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India's exports of goods and services rise 2.8 pc to cross \$71 billion in May amid global uncertainty

New Delhi: India's total exports of merchandise and services for May this year are estimated at \$71.12 billion, which represents a growth of 2.77 per cent over the same month of the previous year, despite the rising geopolitical tensions and trade war triggered by the hike in US tariffs, official figures released by the Commerce Ministry on Wednesday showed.

The country's total imports of merchandise and services for May are estimated at \$77.75 billion, registering a decline of (-) 1.02 per cent vis-a-vis May last year. The major



drivers of merchandise exports growth in May include electronic goods, chemicals, drugs & pharmaceuticals, marine products and readymade garments of all textiles. The export of electronic goods, including smartphones,

shot up by a robust 54.1 per cent from \$2.97 billion in May 2024 to \$4.57 billion in May 2025. Chemicals exports increased by 16 per cent from \$2.31 billion in to \$2.68 billion during the month, while drugs & pharmaceuticals exports rose by 7.38 per cent from \$2.31 billion in May last year to \$2.48 billion in May this year. Marine products exports jumped by 26.79 per cent to 0.73 billion in May, while overseas shipments of readymade garments surged by 11.35 per cent to \$1.51 billion during the month.

Adani Green Energy tops NSE rating list in ESG performance in power sector



Mumbai: Adani Green Energy Limited (AGEL) has been ranked first in the ESG (Environmental, Social, and Governance) ratings in the power generation, utilities and transmission sector by NSE Sustainability Ratings & Analytics Ltd, an entity of the National Stock Exchange (NSE).

Additionally, AGEL is also among the top 5 entities in ESG ratings assessed from the top 100 listed companies by revenue across the National Stock Exchange (NSE). The ESG ratings for listed companies have recently been launched by the NSE. The NSE's rating rationale states that AGEL performs well across Environmental, Social and Governance parameters. The company's environmental initiatives are well-integrated, supported by socially responsible practices and effective governance. It demonstrates a mature sustainability approach.

According to NSE Sustainability Ratings & Analytics Ltd, AGEL received an impressive ESG score of 74, the highest within the utilities and power sector. This underscores AGEL's commitment to sustainable practices and its continuous efforts to uphold environmental, social, and governance standards. AGEL excelled in governance with a score of 76, reflecting the company's robust governance practices, wellorganised board structure, and ethical conduct. Its mature approach to risk management further highlights AGEL's commitment to transparency and accountability, according to the rating.

Gautam Adani, Chairman of the Adani Group, has highlighted AGEL's dedication to governance and sustainability in its FY25 annual report, stating: "Our governance is of global standards, and our compliance frameworks are robust and nonnegotiable." The company also earned a high social score of 73, demonstrating its focus on health and safety measures for employees, customer safety, and community welfare initiatives. AGEL's responsible sourcing and efficient supply chain management further reinforced its position as a leader in socially responsible practices.

Vishal Mega Mart shares tumble after Rs 10,488 crore block deal

Mumbai: The stock of Vishal Mega Mart on Tuesday saw a sharp decline of nearly 8 per cent in the early trade after a block deal. The drop came after a massive block deal worth Rs 10,488 crore in the stock market. The deal was carried out at an average price of Rs 115 per share, which was about 8 per cent lower than the previous day's closing price of Rs 124.90.

As of 1:15 PM, the stock had recovered slightly but was still down by 3.77 per cent, trading at Rs 120.14. The drop in share price has created nervousness among investors, especially because of the size of the transaction. The seller behind this major deal is reported to be Samayat Services LLP, the promoter entity of Vishal Mega Mart.

Samayat is backed by global private equity giants Partners Group and Kedaara Capital. According to shareholding data from March 2025, Samayat held around 74.55 per cent of the company. Market reports say the promoter was planning to sell up to 10 per cent of the total equity in this block deal.

This sale comes right after the end of the pre-IPO lock-in period, which had earlier prevented early investors from selling their shares.

IndiGo denies reports on 4 pc stake sale to raise \$1 billion

New Delhi: InterGlobe Enterprises, the parent company of IndiGo, on Monday denied media reports which claimed that the budget airline is planning to sell a part of its stake to raise \$1 billion. In a statement, the company called such reports 'speculative' and said they have 'no factual basis.' InterGlobe clarified that it remains fully committed to IndiGo and its long-term growth plans.

"InterGlobe Enterprises is firmly committed to oversee IndiGo's long-term plans and currently, the airline's next phase of growth remains our primary focus," the statement read. The clarification came after some news reports claimed that InterGlobe was looking to offload up to a 4 per cent stake in IndiGo via block deals, which could raise around \$1 billion or Rs 8,600 crore. These reports also suggested that Rahul Bhatia, the copromoter and Managing Director of InterGlobe Enterprises, could be the seller.



This would have been Bhatia's second stake sale in a little over a year. In June 2024, he had sold a 2 per cent stake -- around 77.2 lakh shares -- in IndiGo for Rs 3,292 crore. That money was reportedly used to support InterGlobe's hospitality and other businesses. Meanwhile, IndiGo's other co-founder Rakesh Gangwal has already been reducing his stake in the airline over the past few years.

India a bright investment spot, to remain fastest-growing major economy: HSBC

New Delhi: India remains a bright spot for investment globally in the third quarter this year (Q3 2025), backed by resilient domestic consumption, favourable trade dynamics and supportive monetary policy, an HSBC Global Private Banking report said on Tuesday, adding that India's GDP is projected to grow at 6.2 per cent in 2025, making it the fastest-growing major economy. HSBC said in its latest

investment outlook that it retains a mild overweight on Indian equities and local currency bonds. Within equities, it prefers large-cap stocks and favours more domestically oriented sectors and favour the financials, healthcare and industrial sectors. "India's economic resilience, underpinned by strong domestic consumption, favourable trade dynamics, and accommodative monetary policy, sets the

stage for a promising second half of 2025," the report noted.

