sense of awe, without the



crowds. Located in Durmitor National Park, the canyon is carved by a ribbon of turquoise-blue water, where white-water rafters brace for roiling waves beneath sharp-sided cliffs. “It has a powerful sense of isolation and raw beauty that will resonate with anyone who has stood at the edge of the Grand Canyon,” said Stefanie Schmulde, senior vice president of global product strategy at luxury travel specialists Abercrombie & Kent. “The scale is immense, and it offers that same visceral connection to nature in a setting that feels remote and undiscovered.” From its famous fog to the Golden Gate Bridge, Silicon Valley and Alcatraz, San Francisco is one of the US’ most distinctive cities. It has had starring roles in films including Dirty Harry and Mrs Doubtfire, while helping to shape cultural history in



the US and beyond thanks to the 1967 Summer of Love protests against the Vietnam War.

Asia’s gambling hub, Macau, is a former trading port between China, India and Portugal that’s known as the casino capital of the world. If you’re looking for an alternative to the bright lights of glitzy desert city Las Vegas, the “Vegas of Asia”, as the Chinese special administrative region is often called, could be a great fit.

Novak Djokovic

Novak Djokovic is a Serbian professional tennis player who has been ranked as the world No. 1 in men’s singles for 428 weeks. He has won 100 ATP Tour-level singles titles, including 24 majors, 10 Australian Open titles, 40 Masters, seven year-end championships, and an Olympic gold medal. Djokovic is the only man in tennis history to be the reigning champion of all four majors at once across three different surfaces. He has achieved a triple Career Grand Slam and completed a Career Golden Masters twice. Djokovic began his professional career in 2003 and disrupted Roger Federer and Rafael Nadal’s streak of 11 consecutive majors by winning his first major title at the Australian Open. He remained the most successful player in men’s tennis for the rest of the decade. In 2017, he suffered an elbow injury, but returned to dominant status in 2018 and 2022. Djokovic has won numerous awards, including the Order of Karadorde Star, Order of St. Sava, and Order of the Republika Srpska. He is also an active philanthropist, founding the Novak Djokovic Foundation and being appointed a UNICEF Goodwill Ambassador.

Early and personal life
Novak Djokovic, born in Belgrade, Serbia, began playing tennis at the age of four. He was sent to a tennis camp in Novi Sad and later to a camp in Germany, where he was trained by Yugoslav tennis player Jelena Genčić. During the Yugoslav Wars, Djokovic had to train in a disused swimming pool converted into a tennis court. He trained with players like Ernests Gulbis and was taken to academies in the United States, Italy, and Germany. His father took out high-interest loans to pay for his son’s tennis education, putting him under immense pressure. Djokovic met his future wife, Jelena Ristić, in high school and they got engaged in 2013. They had their first child in 2014 and their daughter in 2017. Djokovic is a self-pro-

claimed fan of languages and speaks Serbian, English, French, German, Italian, and Spanish.

Career
In 2001, Djokovic dominated the U14 circuit on the Tennis Europe Junior Tour, winning his first title in a second-category tournament in Messina and his second in Livorno. He won the U14 European Championship in Sanremo, defeating Lukáš Lacko in singles and the doubles with Božović against Russians Alexandre Kratochvili and Mikhail Bekker. In 2002, Djokovic competed in U16 events, winning two major tournaments in France and winning his first ITF title in



Pančevo. In 2004, he recorded his first official ATP win during a Davis Cup match against Janis Skroderis and later claimed his first Challenger title in Budapest. He made his ATP Tour main draw debut at the Croatia Open Umag and ended the year ranked No. 186. Djokovic’s Grand Slam debut came at the 2005 Australian Open, followed by his first Slam win at the French Open.

reached the third round at both Wimbledon and the US Open, beating Gaël Monfils and Mario Ančić. In 2006, Djokovic secured a Davis Cup win for Serbia and Montenegro by defeating Greg Rusedski in four sets, giving his team a 3–1 lead over Great Britain and

also reached the fourth round of the 2007 Australian Open, losing to eventual champion Roger Federer in straight sets. He then reached his first major final at the US Open, where he defeated world No. 3 Andy Roddick, No. 2 Nadal, and No. 1 Federer to claim the title. In 2008, Djokovic reached the semifinals in Dubai, Indian Wells, and the Italian Open, his third and fourth Masters



