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GST evasion of Rs 7.08 lakh crore detected in last 5 fiscal years



New Delhi: Goods and Services Tax (GST) evasion to the tune of Rs 7.08 lakh crore has been detected in crackdowns carried out by tax officials in 91,370 cases during the last five financial years from 2020-21 to 2024-25, the Parliament was informed on Monday. As much as Rs 1.79 lakh crore of the evasion amount comprised ITC fraud in as many as 44,938 cases that were detected during the five years.

The amount of GST recovered during this five-year period by way of voluntary deposits stood at over Rs 1.29 lakh crore. In financial year 2024-25, over Rs 2.23 lakh crore of GST evasion was detected by CGST field officers, data tabled by Minister of State for Finance Pankaj Chaudhary in the Lok Sabha showed.

Of the 30,056 cases of GST evasion detected in 2024-25, more than half, or 15,283 cases, were related to input tax credit (ITC) fraud, in which the amount involved was Rs 58,772 crore. In the financial year 2023-24, the GST evasion detected by tax officials added up to Rs 2.30 lakh crore, of which ITC fraud comprised as much as Rs 36,374 crore.

Adani Group to invest \$10 billion in Vietnam to boost infra, energy sectors

New Delhi: The Adani Group plans a long-term investment in Vietnam of up to \$10 billion, according to a report in Vietnam's TuoiTre News. Group Chairman Gautam Adani revealed the investment plan during a meeting with Vietnamese Party General Secretary To Lam in Hanoi, as part of his business trip to Vietnam last week, the report said, citing the country's Ministry of Foreign Affairs.

He expressed admiration for Vietnam's vision and nation-

al development strategy and congratulated the country on its impressive socio-economic progress in recent years. Gautam Adani emphasised that the group possesses extensive experience in investing in and operating major projects across sectors, such as seaports, airports, transport, logistics, energy and digital technology in India and internationally, including Mundra Port -- India's largest seaport. He also highlighted that Adani is India's

largest energy provider.

The Chairman of Adani Group briefed General Secretary To Lam on the company's ongoing activities and long-term plans for Vietnam, confirming a strategic investment commitment of up to \$10 billion, aligned with both the group's strengths and Vietnam's developmental priorities, the report states. The report refers to the Adani Group as a global leader in energy and logistics.



Daily UPI-based transactions surpass 700 million for first time

New Delhi: The daily unified payments interface (UPI)-based transactions have crossed 700 million for the first time, touching 707 million, according to the latest National Payments Corporation of India (NPCI) data. The feat was achieved on August 2. Over the past two years, the number of daily transactions has doubled, even though growth has slowed down in comparison to previous years.

In August 2023, UPI was registering around 350 million transactions a day, which increased to 500 million daily transactions in August 2024. The government has set a goal of achieving 100 crore transactions per day for UPI, and the platform is projected to reach this target next year at the current growth rate.

The business model of UPI should reintroduce merchant discount rates (MDR) to attain a billion transactions by the next year, according to fintech companies and payment associations. They asked the government to establish a marginal MDR for major merchants and high-value transactions. While the government reduced the subsidies for UPI from around Rs 4,500 crore in FY



24 to Rs 1,500 crore in FY 25, it refused to accept the MDR demand of the ecosystem. Recently, the Reserve Bank of India (RBI) also voiced support for the MDR demand of payment companies.

RBI Governor Sanjay Malhotra recently said the UPI interface should be made financially sustainable. The UPI system is currently free for users, with the government covering costs by subsidising banks and other stakeholders that support the payments infrastructure. "Costs will have to be paid. Someone will have to bear the cost," he added.

Indian stock market rallies, Sensex jumps 418 points

Mumbai: The Indian stock market ended the Monday session with a decent rally amid buying interest in metal, IT and construction sectors, despite ongoing concerns around US tariffs. Sensex closed at 81,018.72, up 418.81 points or 0.52 per cent. The 30-share index started the session with a decent gap-up at 80,765.83 against the last day's closing of 80,599.91. The index extended the momentum further following buying in IT, Metal and auto stocks and touched an intraday high of 81,093.19.

Nifty ended the session at 24,722.75, up 157.40 points or 0.64 per cent. Earlier in the morning, the domestic benchmark indices opened on a resilient note despite persistent global weakness.

"Sectoral performance was led by robust gains in Metals, Automobiles, Media, Construction and IT stocks, underscoring sustained investor interest in growth-oriented sectors. Conversely, Consumer Goods, Energy and Financial Services stocks faced mild selling pressure," said Ashika Institutional Equities in its note.

Gold falls marginally, silver prices jump

New Delhi: Gold and silver prices saw mixed movements in both domestic and foreign markets on Tuesday. The silver prices increased significantly while the price of the precious metal decreased slightly. The price of 24-carat gold dropped by Rs 91, to Rs 1,00,076 per 10 grams, from Rs 1,00,167 on Monday, according to India Bullion and Jewellers Association (IBJA).

Similarly, the price of 10 grams of 22-carat gold dropped from Rs 91,753 to Rs 91,670. Additionally, the price of 18-carat gold dropped, from Rs 75,125 the day before to Rs 75,057 per 10 grams. In the meantime, the price of silver showed an increase. It rose Rs 522 from Rs 1,11,900 per kg to Rs 1,12,422. A similar pattern was seen in the futures market as well.

Gold futures for delivery on October 3, 2025, dropped 0.37 per cent to Rs 1,00,830 per 10 grams on the MultiCommodity Exchange (MCX). On the other hand, silver futures for delivery on September 5, 2025, increased by 0.33 per cent to Rs 1,12,160/10 grams.

Bharti Airtel's Q1 net profit jumps 57 pc to Rs 7,421.8 crore, revenue rises 28 pc

Mumbai: Bharti Airtel Limited on Tuesday reported a strong set of numbers for the first quarter of the current financial year (Q1 FY26), with its net profit surging 57.32 per cent to Rs 7,421.80 crore. The telecom major had posted a profit of Rs 4,717.50 crore in the same quarter previous year, according to its stock exchange filing.

Revenue from operations grew 28.45 per cent to Rs 49,462.60 crore, compared to Rs 38,506.40 crore in the corresponding period of the previous year, driven by robust growth in India and a rebound in Africa on reported currency. The company's consolidated EBITDA came in at Rs 28,167 crore, with an EBITDA margin of 56.9 per cent. Airtel's aver-



age revenue per user (ARPU) stood at Rs 250 for the quarter,

higher than Rs 211 in Q1 FY25, the company stated in its regulatory filing.

