



## India, Pakistan war of words over Shehbaz Sharif raking up Kashmir issue at UN

Exercising its right of reply, India sharply criticised Shehbaz Sharif's address at the UN General Assembly

**New Delhi:** Hours after Pakistan Prime Minister Shehbaz Sharif brought up the Kashmir issue at the United Nations General Assembly, India hit out at the speech, saying that Islamabad's continued support for cross-border terrorism will "inevitably invite consequences".

Exercising its Right to Reply in the UNGA, First Secretary in India's Permanent Mission to the UN Bhavika Mangalanandan stated: "This assembly regrettably witnessed a travesty this morning. A country run by the military, with a global reputation for terrorism, narcotics, trade and transnational crime has had the audacity to attack the world's largest democracy. I speak about the reference to India in the speech of the Pakistani PM. As the world knows, Pakistan has long employed cross-border terrorism as a weapon against its neighbours. It has attacked our parliament, our financial capital, Mumbai,



marketplaces and pilgrimage routes. The list is long..." "For such a country to speak about violence anywhere is hypocrisy at its worst. It is even more extraordinary for a country with a history of rigged elections to talk about political choices that, too, in a democracy," she added.

The envoy also went onto remind Pakistan about the "genocide it committed in

1971". "The world can see for itself what Pakistan really is. We are talking about a nation that for long hosted Osama bin Laden. A country whose fingerprints are on so many terrorist incidents across the world, whose policies attract the dregs of many societies to make it their home," she added. The statement came after Pakistan Prime Minister Shehbaz Sharif

alleged that India has resiled from its commitments to implement the UNSC resolutions on Jammu and Kashmir.

In his speech, Sharif alleged: "Like the people of Palestine, the people of Jammu and Kashmir too have struggled for a century for their freedom and right to self-determination. Instead of moving towards peace, India has resiled

from its commitments to implement the Security Council resolutions on Jammu and Kashmir. These resolutions mandate a plebiscite to enable the people of Jammu and Kashmir to exercise their fundamental right to self-determination." "Since 5th August, 2019, India has initiated unilateral illegal to impose what its leaders call a final solution to Jammu and Kashmir. Day in and day out, 900,000 Indian troops terrorise the people of occupied Jammu and Kashmir with draconian measures including long curfews, extrajudicial killings, and the abduction of thousands of young Kashmiris. At the same time, in a classic settler colonial project, India is seizing Kashmiri lands and properties, and settling outsiders into occupied Jammu and Kashmir in their nefarious design to transform the Muslim-majority into a minority... It shall fail by the grace of God," Sharif added.

### BRIEF NEWS



#### 'Maan ki Baat' completes 10 years

■ **New Delhi:** Prime Minister Narendra Modi during his 'Mann ki Baat' address on Sunday thanked the listeners as his monthly radio programme completed 10 years. PM Modi's radio programme 'Mann Ki Baat' started on October 3, 2014, on the day of Vijaydashmi

#### Islamists warn Hindus in Bangladesh

■ **Dhaka:** Radical Islamic groups in Bangladesh have threatened the minority Hindus not to openly celebrate Durga Puja in the country and are against nationwide holidays during the festival. They also asked the Hindus not to protest against them.

#### Govinda accidentally shoots himself

■ **Mumbai:** Actor and Shiv Sena leader Govinda was hospitalized in Mumbai on Tuesday after accidentally shooting himself in the leg with his licensed revolver. The bullet has been removed, and Govinda's condition is stable, according to his manager. The incident occurred at 4:45 a.m.

#### HM promises passage of Waqf bill in Winter session

■ **New Delhi:** Union Home Minister Amit Shah has vowed to pass the Waqf bill in the upcoming winter session of parliament. This bill will address critical issues of land rights and property.

### ED likely to book K'taka CM in MUDA case

**Bengaluru:** The Enforcement Directorate (ED) is likely to register a case of money laundering against Karnataka CM Siddaramaiah and his wife, among others, in connection with the MUDA case, it is learnt. Sources said an Enforcement Case Information Report (ECIR) may be registered by the end of the day or by tomorrow, based on an FIR registered by the Karnataka Lokayukta.

"We are in possession of the details of the FIR and relevant case details. The offences fall under the schedule of the Prevention of Money Laundering Act (PMLA). A case will be registered soon after completing necessary formalities," a senior ED official



said. Registration of an ED case could open the doors for attachment of properties belonging to the CM and his family, apart from more coercive measures. Earlier this year, two sitting CMs – Jharkhand CM Hemant Soren and Delhi CM Arvind Kejriwal – were arrested in connection with cases filed by the ED. Both were recently granted bail after several months behind bars.

### Case against Nirmala Sitharaman over 'extortion' through electoral bonds

**Bengaluru:** A Bengaluru court has ordered the registration of an FIR against Union Finance Minister Nirmala Sitharaman over allegations of extortion through the now-scraped electoral bonds.

