

# NORTH EAST BUSINESS MIRROR

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## Adani Wilmar posts highest-ever half yearly net profit at Rs 624 crore



**Ahmedabad:** Adani Wilmar Ltd on Thursday reported its highest-ever half-yearly net profit at Rs 624 crore for the first six months of the current fiscal (FY25). In Q2 FY25, the Adani Group company clocked Rs 326 crore in stand-alone profit (PAT), up from Rs 324 crore in Q1 FY25. In the quarter, the company saw an 18 per cent surge in revenue at Rs 14,460 crore (year-on-year).

Adani Wilmar MD and CEO Angshu Mallick said they have delivered another strong quarter, with double-digit growth in both edible oils and Food & FMCG segments.

“We have been the second and third largest players in wheat flour and basmati rice business, respectively. On the back of trust and quality, along with branding investments, our flagship brand ‘Fortune’ has been gaining good acceptance with consumers for the entire range of kitchen essentials,” Mallick added. Edible oils and Food and FMCG segments delivered strong doubledigit revenue growth of 21 per cent and

34 per cent (YoY), respectively. The strong growth in staple foods was partially offset by the decline in the industry essential segment.

With stable edible oil prices, the Adani Group company posted strong profits over the last four quarters. For Q2 FY25, operating EBITDA was at Rs 613 crore. In Q2, the edible oil segment revenue grew by 21 per cent YoY to Rs 10,977 crore. This represents the third consecutive quarter of double-digit volume growth. The growth was driven by strong performance in soybean, sunflower, and mustard oil. The Food and FMCG segment’s revenue grew by 34 per cent to Rs 1,718 crore. Excluding the G2G exports business, the volume growth of the Food and FMCG business was at 21 per cent YoY.

“In the wheat business, the company continues to grow strongly. The sales also benefited from the introduction of small pack sizes in markets with lower per capita consumption.

## Reserve Bank of India approves re-appointment of Amitabh Chaudhry at the helm of Axis Bank

**Mumbai:** The Reserve Bank of India (RBI) has approved the re-appointment of Amitabh Chaudhry as the managing director and CEO of Axis Bank for three years beginning January 1, 2025. In April this year, the board of the private sector lender had approved his re-appointment with effect from January 1, 2025 up to December 31, 2027.

This was subject to the approval of the RBI and its shareholders. The shareholders had approved the re-appointment at its AGM on July 26, 2024. The shares of the private sector bank earlier settled at ₹1,167.95, a gain of 0.65 per cent on the BSE.

Chaudhry joined Axis Bank as its MD &

CEO on January 1, 2019. Before joining the bank, he was with HDFC Life for nine years.

Prior to HDFC Life, he was the MD & CEO of Infosys BPO and head of the testing unit of Infosys Technologies Ltd. Chaudhry started his career with Bank of America in 1987. During his tenure, Axis Bank acquired Citi India’s consumer facing business for ₹11,603 crore.

Axis Bank had reported an 18 per cent growth in net profit to ₹6,918 crore for the second quarter ended September 2024. It had logged in a net profit of ₹5,864 crore in the same quarter a year ago. During the pe-



riod, the total income of the bank increased to ₹37,142 crore against ₹31,660 crore in the same period last year.

## Sensex plunges 662 points to settle at 79,402; Nifty tanks 218 points to 24,180

**Mumbai:** Declining for the fifth straight session, equity benchmark Sensex on Friday plunged about 660 points to crash below the 80,000 level due to widespread selling pressure tracking massive foreign capital outflows and muted earnings growth.

The BSE Sensex plummeted 662.87 points or 0.83 per cent to settle at 79,402.29. During the day, it plunged 927.18 points or 1.15 per cent to 79,137.98. The NSE Nifty tanked 218.60 points or 0.90 per cent to 24,180.80. From the 30 Sensex pack, IndusInd Bank plunged over 18.50 per cent after the firm reported a 40 per cent decline in September quarter net profit at Rs 1,331 crore, pulled down by concerns over its asset quality.

Mahindra & Mahindra, Larsen & Toubro, NTPC, Adani Ports, Tata Steel, Maruti, Bajaj Finance and Titan were also among the laggards. From the blue-chip pack, ITC climbed over 2 per cent after the diversified entity reported an 1.8 per cent increase in its consol-

idated net profit to Rs 5,054.43 crore in the second quarter ended September 2024.