The bank set out how investors should continue to expect the unexpected, even after the rollercoaster ride in the markets so far this year. With the high volume of US policy announcements, investors are likely to continue seeing two-way market volatility. "While we acknowledge the elevated global uncertainty, we expect India's



GDP to grow at 6.2 per cent in 2025, making it the fastest growing major economy," said James Cheo, Chief Investment Officer for South East Asia and India at HSBC Global Private Banking and Premier Wealth.

Kriti Sanon sparks wellness buzz with mysterious green tea moment on set

Guwahati: Bollywood actress Kriti Sanon has ignited a fresh wave of curiosity among fans and wellness enthusiasts alike — not with a film release, but with a rather unusual green tea moment captured on set.

In a recent behind-the-scenes glimpse, Sanon was seen sipping a cup of what appears to be more than just ordinary green tea. The image, which quickly went viral, has set social media ablaze with speculation ranging from new fitness routines to possible wellness ventures. Hashtags like #NotYourRegularGreenTea and #WellnessDisrupted have only fuelled intrigue around what's being dubbed a "wellness disruption."

While no official announcement has been made, fans and industry insiders are abuzz with guesses — is it a wellness ritual, a product tease,



or a lifestyle shift? One thing is certain: Sanon's choice of beverage has stirred up more questions than answers.

With her growing influence in the health and lifestyle space, this cryptic moment has everyone watching closely. Whether it's a new chapter in wellness or simply a refreshing pause, something unique is definitely brewing.

Sony India unveils the all-new BRAVIA 8 II QD-OLED series



Guwahati: Sony India has announced the BRAVIA 8 II series, a revolutionary addition to its acclaimed line of televisions. This new series combines state-of-the-art QD-OLED technology with the advanced AI Processor XR to deliver unmatched picture quality and lifelike audio experiences. Designed to cater to the modern viewer, the BRAVIA 8 II series offers perfect blacks, precise shadow details and dynamic contrast, all while enhancing sound with Acoustic Surface Audio+ and Dolby Vision Atmos and various Studio Calibrated modes developed in collaboration with the leading streaming services. The new BRAVIA 8 II series will be available in 164 cm (65) and 139 cm (55) screen size. BRAVIA 8 II series is equipped with Studio Calibrated Mode that reproduce the image quality intended by film content creators in a home setting.

BRAVIA 8 II has a high luminance panel and temperature sensor, which helps XR Contrast Booster 25 precisely controls light for brighter pure black pictures. XR Triluminos Max in the BRAVIA 8 II series reproduces over a billion colours, capturing subtle differences in saturation and hue that enable natural shades in every detail. The BRAVIA 8 II Series features Sony Pictures Core, a unique platform that provides access to a vast library of Sony Pictures movies. The Slim One Slate design seamlessly integrates the screen and bezel into a single, unified slate, maximizing your viewing experience. The price of K-65XR80M2 is 3,41,990/- and the price of K-55XR80M2 is 2,46,990/-. This series will be available across Sony retail stores (Sony Center and Sony Exclusive), www.ShopatSC.com portal, major electronic stores and other e-commerce portals.

Jana Small Finance Bank seeks RBI nod to become universal bank

Guwahati: Jana Small Finance Bank (Jana SFB) has officially applied to the Reserve Bank of India (RBI) for a Universal Banking License, signaling a pivotal step in its expansion strategy and long-term vision of inclusive growth.

Established as a small finance bank in 2017, Jana SFB has steadily grown its presence across India with a strong focus on retail and MSME lending, robust deposit mobilization, and a balanced mix of digital and physical banking services.

"This is a natural progression for Jana Bank," said Ajay Kanwal, MD & CEO of Jana SFB. "As we strive to become the anchor bank for a rising and self-reliant India, a Universal Banking license will enable us to broaden our services and deepen our impact."

The bank's consistent financial performance, strong asset quality, and customer-centric innovation have strengthened its readiness for this next phase. Jana's move comes at a time when demand for comprehensive, tech-enabled financial services is rising, especially in underserved segments.

KBC Global Forms Solar Energy Subsidiary

Mumbai: Nashik-based KBC Global Ltd (BSE: 541161, NSE: KBCGLOBAL) announced the incorporation of wholly owned subsidiary Dharan Infra Solar Private Limited on June 13, 2025, to focus on solar power and renewable energy solutions.

The new subsidiary will handle manufacturing, design, and development of solar modules and hybrid energy systems, providing end-to-end solar project solutions. The move aligns with KBC Global's strategic expansion into clean energy infrastructure.

The company is simultaneously rebranding to Dharan Infra-EPC Limited to emphasize its focus on infrastructure and engineering, procurement & construction services. KBC Global reported an order book of ₹260 crores and issued 1:1 bonus shares in February 2024.

ICICI Bank and TMC lay foundation for Rs 550-cr cancer care block in Visakhapatnam

Guwahati: ICICI Bank and Tata Memorial Centre (TMC) have jointly laid the foundation stone for a state-of-the-art cancer care block at the Homi Bhabha Cancer Hospital and Research Centre (HBCHRC) in Visakhapatnam. With an investment of over ₹550 crore, the upcoming ICICI Foundation Block for Child and Blood Cancer will significantly boost specialised healthcare capacity in eastern India. Spanning nearly 3.9 lakh sq ft, the eight-storey facility will house 215+ beds and is projected to treat over 3,000 patients annually upon completion in 2027. The project is part of ICICI Bank's expanded ₹1,800 crore commitment to TMC, which includes similar cancer care infrastructure in Navi Mumbai and New Chandigarh.

The facility will offer cutting-edge treatments including CAR-T cell therapy, bone marrow transplants, and advanced radiation therapies. It will also house 14 ICUs, 5 OTs, 3 LINACs, and dedicated research labs.



In Guwahati, the announcement has drawn attention from the medical and financial sectors. Healthcare investors and consultants noted this move could inspire similar

partnerships in the Northeast, where access to advanced cancer care remains limited. The Guwahati market views this as a model for potential replication, aligning healthcare CSR with regional needs.