A complaint against Nirmala Sitharaman and others was filed by one Adarsh Iyer from the Janaadhikara Sangharsha Sanghatane, alleging that extortion was carried out through electoral bonds.

Following this, the Special Court for People's Representatives in Bengaluru has ordered an FIR to be filed in the matter. Police have registered the FIR against Nirmala Sitharaman and others. In February, the Supreme Court scrapped the electoral



bonds scheme, calling it "unconstitutional" and saying it violated citizens' right to information. The Centre introduced the scheme in 2018 and was aimed to replace cash donations to political parties, seeking to improve transparency in political funding. Reacting to the case, Karnataka Chief Minister Siddaramaiah demanded Nirmala Sitharaman's resignation

and said a report in the matter should be submitted within three months.

"An FIR has been registered against Nirmala Sitharaman in the Special Court for People's Representatives. Who is she? She is a Union Minister, and there is an FIR against her too. They were involved in extortion through electoral bonds and the FIR has been registered on that.

## Meghalaya ranks third lowest-performing state in urban governance



**Shillong:** Meghalaya has been ranked as the third lowest-performing state in urban governance after Nagaland and Manipur, according to a new national study. Shillong was previously identified as a low-performing city in the smart city project.

The study has been conducted by the Praja Foundation and the National Institute of Urban Affairs (NIUA). The researchers conducted extensive fieldwork, visiting 43 cities across 28 states and three union territories and engaging with 2,213 key stakeholders, including elected representatives, administrators, academics, members of civil society, among others.

The findings, released on Thursday, revealed that Shillong falls short in several key areas, including

empowered city representatives, administration, citizens, and fiscal empowerment.

The Urban Governance Index evaluates the effectiveness of urban governance based on four key factors: elected representatives, administration, citizens, and finances. The Praja Foundation, which is a Mumbai-based non-profit organization, and NIUA released the Urban Governance Index 2024, ranking cities and states and identifying their shortcomings in civic governance.

Kerala emerged as the top-performing state in urban governance, followed by Odisha, Maharashtra, Chhattisgarh, and Madhya Pradesh. Meanwhile, Nagaland, Manipur, and Meghalaya were ranked as the lowest-performing states.

## BJP Manipur Pradesh pleads for release of abducted youths amid rising tensions

**Imphal:** The BJP Manipur Pradesh has issued an urgent appeal for the safe release of two abducted youths, Oinam Thoithoi and Thokchom Thoithoiba. The young men reportedly took a wrong turn while travelling on September 27, leading to their capture. The political party is calling for their release on humanitarian grounds. Chief Minister N Biren Singh, on September 29 convened an emergency meeting with MLAs from all parties to address the crisis. The abduction, allegedly carried out by suspected Kuki militants, has sparked outrage across the state. A disturbing video surfaced on social media showing

the captive youths pleading for help from Chief Minister Singh. The victims urged the government to treat them "as sons" and meet the kidnappers' demands, heightening public concern. The abduction occurred when three youths went missing on September 27 while travelling to New Keithelmanbi for an SSC GD recruitment test. One of the missing individuals, Ningombam Johnson Singh, was rescued by Army personnel and returned to his family. The BJP Manipur Pradesh expressed gratitude to those involved in securing his release. CM Singh emphasised the importance of political unity in tackling the crisis.

## Assam and Meghalaya to continue border talks in October

**Guwahati:** Meghalaya Chief Minister Conrad Sangma announced today that the ongoing border negotiations between Assam and Meghalaya are set to continue, with the next round of talks anticipated in October. This decision comes as both states work towards resolving complex disputes that have persisted over the years.

In a media briefing, Sangma emphasized the importance of ongoing dialogue, stating, "We have been having regular official meetings. Personally, I have also had discussions with Dr. Himanta Biswa Sarma ji. We have decided that we will continue the dialogue now and meet. Other areas are complicated, so we will have to ensure to discuss everything in minute details.... Most likely, we should be able to meet in October."

## Tripura government signs Rs 692 crore MoU to boost tourism

Saha highlighted the tourism industry as one of the key sectors driving economic growth in the country and state

**Agartala:** The Tripura government has signed a Memorandum of Understanding (MoU) worth Rs 692 crore to enhance tourism infrastructure in the state with the construction of ropeways. This was announced by Chief Minister Manik Saha on the occasion of World Tourism Day 2024.

Saha said that the project aims to improve connectivity and boost tourism in the region. The MoU was signed between the Tripura Tourism Development Corporation Limited and National Highways Logistics Management Limited. The project involves the construction of ropeways connecting key tourist sites such as Udaipur Railway Station to Matabari, Maharani to Chabimura, Surmachara,



and Jampui Hills. Highlighting the importance of tourism, the Chief Minister said that tourism is an important sector for the economic growth in the state also as well as in the country. He emphasized the state's rich natural and cultural heritage, with significant religious tourism destinations including Tripura Sundari Temple, Kasba Kalibari, Fourteenth Goddess Temple, Mangal-

chandi Temple in Amarpur, and Mahamuni Pagoda.