In contrast, Axis Bank, Hindustan Unilever, Sun Pharma and ICICI Bank were the other big gainers. Foreign Institutional Investors (FIIs) offloaded equities worth Rs 5,062.45 crore on Thursday, while Domestic Institutional Investors (DIIs) bought Rs 3,620.47 crore shares, according to exchange data.

In Asian markets, Seoul, Shanghai and Hong Kong settled higher, while Tokyo ended lower.

European equity markets were trading in positive territory. The US markets ended mostly higher on Thursday. Global oil benchmark Brent crude climbed 0.42 per cent to USD 74.69 a barrel.

In an uninspiring trade, the BSE benchmark Sensex dipped 16.82 points or 0.02 per cent to settle at 80,065.16 on Thursday. The Nifty skidded 36.10 points or 0.15 per cent to 24,399.40 in a volatile trade.(PTI)

## SpiceJet announces settlement of \$4.5 million dispute with Shannon Engine Support

**New Delhi:** Budget carrier SpiceJet on Friday announced it has settled a \$4.5 million dispute with Shannon Engine Support Ltd (SES) for an aggregate sum of \$2 million.

Both parties — SpiceJet and Shannon Engine Support — have reached this agreement through amicable negotiations, choosing to resolve the matter outside the courtroom, the airline said.

As part of the settlement, all ongoing litigations and disputes between the parties will be withdrawn at the appropriate forums, it added.

This settlement with Shannon Engine Support follows three other financial agreements by the airline in recent weeks, SpiceJet said in a statement.

On October 15, SpiceJet announced it had successfully settled a \$23.39 million dispute with Aircastle (Ireland) Designated Activity Company and Wilmington Trust SP Services (Dublin) Limited for an aggregate sum of \$5 million.

On October 9, the airline successfully resolved a \$131.85 million dispute with lessors Horizon Aviation 1, Horizon II Aviation 3, and Horizon III Aviation 2 (under the management of Babcock & Brown Aircraft Management) for \$22.5 million.

On September 24, the company had settled a dispute with Engine Lease Finance Corporation (ELFC), which initially claimed \$16.7 million, for a lower amount”.

## China welcomes Apple’s continued and deeper presence in Chinese market

US tech giant Apple Inc is welcome to continue deepening its presence in the Chinese market, Commerce Minister Wang Wentao told its Chief Executive Tim Cook during a meeting on Friday, the ministry said in a statement.

The remark mirrored the exchanges between China’s Minister for Industry and Information Technology and Cook during a meeting earlier this week in Beijing.

China is willing to help return Sino-U.S. economic and trade ties to a healthy and stable track of development through regular exchanges between government and enterprises, Wang added.

China will further optimise the business environment and continue to provide quality services for foreign enterprises, Wang said, but also told Cook that the highlighting of national security “is not conducive to normal economic and trade exchanges”.



## BSNL adds 2.5 million users in August, but private players report subscriber losses

**New Delhi:** Bharat Sanchar Nigam Limited (BSNL) has added 2.5 million wireless subscribers in August as the state-owned operator capitalised on recent tariff hikes by the private operators.

This marks the second consecutive month of significant growth for BSNL, following a 2.94 million subscriber surge in July. In contrast, private players Reliance Jio, Bharti Airtel and Vodafone Idea experienced substantial subscriber losses in August.

Jio shed 4 million customers, while Airtel and Vodafone Idea lost 2.4 million and 1.87 million subscribers, respectively. The tariff hikes, implemented in July 2024, have led to a decline in overall wireless subscriptions. Total mobile subscribers decreased to 1,163.83 million in August from 1,169.61 million in July. While private telcos grapple with the impact of the tariff hikes, BSNL has maintained a steady course.

The state-owned operator has refrained from increasing tariffs, prioritising customer satisfaction and building trust.

As a result, BSNL’s market share has risen to 7.84 per cent in August from 7.59 per cent in July

Jio’s market share dipped to 40.53 per cent; Airtel’s to 33.07 per cent from 33.23 per cent; and Vodafone Idea’s to 18.39 per cent from 18.46 per cent. Robert Ravi, chairman and managing director of BSNL, has said the company will not increase tariffs in the near future.

