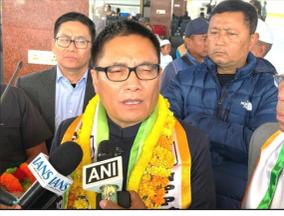




## IN BRIEF



### NPP Vice-President Pledges

**IMPHAL, DEC 9:** Newly appointed National People's Party (NPP) Vice President Irengbam Hemochandra Singh arrived in Imphal today, pledging to serve the people diligently and strengthen the party's presence in the North-east. Speaking to the media, he expressed gratitude to NPP National President Conrad K. Sangma for entrusting him with the national role, describing the party leadership as "visionary" and capable of bringing meaningful change.

### COCOMI Memorandum

**IMPHAL, DEC 9:** The Coordinating Committee on Manipur Integrity (COCOMI) submitted a memorandum to the Governor of Manipur and the Chief Secretary, reminding the government that only 23 days remain to fulfill its July 2025 commitment to resettle displaced families by December 2025.

## UPF Manipur Launches National Reconciliation Month

**IMPHAL, DEC 9:** The United Peoples' Front, UPF Manipur, today kicked off the observance of "National Reconciliation Month" in Imphal, which marked the start of a month-long programme dedicated to ensuring peace, unity, and social harmony among people. The inaugural function marked the beginning of activities that

the organization has chalked out during this month and early January for strengthening community relations in the wake of the ongoing tensions affecting the Meitei communities. Speaking during the inaugural function, UPF president Nongthombam Rupachandra said that this observance had been conceptualized with the



idea of a reconciliatory effort at a juncture when social cohesion has been challenged in every possible way. He reportedly

said the initiative aims to create an environment wherein people can reconnect, rebuild trust, and together work on strengthening the bonds shared between different communities. Speaking to the situation at hand, he observed that the program aims at addressing concerns arising within Meitei society and aims to bring in unity.

## Quarterly DCC, DLRC and BLBC meeting held for Bishnupur

**IMPHAL, DEC 9:** Additional Deputy Commissioner of Bishnupur, Toijam Opendro, today chaired the District Consultative Committee (DCC), District Level Review Committee (DLRC), and Block Level Bankers' Committee (BLBC) meeting for the September Quarter 2025 at the Mini Secretariat Complex, Bishnupur.



The meeting reviewed the overall progress of business and government-sponsored schemes in the district, with a focus on initiating feasible and viable units under various development programs. Discussions were also held on strengthening credit banking facilities, achieving 100 percent digitalization, enhancing SHG linkage, and improving the implementation of Kisan Credit Card (KCC) schemes and Financial Literacy Camps (FLC). The committee also examined the performance of block-level credit plans and addressed operational issues encountered in the execution of credit programs. Also, detailed review of major government-sponsored schemes, including PMEGP, PM Vishwakarma, PMSGM-BY, KCC, and others was undertaken in the meeting. Key

aspects of financial inclusion were deliberated in the meeting. The meeting organised by Lead District Manager's Office, Punjab National bank, Imphal was attended by the Lead District Officer RBI, District Development Manager, NABARD, District Mission Manager, MSRLM, officials from various banks of the district, and representatives from local bodies.

## Manipur Transport Buses Resume Key Routes

**IMPHAL, DEC 9:** Manipur State Transport (MST) bus services are set to resume on key routes after a long hiatus as part of an initiative to restore normalcy and make public commuting convenient following prolonged suspension of operations amidst the strife-torn state. "Initiatives are being taken to ensure security of passengers and gradually expand bus connectivity in the state," Anurag Bajpai, Additional Chief Secretary (Transport/TCI), Government of Manipur, stated this on the inaugural day of the three-day Refresher Course for Manipur State Transport drivers and conductors held in Imphal East on Monday. Bajpai said MST buses are being prepared to resume

operations on routes after several years and that a refresher course has become necessary as systems, technology and public expectations have since evolved. "The refresher course has been designed to make MST services more passenger-friendly, efficient and responsible. With evolving traffic patterns and introduction of technologies such as GPS-based fleet monitoring, automated ticketing and electric buses, the operating staff need to be updated and confident in their duties," he said. He emphasised that safety would be the foremost priority and that the training was designed to strengthen safe driving habits, defensive driving, and effective emergency response.