The India business delivered an EBITDA of Rs 22,352 crore, with margins improving to 59.5 per cent, up 598 basis points year-on-year. Bharti Airtel's net debt to EBITDA ratio (annualised) improved to 1.70 times, from 1.86 times as of March 31.

Truecaller announces a partnership with Khyaal

Guwahati: As senior citizens embrace the digital age, they are finding themselves at a greater risk than ever before. With unfamiliar technology and fast-evolving fraud tactics, it's no surprise that more and more cybercrime victims are over 50—many losing not just money, but their sense of security and trust. In response to this growing crisis, Truecaller, the leading global communications platform, has announced a partnership with Khyaal, India's number one app for senior citizens, committed to the empowerment and well-being of India's elderly. This collaboration blends Khyaal's deep engagement with seniors—understanding and responding to



their specific needs through meaningful interactions—with Truecaller's cutting-edge caller identification technology. Together, they create a robust and secure shield that fosters trusted, reliable communication, building a safer and more connected community for India's elderly population. All Khyaal members will

receive an exclusive 50% discount on Truecaller Premium membership, ensuring they have access to the most advanced caller identification and spam protection features. The partnership will extend beyond digital boundaries through Khyaal's "50Above50" event, featuring interactive awareness

sessions and dedicated safety booths that offer seniors practical, hands-on education and insights on digital safety. "The digital age holds tremendous promise for our seniors—offering connection, convenience, and community. But it also brings new threats they're often unprepared for," said Rishit Jhunjhunwala, Global CEO, Truecaller. Commenting on the partnership, Hemanshu Jain, Founder & CEO, Khyaal, said, "At Khyaal, we've long recognised this silent crisis and have been committed to raising awareness through digital workshops. This partnership with Truecaller takes that commitment further."

Deepika Padukone champions smart styling in Dyson's latest campaign

Shillong: Dyson, the global technology company, announced the launch of its new 'The Difference is Dyson' campaign featuring Brand Ambassador for Dyson Beauty Deepika Padukone. With this campaign, Dyson invites individuals of all hair types to experience the impact of unique self-expression, achieving perfectly styled hair without heat damage. This reaffirms Dyson's commitment to hair health through innovative technology, while highlighting the versatility and performance that define the Dyson beauty range.

Ankit Jain, Managing Director, Dyson India, said: "The Difference is Dyson' is a campaign that embraces and elevates individuality. It reinforces Dyson's commitment to innovation and bringing the hair styling range closer to consumers that provide superior styles for all hair types, with no heat damage." Deepika Padukone, Brand Ambassador for Dyson Beauty, shared: "I have always believed that beauty lies in embracing your individuality. Working with Dyson, I have seen firsthand how their products deliver real results, no matter what your hair type." The campaign reflects Dyson's belief that high-performance styling should never come at the cost of hair health, a principle that continues to shape the brand's approach to beauty technology. 'The Difference is Dyson' campaign is live across multiple media platforms nationwide.

Nissan launches the new Magnite KURO Special Edition, starting at INR 8.30 Lakhs

Guwahati: Nissan Motor India Private Limited (NMIPL) has announced the launch of its much-awaited New Nissan Magnite KURO Special Edition, a striking and premium, black-themed variant of its popular compact SUV. Starting at INR 8.30 Lakhs (ex-showroom, Delhi), the KURO Special Edition embodies The Boldest Black philosophy, Blending Boldest Styling, Suave Interior Black Theme and Japanese-Inspired Design cues. The New Nissan Magnite KURO Special Edition is available for bookings at an attractive amount of INR 11,000. Customers can reserve their vehicle through authorized Nissan Motor India dealerships or by visiting the official Nissan Motor India website: www.nissan.in. The Magnite KURO Special Edition takes its name from the Japanese word for 'BLACK', celebrating an elevated sense of sophistication and Japanese design precision.

Saurabh Vatsa, Managing Director, Nissan Motor India, said: "The New Nissan Magnite KURO Special Edition embodies bold design and refined craftsmanship, thoughtfully creat-



ed in response to strong customer demand for a distinctive, premium, and feature-packed offering." Building on the Magnite's success and recent GNCAP rating accolades, Nissan Motor India has also introduced a new Metallic Grey colour option, offering customers a fresh choice to match their personal style. The colour option will be available in the Tekna, Tekna + and N Connecta variants. The New Nissan Magnite SUV's bold and stylish design, 20+ first & best-in-segment features, and 55+ safety features make it a standout choice in the compact SUV segment.

Titan Intech Q1 PAT jumps 42.6%; bets big on AI-driven 3D EdTech

Mumbai: Titan Intech Limited (BSE: TITANIN - 521005), a global software solutions leader, reported a robust 42.6% year-on-year rise in profit after tax (PAT) at Rs. 0.64 crore for Q1 FY26, as per its Board Meeting outcome on July 31. Net sales stood at Rs. 4.97 crore, up 3.18% from the previous year. Sequentially, while revenue dipped from Rs. 5.78 crore in Q4 FY25, EBITDA surged 20.9% to Rs. 1.62 crore, showcasing improved operational efficiency.

In a move to boost liquidity and investor participation, the Board approved increasing authorized share capital from Rs. 55 crore to Rs. 100 crore and a 1:10 stock split. Allotment of 8 lakh equity shares on warrant conversion was also completed.

Titan Intech has capitalized Rs. 4.5 crore

in R&D for its AI-powered "3D Display & Educational Platforms" project, focusing on immersive learning tools for engineering, medical, and vocational education. Further investments of Rs. 10–15 crore are planned this fiscal.

Managing Director, Titan Intech Limited said: "Our Q1 performance, coupled with strategic initiatives like share capital expansion, stock split, and investments in AI-driven 3D educational technologies, reflect our strong focus on creating long-term shareholder value and technological leadership."

Analysts note that the company's focus on emerging technologies aligns well with the region's growing appetite for EdTech and digital infrastructure investments.