Mr. Pradeep Kumar Sinha, Chairman of ICICI Bank, and TMC officials expressed hope that this collaboration will advance cancer care accessibility across the eastern corridor.

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Aditya Birla Sun Life Insurance introduces Super Term Plan

Guwahati: Aditya Birla Sun Life Insurance Company Limited ("ABSLI"), the life insurance subsidiary of Aditya Birla Capital, India's leading diversified financial services company, has announced the launch of ABSLI Super Term Plan. This all-in-one pure protection term insurance is designed to provide goal-linked financial protection along with built-in health management services. The launch reflects the company's customer-first approach and its commitment to supporting the overall well-being of policyholders.

ABSLI Super Term Plan offers the flexibility to choose from three tailored coverage options: 1. Level Cover provides a fixed sum assured



throughout the policy term, payable as a lump sum, monthly income, or a combination thereof upon the death of the life insured. 2. Increasing Cover enhances the sum assured by 5% per annum (simple interest) offering increasing protection over time. 3. Level Cover with Return of Premium ensures a fixed death benefit while also returning 100% of total premiums paid if the life insured survives till maturity.

Beyond providing robust life

protection, the plan offers built-in health management services accessible throughout the policy term, empowering policyholders to actively monitor and maintain their health while securing family's financial future. Mr. Kamlesh Rao, MD & CEO, Aditya Birla Sun Life Insurance Company Limited, said, "At ABSLI, we are committed to empowering individuals and families with insurance solutions that deliver lasting protection and peace of mind."

Naga sadhus turn eye charts, win global honour for India at Cannes Lions 2025

Guwahati: India's Naga Sadhus have earned global acclaim with the 'Naga Saint Eye Test'—a unique diabetes and blindness awareness campaign that bagged the Silver Lion at the Cannes Lions International Festival of Creativity 2025. The initiative, conducted during Maha Kumbh 2025 at Prayagraj, was led by Godrej Consumer Products Ltd. (GCPL) and Eyebetes Foundation.

With diabetes affecting nearly 100 million Indians and being a major cause of preventable blindness, the campaign transformed Naga Sadhus into living eye charts by painting bold Hindi letters on their backs in Devanagari script. Those unable to read them were offered free eye screen-

ings. The campaign screened over 400,000 individuals and reached 600 million people globally.

Swati Bhattacharya of Godrej Creative Lab called it "an idea that travelled from the world's biggest spiritual festival to the world's biggest creative festival." Dr. Nishant Kumar, founder of Eyebetes, hailed it as a culturally resonant innovation.

In Guwahati, market experts view this recognition as a reminder of the potential for culturally rooted campaigns to elevate India's global image. Healthcare entrepreneurs and advertising firms in the region are now exploring similar awareness models that blend tradition with innovation.

SATYA MicroCapital's collateral-free loans uplift rural women entrepreneurs in Assam

Guwahati: SATYA MicroCapital Limited, a leading microfinance institution in India, is driving financial inclusion for rural women in Assam through its collateral-free loan model. The company has supported over 1.6 million women across rural and semi-urban India, enabling them to start small businesses and achieve financial independence.

In Biswanath, Sumitra Devi, once a homemaker, became an entrepreneur with a ₹40,000 loan from SATYA. Unable to access formal credit due to lack of collateral, Sumitra



launched a tailoring business from her home. With steady repayments, she qualified for higher loans, expanded her inventory, and now earns about

₹1,100 per day. She has also built savings and financial management skills.

The impact of such micro-enterprises is also visible in

Guwahati. As demand for fabrics and tailoring materials grows, women entrepreneurs like Sumitra are increasingly sourcing supplies from the city's wholesale hubs. This has led to a noticeable uptick in local trade activity, especially in textile and sewing-related sectors.

SATYA MicroCapital's initiative highlights the growing role of microfinance in promoting grassroots entrepreneurship and strengthening local economies by bridging the credit gap for women often overlooked by traditional financial institutions.

DGT and Shell India launch EV training program to power India's green workforce



Guwahati: The Directorate General of Training (DGT), under the Ministry of Skill Development and Entrepreneurship, has partnered with Shell India to launch a nationwide training program focused on Electric Vehicles (EV) and Green Skills. Implemented by the Edunet Foundation across Delhi-NCR, Gujarat, Maharashtra, Tamil Nadu, and Karnataka, the initiative will equip thousands of ITI and NSTI students with industry-ready skills in electric mobility and renewable energy.

Hon'ble Minister of State (Independent Charge) for Skill Development and Entrepreneurship, Shri Jayant Chaudhary, hailed the initiative as "a generational opportunity" for India's youth to lead the global green economy. "This program aligns skilling with

sustainability, preparing climate-ready citizens," he said.

The curriculum includes a 240-hour advanced technician course, job-oriented modules, foundational green skills, and joint certifications from Shell and DGT. Over 250 instructors will also be trained under this program, which includes hands-on labs and structured placement support.

In Guwahati, stakeholders see immense potential for growth in EV services and green startups, especially as Assam intensifies its focus on sustainable mobility. The program is expected to fill a critical skill gap and stimulate green job creation in the region.

This initiative supports India's net-zero goals by preparing a future-ready, climate-resilient workforce.

ICICI Prudential Life disburses over Rs 900 crore in policy loans in FY2025



Imphal: ICICI Prudential Life Insurance has disbursed loans exceeding ₹900 crore against traditional life insurance policies during FY2025, benefiting over 42,700 customers. This facility, which allows policyholders to borrow up to 80% of the policy's surrender value, has seen a 60% year-on-year growth in disbursements.

The company highlighted that over 98% of these loans were disbursed within 24 hours through a fully digital, paperless process. Customers can conveniently apply via the insurer's website or mobile app.

Commenting on the development, Amish Banker, Chief Operations Officer, said, "The loan against policy feature ensures customers can access liquidity without disrupting their long-term savings. The increasing adoption shows that policyholders remain committed to their financial goals."