Additionally, the state government is working on enhancing key sites like Matabari in Udaipur and making Narkelkunja and Dumbur more appealing to tourists.

CM Saha further added that the state is building up its tourism infrastructure through various programmes initiated by the centre.

## Indian Army sets up high-altitude artillery firing range in Arunachal Pradesh

**Itanagar:** The Indian Army has set up a new artillery firing range in Arunachal Pradesh's Tawang sector, making it the first in a high-altitude area. Arunachal Pradesh falls under the Eastern Command of the Indian Army.

The new artillery firing range has helped the Army to practice the firing of howitzers and other important weapon systems. Director General of Artillery, Lt Gen Adosh Kumar, at a media briefing in New Delhi, said, "A new firing range has been set up in the Tawang sector where we can fire our howitzers and test their capabilities. This is the first high-altitude range and we are trying to find more ranges in other states."

He said that activating this range in the northern border would give the artillery "a sense of actual operational environment. Lt Gen Kumar said that in the past two years, the Army has identified two firing ranges in Arunachal Pradesh. While the one



in Tawang has been operationalised, the other is in the process of getting notified, he added. Given the ongoing standoff with China along the Line of Actual Control (LAC), the new firing range in Arunachal Pradesh is strategically significant.

The officer said, "Our modernisation and capability development plan align with the 'Atmanirbharta' drive and is based on the principle of modernisation through indigenisation." The Army is looking at increasing the range of high explosive pre-fragmented (HEPF) shells by a range of 15-20 percent. Lt Gen Kumar said while trials were over,

the contract was in the final stages and would likely be signed in this financial year. The Army is also engaged in procuring loiter munitions, swarm drones as well as runway independent remotely-piloted aircraft systems, or RPAS. Several 155 mm calibre guns or howitzers have been inducted in the Regiment of Artillery and these include ultra-light Howitzer (ULH), K-9 Vajra, Dhanush and Sharang.

ULH have been inducted along the northern borders, Lt Gen Kumar said. They are lighter in weight and can be carried underslung by helicopters. K-9 Vajra Gun System is ideal for mechanised operations.

## AFSPA extended in Manipur by 6 more months

**Imphal:** The Manipur government on Monday extended the Armed Forces (Special Powers) Act (AFSPA) by another six months in the state, excluding 19 police station areas falling under the Imphal valley and a region that shares its boundary with Assam. "The state government is of the opinion after analysing the prevailing law and order situation in the state that it is not expedient to have a detailed assessment on the ground as security agencies are preoccupied with maintenance of law and order," the notification said.

"The governor of Manipur hereby accords approval to declare the entire state of Manipur excluding the areas falling under the jurisdiction of 19 police stations... as Disturbed Area for a period of six months with effect from 1st October," the notification signed by Commissioner (Home) N Ashok Kumar.

## Vi launches its first ever gaming competition, 'Vi Game to Fame'

**Guwahati/Shillong:** In the run-up to the India Mobile Congress 2024, leading telecom operator Vi has announced the launch of its first ever grass-roots eSports tournament—'Vi Game to Fame'. India is among the top markets for gaming, accounting for approximately 20% of the world's total mobile game downloads. Vi Game to Fame aims to bring together amateur esports enthusiasts from across the country to compete, collaborate, showcase their skills, and earn an opportunity to shine at not only a national but also an international level.

Vi Game to Fame highlights the company's commitment to enable exciting immersive digital experiences for its customers and foray into gaming with a comprehensive mo-



bile gaming platform—Vi Games. Registrations for Vi Game to Fame opens from 1st October till 5th October 2024 through Vi's website (myvi.in) & Vi App. Seasoned, pro as well as casual gamers can witness esports excitement by registering for the competition. The tournament is open for both Vi and non-Vi subscribers. Team Vitality is a renowned European esports organization, winner of the Best Esports Organization award 2023, and a strategic partner of Vi.

## Sensex plunges 1,600 points, investors lose 8 lakh crore today



**Mumbai:** Benchmark equity indices opened lower today (October 3) as Sensex dropped 1,600 points and the Nifty50 slipped below the 25,300 mark at a time when other Asian markets also witnessed decline owing amid the escalating Middle East conflict. Investors across the globe are on tenterhooks as tensions in Middle East intensified after Iran fired ballistic missiles at Israel earlier this week. Twelve of the 13 major sectoral indexes logged losses, with realty and auto indexes set to be top losers by percentage, dropping about 2.6% and 1.7%, respectively. Among individual stocks, consumer goods firm Dabur

lost 5.5% after forecasting its first quarterly revenue decline since 2020. Most brokerage stocks, such as Motilal Oswal Financial Services and 5Paisa Capital, fell about 1.5% each, while SMC Global lost about 2.3%, days after India's markets regulator SEBI tightened rules for equity derivatives trading. "Investors are worried about the Middle East conflict right now as it will have a huge bearing on Indian markets since any rise in oil prices will have an adverse impact on the country, which is an importer of the commodity," Raghvendra Nath, managing director at Ladderup Wealth Management, said.