Zudio brings new fashion at affordable prices to Nagaon

Nagaon: Fashion is in vogue in Nagaon as Zudio, the popular value-fashion brand from the Tata Group, has opened the doors to its first store in the city. Located at Jyoti Nagar, near V Mart, the two-storey store is Zudio's 15th outlet in Assam. Zudio is expanding rapidly in the state to offer the people something truly special. Commenting on the store launch, Venkatesalu P., CEO & Executive Director, Trent Ltd., said: "We are deeply thankful for the overwhelming welcome from the people of Nagaon. Zudio stands at the forefront of India's fast-fashion revolution, driven by affordability, agility, and a keen sense of evolving trends." With the entry of Zudio, Nagaon's fashion-conscious shoppers can now enjoy a world-class retail experience paired with trend-setting styles at prices that are truly hard to beat.

The new store offers a vibrant and diverse product range including menswear, womenswear, ethnic wear, kidswear, footwear, and accessories. Whether it's relaxed casuals, classic denim, or contemporary silhouettes, every collection is carefully curated to reflect the latest fashion trends while catering to everyday wardrobe needs. Zudio offers apparel starting at just ₹149 and footwear from ₹199. Cool designs, excellent service and great shopping experience are the hallmarks of Zudio. With this launch, Zudio continues to strengthen its footprint in Assam, offering an unmatched blend of style, value, and convenience.

TATA
zudio

Royal Stag Boombox drops its third original of this season 'Maybe'

Mumbai: Royal Stag BoomBox, brand's flagship music IP in collaboration with Universal Music Group, has returned with a fresh line-up under Royal Stag BoomBox Originals—a unique format that fuses melody and hip-hop. Following a successful run with tracks like Pehle Jaisi Baat Nahi, Hoodie, Mohabbat, and Imtihaan, the platform now drops its third original of this season, Maybe—a powerful collaboration featuring Armaan Malik and Ikka. After captivating audiences across multiple youth hubs over the last three years with high-energy on-ground experiences, Royal Stag BoomBox is back with its second season of BoomBox Originals—soundtracks that celebrate the brand's



spirit of Living It Large. The soundtrack is an ode to the kind of love stories lived and felt by Generation Large. Speaking about the inspiration behind this track, Singer Armaan Malik added, "Maybe" is a song that really comes from the heart—it's honest, emotional, and speaks to that feeling of uncertainty in love." Rapper Ikka shared his thoughts on the collaboration, "Maybe" isn't just a love song—it's a vibe, a reflection of how we all wish we could hold onto the good times a little longer." Kartik Mohindra, Chief Marketing Officer and Head of Global Business Development at Pernod Ricard India said, "Royal Stag continues to celebrate music as its key youth passion pillar." Commenting on the collaboration, Preeti Nayyar, SVP & Business Head - India & South Asia, UMG For Brands, says: "Royal Stag Boombox stands for bold expression and creative freedom to cross over from familiar sonic to discover new ones." Following the success of Sigh by Nikhita Gandhi and Dino James and Sajna Mera by Neeti Mohan, Panther, and Ravator, the third and final track of the season- Maybe, is now live across YouTube, social media, and all major audio platforms. Tune into 'Maybe' on Royal Stag Live It Large YouTube Channel: <https://www.youtube.com/watch?v=JXIL5GOq24M>.

Shopsy turns 4, surpasses 450M downloads, deepens reach into tier 4+ cities

Guwahati: Shopsy by Flipkart marked its fourth anniversary with a major milestone—crossing 450 million downloads and expanding delivery to over 19,000 pin codes across India. The platform, built for value-conscious shoppers, added 11.5 million new users this year, many from Tier 4+ regions such as Bhagalpur, Medinipur, Dunda, and Rajnagar, underscoring its growing rural footprint.

With over 16 million products across 1,300+ categories, Shopsy continues to strengthen its “Bharat-first” selection strategy by curating regional catalogs that reflect hyperlocal needs and trends. Demand surged in kidswear (up 150%) and large appliances (up 20%), while the Grand Shopsy Mela and End of Season Sales turned into digital-first family shopping events.



In Guwahati, the market has seen rising engagement with Shopsy, especially for daily essentials and regional fashion items priced under ₹300. Sellers from the region have also leveraged Shopsy’s simplified onboarding and visibility tools to access a wider digital customer base across the Northeast.

As it enters its fifth year, Shopsy aims to serve every serviceable pin code, further supporting 1.4 million sellers nationwide and enhancing its appeal as a lightweight, AI-driven, mobile-first platform tailored for India’s deep heartlands.

Diabetes distress affects millions: Experts highlight tech, routine and support as key to easing the burden

Dibrugarh: Living with diabetes goes beyond just monitoring blood sugar—it demands constant vigilance over diet, lifestyle, and timely response to glucose fluctuations. This persistent effort can lead to diabetes distress & burnout, a condition affecting nearly 18% of India’s over 101 million people with diabetes.

Experts say diabetes distress may manifest as emotional exhaustion, frustration, or even avoidance of self-care. It reflects the mental toll of managing a chronic condition.

Dr. Subhajyoti Ghosh, Consultant Physician & Diabetologist at Apollo Clinic, Dibrugarh, Assam said that effective diabetes management requires a holistic approach balancing nutrition, exercise, and glucose monitoring—with tools like Continuous Glucose Monitoring (CGM) devices offering real-time insights that empower individuals to make informed choices and reduce the emotional burden of the condition.

Dr. Vivek Iyer, Head of Medical Affairs, South Asia at Abbott, stated that Continuous Glucose Monitoring (CGM) devices can ease diabetes distress and prevent burnout by serving as comprehensive digital health platforms that enable real-time data sharing with loved ones and healthcare providers, fostering a supportive and informed care network.

Technology is offering new hope. CGM devices, which provide real-time blood glucose alarms, help users make informed decisions when glucose levels are too high or low. These prick-free tools also show patterns over time, making it easier to understand how food, activity, or stress affect glucose levels.

Key strategies include embracing technology, maintaining a joyful routine, staying active, and eating mindfully. Experts urge people to let go of perfection and focus on what matters most—creating a healthier, happier life through connected care.

Park Avenue unveils 4X premium perfume spray, eyes stronger hold in deodorant market

Guwahati: Park Avenue Fragrances, a prominent brand under Godrej Consumer Products Ltd (GCPL), has launched “Amazon Woods,” a 4X Premium Perfume Spray, marking a bold expansion in India’s ₹2,800 crore deodorant market. With a renewed focus on high-performance yet affordable grooming products, the brand is targeting style-conscious men seeking long-lasting fragrances at deodorant price points.