In Imphal, financial advisors report a growing reliance on traditional life insurance as both a protection and funding tool. Local policyholders are increasingly using policy loans to manage short-term cash needs without surrendering their plans, especially for critical expenses such as education and healthcare.

Moreover, many customers used these funds to maintain premium payments, preserving the continuity and benefits of their life cover.

Nissan Motor India expands network in Rajasthan by five new touchpoints

Guwahati: Nissan Motor India Pvt. Ltd. (NMIPL) has announced the expansion of its network in India to 283 customer touchpoints, with the simultaneous launch of five new touchpoints in Rajasthan, reinforcing the brand's focus on accessibility and customer experience in key regional markets. The new facilities include a showroom and a state-of-the-art service workshop in Jaipur, a comprehensive 3S centre in Udaipur that integrates Sales, Service, and Spare Parts operations, and a new showroom in Ajmer. The new centres were inaugurated by Mr. Saurabh Vatsa, Managing Director, Nissan Motor India, and are staffed by skilled and passionate sales and service professionals. Mr. Saurabh Vatsa, Managing Director, Nissan Motor India, said: "We are proud to strengthen our presence in Rajasthan with the inauguration of new dealerships in Jaipur, Udaipur and Ajmer."

The newly launched Namoh Nissan showroom in Jaipur, located at 31, Karoli Bagh, Gurjar Ki Thadi, Gopalpura Bypass, Jaipur - 302019, spans 4,000 sq. ft. and offers customers an immersive space to experience Nissan's latest product line-



up. In Udaipur, the newly inaugurated Namoh Nissan 3S facility, located at Gaurav Path, near Celebration Mall, Pulla Bhuwana, Udaipur - 313004, covers a total area of 10,000 sq. ft., including a 2,000 sq. ft. showroom and an 8,000 sq. ft. for the state-of-the-art workshop. Additionally, Nissan Motor India has further strengthened its presence in Ajmer, Rajasthan with the inauguration of a new 4,000 sq. ft. Raj Nissan showroom, located at Khasra No. 2490, Gram Ghoghra, Jaipur Road, Ajmer - 305001, Rajasthan.

Chartered Speed rolls out electric buses in Arunachal Pradesh to boost green mobility

Guwahati: In a key move toward sustainable public transport, Chartered Speed has deployed 10 electric buses in Arunachal Pradesh in partnership with the Arunachal Pradesh State Transport Service (APSTS). The initiative was officially flagged off by the Hon'ble Deputy Chief Minister Chowna Mein during a formal ceremony held today.

The newly launched fleet includes 9-meter, air-conditioned electric buses that will operate in Itanagar, Namsai, and Pasinghat. To ensure operational efficiency, Chartered Speed has set up EV charging stations at

strategic points in these cities, facilitating quick recharging and minimizing service disruptions.

Sanyam Gandhi, Whole-Time Director of Chartered Speed, emphasized the company's commitment to inclusive green mobility. "Our partnership with APSTS reflects our belief that geography should not limit access to clean transport," he said.

In Guwahati, a strategic node for Chartered Speed in the Northeast, is also witnessing a growing demand for eco-friendly public transport. With Assam already integrated into the company's electric



mobility roadmap, industry stakeholders in Guwahati expect further expansion in EV services to reduce pollution and improve intercity connectivity.

Chartered Speed, which operates over 1,800 buses nationwide, has also secured a contract from CESL to operate 900+ electric buses across 13 cities in India.

Mastercard teams up with EVA live to launch star-studded concert series across India

Guwahati: Mastercard has announced a strategic collaboration with EVA Live to roll out over 20 premium live music and entertainment events across India from October to December 2025. This marks Mastercard's first performing arts sponsorship asset in South Asia, giving cardholders exclusive access to global music sensations including Enrique Iglesias, A.R. Rahman, and DJ Tiësto.

The series kicks off on October 30 in Mumbai, with Mastercard users benefiting from early ticket access, special discounts, artist meet-and-greets, and entry to Priceless Experiences lounges. Tickets are available globally to all Mastercard credit, debit, and prepaid cardholders.

This collaboration is ex-

pected to significantly influence emerging markets such as Guwahati, where a growing youth population and rising disposable income have spurred demand for premium entertainment experiences. With increasing exposure to global music trends, Guwahati is fast becoming a key market for live international events and could be a viable location for future concert stops.

Mastercard's Gautam Aggarwal highlighted the initiative as a powerful brand engagement tool that taps into India's cultural love for music. EVA Live's Deepak Chaudhary said the partnership will elevate India's live entertainment ecosystem while creating unforgettable fan moments. More legendary acts are yet to be announced.

Almonds see rising demand as wellness trend boosts Yoga Day nutrition focus

Guwahati: With International Yoga Day around the corner, the spotlight is on combining physical wellness with mindful nutrition. California almonds, hailed as a natural source of protein, are gaining traction among health-conscious consumers for their ability to support muscle recovery and enhance physical performance—key needs for yoga practitioners.

Commenting on this International Yoga Day, Bollywood actress Soha Ali Khan said, “As a mother and a working woman, yoga has been my anchor for years. It not only helps me stay centered but has also brought incredible health benefits—better digestion, stronger immunity, glowing skin, and a sense of calm amidst my hectic schedule. To complement my yoga practice, I follow a balanced diet filled with seasonal fruits, vegetables, yogurt, and almonds. Almonds, in particular, have always been my go-to snack. Packed with protein and some of the essential nutrients, they help sustain my energy and support my overall well-being—making it easier to juggle both my personal and professional roles with confidence.”

Nutrition and Wellness Consultant Sheela Krishnaswamy said, “I always recommend pairing physical activity, such as yoga, with a balanced diet for the best overall results. This includes incorporating protein-rich foods like almonds and others. With their protein, dietary fiber, and heart-healthy fat content, almonds support weight management and other nutrient requirements. Their benefits reflect not only the wisdom shared by our mothers and grandmothers, but are also backed by over 200 scientific findings, making them a truly valuable ad-

dition to any daily diet.”