BSNL’s primary focus is on ensuring customer satisfaction and building consumer confidence, noting that there is no immediate need for tariff hikes, he said.

Broadband race Jio leads with 485.29 million broadband connections, followed by Airtel with 284.55 million. Vodafone Idea holds a distant third position with 125.92 million connections.

## Mahindra Truck and Bus strengthens its presence in West Bengal

**Guwahati:** After a strong year-on-year growth of over 46% in business volume in F'24, Mahindra's Truck and Bus Division (MTBD) has inaugurated a state-of-the-art dealership in Kolkata for the state of West Bengal which adds 14 service bays that can service more than 28 vehicles per day while also providing driver lodging, 24-hour breakdown assistance, and AdBlue availability. Inaugurates its 86th dealership in Kolkata, West Bengal.

Mr. Vinod Sahay, President and chief purchase officer - AFS, President - Aerospace and Defence Sector, President - MTBD & CE, Member of the Group Executive Board, said, "We take pride in MTBD's strong presence in the Indian CV market, securing the No. 3 position in various sectors. The addition of new dealerships and the BLAZO X, FURIO, OPTIMO, JAYO ILCV range of trucks & CRUZIO Range of buses, equipped with Best-in-Class Mileage Guarantee and Double Service Guarantee, are key factors to elevate



partners, customers, and the entire ecosystem, further strengthening market position."

Mahindra BLAZO X, FURIO, OPTIMO and JAYO are the only CV truck range in India that gives double service guarantees including best in class fuel efficiency. Mahindra Truck and Bus, in partnership with Ramkrishna Mission Institute, runs a Regional Training Center in Belur Math that has trained over 1,100 technicians in the last 6 years.

## Mosquito Menace: Goodnight survey reveals sleep disruptions across East India

**Guwahati:** A recent survey by Goodnight, a prominent household insecticide brand under Godrej Consumer Products Ltd, has uncovered that 55% of Indians suffer from disturbed sleep due to mosquito bites and their annoying buzzing sounds. The survey, titled 'One Mosquito, Countless Threats,' was conducted by YouGov and sheds light on the pressing issue of sleep disruption nationwide.

Among the findings, 49% of children reported sleep disturbances linked to mosquitoes, with West India leading at 61%. In East India, including states like Assam, West Bengal, Bihar, and Odisha, 50% of respondents also cited similar concerns, showcasing the wide-

spread impact of the mosquito problem.

In Guwahati, residents are increasingly frustrated as unseasonal rains create ideal breeding conditions for mosquitoes. Many are investing in various mosquito repellent solutions but continue to face sleepless nights, affecting their overall well-being.

To combat this issue, Goodnight is introducing its new Flash liquid vaporizer, featuring the innovative Renofluthrin molecule, which is claimed to be twice as effective as existing products. As the mosquito menace grows, effective solutions and heightened awareness become essential for a restful night across the region.

## TKM unveils Limited Festival Edition of Toyota Rumion

**Shillong:** Making this festive season special for car buyers, Toyota Kirloskar Motor (TKM) has introduced the Festive Edition of the Toyota Rumion. This Limited-Edition, featuring exclusive Toyota Genuine Accessory (TGA) packages aimed at enhancing the Rumion's aesthetics and comfort is the perfect mobility choice to celebrate the season in elegance and style. This festive edition of the Rumion, available across all grades, comes with a dealer-fitted TGA package worth ₹20,608, ensuring that customers enjoy a premium experience. The

Festival Limited Edition TGA package features Back Door Garnish, Mud Flaps, Rear Bumper Garnish, Deluxe Carpet Mat (RHD), Head Lamp Garnish, Number Plate Garnish, Door Visor - Chrome, Roof Edge Spoiler and Body Side Molding Garnish Finish.

Mr. Sabari Manohar - Vice President, Sales-Service-Used Car Business, Toyota Kirloskar Motor, said, "We are thrilled to introduce the Limited-Edition Toyota Rumion, which not



only enhances aesthetics and comfort but also ensures a superior driving experience. As we embrace the festive spirit leading up to Diwali, our commitment to offering exceptional value to our customers remains unwavering."

Toyota Rumion is available in six variants of S MT/AT, G MT, and V MT/AT, S MT CNG offering a wide range of options for customers. Bookings for the Festival Limited Edition of the Toyota Rumion are now open at all Toyota dealerships, as well as online.