Priced at ₹225, Amazon Woods offers four times the perfume concentration per spray, combining citrus top notes with spicy and woody undertones. This launch redefines category expectations with its enhanced olfactory depth and premium packaging, supported by a new TVC featuring actor Ishaan Khatter.

In Guwahati, a fast-evolving FMCG market, local retailers view Amazon Woods as a potential bestseller. The city has seen a steady rise in demand for premium grooming products that are both affordable and high-performing. With its 4X perfume concentration and attractive pricing, Amazon Woods is well-positioned to cater to this demand. Retailers in areas like Ganeshguri and Beltola expect the product to perform well among customers who seek sophisticated fragrances without stretching their budgets. The brand’s strong recall and revamped packaging are also likely to drive impulse purchases at point-of-sale.

“Consumers in the fragrance category seek exceptional scents that truly last. Inspired by this key insight, we’re excited



to introduce Amazon Woods – the newest addition to the Park Avenue range. It’s a beloved fragrance known for its long-lasting performance, all at a price that’s remarkably affordable “said, Neeraj Senguttuvan, Head of Marketing – Personal Care, Godrej Consumer Products Limited (GCPL).

JICA and Assam government empower women in sports with leadership and coaching programme

Guwahati: The Japan International Cooperation Agency (JICA), in collaboration with the Department of Sports & Youth Welfare, Government of Assam, concluded the “JICA-Assam Women’s Leadership & Coaching Empowerment Programme” at the Arjuna Bhogeswar Baruah Sports Complex, Sarusajai, Guwahati, on Tuesday.

The week-long workshop (July 23–30) trained around 60 women coaches, athletes, and aspiring leaders from across Assam. Focused on the theme “Building a Kaizen Culture,” the programme aimed to instil leadership, inclusive coaching practices, and continuous improvement (Kaizen) in sports education. The modules—“Seeds of Leadership” and “Seeds of Change”—



emphasised athlete-centered, value-driven coaching and leadership skills.

In Guwahati’s growing sports ecosystem, this initiative marks a strategic step in creating a pipeline of empowered women mentors and coaches. It is expected to inspire deeper community engagement and attract more women to leadership roles, contributing to a balanced

gender landscape in sports.

Led by Dr. Masamitsu Ito from Japan’s NSSU Coach Developer Academy, the sessions provided participants with hands-on mentorship and global best practices. JICA India Chief Representative TAKEUCHI Takuro praised the effort as a catalyst for sustainable cultural transformation and empowerment in Indian sports.

SAP, IIMA ventures launch ‘North East Growth Labs’ to boost 75 social enterprises in Northeast

Guwahati: SAP and IIMA Ventures have jointly launched the North East Growth Labs (NEGL), a major initiative aimed at supporting 75 social enterprises across India’s eight Northeastern states. The program focuses on strengthening ventures in agri-tech, education, and healthcare with a blend of catalytic funding, mentorship, and market access.

The NEGL initiative, announced on July 30, leverages SAP’s Social Procurement framework and IIMA Ventures’ incubation model to foster inclusive development, climate resilience, and job creation in underserved regions. The effort is expected to support over 3,000 livelihoods and promote climate-positive growth.

“The North East Growth Labs strengthens our commitment to sustainable and inclusive growth,” said Manish Prasad, President and

MD, SAP Indian Subcontinent, highlighting their mission to blend technology with grassroots impact. Chintan Bakshi of IIMA Ventures called the initiative “a bold regional platform” to empower innovative entrepreneurs in the Northeast.

The program began with a bootcamp in Guwahati, offering hands-on sessions in AI, B2B strategies, and sector-specific scaling. Local startups like Dream Hives, Chezfresco, and Pustikor Foods are part of the new cohort, showcasing Guwahati’s emergence as a vital hub for social enterprise. The city’s growing ecosystem is becoming a magnet for investors and innovation in the Northeast.

NEGL builds upon the earlier Assam Agri-business Growth Lab and significantly expands its scope.

Center Fresh-YouGov report reveals Indians overthink Pizza more than politics

Shillong: A new report by Center fresh and YouGov has uncovered a startling trend among Indians—overthinking dominates their daily lives, even in the most mundane moments. Titled the India Overthinking Report, the study found that 81% of Indians overthink for more than three hours a day, with one in four calling it a constant habit. The report highlights a curious national mindset: 63% of Indians say deciding on food is more stressful than choosing a political leader, with 61% admitting they spend more time pondering a food order than national elections. This indecisiveness extends to digital life too, with nearly 32% fretting over whether an emoji might come off as “too much.”

In Shillong, this pattern holds strong among students and young professionals. Local eateries report customers often take longer to finalize orders, and cafes see young patrons agonizing over the ‘perfect’ social media post, echoing national concerns around self-image and digital anxiety.

Interestingly, 42% of respondents panic when a boss replies with just “Ok,” and one-third now turn to Google or ChatGPT for emotional clarity. “Overthinking has become everyday clutter,” said Gunjan Khetan of Perfetti Van Melle India, urging Indians to “Dimaag Pe Rakho Lagaam.”

Medanta brings cancer care awareness to Nagaland; expands presence in Guwahati

Guwahati: Gurgaon-based Medanta – The Medicity, India's top-ranked private hospital, conducted a Continuing Medical Education (CME) session in Kohima on "CyberKnife Radiosurgery for Benign and Malignant Lesions."

Led by Dr. Tejinder Kataria, Chairperson, Radiation Oncology at Medanta, the session focused on CyberKnife — a non-invasive, high-precision treatment targeting tumors without surgery. Dr. Kataria explained that this bloodless and painless treatment is ideal even for complex or oligometastatic cancers, with shorter, more effective sessions lasting 30–45 minutes across 1–2 weeks.

India's cancer burden is rising, with cases expected to surge by 12.8% by 2025. In Nagaland, cancer ranks among the top five causes of death, highlighting the urgent need for advanced therapies and early diagnosis.

Medanta's Guwahati OPD at Sunvalley Hospital on GS Road is now offering multispecialty



consultations, bringing top-tier oncology and surgical expertise closer to patients in Assam. With Guwahati emerging as a key healthcare hub in the Northeast, the hospital's expansion aims to serve both urban and nearby rural populations with advanced care options.