Ritika Samaddar, Regional Head of Di-etetics at Max Healthcare - New Delhi said, “Yoga is a powerful practice that supports both physical and mental well-being, and it plays a key role in maintaining a healthy, balanced lifestyle. To truly maximize the benefits of yoga, I always recommend complementing it with a nutritious diet. Including foods like almonds in your daily routine can be especially beneficial for those who practice yoga regularly. Almonds are a natural source of protein, which supports muscle recovery after physical activity. In addition to aiding post-exercise recovery, regular consumption of a handful of almonds can also help lower LDL cholesterol and support stable blood sugar levels, contributing to overall health and vitality.”

Fitness and Celebrity instructor, Yasmin Karachiwala, also incorporates yoga into her weekly routine. She said, “To stay healthy, I rely on a mix of regular exercise and clean eating. While workouts keep me physically fit, yoga helps me stay calm and centered. I make it a point to include yoga in my routine to restore balance and peace of mind. Alongside staying active, I focus on a diet rich in natural, wholesome foods—almonds being a key part. They’re packed with protein, fiber, and healthy fats, making them a valuable addition to my daily nutrition. What I love most is their versatility—you can enjoy them in many ways and still benefit from their nutrients.”

Popular South Indian actress Shriya Saran said, “For me, yoga has always been more than just a workout—it’s a way to connect with both my body and mind. I prefer yoga over intense gym sessions because it helps



me stay grounded, flexible, and focused, especially amidst a hectic schedule. To support my practice, I focus on clean eating and nourishing my body with natural foods. Almonds are one of my favorite go-to snacks—they help keep my energy levels steady and support recovery after each session. I usually enjoy a handful post-yoga, and it really makes a difference.”

Ayurveda expert Madhumitha Krishnan said, “Practicing yoga promotes holistic well-being by connecting the body and mind. When combined with nourishing foods like almonds, it creates a complete approach to overall wellness. In Siddha, almonds are known to tone body tissues, and Ayurveda says that almonds support the nervous system, enhance strength, and help build muscle mass. They’re also great for skin health and easy to include in daily meals.”

In Guwahati, the growing wellness trend has fueled a surge in almond consumption. Local retailers note a spike in demand, especially among urban professionals and yoga enthusiasts. Health stores and premium grocery outlets report higher sales in the lead-up to Yoga Day, reflecting a broader consumer shift toward natural, protein-rich foods

Jayant Chaudhary pushes for localised skilling models; MSDE unveils centres of excellence and Biochar training

Guwahati: In a major push towards decentralised and demand-driven skill development, Union Minister of State (Independent Charge) for Skill Development and Entrepreneurship, Shri Jayant Chaudhary, emphasized the need for adaptive, locally-tailored training frameworks at the Kaushal Manthan Regional Workshop hosted at Kanha Shanti Vanam. “Skill development cannot have prescriptive templates. States must align skilling with their own economic and demographic contexts,” he said.

The Minister announced two Centres of Excellence under MSDE at NSTIs in Hyderabad and Chennai—part of five being set up nationwide. These centres aim to serve as national hubs for advanced instructor training and emerging domain-specific skilling. He also launched the National Skill Gap Study by NCAER, commissioned under the SANKALP scheme, offering a granular demand assessment across high-growth sectors to enable strategic workforce planning.

In a pioneering move, Chaud-

hary inaugurated the first Rural Entrepreneurship Training Program on Biochar, designed to upskill youth in sustainable biomass ventures. The initiative is expected to drive rural employment and support regenerative agriculture through biochar production and carbon credit monetization.

Guwahati-based training institutes and entrepreneurs welcomed the Minister’s focus on outcome-based and locally-aligned skilling. With Assam witnessing rising demand in agri-business, tourism, and green industries, experts noted that the policy push would help bridge skill gaps and attract both domestic and global investments. The city’s market is particularly poised to benefit from biochar entrepreneurship and vocational training reforms.

The workshop was attended by over 120 delegates including ministers from southern states and UTs, secretaries, directors, and senior MSDE officials, reinforcing a collective resolve to align skill development with the vision of Viksit Bharat @2047.

Make your lifestyle healthier with Amazon Fresh’s dedicated millet store

Mumbai: Millets are redefining everyday eating in Indian kitchens, from breakfast bowls to dinner staples. As power grains and superfoods packed with protein, fiber, and natural prebiotics, they support healthy living, aid digestion, and help you stay fuller for longer—making them a weight watcher’s choice. With Amazon Fresh’s dedicated Millet Storefront, it’s easier than ever to explore clean, gluten-free, and no-maida options that fit right into your routine. And it doesn’t have to be boring—whether you’re starting your day with a high-protein banana pancake mix, fixing a quick millet noodle lunch, or switching to unpolished foxtail and barnyard millet as rice alternatives, the store offers a wide range of easy-to-cook mixes, natural flours, and fiber-rich grains with slotted delivery and great value that makes clean eating easy, accessible, and anything but dull.

Smart Starts: Breakfasts that Fuel Without the Guilt, a) The Better Flour Zero Maida Banana Pancake Mix: Made with chickpea and banana, this



gluten-free mix is packed with 100% plant-based protein, ideal for a quick, wholesome breakfast. b) Tata Soufull Millet Muesli—Fruit & Nut. Clean and Quick: Ready-in-Minutes Millet Mixes, a) Slurrp Farm Magic Masala Millet Noodles: A clean, kid-friendly take on instant noodles—made with millet flour, not fried, and free from maida, MSG, or preservatives. b) Slurrp Farm Millet Dosa Instant Mix: Spinach & Beetroot: A colorful, nutrient-rich dosa mix made with a blend of ragi, jowar, oats, spinach, and beetroot. Everyday Swaps, a) Mille Grains Combo—Foxtail, Little, Kodo & Barnyard Millet. b) Organic Tattva Jowar Flour: A clean, all-natural flour made from premium quality sorghum, ideal for making rotis, bhakris, and chillas.