## Mamata Seeks Modi's Apology Over 'Bankim Da' Reference

### Insult to Bengal

**COOCH BEHAR, DEC 9:** West Bengal Chief Minister Mamata Banerjee on Tuesday demanded an apology from Prime Minister Narendra Modi for allegedly insulting legendary novelist Bankim Chandra Chattopadhyay by referring to him as "Bankim da" in Parliament, and accused the BJP of repeatedly denigrating Bengal's cultural icons and freedom fighters.



Addressing a public rally in Cooch Behar district, Banerjee said the author of the national song Vande Mataram was not shown the "minimum respect" he deserved by being addressed casually. "The person who wrote the national song was disrespected. You should bow your head and ask for forgiveness from the people. Yet you won't be forgiven, because you have disrespect-

ed the country's history and freedom struggle," she said. The controversy erupted after Modi, during a discussion in the Lok Sabha on Monday marking 150 years of Vande Mataram, referred to Chattopadhyay as "Bankim da".

## Goa Nightclub Owners Face Fresh LOC

**PANAJI, DEC 9:** Goa Police issued a Look Out Circular (LOC) against another set of owners of the fire-ravaged nightclub, Ajay Gupta and Surinder Kumar Khosla, a senior officer said on Tuesday. The LOC was issued against Gupta and Khosla, who is a British citizen, hours after 'Birch by Romeo Lane' nightclub owners Saurabh and Gaurav Luthra fled to Thailand following the fire tragedy, which claimed 25 lives on Saturday.

Addressing a press conference at Anjuna police station in North Goa, Deputy Inspector General (DIG) of Police Varsha Sharma said the LOC has been issued against Gupta and Khosla, both the owners of the nightclub. "Khosla is a British citizen", Sharma said.

Sharma said the Goa Police is seeking the help of Interpol to bring back Saurabh and Gaurav Luthra, who fled to Phuket. "All attempts are being made to get them back to India". "Attempts to trace Saurabh and Gaurav began soon after the fire incident. They were not in Goa at that time", she added.

Sharma said two officers of the Goa government, namely the then Director of Panchayat Siddhi Halarnkar and then Goa State Pollution Control Board Member Secretary Shamila Monteiro, have been asked to join the investigation. Police have so far arrested five persons, including the nightclub's chief general manager, Rajiv Modak, general manager Vivek Singh.

## CorCom Urges Human Rights

**IMPHAL, DEC 9:** In connection with the International Human Rights Day, the Coordination Committee (CorCom) issued a detailed statement mentioning that December 10 remains one of the most significant days in modern human history and urged the people of Manipur (Kangleipak) to reflect on the meaning of the day from the perspective of the region's political experience. It mentioned that International Human Rights Day has been observed throughout the world since December 10, 1948, when the United Nations General Assembly adopted the Universal Declaration of Human Rights shortly after the founding of the UN in 1945. According to CorCom, the Declaration emerged from the collective resolve of the global community.



# Assam CM Distributes PMAY-G Sanctions, First Phase Benefits 3.25 Lakh Families

## Assam Maps 30 Lakh Homes, Targets Homeless

**GUWAHATI, DEC 9:** Assam Chief Minister Himanta Biswa Sarma distributed sanction letters to over 3.25 lakh families under the Pradhan Mantri Awas Yojana–Gramin (PMAY-G). The move marks the completion of the scheme's first phase in the state. He handed over the letters at a state-level event in Boko. He said the government cleared the entire waiting list in this phase. He also announced the start of a new phase with fresh geo-tagging. "This is a major



milestone. We have completed a huge phase. A new phase has also begun," Sarma told reporters.