Chairman Dr. Naresh Trehan reaffirmed Medanta's commitment to equitable healthcare, calling it a "moral imperative" for India's underserved regions.

Celebrate Raksha Bandhan with a healthy twist; Almonds take center stage for long-term wellness

Guwahati: As Raksha Bandhan rings in the festive season, health is taking center stage in celebrations this year. Promoting a blend of tradition and wellness, experts and celebrities are advocating the inclusion of nutrient-rich California almonds in daily diets to support long-term health and prosperity.

Almonds, known for helping manage blood sugar levels, reducing LDL cholesterol, and boosting heart health, are being hailed as a smart festive snack.

Revealing how she celebrates Raksha Bandhan, Bollywood actress Soha Ali Khan said, "Raksha Bandhan is a special day for my family. I prepare healthy yet tasty treats like grilled almond burfee and almond brownies. As a daily habit, I make sure to give almonds to my husband and daughter as part of their morning routine - something I never skip, even on festivals. Almonds are not only flavorful but also incredibly beneficial for our health, which is why I try to incorporate them into as many dishes as possible."

Regional Head-Dietetics, Max Healthcare – Delhi, Ritika Samaddar said, "During festivals like Raksha Bandhan, people often indulge in unhealthy food without realizing its impact on health and weight. I recommend celebrating mindfully with nutritious options like almonds. Rich in essential nutrients, almonds make a great replacement for unhealthy snacks and can be added to festive dishes. The latest ICMR Dietary Guidelines for Indians highlight almonds as a daily, healthy choice offering plant protein and long-term wellness. Regular



almond consumption supports not just better health, but also the prosperity and well-being of the whole family."

Sheela Krishnaswamy, Nutrition and Wellness Consultant said, "Sweet treats are a staple during Raksha Bandhan, but their impact on blood sugar and overall health is often overlooked. Sugar intake can cause glucose spikes, which is a concern especially for those with diabetes or pre-diabetes. This advice is for everyone who feels anxious about festivals because of sweets—you don't have to miss out to stay healthy. As a nutritionist, I recommend choosing healthier options like almonds and fresh fruits during festive indulgence. Almonds are rich in protein and fiber, and when included in a balanced diet, they help maintain stable blood sugar levels and support heart health too.

In Guwahati, where festive markets are bustling with traditional sweets and gifts, there is a visible shift toward healthier options. Retailers report rising demand for dry fruits, especially almonds, as consumers seek balance between celebration and nutrition.

In India, Nothing Phone (3) and Nothing Headphone (1) now on sale

Guwahati: London-based technology company Nothing has announced that two category-defining products will be available for purchase across India, starting on July 15, 2025 at 12 noon - Nothing Phone (3), its first true flagship smartphone, and Nothing Headphone (1), its debut over-ear audio product. Both products reflect Nothing's vision to reimagine consumer tech with intentional design and bold innovation. Nothing Phone (3) introduces groundbreaking innovations that set new standards in the smartphone industry. The device features a pro-grade triple camera system, including a class-leading 1/1.3" main sensor for rich low-light shots, lossless optical zoom, and cinematic 4K 60fps video across all lenses with full optical image stabilisation.

Nothing Headphone (1) marks Nothing's entry into the over-ear audio category. Developed in collaboration with KEF, it combines expressive design with precision engineering. From the custom 40 mm dynamic driver to the real-time Spatial Audio with head tracking, it delivers a deeply immersive listening experience. Nothing Phone (3) is available in Black and White colour options, with two configuration variants: 12 GB + 256 GB - starting at INR 62,999, 16 GB + 512 GB - starting at INR 72,999 [Including bank offer worth INR 5,000 (from HDFC, ICICI, and IDFC Bank) + exchange offer]. All the consumers who purchase the device on 15th July will also receive 1-year additional extended warranty. Nothing Headphone (1) is available in Black and White variants for INR 21,999 in the Indian market and consumers can also avail a special introductory launch day price of INR 19,999.

Renault takes full control of Chennai plant, eyes India as global growth hub

Guwahati: Renault Group has acquired full ownership of its Chennai-based Renault Nissan Automotive India Private Ltd (RNAIPL) plant by purchasing Nissan's 51% stake, marking a pivotal step in its international expansion strategy. With India being the world's third-largest automotive market, the Group aims to strengthen both local sales and exports, targeting the country as a central hub in its International Game Plan 2027.

The move follows the recent inauguration of Renault's largest design center outside France and the launch of the new Renault Tribler — the first of four new models planned for the Indian market. Stéphane Deblaise has been appointed as the new CEO of Renault Group in India, effective September 1, 2025, to steer this transformation.

Renault Group

Guwahati's auto market sees this as a positive push for regional dealerships and supply chains. Dealers in the city anticipate improved model availability and heightened consumer interest, especially with Renault's commitment to India-centric designs and exports. The expansion is expected to trigger competitive pricing and fresh investments in northeastern markets.

Despite acquiring full control, Renault will continue collaborating with Nissan, with RNAIPL maintaining its production of Nissan models. The move reaffirms India's strategic value in Renault's global vision and innovation drive.

Škoda Auto crosses 300 customer touchpoints across 172 cities

Guwahati: Škoda Auto is revving to newer highs as it celebrates its 25-year legacy in India and 130 years globally. Earlier this month, the brand achieved its highest half-yearly sales ever in H1 2025. In yet another achievement, the company has now crossed 300 customer touchpoints, catering to customers across 172 cities in India. Providing an unmatched customer experience is central to Škoda Auto's India growth strategy. The rapid network expansion reflects this, along with the strong momentum the brand is building across India. Commenting on the achievement, Ashish Gupta, Brand Director, Škoda Auto India, said, "Our growing network makes our product range more accessible to customers while enabling smarter, faster service with consistent quality across the country."

Continuing from the Kylaq: The Kylaq is a key driver of Škoda Auto's growth in India as it targets new customers in new markets that are now being catered to with the brand's network expansion. Combined with the Kushaq and Kodiaq, Škoda Auto India now has an SUV For Everyone. The path towards growth: Škoda Auto India's growth strategy is to go deeper in Tier 1 markets and expand further in Tier 2 and Tier 3 markets. In line with this strategy, in the past nine months, the brand has entered over 30 new cities, all in Tier 2 and Tier 3 markets, in addition to continued expansion in existing Tier 1 cities. Škoda: The company's endeavour to be closer to its customers by expanding its network and increasing its touchpoints is further defined by a slew of warranty, maintenance, and Road Side Assistance packages that ensure customers are provided a quality ownership and maintenance experience with a Škoda.