## Johnson's Baby launches new campaign, reinforces brand's commitment to baby care

**Mumbai:** Johnson's® Baby, a leading consumer healthcare brand, has unveiled its latest television campaign, "Irresistible Cheeks," under the broader umbrella of "Protection Pehle Din Se" (Protection from Day One). The campaign, featuring Bollywood stars Anil Kapoor and Sonam Kapoor, reinforces the brand's commitment to providing gentle and effective skincare solutions for babies.

The heartwarming film, conceptualized by DDB Mudra and produced by Flirting Vision, showcases a playful interaction between a grandfather and



his adorable grandchild. The story unfolds from the baby's perspective, highlighting their resistance to having their "irresistible cheeks" pulled. Sonam Kapoor then reveals the secret behind the baby's soft and smooth skin – John-

son's baby cream. "A newborn's skin is 30% thinner compared to adults and loses moisture faster," said Manoj Gadgil, Business Unit Head-Essential Health & Vice President Marketing at Johnson's® Baby. "Our new campaign

emphasizes the crucial role of moisturizing a baby's delicate skin from day one to maintain its softness and prevent dryness." Johnson's Baby's new campaign aligns with the growing awareness among parents about the importance of baby skincare. The brand's emphasis on gentle and effective products resonates with the Guwahati market, where parents are increasingly seeking safe and reliable options for their children. The campaign's focus on protection from day one is also likely to appeal to Guwahati residents, who place a high value on preventive healthcare.

## Oriflame showcases commitment to sustainability and empowerment at Swedish Networking Reception

**Guwahati/Shillong:** Oriflame, a prominent Swedish holistic well-being brand, recently made a significant impact at the Swedish Networking Reception hosted by the Swedish Embassy. The event highlighted sustainability and featured renowned Swedish brands like Ikea, Volvo, H&M, and Tetra Pak, emphasizing their roles in strengthening India-Sweden relations.

Oriflame showcased its dedication to sustainability with a 100% biodegradable stall, reflecting its close-to-nature philosophy. Notably, 80% of Oriflame's brand partners are women, and



an impressive 85% of its products sold in India are locally produced. These achievements underline the brand's commitment to both the economic and

social development of the country. Edyta Kurek, Senior Vice President & Head of India, stated, "We are committed to empowering millions of women by

offering them financial independence through our business model." She emphasized that with 60% of Oriflame's global workforce comprising women, the brand actively promotes gender equality and community upliftment through safe, eco-friendly products. Additionally, 95% of Oriflame's rinse-off products launched in 2023 are designed to be biodegradable, reinforcing its commitment to a sustainable future and clean beauty, while fostering a positive societal impact through micro-entrepreneurship initiatives.

## RBI's new MPC members may have least one favouring rate cut

**Mumbai:** India's newly-appointed monetary policy committee members may see at least one dissenter calling for a rate cut when the group meets next week, several economists said in separate research notes this week.

India's government on Tuesday appointed Ram Singh, Saugata Bhattacharya and Nagesh Kumar as new external members of the Reserve Bank of India's rate-setting panel. The reshuffle could change a recent split view within the six-member panel, where



two external members voted for a rate cut in August on the argument that high inflation adjusted real rates could hurt growth. The doves' departure reduces chance of a

cut next week, Shilan Shah of Capital Economics said in a note. Though 80 per cent of the economists polled by Reuters expect a status quo in the RBI's October policy,

calls for a cut or at least a change in stance have grown since the US Federal Reserve began its rate cutting cycle last month.

"We expect the MPC to keep policy rates and stance unchanged next week, with at least one dissenting vote, likely from the new external members," Barclays economists Shreya Sodhani and Amruta Ghare said. Several economists pointed to an opinion piece written by Bhattacharya in mid-August where he was in favour of rate cuts, suggesting he could be the dissenter.

## Starbucks announces new "Classics" coffee range celebrating India's rich heritage

**Guwahati:** Starbucks has launched its new range of "Classics" coffee beverages, designed specifically to resonate with the diverse cultural and sensory nuances of India as the brand marks its 12th anniversary in the country. This fresh lineup pays homage to India's rich sensory heritage, marrying local flavors with the brand's commitment to quality.

Crafted from the top 3%



of Arabica coffee beans globally, the Classics menu promises a smooth and

velvety finish. The offering includes the Classic Hot Coffee—a rich blend of espresso and milk—and the Classic Iced Coffee, featuring bold espresso complemented by jaggery and milk, with prices starting at INR 150. To enhance the coffee experience, Starbucks introduces a selection of Classic sandwiches, including Chilli Paneer, Spinach Corn, Paneer Tikka, Egg & Mayo, and Chick-

en Salad, ensuring a delightful visit for customers.

Sushant Dash, CEO of TATA Starbucks, emphasized the brand's inspiration from India's vibrant culture and diversity, stating, "The Classic beverages are inspired by and for India." Since its inception in 2012, TATA Starbucks has expanded to over 454 stores across 67 cities, serving a blend of global and localized offerings.