The Chief Minister thanked

Prime Minister Narendra Modi for supporting the rural housing mission. He said the government will release the first construction instalment im-

mediately. Sarma recalled that on March 9, 2024, the government handed over more than 5 lakh completed houses at Meleng Meteli in Jorhat. The Prime Minister attended the event. The state also organised a mass griha pravesh ceremony. Sarma said many deserving families missed out earlier due to gaps in the first geo-tagging process. He said the Centre approved the construction of 5 crore more houses across the country and ordered fresh mapping.

# Manipur Crackdown: Four Extortionists Arrested

**IMPHAL, DEC 9:** Security forces in Manipur's Imphal West district on Sunday arrested four active cadres of outfits such as the UNLF (Pambei) and SOREPA and accused of extortion from separate locations of the state, official sources informed. According to state police, security forces arrested two extortionists linked to UNLF (Pambei) from near Keystone Infra Pvt Ltd, Awang Wabagai under Sekmai police station in Imphal West district. The arrested persons have been identified as Ningthoujam Nongpoknganba Meitei (31)

of Soibam Leikai Ayangpalli Road, Imphal East district and Konthoujam Nelson Singh alias Thomba (23) of Lambal Sabal Leikai in Imphal West district. A Maruti Swift vehicle along with four mobile phones, a sling bag and two identity cards were seized from their possession. UNLF (Pambei) had previously entered into a peace pact with the Centre in 2023. However, some members continue to be involved in unlawful actions. In separate operations on Sunday, security forces arrested two extortionists who are active cadres of SOREPA from different locations of Imphal West district.

# Assam CM Eyes Shakira After Malone

**GUWAHATI, DEC 9:** American rapper Post Malone's explosive show in Guwahati has opened the door for even bigger global acts to perform in Assam. Building on the momentum, Chief Minister Himanta Biswa Sarma revealed on Sunday that the state government is now working to bring internationally acclaimed pop superstar Shakira to the Northeast. Sarma told reporters that he has already initiated efforts to invite the Colombian icon, noting that her presence could significantly strengthen Assam's emerging concert economy.

"I am trying to bring world-renowned singer Shakira to Assam. A performance by her will inject fresh energy



into our concert economy, promote tourism, and highlight the vibrancy of the Northeast," he said. The Chief Minister added that the state hopes to attract more international performers not only to Guwahati, but also to other key cities like Dibrugarh and Silchar, as part of a broader plan to boost cultural tourism. Assam's push for global-level entertainment events comes after the government adopted a dedicated concert tourism policy in May.

# Over Rs. 318 cr drugs, Rs. 35 cr areca nuts seized in Mizoram: Minister

**AIZAWL, DEC 9:** Various drugs worth over Rs. 318 crore and smuggled Burmese areca nuts worth Rs. 35 crore have been seized in Mizoram over the past two years, highlighting the state's relentless efforts to curb smuggling across the border, a minister said on Monday. The Zoram People's Movement (ZPM) government, headed by Chief Minister Lalduhoma, which assumed power on 8 December 2023, completed two years in office on Monday.

Highlighting the government's achievements, State Information and Public Relations Minister B. Lalchhanzova told reporters that 54 firearms and



28,005 rounds of live ammunition were seized during the same period. He said that various drugs, including heroin and methamphetamine, worth Rs. 318.29 crore in the local market, and smuggled areca nuts worth Rs. 35.03 crore, were also seized by law enforcement agencies in the past two years.

Lalchhanzova added that

the government procured 338,35.82 quintals of fresh ginger and provided Rs. 137.72 crore to farmers as support price under the state's flagship programme, 'Bana Kaih' or Handholding Scheme. The government also purchased 48,602.29 quintals of dried broomsticks worth nearly Rs. 2 crore and 1,473 quintals of paddy (unhusked rice) worth Rs. 44.18 lakh from farmers, he said. He said 702 beneficiaries were selected in the first phase to receive loans under the Handholding Scheme, and 2,258 others were granted financial assistance under the CM Special Packages of the flagship scheme.