## GCPL achieves 7% volume growth despite inflationary challenges

**Guwahati:** Godrej Consumer Products Limited (GCPL) has reported a strong performance for Q2 FY 2025, achieving a 7% growth in both standalone sales and volume year-on-year. Despite facing inflationary pressures, particularly from rising palm oil prices, GCPL's diversified portfolio has shown resilience. The company's consolidated net profit grew by 12%, underscoring its strategic management amid challenging market conditions.

Guwahati has mirrored this growth trend, with heightened consumer interest in household insecticides and air fresheners as seasonal demands rise. Innovative products, such as the newly launched Liquid Vaporiser and popular Goodknight Agarbatti, have gained traction, significantly enhancing GCPL's market share in the region. The air fresheners segment has also delivered strong double-digit growth, solidifying GCPL's



leadership position.

GCPL's Managing Director, Sudhir Sitapati, noted that while personal care has faced volume challenges due to palm oil inflation, the company remains committed to maintaining quality and stability in pricing strategies. With continued investment in innovative product launches, GCPL aims to sustain its growth trajectory and improve margins in the upcoming quarters.

## Nissan Magnite sets new standard for B-SUVs with low maintenance costs

**Guwahati:** Nissan Motor India has launched the new Magnite, positioning it as a leader in the B-SUV segment with unparalleled maintenance costs of just 39 paise per kilometer for the first 50,000 kilometers. This groundbreaking offer includes a standard 3-year/100,000 km warranty, which can be extended to 6 years for minimal additional cost, ensuring customer peace of mind.

The company also introduced the 'Nissan Magnite Care,' a pre-paid maintenance plan that offers savings of up to 21%. This plan is designed to provide hassle-free servicing with genuine parts and comprehensive coverage, boosting resale value. Notably, customers in Guwahati can particularly benefit from these features, as the local market shows a growing demand for affordable, reliable vehicles. With Nissan's service benefits and cashless repairs available nationwide, Guwahati residents can access transparent servicing without hidden costs.

Mr. Saurabh Vatsa, Managing Director of Nissan Motor India Pvt. Ltd., emphasized the company's commitment to customer satisfaction, stating, "We strive to bring a seamless driving experience through our products and services." With over 1.5 lakh units sold since its launch, the new Magnite promises a bold design coupled with advanced safety features, making it an attractive option for discerning customers.

## Avon India celebrates women's empowerment with the "I Am Shakti" campaign

**Guwahati:** As Durga Puja transitions into Diwali, Avon India proudly unveils its "I Am Shakti" campaign—a tribute to the remarkable women who embody the divine strength of goddesses Durga and Lakshmi. This campaign celebrates the resilience, leadership, and determination of Avon representatives who, like these deities, possess qualities of strength and prosperity. Through "I Am Shakti," Avon highlights the inspiring stories of women who have not only supported the brand but also transformed their own lives and communities. These women reflect the power of Durga's courage and Lakshmi's abundance, showcasing the impact of their journeys on others.

Snigdha Suman, GM Marketing at Avon India, shares, "Every woman has the power to transform her life and those around her. This campaign celebrates women who inspire change and encourage others to embrace their strength. These women are not just Avon representatives; they are storytellers of their remarkable journeys. Just as Durga stands for strength and protection, and Lakshmi for prosperity, these women embody these qualities every day."

For over 135 years, Avon has been a beacon of beauty, empowerment, and entrepreneurship. This festive season, Avon invites women everywhere to awaken their inner strength, embrace their Shakti, and unleash the goddess within!

## StockHolding Digidoc revolutionizes document management in Assam

**Guwahati:** Stock Holding Corporation of India Limited (StockHolding) has launched its groundbreaking platform, StockHolding Digidoc, in Assam, aimed at transforming document execution and stamp duty payment. The initiative was inaugurated by Chief Minister Dr. Himanta Biswa Sarma during the Mission Basundhara 3.0 event.

StockHolding Digidoc enables the digital execution of documents and contracts, enhancing legal processes and accelerating service delivery. Initially, the platform supports three key articles: affidavits, indemnity bonds, and mortgage bonds, with plans to expand as government approvals are secured.