## Tetley Green Tea with vitamin C: The ideal wellness boost for monsoon season

**Guwahati:** As the monsoon brings cooler days, Tetley Green Tea with added Vitamin C emerges as the perfect wellness companion, offering warmth and health benefits. Known for its refreshing and energizing properties, the blend helps combat seasonal gloom, keeping you rejuvenated and hydrated.

With cozy indoor moments during the rains, Tetley's green tea serves as a calming beverage to relax both body and mind. Its zero-calorie composi-

tion makes it a guilt-free indulgence, ideal for those maintaining their health goals, while the added Vitamin C enhances immunity.

From a market perspective, the demand for health-conscious products in Guwahati is on the rise, with consumers increasingly opting for wellness-oriented options like Tetley Green Tea. This trend reflects a broader shift toward mindful consumption in the region, especially during the monsoon months.

## Toyota Kirloskar Motor takes the lead in sustainability on World Environment Health Day

**Bangalore:** On the occasion of World Environment Health Day, Toyota Kirloskar Motor (TKM) showcased its dedication to environmental sustainability, highlighting its transformation from a traditional car manufacturer to a forward-thinking mobility company. This commitment is part of the Toyota Environmental Challenge 2050 (TEC 2050), a global initiative aimed at achieving carbon neutrality and generating a net positive impact through a series of ambitious environmental goals.

TKM has made impressive strides in sustainable practices, including sourcing 89.3% of its production



water from recycled and rainwater, and achieving over 96% waste recycling on its journey toward becoming a zero waste-to-landfill company. Since June 2021, the company

has fully transitioned to renewable energy, resulting in substantial reductions in carbon emissions.

Consumers are increasingly aligning their choices with sustainability values,

showing a strong preference for eco-friendly brands. This local trend reflects a growing environmental consciousness, as residents become more discerning about the ecological impact of their purchases. TKM's proactive initiatives resonate with this shift, establishing the brand as a preferred choice for environmentally aware consumers. Mr. B. Padmanabha, Executive Vice President of TKM, emphasized that sustainability is embedded in all company operations, fostering a culture of eco-consciousness among stakeholders and paving the way for a greener future.

## Jawa Yezdi Motorcycles partners with Flipkart



**Pune:** Jawa Yezdi Motorcycles has announced collaboration with Flipkart, marking a significant step in the premium motorcycle market in India. This partnership makes Jawa Yezdi the first premium motorcycle manufacturer to offer its products on Flipkart's e-commerce platform, aiming to improve how enthusiasts access and purchase high-end motorcycles across the country. The collaboration is a key part of Jawa Yezdi Motorcycles' digital strategy, designed to improve the customer experience and increase the accessibility of its premium motorcycle range. By using Flipkart's platform with over 500 million users, Jawa Yezdi Motorcycles will reach a wider audience, allowing motorcycle enthusiasts from various parts of India to explore, compare, and choose from their range of perfor-

mance-classic bikes. Ashish Singh Joshi, CEO of Classic Legends, commented on the partnership: "Our collaboration with Flipkart marks a significant milestone in the premium motorcycle segment. By bringing Jawa and Yezdi motorcycles to Flipkart's platform, we're enhancing the discovery and purchase experience for enthusiasts across India."

This collaboration offers several benefits to motorcycle enthusiasts, changing how they can access and purchase premium motorcycles which are improved accessibility, informed decisions, financial options, cost savings and streamlined purchase process. This approach simplifies the purchase process and introduces premium motorcycle cycling to a wider audience, allowing more enthusiasts to own a Jawa or Yezdi motorcycle.

## Sensex crashes 1,700 points as Middle East crisis triggers bloodbath on D-Street

**Mumbai:** As the Iran-Israel conflict continues to escalate, the domestic stock market is feeling the heat, with the Sensex plunging over 1,400 points.

The sharp decline has raised alarm bells among investors, prompting concerns about the potential ripple effects on the Indian economy.

The Sensex was down 1,737.30 points, trading at 82,528.99 at around 1:47 pm, while the NSE Nifty50 tumbled 530.70 points to 25,266.20. The total market capitalisation of BSE-listed companies witnessed a staggering decline of approximately Rs 8 lakh crore. At the heart of this market turmoil is the



surge in oil prices triggered by escalating tensions in the region. Iran's missile strikes on Israel have stoked fears of disruptions to global oil supply, pushing Brent crude prices beyond \$75 per barrel and West Texas Intermediate to approximately \$72. For oil-importing nations like India, these price hikes could

lead to increased inflationary pressures, impacting everything from transportation costs to corporate earnings.