retaining their place in the

titles respectively. He lost to Nadal in the semifinals of both Hamburg and the 2008 French Open. In the 2013 season, Novak Djokovic began his season by winning the Australian Open, defeating Roger Federer in the semifinals and Andy Murray in the final. He continued his run by beating Federer in the final of the Dubai Championships and claiming back-to-back Masters 1000 titles at Indian Wells and Miami. After winning the Serbia Open, Djokovic extended his unbeaten streak with titles in Madrid and the Italian Open, defeating Nadal in straight sets in both finals. Djokovic faced off against Rafael Nadal in their third consecutive major final meeting after last year’s Wimbledon and US Open. He won in 5 hours and 53 minutes, which was the longest major final and longest match in Australian Open history. He also defeated John Isner in the semifinals of Indian Wells but retained his Miami title by defeating Murray. In the 2012 Summer Olympics, Djokovic was Serbia’s flag bearer, defeating Jo-Wilfried Tsonga to reach the semifinals but losing to Murray and Juan Martín del Potro in the bronze medal match. He defended his Rogers Cup title, dropping just

one set but losing the Cincinnati Open final to Federer. In 2013, Djokovic began his season at the Hopman Cup, representing Serbia with Ana Ivanovic. He won three of his four singles matches, including a final-round win over Fernando Verdasco. He won the Australian Open, the Dubai Tennis Championships, the Monte-Carlo Rolex Masters, the Madrid Open, the Rome Masters, the French Open, the Italian Open, and the Paris Masters. In 2015, Djokovic started the year with a 24-match winning streak and announced that Boris Becker would join his team as head coach for 2014. He won the Mubadala World Tennis Championship, the Australian Open, the Indian Wells Masters, and the Miami Masters. In 2016, Djokovic won the Qatar Open, the Australian Open, the Dubai Championships, and the Rome Masters. Djokovic began the year with his 92nd title at the Adelaide International, and later claimed a record-extending 10th title at the Australian Open. He missed the Indian Wells and 2023 Miami Open due to U.S. entry restrictions. During the clay season, he exited early at the Monte-Carlo Masters and Banja Luka Open, losing in the Rome

quarterfinals. At the French Open, he defeated world No. 1 Carlos Alcaraz in the semis and beat Casper Ruud in the final to win a record-breaking 23rd major, becoming the first man to achieve a triple Career Grand Slam. Djokovic reached his 9th final at Wimbledon but lost to Alcaraz in five sets. He won the Cincinnati Open and the US Open, becoming the oldest US Open men’s singles champion in the Open Era. He ended the season by winning the ATP Finals, clinching the year-end No. 1 ranking for a record eighth time. At the Australian Open, he reached the semifinals but lost to Jannik Sinner in four sets, ending his 33-match win streak. He equaled Roger Federer’s record of 58 Grand Slam singles quarterfinals and retained his world No. 1 ranking. In the 2025 season, Djokovic reached his 37th Grand Slam final, but lost in straight sets to Carlos Alcaraz in a repeat of the 2023 final. He retired in his semifinal match against Alexander Zverev due to a muscle tear after only one set played. In May 2025, Andy Murray announced that he would no longer be working as Djokovic’s coach. He took a last-minute entry to the 2025 Geneva Open, where he claimed the 100th ATP singles title of his career.

Yuvraj Singh is a former Indian international cricketer who played in all formats of the game. He was an all-rounder who batted left-handed in the middle order and bowled slow left-arm orthodox. He has won 7 Player of the Series awards in One Day International cricket, which is the joint third-highest by an Indian cricketer, shared with former Indian captain Sourav Ganguly. Singh was a member of the Indian cricket team in ODIs from 2000 to 2017 and played his first Test match in October 2003. He was the vice-captain of the Indian ODI team between 2007 and 2008. In a match against England at the 2007 World Twenty20, he famously hit six sixes in one over bowled by Stuart Broad. In the same match, he set the record for the fastest fifty in Twenty20 Internationals and in all T20 cricket, reaching 50 runs in 12 balls, which was a record for fastest half century in International cricket. In 2011, Singh was diagnosed with a cancerous tumor in his left lung and underwent chemotherapy treatment in Boston and Indianapolis. After completing the third and final cycle of chemotherapy, he returned to India in April. He made his international comeback in a Twenty20 match in September against New Zealand shortly before the 2012 World Twenty20. In 2012, Singh was conferred with the Arjuna Award, India’s second highest sporting award by the Government of India. In 2014, he was awarded the Padma Shri, India’s fourth highest civilian honour. At the 2014 IPL auction, Royal Challengers Bengaluru bought him for an all-time high price of ₹14 crore, and, in 2015, the Delhi Capitals bought him for ₹16 crore, making him the second most expensive player ever to be sold in the IPL until Chris Morris was sold to the Rajasthan Royals for a record ₹16.25 crore in February 2021. In February 2014, he was honoured with the “Most Inspiring Sportsperson of the Year Award” by FICCI. On 10 June 2019, Singh announced his retirement from all forms of international cricket. He last represented India in June 2017, against the West Indies. His request for a return to domestic cricket and IPL was turned down by the BCCI over his participation in the Global T20 Canada in Canada and Abu Dhabi T10 in the United Arab Emirates. Singh