PMI urges G2G collaboration to curb \$1.65 billion illicit tobacco trade in India

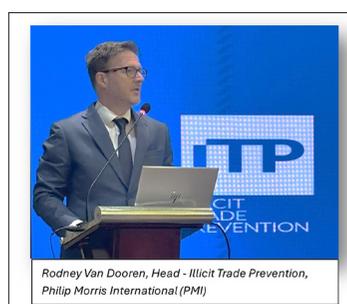
Dimapur: Philip Morris International (PMI) has reinforced its commitment to tackling the illicit tobacco trade by advocating for continuous government-to-government (G2G) dialogues with source and transit countries. Speaking at the ASIA Security Conference & Exhibition 2025 in New Delhi, Rodney Van Dooren, Head - Illicit Trade Prevention at

PMI, emphasized that India suffers an estimated \$1.65 billion loss annually due to illicit tobacco, with 25% of the domestic market affected and nearly 12,000 jobs lost each year.

PMI outlined a multi-pronged strategy focusing on research and intelligence, supply chain protection, stakeholder collaboration, raising awareness, and implement-

ing global best practices in tracking and tracing technologies. Van Dooren identified Cambodia as a source of counterfeit cigarettes, with countries like Vietnam, Singapore, and Malaysia acting as major transit points.

Dimapur is witnessing a growing influx of illicit tobacco products, often sold at below-market rates. Retailers report declining sales of



Rodney Van Dooren, Head - Illicit Trade Prevention, Philip Morris International (PMI)

legal products, affecting tax revenue and threatening livelihoods. Enforcement agencies have expressed concern over the health risks associated with unregulated cigarettes flooding the market.

PMI remains committed to supporting enforcement agencies and promoting transparent international cooperation to curb this global challenge.

Deepika Singh dances to the tunes of Falguni Pathak, says 'weekend vibe to full on hai'



Mumbai: Popular television actress Deepika Singh has turned on her "weekend vibe" as she danced freely to the tunes of 'Saawan Mein' by Falguni Pathak. Deepika took to

her Instagram, where she shared a video of her dancing on the road with a green view in the backdrop. For the caption, she wrote: "Weekend off nahi but weekend vibe to full on hai."

Talking about the song, "Saawan Mein" released in 2001. The singer's music is based on traditional musical forms from the Indian state of Gujarat. Her debut album was released in 1998, and she has also recorded numerous songs for Bollywood movies. The theme of most of her songs is love. Some of Falguni's popular songs are Chudi Jo Khanki Haathon Mein, Maine Payal Hai Chhankai, Meri Chunar Udd Udd Jaye, Ayi Pardesh Se Pariyon Ki Rani and Sawaan Mein.

Meanwhile, Deepika last month treated her fans with an interesting video from the set of her ongoing show, "Mangal Lakshmi". The video features a monkey continuously relishing the bananas placed in front of him, one after the other. "Gather knowledge persistently as monkeys collect bananas. It's your stepping stones towards success," she captioned the video.

Mrunal Thakur celebrates birthday with stellar response to 'Son of Sardaar 2'



Mumbai: Bollywood actress Mrunal Thakur, who is receiving a lot of positive response to her work in the recently released film 'Son of Sardaar 2', is celebrating her birthday with the release of the film. The actress took to her Instagram on Friday, and shared a series of pictures from the film's special screening. She also penned a long note in the caption, as she shared how humbled she

is with the magnitude of love coming her way with the release of 'Son of Sardaar 2'

She wrote, "Couldn't have asked for a better way to start my birthday. Son of Sardaar 2 is finally out, and I had all my people by my side. I'll hold this moment close to my heart forever. This film is full of madness, magic, and the most incredible, loving, and talented cast".

She added, "And now, Rabia is out in the world I hope you love her as much as I do, and find a little space for her in your hearts too. Thank you to each one of you who came and became a part of my little journey. #SOS 2 in theatres now. jao dekho ab. Jhappis aur pappies from Rabia (sic)".

Armaan Malik calls wife Aashna Shroff his 'favourite human' in a sweet birthday post



Mumbai: Singer Armaan Malik took to social media to shower love on his wife, Aashna Shroff, calling her his "favourite human in the whole universe. In a heartwarming birthday post, the singer expressed his love for his wife. Taking to Instagram, Malik posted a series of their romantic photos and wrote, "life didn't look like this didn't feel like this until YOU came along. happy birthday to my favorite human in the whole damn universe @aashnashroff." In the images, the couple could be seen striking different poses. One of the mushy shots, shows Armaan kissing Aashna on her forehead. In the other pictures, they could be seen romantic dinner dates.

Armaan and Aashna tied the knot in a private ceremony on December 28, 2024. They have reportedly been together since 2019, with their relationship deepening over time. After years of togetherness, the couple tied the knot on December 28 in an intimate ceremony attended by close friends and family. They later shared glimpses of their special day on Instagram. Alongside their wedding photos, the duo penned a touching caption that read.

Kartik Aaryan denies link to Pakistan-organised Houston event after FWICE objection

Mumbai: Bollywood actor Kartik Aaryan found himself in the middle of a controversy on Saturday after a letter from the Federation of Western India Cine Employees (FWICE) raised questions about his possible participation in an Independence Day event in Houston, USA. The show, according to FWICE, is being organised by a Pakistan national, which triggered strong objections from the film body. Soon after the letter surfaced, Kartik Aaryan's team stepped forward with a clear denial. They stated that the actor has no connection with the event and has never agreed to take part in it. In their official statement, Kartik's team clarified, "Kartik Aaryan is not associated with this event in any capacity. He has never made any official announcement about participating in it. We have also contacted the organisers and requested that all posters or promotional material using his name or image be removed immediately." This statement came just hours after FWICE's strong letter asking the actor to back out of the event "in the interest of national security," especially after the recent terror attack in Pahalgam on April 22, which claimed innocent lives.

Shruti Haasan on Coolie: Working with legends like Rajinikanth, Nagarjuna was inspiring!