Trivesh D, COO, Tradejini, highlighted that rising oil prices could add pressure on India's fiscal deficit, forcing the government to reallocate funds from key infrastructure or public wel-

fare projects to cover the higher costs. Dr. VK Vijayakumar, Chief Investment Strategist at Geojit Financial Services, said, "If Israel retaliates by targeting Iranian oil installations, we could see an unprecedented spike in crude prices, which would be particularly damaging for India's economy." Market experts are advocating for a cautious approach during this period of heightened uncertainty. Vijayakumar suggests that investors diversify their portfolios into defensive sectors like pharmaceuticals and fast-moving consumer goods (FMCG), which tend to be less volatile during geopolitical crises.

## Is flavoured yoghurt good for health?

Yoghurt has long enjoyed a reputation as a healthy food staple—loaded with probiotics, calcium, and protein. But before you start spooning it up guilt-free, it's worth asking: Is it really as healthy as it is considered to be?

### The health halo of yoghurt

Yoghurt is often placed on a pedestal, thanks to marketing and its association with diets, wellness, and gut health. It's touted as a convenient, nutrient-packed snack that can fit anywhere in your day, from breakfast to dessert. But does this health halo hold up under scrutiny? The answer isn't always a straightforward yes. Many people assume all yoghurts are healthy, but the truth is that not all of them are created equal. Those colourful, fruity yoghurts that line supermarket shelves might be more of a dessert in disguise than the wholesome snack you're envisioning. But...

### How is yoghurt different from curd?

Deepali Sharma, clinical nutritionist at the CK Birla Hospital, Delhi, explains, "Yoghurt and curd differ in their bacterial strains, fat content, and texture. Yoghurt is made using specific bacteria like lactobacillus bulgaricus, which is beneficial for gut health.

It's often made with low-fat or skimmed milk, resulting in a thicker and creamier consistency. Curd, on the other hand, is traditionally made from whole milk using natural lactic acid bacteria, which gives it a

repair and growth." Curd supports nerve function, promotes gut health and aids digestion. In fact, the properties of yoghurt are pretty similar. Thus, choosing between yoghurt and curd can sometimes be a

Serve Size: 85 g	Total Serving: 1
Amt. per 85 g	% RDA per Serve
Energy 78 kcal	4
Protein 5.2 g	10
Carbohydrate 11 g	8
Total Sugars 11 g	-
Added Sugars 7 g	14
Total Fat 1.6 g	2.4
Saturated Fat 1 g	5
Trans Fat 0 g	0
Cholesterol 5 mg	-
Sodium 44 mg	2
Calcium 143 mg	14

thinner consistency and higher fat content." Ginni Kalra, clinical dietitian and head of dietetics at Aakash Healthcare Super Speciality Hospital, Delhi, adds that curd contains calcium, protein, and vitamins such as B12. It provides probiotics which improve bone health and help in muscle

hard decision," says Kalra.

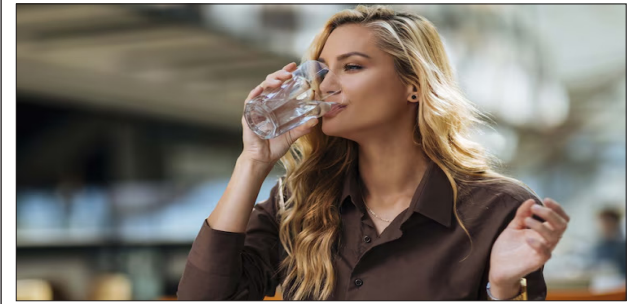
### The hidden sugar trap

While yoghurt may seem like a healthy choice, one of the biggest issues is hidden sugar. That 'low-fat vanilla yoghurt' you think is a smart option could actually have as much, if not more, sugar than a small cup of ice cream. Brands

often add sugar to low-fat yoghurts to enhance flavour, turning what seems like a wholesome snack into a sugary indulgence that could spike your blood sugar levels. To see which is healthier, we compared Epigamia blueberry yoghurt (85 gm) and Amul strawberry ice cream (100 gm). The ice cream had a larger portion size and significantly more calories (219 kcal) compared to the yoghurt (78 kcal). While yoghurt offered more protein (5.2 gm vs. 3.7 gm), the ice cream contained more sugar (16 gm vs. 11 gm) and much higher fat content (13 gm vs. 1.6 gm). Both products provided calcium, but the ice cream had slightly more (170 mg) compared to the yoghurt (143 mg). While flavoured yoghurt is healthier due to lower fat and higher protein content, it's important to remember that the added sugars (7 gm) still make it a sweet treat. As dietician Sharma advises, "Flavoured yoghurts can have calorie counts similar to ice cream, especially with added sugars. Opting for unsweetened, low-fat ones is a smarter, healthier choice."

We also did a little digging into the nutritional facts about other flavoured yoghurts from an array of brands. The result was quite startling:

## Eat your water too, not just drink it



Feeling low on energy? Drink water. Have dry skin? Drink plenty of water.

Have a headache? Just drink up that water!

From your mom to social media influencers to even your smartphone, it seems like everyone's constantly reminding you to stay hydrated. But let's be honest—how much water do you actually drink each day? Probably not enough, right? We get it. Chugging plain water can be dull, and tossing in a few lemon slices or mint leaves doesn't exactly make it exciting. Here's the thing: up to 60 per cent of the human body is made up of water, and staying hydrated is crucial for keeping a range of health issues at bay.