Isuzu Motors India: I-Care Monsoon Service Camp from June 16



Mumbai: Isuzu Motors India will conduct the I-Care Monsoon Service Camp from June 16 to 21, 2025, at all authorized dealer service outlets across the country. This initiative aims to enhance customer service for ISUZU D-MAX Pick-ups and SUVs, offering preventive maintenance checks and special benefits to ensure a hassle-free driving experience during the monsoon season. Customers can take advantage of the camp’s services at numerous locations, reinforcing ISUZU’s commitment to quality ownership experiences.

Amway India strengthens its nutrition category offering with Nutrilite Triple Protect

Imphal: With rising lifestyle diseases and growing health awareness, India is seeing a clear shift toward proactive healthcare. Aligning with the evolving consumer need, Amway India, a leading company supporting health and wellbeing, has strengthened its nutrition category offering with Nutrilite Triple Protect. A scientifically formulated, plant-based supplement powered by the natural strength of Acerola Cherry, Turmeric, and Licorice. This potent formulation has nutrients that offer triple-action benefits—supporting immunity, reducing inflammation, and providing strong antioxidant protection for the gut, skin, and immune health. Commenting on the launch, Rajneesh Chopra, Managing Director, Amway India, stated, “Keeping in mind the consumer needs and as part of our strategic business priority of Accelerating Product Innovation Pipeline, we are happy to introduce our latest innovation—Nutrilite Triple Protect by Amway.”

Nutrilite Triple Protect embodies the philosophy of sustainable, plant-based, and evidence-backed nutrition. Each serving delivers 100% of the Recommended Daily Allowance (RDA) of Vitamin C, ensuring support for immune health. Talking about the power-packed formulation, Amrita Asrani, Chief Marketing



Officer, Amway India, said, “Nutrilite Triple Protect is a testament to Amway India’s ongoing commitment to advancing holistic well-being.” With Nutrilite Triple Protect, Amway India is reaffirming its commitment to helping millions embrace wellness as a way of life. Nutrilite Triple Protect is now available exclusively by Distributors/ Amway Business Owners across India, and to know more, visit the company’s website www.amway.in.

Disha Patani says 'Blessed and so grateful' after celebrating her 33rd birthday

Mumbai: Actress Disha Patani celebrated her 33rd birthday with her loved ones on Friday.

Treating our feed with some sneak peeks from her birthday shenanigans, the diva revealed she is feeling "Blessed and so grateful". The primary picture from the post showed the 'Baaghi 2' actress posing in front of a table full of birthday cakes with a huge smile on her face. Next, was a photo of her showering some love on her furry friend. She also dropped a video of her



cutting her birthday cake, along with some solo snaps of the sweet treats. Going by the post, Disha also visited an old age home on her special day.

Fatima Sana Shaikh was very unsure as actor in 'Ludo', actress reveals who taught her to trust her instincts

Mumbai: Actress Fatima Sana Shaikh, who is gearing up for the release of her upcoming film 'Metro... In Dino', was more at ease working with Anurag Basu this time around. The two have earlier collaborated on 'Ludo', which was released in the thick of the pandemic. The actress spoke with IANS, and shared that back then, she was very unsure as an actor. But that changed when she walked on to the set. Anurag's process comforted her, and taught her to trust her instincts.

Speaking with IANS, Fatima said, "When you learn to surrender to him so much, I think you just relax. You don't think so much because you become more instinctive. That's what I experienced. I think I got clarity when I did 'Ludo'. When I did Ludo, I was very unsure as an actor. For him, he's working with so many actors, so he might not know the weight of his words."

Ananya Panday 'can't stop singing' 'Nazara' featuring bestie Shanaya Kapoor

Mumbai: After the song "Nazara" from "Aankhon Ki Gustaakhiyan" dropped last week, debutante Shanaya Kapoor's best friend and actress Ananya Panday revealed that she cannot stop singing it. Shanaya took to Instagram, where she shared a picture featuring her alongside actor Vikrant Massey. The debutante is seen wearing a blindfold while the actor is seen wearing dark black sunglasses. "Pehli baar ishq hua jaise aankhon ko tera hi nasha jaise tera bas tera hi nazara piya. #Nazara song shoot #bts," Shanaya wrote in the caption.

However, it was the comment section that caught the eye as Ananya commented about the track, which has been sung by Vishal Mishra. Ananya wrote: "Can't stop singing" To which, Shanaya replied: "Anni love you (heart emoji) miss you." Directed by Santosh Singh, 'Aankhon Ki Gustaakhiyan' will see Shanaya paired opposite Vikrant Massey. The upcoming romantic comedy draws inspiration from Ruskin Bond's beloved



short story, "The Eyes Have It." Backed by Zee Studios and Mini Films, the project is produced by Mansi Bagla and Varun Bagla. Scheduled for release on July 11, the film marks Mini Films' second collaboration with Vikrant Massey, following their previous partnership on the remake of "Forensic."

On June 15, Shanaya shared a glimpse from the first day of workshop for 'Aankhon Ki Gustaakhiyan' Taking to social media, the actress shared a behind-the-scenes glimpse from the first day of her workshop, giving a sneak-peek into her journey as she steps into the world of cinema.

Joyita Chatterjee back to work after recovering from Covid

Mumbai: Actress Joyita Chatterjee is finally back to work mode after recovering from Covid-19. Before testing Covid positive, Joyita was all set to commence work on her next project, however, due to her ill health, the shoot had to be pushed. After finally testing negative for the virus, the actress is all set

to resume work. Joyita recently opened up about the difficulties she is facing as she is back to work after her recovery.

The 'Baal Veer' actress revealed that her recovery journey was not an easy one as she was constantly haunted by the old fears from the 2020 and 2021 pandemic throughout the recovery

process. Showing her gratitude towards her doctors and all her well-wishers, she added, "But all thanks to my doctor and the prayers of one and all, I am now finally Covid-free. Now that I have finally recovered, I have finally resumed my shoots and all pending commitments and I am so glad that I could do that."