The platform is designed to align with the Digital India initiative, offering users real-time document execution from any location, thus simplifying access and reducing turnaround times. With the legal backing of the Information Technology Act of 2020, digitally executed documents hold the same legal standing as physically signed ones, ensuring immediate availability for use.

Shashikant Nayak, e-Services Head at StockHolding, stated, "We are committed to bringing innovative digital solutions to the public. This platform enhances transparency and supports the government's 'Ease of Doing Business' initiative, benefiting individuals, businesses, and legal professionals in Assam."

# TATA AIG launches innovative health riders to address women's health and mental wellbeing

**Guwahati:** TATA AIG General Insurance Company Limited has launched five new riders—Mental Wellbeing, EmpowerHer, OPD Care, CanCare, and Flexi Shield—aimed at enhancing its retail health insurance offerings. These riders come with over 60 benefits tailored to meet the evolving healthcare needs of consumers,

especially in light of rising medical costs. The EmpowerHer rider addresses comprehensive female health issues, while Mental Wellbeing offers unique preventive mental health screenings and rehabilitation coverage. CanCare provides robust cancer protection, and OPD Care focuses on outpatient expenses, ensuring everyday

healthcare needs are met. The company's commitment to customer satisfaction is evident in its improved claims process, with cashless claims utilization rising from 67.7% to 76.95% and a target of 100% in the coming years. TATA AIG has expanded its network to over 11,700 hospitals nationwide, reinforcing its fo-

cus on accessibility. In Guwahati, the introduction of these riders is timely, as awareness and demand for comprehensive health insurance solutions grow. Local consumers are increasingly prioritizing health and wellness, making TATA AIG's offerings particularly relevant and beneficial for the region's demographic.

# India triumphs at WorldSkills 2024: Minister Jayant Chaudhary honors skill champions

**Guwahati:** Jayant Chaudhary, Minister of State (I/C) for Skill Development and Entrepreneurship, celebrated India's impressive performance at the WorldSkills 2024 competition in Lyon, France, where the nation secured 16 accolades, including four bronze medals. During the ceremony, the Minister also recognized eight Paralympic winners, praising their perseverance and achievements.



traditional crafts and emerging sectors like Industry 4.0 and Renewable Energy.

Guwahati stands to gain significantly from this success. The acknowledgment of skilled professionals will likely enhance the city's workforce, fostering local entrepreneurship and innovation. As businesses tap into this growing talent pool, they can improve service delivery and operational efficiency, stimulating economic growth in the region.

India's triumph reflects a robust skilling ecosystem, bolstered by government initiatives under Prime Minister Narendra Modi's leadership. "Our achievements in Lyon mark a significant stride towards becoming the skill capital of the world," Chaudhary stated, highlighting the country's expanding expertise in

# NIFT Best Garment Construction Award 2024



**Shillong:** Usha International, India's leading sewing machine brand, felicitated the 'NIFT Best Garment Construction Award 2024' winner at the Graduation Showcase of the 2024 batch in Shillong. Usha has been conferring this prestigious award annually since 2000 to acknowledge and encourage budding fashion designers with exceptional talent and skills.

This year, Sawakani War was presented with a Usha Janome Allure DLX automatic sewing machine, a certificate, and a cash prize of INR 10,000 as part of the prize at the Graduation Showcase of the 2024 batch in Shillong. The event was graced by the presence of Shri Giriraj Singh, Minister of Textiles, and Shri Conrad K Sangma, Chief Minister of Meghalaya, as Chief Guests, along with Shri Pabitra Margherita, Minister of State for External Affairs & Textiles, as Guest of Honour.

Talking about the association, Usha's spokesperson said, "At Usha, we are committed to nurturing young talent in the fashion industry by providing them with the tools and support they need to excel. The 'NIFT Best Garment Construction Award' is our way of recognizing the creativity, craftsmanship, and dedication of emerging designers like Sawakani War."

Usha International has redefined the industry by consistently introducing technologically advanced sewing machines for consumers.