But what if there was a more interesting way to stay hydrated? All you need to do is eat your water. Before we get to that, first understand...

### Why is hydration so

### important?

Kanikka Malhotra, a Delhi-based consultant dietitian and diabetes educator, tells India Today that hydration is vital for numerous bodily functions. It plays a crucial role in:

- Maintaining a stable body temperature through perspiration
- Acting as a medium for transporting essential nutrients and oxygen to cells throughout the body
- Aiding in the removal of waste products from the body through urine and sweat
- Ensuring smooth joint movement

According to Malhotra, water is also essential for optimal cognitive function and concentration. "The exact amount of water needed varies depending on individual factors such as age, weight, activity level, and climate. However, a general guideline is to consume approximately 8-10 glasses of water per day.

## How to manage health and wealth-being of your parents

As of today, the number of individuals aged 60 and above in India is estimated to be around 150 million, representing slightly over 10 percent of the country's total population. Projections indicate that this figure will escalate to 230 million within the next 10-12 years. By 2050, the UN Population Fund forecasts that elderly individuals will constitute 20.8% of India's population, signalling a significant shift from a historically youthful demographic to an older one and even surpassing the population of children aged 0-15 by 2046. This demographic transformation highlights the critical need for comprehensive strategies to ef-



fectively manage the health and well-being of the ageing population. Managing the health and well-being of our parents or of the elder population requires a comprehensive, multidisciplinary approach that addresses the complex and interconnected physical, cognitive and psychosocial needs of older adults. As individuals age, they often

face multiple chronic conditions, functional limitations and increased vulnerability to various health issues therefore, effective management strategies must be tailored to the unique challenges and requirements of this demographic.

### Unlock the key to longevity

In an interview Dr Rakesh Gupta, Senior Consultant

- Internal Medicine at Indraprastha Apollo Hospitals, said, "A cornerstone of elder care is the implementation of regular, comprehensive geriatric assessments. These evaluations should encompass physical health, cognitive function, mental health, functional status and social support systems. By identifying potential issues early, healthcare providers can develop proactive interventions and personalised care plans." He elaborated. By adopting a holistic, patient-centered approach that addresses these various aspects of health and well-being, healthcare providers can significantly improve outcomes and quality of life for the elder population.

## How accurate are your wearables?



The first watch ever invented was around the 1500s by a locksmith named Peter Henlein from Nuremberg, Germany. Ever since then, the race to make watches more compact, smart, and accurate began. The watch in your hand slowly evolved into a machine that can not only tell you the time but also monitor your heart rate. Analog became digital, and soon digital became high-tech. The first smartwatch was the Seiko Ruperter, which was launched in 1998 and could run applications and connect to a PC. By 2014, brands like Samsung and Apple had their own versions. Today, wearables or smartwatches have become common and are no longer limited to athletes.

The 44-year-old Indian won two titles this year

## Rohan Bopanna-Ivan Dodig pair out of China Open in first round

**New Delhi:** in the first round of the China Open ATP 500 tournament on Saturday. The second-seeded Indo-Croatian pair lost 5-7, 6-7 to the unseeded team of Francisco Cerundolo and Nicolas Jarry in a round of 16 match that lasted one hour and 31 minutes. Bopanna's regular partner, Matthew Ebden, chose not to participate in the tournament. Bopanna and Dodig have teamed up in the past, with their best performance being a runner-up finish at the 2017 ATP Montreal Masters 1000.

The 44-year-old Indian has had a successful year, winning the Australian Open and Miami Open.



However, Bopanna and Ebden recently faced an early exit in the round of 16 at the US Open, marking a disappointing end to their campaign there. Rohan Bopanna announced his retirement from Indian tennis after making an early exit from the Paris Olympics 2024. The 44-year-old

crashed out of the doubles after losing to the French pair of Gael Monfils and Edouard Roger-Vasselin in the opening round on Sunday, July 28. After an hour and 16 minutes, the duo of Bopanna and N Sriram Balaji lost the match 5-7, 2-6. Bopanna has been amongst the most deco-

rated tennis players India have ever had. Back in 2017, he won the French Open mixed doubles title with Gabriela Dabrowski. Earlier this, he became the oldest World No.1 and also became the oldest Grand Slam champion after winning the Australian Open men's doubles title with Matthew Ebden. He also won the Padma Shri back in April.

The much-anticipated sixth edition of the Tennis Premier League is set to commence in December in Mumbai, and it will feature former World No. 1 Rohan Bopanna. Currently, ranked 6th in the world in men's doubles, Bopanna will make his debut in the TPL.