Mandira Bedi opens up about lingering sadness, seeks counseling after Air India plane crash

Mumbai: Actress Mandira Bedi has opened up about an emotional weight she's been carrying since the recent Air India plane crash. In a candid revelation on Instagram, the actress and fitness advocate shared that she's been experiencing a deep, lingering sadness-one that led her to seek professional counseling to cope with the overwhelming feelings triggered by the tragedy. On Monday, the 'Kyunki Saas Bhi Kabhi Bahu Thi' actress posted a heartfelt message about the emotional toll the recent Ahmedabad plane crash has had on her.

In a video posted online, she spoke openly about the weight of sadness she has been carrying since the tragedy, describing it as a quiet but persistent presence that has affected every part of her life-from work to time with her children. In the video, Mandira Bedi said, "You know, there's been this constant weight on my



chest ever since the Ahmedabad plane crash. A kind of sadness that won't leave. It's not loud, but it's there in the background of everything. My work, my time with my kids. So, I decided to talk to someone. A counsellor, just to make sense of it all and not hold it all alone.

Karan Johar reflects on fatherhood journey, says being a single parent is his most fulfilling decision

Mumbai: Filmmaker Karan Johar took to social media this Father's Day to share a deeply emotional post reflecting on his journey as a single parent. Calling it the "single most emotionally satisfying decision" of his life, Johar opened up about the transformative experience of raising his twins, Yash and Roohi, who were born via surrogacy in 2017.

Describing the decision as both instinctive and blessed, Karan acknowledged the many forms of advice he received-from parenting books to podcasts and conversations with fellow parents. However, he emphasized that every parenting journey, especially that of a single parent, is deeply personal and best navigated by instinct rather than a rulebook. The director also admitted to moments of uncertainty and vulnerability, saying he knows he will "falter, fumble and fall"-but it's the unconditional love of his children that helps him rise each time.

In his post, Karan also noted how Yash and



Roohi have brought new meaning and emotional completeness to his life, describing them as the answer to his prayers. Sharing their image on Instagram, he wrote, "Some decisions are impulsive, some decisions are strategized, and some are just blessed.... My decision to be a single parent has been the single most emotionally satisfying decision I could have ever made... the answer to my every prayer to the universe...."

Pooja Hegde will always be a 'Kanjivaram girl'



Mumbai: Actress Pooja Hegde has professed her love for Kanjivaram sarees and said that she is always a "Kanjivaram girl." Pooja took to Instagram, where she shared a string of images and clips from a recent photoshoot,

where she wore an exquisite aubergine and gold hued saree. She completed her look with drop earrings, a choker and bangles. For the make-up, she went subtle with nude lips and left her long straight black hair open. She wrote: "Once a Kanjivaram girl, always a Kanjivaram girl." Kanjivaram sarees are renowned for their South Indian origin and are made from pure mulberry silk. They are heavy and have exquisite craftsmanship. On the work front, Pooja will next be seen next in "Hain Jawani Toh Ishq Hona Hain," which is being made under the direction of David Dhawan. With Varun Dhawan as the protagonist, the highly-anticipated drama enjoys a stellar cast including Mrunal Thakur, Mouni Roy, Chunkey Panday, Maniesh Paul, Jimmy Shergill, Rakesh Bedi, Ali Asgar, Kubbra Sait, Rohit Saraf, Rajeev Khandelwal, Nitish Nirmal, and Sreeleela, along with others.

The title of the romantic-comedy-drama, "Hain Jawani Toh Ishq Hona Hain" has been derived from the song "Ishq Sona Hai" from Dhawan's 1999 hit "Biwi No.1," starring Salman Khan, Karisma Kapoor, and Sushmita Sen in the lead.

Chopra Eyes Top Podium Finish at Paris Diamond League After Consecutive Second Places

Paris: Star Indian javelin thrower Neeraj Chopra is gearing up for a major statement at the Paris Diamond League on June 20, aiming to clinch his first big title of the season following two consecutive runner-up finishes. The 27-year-old Olympic and world champion will return to the Paris Diamond League for the first time since 2017, when he placed fifth with a throw of 84.67m as a promising junior world champion. He skipped last year's edition to focus on the Paris Olympics.

Organisers have revealed that Chopra will compete alongside two-time world champion Anderson Peters of Grenada in a stacked field where at least five athletes have surpassed the prestigious 90m mark. "Jave-



lin throwers Neeraj Chopra, a double Olympic medalist, and Anderson Peters, a double world champion, are among the five entrants who have already crossed the 90m line in a competition that promises to be a crazy one," organisers stated. Chopra's season began on a winning note with a gold

at the Potchefstroom Invitational in South Africa with a throw of 84.52m. On May 16, he finally breached the elusive 90m barrier, launching the javelin 90.23m at the Doha Diamond League — though he had to settle for second behind Germany's Julian Weber, who recorded 91.06m. One

week later, Chopra again finished second to Weber at the Janusz Kusocinski Memorial in Poland with a modest 84.14m effort, battling less-than-ideal weather conditions.

Chopra's upcoming event in Paris holds special significance — it's the same venue where he secured a silver medal during the 2024 Olympic Games. Four days after the Paris DL, he is set to compete at the Golden Spike meet in Ostrava, Czech Republic on June 24. He will then return home to headline the inaugural Neeraj Chopra Classic in Bengaluru on July 5 — a World Athletics Category A event that he is personally hosting, marking another milestone in his illustrious career.

17-Year-Old Justin Engel's Dream Grass-Court Run Ends Against Auger-Aliassime in Stuttgart



Stuttgart: German teenager Justin Engel's sensational journey at the Stuttgart Open came to an end on Friday as he fell to Canada's Felix Auger-Aliassime in straight sets, 7-6(3), 6-3, in the quarterfinals. Just a day earlier, the 17-year-old made headlines by becoming the youngest player in four decades to reach the quarterfinals of a men's grass-court ATP event—an achievement last seen when Boris Becker claimed Wimbledon in 1985 at the same age.