# Diwali brings love ones together to celebrate with joy and delight

**Guwahati:** Diwali, the vibrant festival of lights, brings loved ones together to celebrate with joy and delight. However, this festive time often leads to overindulgence in sugary treats, fried snacks, and carb-heavy foods. Making smart food choices, such as incorporating nutritious options like almonds, is an effective way to enjoy the festivities without compromising on health. Almonds are packed with 15 essential nutrients, including protein, calcium, zinc, dietary fiber, and magnesium, offering numerous health benefits that help promote overall

well-being. Being protein dense, almonds support muscle growth and maintenance. Sheela Krishnaswamy, Nutrition and Wellness Consultant said, "Diwali is a time of joy and celebration, but it's essential to balance cravings with mindful choices. Instead of sugary treats that can spike blood sugar levels, opt for healthier alternatives."

Dr. Geetika Mittal, Skin Expert and Cosmetologist said, "Everyone wants to look their best during Diwali and dress well for the celebrations. While it's tempting to eat delicious festive meals and



snacks, mindless eating can lead to various health issues like weight gain, blood sugar spikes, and poor skin health."

By incorporating a handful of almonds into your celebrations, you can ensure a joyful festival that also supports your health.

# Sadhguru honored with CIF Global Indian Award 2024, dedicates prize to Cauvery calling

**Guwahati:** Sadhguru, the esteemed Indian yogi, mystic, and founder of the Isha Foundation, has been conferred the prestigious CIF Global Indian Award 2024 by the Canada India Foundation (CIF). This award celebrates individuals of Indian origin making significant global impacts and recognizes Sadhguru's exceptional contributions to environmental initiatives and human consciousness.

Ritesh Malik, Chair of the CIF, expressed his gratitude for Sadhguru's acceptance of the honor, highlighting his profound insights on humanity's pressing challenges. "In Sadhguru, we find a perfect blend of ancient wisdom and practical solutions," he stated, emphasizing the importance of his teachings in addressing issues like soil degra-

dation and climate change.

Upon receiving the award, Sadhguru dedicated the associated prize money of CAD 50,000 to the Cauvery Calling initiative, which aims to revitalize the Cauvery River and enhance the livelihoods of farmers through the plantation of 242 crore trees on private farmlands. The project has already facilitated the planting of 111 million trees.

In Guwahati, the response to Sadhguru's recognition has been overwhelmingly positive. Local residents and environmental activists view this award as a beacon of hope for ongoing sustainability efforts in the region, aligning with their aspirations for environmental preservation and community empowerment.

# Skill Impact Bond trains over 29,000 candidates

**Guwahati:** The Skill Impact Bond, launched by the National Skill Development Corporation (NSDC) in 2021, has successfully trained more than 29,000 first-time job seekers from low-income families across 18 sectors in 24 states and union territories wherein 73% of them have joined jobs. This initiative aims to equip 50,000 young Indians by bridging the gap between skilling and employment, where women account for 60% of the reach. A key feature of the Skill Impact Bond is its strong gender-responsive approach. With 74% of trainees being women from low-income backgrounds, many with limited education and no prior work experience, the program has successfully engaged and retained these women in the workforce.

Shri Atul Kumar Tiwari,

Secretary, Ministry of Skill Development & Entrepreneurship said, "When thoughtful minds collaborate together, we don't just invest; we build communities. We create pathways to better livelihoods, stronger families, and a more resilient nation."

The focus on employment outcomes has influenced all aspects of programme design and delivery, resulting in the promising results the Skill Impact Bond is now seeing. The coalition's prioritisation of tight performance management, incentive alignment between all stakeholders, engagement with employers to ensure fit-for-purpose training, and tech-enabled, data-driven decision-making ensures the impact bond is constantly optimising and innovating to meet its goals.

# ITC's 'Feel Good With Fiamo Mental Wellbeing Survey 2024'

**Shillong:** With mental health conversations gaining traction, ITC's 'Feel Good With Fiamo Mental Wellbeing Survey 2024' marks its 4th year by exploring the perceptions and realities of mental health in India. Commissioned with NielsenIQ, the survey unveils the awareness, attitude and behavioural landscape for mental wellbeing in India. It reflects progressiveness in acknowledging the need for mental wellbeing while also indicating the persistent bar-

riers in accessing professional support. Despite growing awareness, many individuals still struggle in silence, hesitant to openly discuss their emotional well-being or seek professional help. While 83% of the surveyed individuals believe mental health issues are nothing to be ashamed of, 81% feel ashamed of telling others that they are taking therapy.