Virat Kohli becomes fastest batter to 27000 international runs, breaks Sachin's record



**New Delhi:** India star Virat Kohli became the fastest batter to reach 27,000 international runs, surpassing the legendary Sachin Tendulkar's record during the second Test against Bangladesh in Kanpur. The 35-year-old batting maestro achieved the feat in his 594th innings, outpacing Tendulkar, who reached the same milestone in 623 innings back in 2007. Kohli now joins an elite group of cricketers who have surpassed 27,000 runs, including Tendulkar, Ricky Ponting, and Kumar Sangakkara. Kohli's record-breaking run comes as no sur-

prise to his fans, given his consistency across all formats of the game. After becoming the fastest batter to 25,000 international runs in February 2023, and the quickest to 26,000 in October 2023, Kohli has continued to establish himself as one of the greatest players in cricketing history. Former Indian captain Sachin Tendulkar, considered by many as the greatest cricketer of all time, took 623 innings to reach the milestone, while Sri Lankan legend Kumar Sangakkara achieved it in 648 innings, and Australian great Ricky Ponting in 650 innings.

## France's Antoine Griezmann announces shock retirement from international football

**Paris:** Antoine Griezmann, one of France's most iconic football stars, left fans and the football world in shock after announcing his retirement from international football on September 30, 2024, at the age of 33. The French forward shared an emotional video via his social media handle, where he confirmed his decision to step away from the national team after an illustrious seven-year career.

In the video, Griezmann took the opportunity to reflect on his journey with the French national team, expressing gratitude to his fans and teammates for their unwavering sup-



port. Over the course of his international career, Griezmann played 137 matches, netting 44 goals. His contribution was not just limited to goals, as he was a critical playmaker and a tireless worker on

the field, constantly helping his team in both attack and defense.

Griezmann's most notable achievement came during France's 2018 FIFA World Cup triumph, where he played a pivotal role in securing the nation's second World Cup trophy. In the tournament, Griezmann scored four goals and provided four assists in seven matches, including a crucial goal in the final against Croatia, which helped France claim a dominant 4-2 victory. His performances earned him widespread praise and solidified his place as one of the world's top forwards.

## Dortmund scores 7 while Barcelona, Man City and Arsenal all win in Champions League

**Turkey:** Karim Adeyemi starred as Borussia Dortmund ran riot against Celtic while Barcelona and Manchester City claimed their first wins in the restructured Champions League on Tuesday. Adeyemi scored a first-half hat trick as Dortmund routed Celtic 7-1 at home. It was the second big win from a German team in the competition after Bayern Munich's 9-2 bashing of Dinamo Zagreb in the first



matchday.

Robert Lewandowski got Barcelona off the mark as the Spanish giant eased to a 5-0 home win over Swiss team Young Boys, while his former teammate İlkay Gündoğan got City off to a 4-0

win at Slovan Bratislava. Erling Haaland scored his 42nd goal in his 41st Champions League game. City was held 0-0 by Inter Milan in their opening game, while Barca responded to its 2-1 loss at Monaco, the team's first defeat under new coach Hansi Flick. Mikel Arteta's Arsenal outclassed his former team Paris Saint-Germain in a 2-0 win with Kai Havertz and Bukayo Saka scoring in the first half for the Gunners.

## Tania Sachdev hopes double gold in Chess Olympiad

**New Delhi:** Chess player Tania Sachdev says being a part of the Indian women's chess team that won the gold medal at the 45th Chess Olympiad in Budapest (Hungary) recently, is a moment she will cherish forever. Besides the women's team, the men's team won the gold medal too, making India the third country ever to win both the men's and women's titles at the same event. The 36-year-old says, "It reminds me of the time when India won the Cricket World Cup in 1983. That win changed everything for cricket in India, and I believe this double gold will do something similar for Indian chess. It's a breakthrough moment." For Sachdev, meeting Prime Minister Narendra Modi in Delhi was a proud and emotional experience. "We met him on Friday (September 27)," she says, as she describes the sense of pride she and her teammates felt when PM Modi mentioned them in his recent speech during his visit to the United States. "To hear the PM talk about us on a global stage filled us with immense pride," she says.

## Indian wushu team impresses at Jr Worlds, bags seven medals



**New Delhi:** The Indian wushu team created a flutter at the Junior World Wushu Championship held in Brunei, winning seven medals.

The Indian wushu team with their medals at the Junior World Championships in Brunei. The Indian wushu team with their medals at the Junior World Championships in Brunei. India won two gold medals, one silver and four bronze medals. Most importantly Indian players, for the first time, beat China and Iran in some weight categories, according to the Wushu Association of India. A 24-member Indian team was competing in the tour-

namment from September 22-30. Aryan, competing in the Boys' Group Junior 48 kg weight category, clinched the gold medal after a fierce contest against Gong Huanran from China.

Shaurya triumphed over his Iranian opponent Alireza Zamani to win another gold medal in Boys 48kg (children) section. Nang Mingbi Borphan won a silver medal in the Taolu Jian Shu C Group event.

India's Tanish Nagar lost to Abdulkhamid Odilov in the 56 kg weight class, confirming a bronze medal. Abhijeet (60kg), Divyanshi (60kg women) and Yuvraj (42kg) also won bronze medals.