Chennai: Actress Shruti Haasan, who has worked alongside two film industry legends - Rajinikanth and Nagarjuna -- in director Lokesh Kanakaraj's upcoming action entertainer 'Coolie' -- says that the experience of working with them was inspiring. The actress and singer recently opened up about her experience of working with two of the biggest names in Indian cinema. While one might assume the

presence of such legends on set would create pressure, Shruti said the experience was anything but that.

"It was really inspiring. It was amazing. It was such a great learning experience to be around so many actors in the beginning. I like to still be nervous about what I'm going to learn and what my experiences are going to be. But definitely, overall it was amazing to have interactions with so many great legends,"



she shared.

Shruti emphasized that the energy on set wasn't intimidating—it was uplifting. Watching Rajinikanth and Nagarjuna approach their craft with humility and intensity reaffirmed her belief in constantly evolving as an artiste. Produced by Sun Pictures, Coolie has already made headlines by becoming the highest overseas procurement for a Tamil film to date.

Aadil Zafar Khan and Reem Shaikh explore love and loss in heart-wrenching track 'Bichadna'

Mumbai: Aadil Zafar Khan and Reem Shaikh's new track "Bichadna" has been unveiled on social media and it promises to take listeners on an emotional rollercoaster. Set against the backdrop of love, longing, and heartbreak, the song beautifully captures the intensity of a relationship. Suny by 'Saiyaara fame' Faheem Abdullah, "Bichadna" is a heartfelt portrayal of love and loss. Speaking about the track, Faheem shared, "Bichadna was born out of a very intense and hostile headspace. The melody, the words, the emotion, everything came together in one jam. I knew this one couldn't be held back. Grateful to Bhushan Sir and the T-Series team for giving it



absolute freedom and space to breathe. And to let it hit us the way it was always meant to."

Taking to Instagram, T-Series shared the song and captioned it, "If you've ever loved against the odds, this one's for you. #Bichadna - Song Out Now." Notably,

after the massive success of Saiyaara, Faheem Abdullah made a striking comeback with his latest release, "Bichadna," under Bhushan Kumar's T-Series banner. The track walks the delicate line between love and heartbreak, blending intense emotion with a bold musical arrangement. Directed by Tru Makers, the music video travels through two lifetimes, weaving a visually intense tale that lingers long after it ends. Starring Aadil and Reem, the storyline pieces together moments from a love that's been tested, fractured, and pushed to its edge.

The lyrics have been penned by Amir Ameer. The song is now out on T-Series' official YouTube channel.

Malaika Arora on the profound benefits of traditional Surya Namaskar

Mumbai: Bollywood diva and an ardent yoga practitioner Malaika Arora has talked about the profound benefits of Surya Namaskar and showcased a step-by-step method on how to perform the asana. Malaika took to Instagram, where she shared a video of herself performing the traditional Surya Namaskar, which is a series of 12 yoga postures performed in a fluid, continuous sequence. She shared a video of herself starting with the prayer pose, then doing the Hasta Uttanasana, Padahastanasana, Ashwa Sanchalanasana, Dandasana, Ashtanga Namaskara, Bhujangasana, Parvatasana, Ashwa Sanchalanasana, Padahastanasana, Hasta Uttanasana and the Pranamasana.

For the caption, she wrote: "Surya Namaskar is not just a physical practice, it's a sacred mantra." Malaika mentioned that the meditation aligns her breath with the sun's energy. "Each breath attunes you to solar energy, awakening your Sushumna Nadi (Right nostril or sun), dissolving inner fog, and syncing your rhythm with nature's eternal flow. Done with awareness, it becomes a moving prayer—a daily offering to the light within and around you. 1. Pranamasana (Prayer Pose) Om Mitraya Namaha, 2. Hasta Uttanasana (Raised Arms Pose) Om Ravaye Namaha."

She added: "3. Padahastanasana (Hand to Foot Pose) Om Suryaya Namaha, 4. Ashwa Sanchalanasana (Equestrian Pose) Om Bhanave Namaha, 5. Dandasana (Stick Pose / Plank) Om Khagaya Namaha, 6. Ashtanga Namaskara (Eight-Limbed Salute) Om Pu??e Namaha 7. Bhujangasana (Cobra Pose) Om Hiranyagarbhaya Namaha."

India vs Pakistan Asia Cup Clashes Set for Dubai; India to Play One Match in Abu Dhabi

Dubai: The Asian Cricket Council (ACC) has confirmed that the two highly anticipated India vs Pakistan fixtures in the upcoming Asia Cup will take place in Dubai, with one of India's league matches set to be hosted in Abu Dhabi. The T20-format tournament kicks off in the UAE on September 9, serving as a crucial build-up to the T20 World Cup next year in India and Sri Lanka.

India and Pakistan are scheduled to face each other on September 14, and possibly again on September 21 if both teams qualify for the Super Six stage. The final, slated for September 29, will also be played at the Dubai International Stadium, which will host 11 out of 19 matches during the tournament. The remaining eight games will be played at Sheikh Zayed Stadium in Abu Dhabi. Team India, led by Suryakumar Yadav, will begin their campaign against UAE on September 10 in Dubai, followed by the high-octane clash against Pakistan on September 14 at the same venue. Their final group game will be against Oman on September 19 in Abu Dhabi.

In the Super Six phase, only one match will be hosted in Abu Dhabi, while the rest, including marquee games and knockouts, are scheduled for Dubai. Group A comprises India, Pakistan, UAE, and Oman, while Group B includes Sri Lanka, Afghanistan, Bangladesh, and Hong Kong.

Dhoni Confirms Gaikwad's Return, Says CSK Batting "Sorted" for Next IPL Season

Chennai: MS Dhoni believes that the return of Ruturaj Gaikwad will bring much-needed stability to Chennai Super Kings' (CSK) batting lineup, which struggled in the last IPL season. Speaking at a private event in Chennai on Saturday, Dhoni expressed optimism for the upcoming season, confirming that the team is "quite sorted" with Gaikwad's comeback on the horizon.

"We are slightly worried about our batting order. But I think our batting order is quite sorted out now. Rutu will be coming back. He got injured, but he'll be back. So, we are



quite sorted now," Dhoni said, hinting that CSK has no plans of letting go of their star opener. The five-time IPL champions had a forgettable 2025 season, finishing 10th with just four wins from 14 matches. Gaikwad, who was handed

captaincy responsibilities at the start of the season, had to bow out early due to an elbow injury. Dhoni eventually resumed leadership, but the team failed to find its rhythm.