Facing the experienced Auger-Aliassime, Engel put up a spirited effort in the first set, forcing a tiebreak, but the Canadian's composure and big-match experience proved decisive. Auger-Aliassime capitalized on key moments and

closed out the second set with greater ease. With this victory, Auger-Aliassime maintains his remarkable consistency in Stuttgart, having now reached the semifinals in all three of his appearances at the tournament. He was a finalist in both 2019 and 2021, and will next face secondseeded American Taylor Fritz for a place in the final.

Despite the loss, Engel's breakout week marked several milestones. In addition to his historic grass-court run, he became the second-youngest player since 1990—after Rafael Nadal—to secure ATP match wins across all three surfaces: hard, clay, and grass. His performances this week have positioned him as one of the most exciting young prospects in men's tennis.

India to begin Women's ODI WC against SL in Bengaluru, face Pak in Colombo on October 5

New Delhi: Hosts India will begin the much-anticipated 2025 ICC Women's ODI World Cup against Sri Lanka at Bengaluru's M Chinnaswamy Stadium on September 30, said the International Cricket Council (ICC) on Monday. In the tournament schedule, India's high-profile fixture against Pakistan will be held at the neutral venue - R Premadasa Stadium in Colombo - on October 5. Pakistan will play all of their games in Colombo as per the hybrid games agreement between the BCCI and the PCB.

Defending champions Australia will begin their campaign against New Zealand at Holkar Cricket Stadium in Indore on October 1, while Bangladesh face Pakistan a day later in Colombo. On October 22, Indore will also host Australia's marquee game against England, which is a rematch of the 2022 edition final. "The confirmation of the schedule only builds further excitement and anticipation for the ICC Women's Cricket World Cup 2025. With the eight best teams in the women's game descending on India, alongside incredible venues and what promises to be record-breaking crowds, we are all looking forward to an unforgettable tournament," said ICC Chairman Jay Shah in a statement. The round-robin stage runs until October 26, with the final day of group stage action



culminating in two matches on the same day with England facing New Zealand in Guwahati at 11am and India hosting Bangladesh in Bengaluru at 3pm. Top four sides from the round-robin stage will progress to the semi-finals, with first place playing fourth-ranked side and second-placed team taking on third-ranked side. The semi-finals are scheduled for October 29 and 30, before the final takes place on November 2.

The first semi-final will be held either in Guwahati or Colombo - depending on Pakistan's run in the competition, while the second semi-final will be in Bengaluru. The final will be held in either Bengaluru or Colombo. India are hosting the women's ODI World Cup for the first time since 2013. Apart from India, Australia, England, South Africa, New Zealand, Sri Lanka, Bangladesh and Pakistan will be playing in the Women's ODI World Cup.

Avani Prashanth Takes Sole Lead at Hulencourt Women's Open with Steady Third Round

Hulencourt: Teen golf sensation Avani Prashanth delivered a composed third-round 3-under 69 to seize the sole lead at the Hulencourt Women's Open, marking a career milestone as she leads into the final round of a professional tournament for the first time. The 18-year-old Indian, playing her debut season on the Ladies European Tour (LET), now sits at 10-under (68-69-69) despite a bogey finish on the 18th. She holds a narrow one-shot advantage over France's Nastasia Nadaud (67) and Wales' Darcey Harry (68), both tied for second at 9-under.

Avani's round began with five steady pars before she picked up birdies on the 6th and 9th holes to make the turn at 2-under. She added two more birdies on the 14th and 16th to briefly reach 11-under, before a closing bogey trimmed her lead. "The wind switched up today, so it was like playing a completely different course," Avani noted. "I had to be more conservative in some spots, which I usually don't like, but patience was key."

A standout moment came on the 14th, where Avani sank a brilliant birdie from off the green. Reflecting on the cooler weather compared to previous rounds, she said, "It was easier to focus today. Yesterday's heat was draining." Despite the pressure of leading, the teenager remains upbeat. "There will obviously be some nerves, but I enjoy playing under pressure."

Smriti Mandhana reclaims top spot in ICC women's ODI rankings

Dubai: India star Smriti Mandhana has reclaimed the number one position in the women's ODI batting rankings for the first time since November 2019, according to the latest update released by the International Cricket Council (ICC) on Tuesday.

The 28-year-old rose one

spot to return to the top after South Africa's captain Laura Wolvaardt, slipped to joint-second place with England's new captain Nat Siver-Brun, following innings of 27 and 28 in the first two ODIs against the West Indies. Mandhana now sits comfortably with 727 rating points

after ending Wolvaardt's more than six-monthlong perch at the top. The India star batter has been in excellent touch of late and scored her 11th career century during the final of India's recent tri-series against Sri Lanka and South Africa in Colombo.

Wolvaardt's teammate,

Tazmin Brits advanced five places to 27th thanks to her half-century in the first match of the three-match series, which is currently levelled after South Africa bounced back from their opening, four-wicket loss to beat the hosts by 40 runs in the second match in Barbados over the weekend.

India's First Mixed Disability Cricket Team to Play Landmark IT20 Series in England



New Delhi: Marking a historic step for inclusive sports in the country, India's first-ever mixed disability cricket team is all set to embark on its debut international tour — a seven-match IT20 series in England from June 21 to July 3. In a symbolic and heartfelt gesture, accessibility advocacy group Svayam, in partnership with the Differ-ently Aabled Cricket Council of India (DCCI), hosted a send-off ceremony for the pioneering squad in New Delhi. The event saw participation from Sminu Jindal, Svayam's founderchairperson, and former India cricketer Madan Lal, who lent their support to the trailblazing athletes.

The Indian team, captained by Ravindra Gopinath Sante, will play its matches across various venues in England, with the highlight being a historic game at Lord's Cricket Ground — the iconic home of cricket. Another highprofile match is scheduled for July 1 in Bristol.

This marks a significant moment not just for Indian cricket, but for global disability sport, as the team becomes the first from India to represent the country in an international Mixed Disability T20 format, showcasing a strong message of inclusivity, resilience, and equal opportunity on one of the sport's grand-est stages. The tour symbolizes India's growing commitment to accessible sports and provides a global platform for differently-abled athletes to shine.