"The 'Feel Good with Fiamo' initiative resonates deeply with our brand purpose. We understand that the journey to

mental well-being can be challenging, and sometimes even knowing where to start can feel overwhelming," said Sameer Satpathy, Divisional Chief Executive, Personal Care Products Business, ITC Limited.

While professional help is crucial for addressing mental wellbeing, the survey also highlights the importance of incorporating healthy coping mechanisms into our daily lives. 29% of the surveyed individuals turn to practices like yoga,



31% to meditation, and 30% to physical exercises like playing sports, dancing, gym, walking, etc. to de-stress. 36% find solace in the soothing power of music.

# 3rd Test: Jamie Smith's resilient 89 staves off Sajid's six-wicket haul as England take control

**Rawalpindi:** The opening day of the third and decisive Test between England and Pakistan was a gripping affair, with the famed batting track yielding an unexpected 13 wickets. However, England emerged with the upper hand, finishing the day at 267 runs while reducing Pakistan to 73 for 3 at stumps at the Rawalpindi Cricket Stadium on Thursday.

England captain Ben Stokes won the toss for the first time in eight attempts, opting to bat first. This decision was significant, particularly as Pakistan's Shan Masood expressed concerns about the pitch conditions. The day began brightly for England, who raced to 56 without loss. However, the match turned dramatically as the pitch started to show its unpredictable nature. Zak Crawley (29), playing in his 50th Test, fell victim to a



scuffed drive off Noman Ali, sparking a swift collapse. Ollie Pope followed suit, out for just three after being trapped lbw, and soon after, Duckett (52), Joe Root (5), and Harry Brook (5) fell to a barrage of low-bouncing deliveries.

What initially seemed a solid position quickly deteriorated as England slumped from 56 for no loss to 98/5 in just 12.5 overs. This collapse highlighted the

pitch's erratic behaviour, which posed challenges for the batters. Amid the chaos, Jamie Smith rose to the occasion, scoring a remarkable 89 runs. His innings included a pivotal partnership of 107 runs with Gus Atkinson, who contributed 39 runs. Together, they steadied the ship after England was reeling at 118/6.

As lunch approached, England managed to stabilise their innings, ending the first session at 110 for 5. By tea, they had advanced to 242 for 8, courtesy of Smith's resilience and Atkinson's support. Sajid Khan was the standout bowler for Pakistan, finishing with impressive figures of 6 for 128 from 29.2 overs, marking the third five-wicket haul of his career. Left-arm spinner Noman Ali also made vital contributions, taking 3 for 88.

## SER's Sutirtha Mukherjee shines at Asian Table Tennis Championship



**Kolkata:** Sutirtha Mukherjee has etched her name in history by winning India's first-ever Bronze Medal in the Women's Doubles Event at the 27th ITTF Asian Table Tennis Championship. The tournament took place in Astana, Kazakhstan, from October 6 to October 13, 2024. Sutirtha partnered with Ayhika Mukherjee for this remarkable achievement. This victory marks a significant milestone for the Indian Railways Women's Table Tennis team, which has now clinched Bronze in both the Women's Team Championship and the Women's Doubles Championship for the first time. Sutirtha Mukherjee is a proud member of the South Eastern Railway Sports Association (SERSA).

South Eastern Railway expressed immense pride in Sutirtha's accomplishment and extended best wishes for her future endeavors. Her outstanding performance not only highlights her talent but also sets a precedent for future athletes in the country.

## Bengaluru FC's Stalwart Defense to Face Kerala Blasters' Challenge in ISL Showdown

**Kochi:** Bengaluru FC, currently leading the pack in the ISL and distinguished by their remarkable record of not conceding a goal in five consecutive matches, will encounter their toughest test of the season against Kerala Blasters FC this Friday. The match, set in Kochi, pits them against a team buoyed by home advantage and a strong run of form.

After a disappointing start with a 1-2 defeat to Punjab FC, Kerala Blasters have bounced back robustly, remaining unbeaten in their subsequent four games under the guidance of coach Mikael Stahre. The team has secured two wins and two draws, positioning themselves among the top

five—a feat last achieved in late 2023.