Although Gaikwad had

been signed by Yorkshire County in England, he pulled out due to personal reasons. However, he's set to return to competitive action as part of the West Zone squad for the upcoming Duleep Trophy. Dhoni acknowledged the team's below-par performance over the past two seasons but emphasized learning from setbacks. "Yes, the last couple of years have not been good for us. We've not been up to the mark. But what's important is to look at the learnings—figure out what went wrong and then work on solutions," he explained.

FIFA Launches First Girls' Talent Academy in India at Hyderabad's Gachibowli Stadium

Hyderabad: In a landmark move for Indian football, FIFA on Saturday inaugurated its first talent development academy for girls in India, in partnership with the All India Football Federation (AIFF) and the Government of Telangana. The academy, housed at Gachibowli Stadium Complex in Hyderabad, aims to provide elite-level training and holistic development for promising young footballers scouted from across the country.

Under a Memorandum of Understanding (MoU) signed between FIFA, AIFF, and the Telangana government, the academy will operate year-round and feature residential facilities, education, nutrition, medical support, and mental wellness programs for a total of 60 elite players—30 girls (U16) and 30 boys (U14). An additional 10 players from Telangana in each category will also be included. AIFF President Kalyan Chaubey hailed the initiative as a "defining moment" for the sport in India. "The launch of India's first FIFA Talent Academy



for girls, and second academy for boys, is a pivotal step in our journey toward equitable football development," said Chaubey. "It reflects our united commitment—with FIFA and the Telangana government—to identify, nurture, and empower young talent, especially girls, from across India."

Chaubey added that the academy would play a key role in India's ambition to qualify for future U17 FIFA World Cups—both men's and women's. While AIFF will handle operations, technical training, and scouting in collaboration with FIFA, the

Sports Authority of Telangana will be responsible for infrastructure, education, welfare, and financial support.

The academy is a crucial piece of AIFF's long-term "Vision 2047", which aspires to transform India into a leading footballing nation by the centenary of its independence. Telangana Chief Minister A Revanth Reddy called the academy a "game-changer" for girls' football in India: "This is not only the first FIFA-backed girls' academy in India but also one of the very few in the world under the global Talent Development Scheme," said Reddy.

We take back great memories from enthralling Test series: Bumrah

New Delhi: India pace spearhead Jasprit Bumrah said that he will take back great memories from the highly competitive and enthralling five-Test series against England. India won the fifth and final Test by six runs at The Oval on Monday to level the Anderson-Tendulkar Trophy 2-2. Bumrah missed the series finale as part of his workload management. However, Mohammed Siraj took the responsibility on his shoulders and received ample support from Prasidh Krishna to give a fighting performance on the final day of the tour.

Siraj bagged five wickets while Krishna got hold of four scalps to script a historic win for India in London. On the other hand, Bumrah played three Tests of the tour - Leeds, Lord's, and Manchester - and clinched 14 wickets, including two five-wicket hauls, before being released from the fifth Test squad. "We take back great memories from a highly competitive and enthralling test series! Looking forward to what's next," Bumrah wrote



in an Instagram post.

India all-rounder Washington Sundar, who was named India's Impact Player of the Series, reflected on his successful tour and called it a "blessing" to represent the country. "Test cricket really is life. Unpredictable, demanding, but so full of meaning. You learn something new every day, about the game, about yourself. Patience, discipline and AWARENESS... it brings it all out. "Somehow, in all the grind, you start figuring out who you really are. What a blessing to play it," Sundar wrote in an Instagram post.

The left-handed batter wrapped up the series with 284 runs, highlighted by an unbeaten match-saving 101 at Old Trafford in Manchester. He also claimed seven wickets across the four Tests during the remarkable tour.

Hamilton Hints at Off-Track Issues After Another Disappointing Race

Budapest: Lewis Hamilton revealed that ongoing problems behind the scenes are affecting his performance after another challenging weekend at the Hungarian Grand Prix, where he finished a distant 12th for Ferrari. Hamilton, who had qualified in the same position the previous day, was candid with the media following the race, reflecting on his struggles and the mental toll of a difficult season. Just a day earlier, the seven-time world champion described himself as "absolutely useless" and even suggested that Ferrari might need to consider a change of drivers after his string of disappointing results.

"There's a lot going on in the background that's not great," Hamilton told Sky Sports, declining to go into specifics about the off-track issues. Hamilton's race included a brief moment of drama when he was seemingly forced wide by longtime rival Max Verstappen, though Hamilton shrugged off the incident after the race, saying he didn't even recall it.

It was a tough afternoon for Ferrari overall. Teammate Charles Leclerc, who had started from pole and looked in contention for the win, found himself slipping back as the race wore on. After a heated exchange with his team on the radio, Leclerc initially accused Ferrari of not listening to his concerns and labeled the car "undriveable." But after the race, Leclerc admitted he'd spoken too soon and that a chassis issue had come to light which had compromised his performance.

Bhawna, Yatri Secure Medals at U22 Asian Boxing Championships

Bangkok: Bhawna Sharma and Yatri Patel have guaranteed India at least two medals at the U-22 Asian Boxing Championships after powering through their quarterfinal bouts in Bangkok on Sunday.

Competing in the women's 48kg division, Bhawna deliv-

ered a clinical performance to dispatch Vietnam's Ngoc Linh Chi Ngo, barely giving her opponent a chance and earning a unanimous verdict from the judges. In the women's 57kg category, Yatri was equally dominant, confidently overcoming Sri Lanka's

Keerthana Uthayakumar to book her place in the semifinals— assuring herself of at least a bronze. However, it wasn't a clean sweep for the Indian women's squad, as Tanu's spirited campaign in the 54kg division came to an end in the quarterfinals after she

was edged out by home favorite Natnicha Chongprongklang of Thailand. The U-19 division also saw mixed fortunes for Indian boxers. Shivam, fighting in the men's 55kg bracket, controlled all three rounds against Turkmenistan's Bezirgen Annayev, earning a

convincing unanimous decision from the judges. Later, Mausam Suhag showcased both skill and nerve in the men's 65kg contest, squeezing out a narrow 3-2 split decision win over Kazakhstan's Nurkablyuly Mukhit after a tense three rounds.