Yuvraj Singh

began his career with Punjab Under-16s at the age of 13 years and 11 months in November of the 1995–96 season against Jammu and Kashmir-16s. He made his first-class debut in late-1997 against Odisha during the 1997–98 Ranji Trophy but was dismissed for a duck opening the innings. His first break-out performance came in the Under-19 Cooch Behar Trophy Final of 1999 against Bihar at Jamshedpur. In the 2000 Under-19 Cricket World Cup, Singh’s all-round performance earned him the “Player of the Tournament” award and a call-up to the national squad. He was selected in 2000 for the first intake of cricketers in the National Cricket Academy in Bengaluru. International breakthrough Singh was selected in the Indian squad for the 2000 ICC KnockOut Trophy on the back of his impressive performances for the Under-19 team. He made his international debut against Kenya in the pre-quarterfinal and won the man of the match for his innings of 84 out of 80 balls. He made his comeback during the 2001 Coca-Cola Cup in Sri Lanka, scoring a crucial 98* against Sri Lanka in the fifth match of an otherwise disappointing series with the bat.

Anjali Bhagwat, born on December 5, 1969, is a professional Indian sport shooter who became the World Number One in 10m Air Rifle in 2002. She won her first World Cup Final in Milan in 2003 with a score of 399/400. Bhagwat is the only Indian to win the ISSF Champions’ Trophy in Air Rifle Men & Women mixed event at Munich in 2002. She represented India in three consecutive Olympics and was a finalist in the 2000 Sydney Olympics. Bhagwat has won 12 gold and 4 silver medals in the Commonwealth Games and Commonwealth Shooting Championships, setting Commonwealth records in 10m Air Rifle and Sports Rifle 3P. She became the first Indian woman shooter to win gold and silver medals in the Sports 3P and Air Rifle events at the 2003 Afro-Asian Games.

Early life
Anjali Ramakant Vedpathak, born in 1969 in Mumbai, was inspired by Carl Lewis and developed an interest in sports. Her first exposure to shooting occurred during her time as a cadet in the National Cadet Corps (NCC). She joined Kirti College in Mumbai and joined the Maharashtra Rifle Association (MRA). At 21, she started shooting and participated in the 1988 National Championship, winning a silver medal for Maharashtra. Vedpathak joined the MRA at the age of 21.

Career
Bhagwat, a former Indian Olympic shooter, began her career with Sanjay Chakravathy, who instilled her strong fundamentals over five years. She turned professional in 1988, winning Silver for her state and continuing to play for the Maharashtra team. Bhagwat’s first international event was in 1995, and her first gold medal was in 1999 at the Commonwealth Championship in Auckland. She is the only woman to win the World Cup for India. In 1999, Bhagwat started training under Laszlo Szucsak, the then coach for the Indian Shooting Team. She earned a wild card entry in the 2000 Sydney Olympics and became a runner-up. From 2001 to 2004, she trained without a coach and became World Number One in 2002. In 2006, Laszlo re-joined the national shooting squad as the team coach, and she trained with him until 2008. In 2008, Stan-

islav Lapidus was appointed as the coach by the Indian National Army for the national squad. Bhagwat has ranked her victory as the Champions of Champions in 2002 as the best moment in her career, making her the only Indian to have ever won the title.

Equipment and sponsors
Bhagwat uses a Feinwerkbau, a German-made rifle for her Air Rifle events. For 10m she prefers a Feinwerkbau while for 50m she uses a .22 Walther. Bhagwat’s first kit was gifted to her by Bollywood actor and a fellow shooter, Nana Patekar in 1993. She was officially sponsored by the Hinduja Foundation in 2000, and later by the Mittal Champions Trust in 2008. Hyundai Corporation also supported her training prior to 2004.

In popular culture
Bhagwat, a prominent sports figure, has been involved in various sports events, including the Indian bid for hosting the Commonwealth Games in 2010. She was a special guest in the Bournvita Quiz Contest and was part of the expert panel on CNN-IBN during the Commonwealth Games in 2006 and 2010. Bhagwat also performed in the Hero Honda Sports Awards in 2007, singing and dancing impromptu with former Indian cricketers Vinod Kambli and Ajay Jadeja. She has been a subject of inspiration for writer and columnist Shobha De, who dedicated her column after their interaction at an award ceremony. Bhagwat has also appeared in Marathi films, walked the ramp twice for fashion designer Vikram Phadnis, and has been teaching blind students.



Anjali Bhagwat