The upcoming Southern Derby is anticipated to be a tightly contested affair, with Bengaluru FC facing the challenge of maintaining their unbreached defense in a venue where they have historically struggled. Bengaluru FC has never managed a clean sheet in their five ISL visits to this stadium, losing the last three matches played here. Despite this, Bengaluru FC enjoys a favorable overall head-to-head record against Kerala Blasters, with nine wins out of 15 encounters in the ISL. This matchup has consistently been a high-scoring affair, tallying 40 goals between the two teams across their meetings.

## New Zealand Aims to Employ Indian Spin Tactics on Day 2 of Pune Test: Luke Ronchi

**Pune:** New Zealand's assistant coach Luke Ronchi revealed plans to adopt the Indian spinners' strategy of pace variation to tackle the hosts on the second day of the ongoing second Test in Pune. Indian spinners Washington Sundar and Ravichandran Ashwin wreaked havoc on the first day, limiting New Zealand to 259 all out, with India closing the day at 16/1. Ronchi noted the effectiveness of the Indian spinners who initially bowled quickly but slowed down as the day progressed, causing difficulties for the Kiwi batsmen. "Towards the back end, they started to slow their pace which made for variable turn and bounce, and that's something we can use in our bowl-

ing innings," he said during the post-day press conference.

The dramatic collapse of New Zealand from a comfortable 197/3 was orchestrated by Sundar, who claimed seven wickets for 59 runs, marking his best performance in Test cricket, while Ashwin contributed three wickets.

Ronchi commended Sundar for his consistency and ability to exploit the conditions effectively. "It was just this consistency of being able to hit a good area for long periods of time," Ronchi observed. He highlighted a particular delivery from Sundar that exemplified perfect drift and trajectory, leading to a crucial wicket. Despite the day one challenges, Ron-



chi admitted the pitch at the Maharashtra Cricket Association Stadium didn't offer as much spin as anticipated but emphasized the importance of maintaining discipline in their bowling attack to exploit the variable bounce.

## India-Pakistan Women's T20 WC clash set new attendance record in tournament's history



**Dubai:** The clash of arch-rivals between India and Pakistan in the Women's T20 World Cup in Dubai saw the highest attendance at a group stage match in the tournament's history. The Group A match played on October 6 between the neighbouring countries drew an impressive crowd of 15,935.

Harmanpreet Kaur-led India won the match by six wickets after comfortably chasing the target of 106 with seven balls to spare. They eventually missed out on the semi-final spot as defending champions Australia and New Zealand progressed to the knockout

stage from Group A.

New Zealand went on to lift the title with a win over last year's runners-up South Africa last week. The Women's T20 World Cup 2024 was a landmark event for women's cricket, drawing 91,030 fans during the tournament, an impressive 30% increase from the previous edition, the International Cricket Council said on Thursday.

The thrilling final between New Zealand and South Africa at the Dubai International Stadium on Sunday saw 21,457 fans in attendance, a remarkable 68 percent increase from the last final in South Africa.

## India A advances to semifinals after defeating Oman

**Muscat:** Ayush Badoni, a promising talent from Lucknow Super Giants, showcased his impressive batting skills, propelling India A to a smooth six-wicket victory over Oman in the ACC Emerging Asia Cup. This win secured a semi-final clash with Afghanistan A. Badoni's explosive 51 off just 27 balls helped India chase down Oman's target of 141 comfortably, wrapping up the match in 15.2 overs and maintaining their undefeated status in Group B.

The Delhi right-hander was particularly effective against spin, demonstrating excellent footwork and hitting a lofted six over extra cover, in addition to executing a flawless reverse slog sweep. His innings, which included six fours and two sixes, ended just before India reached their vic-

tory target. The chase was briskly initiated by senior T20 team opener Abhishek Sharma, who scored a quick 34 off 15 balls, while skipper Tilak Varma played a steady hand with an unbeaten 36 off 30 balls, allowing Badoni to shine.

India's bowling attack was diverse, with eight bowlers used during Oman's innings, five of whom claimed a wicket each. The combined efforts of left-arm spinner R Sai Kishore, who took 1/21 in 4 overs, and leg-spinner Rahul Chahar, who bowled a tight spell of 0/20 in 4 overs, were crucial in stifling Oman's batting during the middle overs. Brief Scores: Oman 140/5 (Mohammed Nadeem 41, R Sai Kishore 1/21). India A 146/4 in 15.2 overs (Ayush Badoni 51 off 27 balls). India A won by 6 wickets