# Gogoi Demands Tea Women Representation



**GUWAHATI, DEC 9:** APCC President and MP Gaurav Gogoi, speaking during the ongoing Winter Session of Parliament in New Delhi on Sunday, warned that women, the backbone of Assam's tea gardens, are still excluded from crucial policy discussions affecting their lives. Raising the issue forcefully in the House, Gogoi said the tea industry survives on the daily hard labour of women, yet their concerns are rarely considered when decisions are made. He emphasised that women perform the toughest physical work, from plucking leaves to carrying heavy loads, while the financial gains mostly benefit garden owners and big companies.

He highlighted that despite being the largest participating workforce in the estates, women have almost no representation in meetings between garden managements, labour unions, and the government. According to him, this systematic exclusion prevents their most urgent problems from entering policy frameworks. Gogoi listed several issues that demand immediate attention: lack of toilets in labour lines, rising anaemia among women workers, poor access to healthcare, drug abuse and liquor outlets near estates, and increasing domestic violence.

# Post Malone delivers stellar show in Guwahati

## Grateful to return India, Zubeen's land: Malone

**GUWAHATI, DEC 9:** In a landmark cultural moment, Post Malone, one of the world's most influential and genre-blurring artists, took the stage in Guwahati for his first-ever solo headline performance in the country. Produced and promoted by BookMyShow Live, the live entertainment experiential division of BookMyShow and Live Nation, in collaboration with the Government of Assam, the concert marked a defining milestone for fans across the Northeast and for India's rapidly expanding live entertainment landscape, underscoring the readiness and growing appetite of



tier-two hubs for world-class, global-scale events. What unfolded was an evening steeped in emotion, energy and an unmistakable sense of cultural pride that firmly positioned Guwahati as a rising epicentre for world-class music experiences. Singer Kayan kicked off the

evening with her warm vocals and genre-fluid sound, setting the tone for the night, the perfect prelude to Post Malone's set. A mellow, immersive performance that drew everyone in, with Kayan's style keeping the crowd grounded, yet electrified. She delivered some of her most popular songs, such as 'Cool kids', 'Good kinda love' and 'Hold me down', which showcased her signature blend of soulful R&B, indie vibes and raw emotion. At one point, she turned to the crowd and said, "I am grateful to be back in India and in Zubeen Garg's homeland".

# Imphal West Police Nab Two UNLF-P Cadres

**IMPHAL, DEC 9:** A joint team of central security forces and Manipur Police Commandos arrested two alleged cadres of the insurgent group Pambei-led United National Liberation Front (UNLF-P), an outfit currently under a peace pact with both the central and state governments. The arrests were made on Monday at Keystone Infra Pvt. Ltd., Awang Wabagai under Sekmai Police Station in Imphal West district, based on inputs from multiple sources, the police reported on Tuesday.

Ningthoujam Nongpoknganba Meitei (31), of Soibam Leikai Ayangpalli Road, Imphal East district; present address – Kongba Ucheck-on Lai Moriba, Imphal East district, and ii. Konthoujam

Nelson Singh, also known as Thomba (23), of Lambal Sabal Leikai, Imphal West district. Items seized from their possession include: i. one four-wheeler (Maruti Swift), ii. four mobile phones, iii. one sling bag, and iv. two ID cards. Police reported that the arrestees had carried out extortion activities in the northern parts of Imphal West district over the past few weeks. Officials later handed the two cadres, along with the seized items, over to the concerned police station for further legal action. The valley-based Meitei militant organisation UNLF-P signed a peace agreement with the Government of India and the Manipur government on November 29, 2023.

## NCVET grants Adani Skills & Education Foundation National Awarding Body status, boostport logistics talent pipeline

**Guwahati:** The National Council for Vocational Education and Training (NCVET) has recognised the Adani Skills and Education Foundation as an Awarding Body (Standard) with nationwide jurisdiction. The agreement, signed on November 26, 2025, authorises the foundation to certify learners for NCVET-approved qualifications in the port logistics sector. For India Inc., the recognition signals stronger industry-driven skilling frameworks—par-

ticularly in ports and logistics, a sector witnessing rapid expansion with rising cargo movement, private investment, and infrastructure upgrades. Leveraging the Adani Group's extensive operational experience, the partnership is expected to bring enhanced training quality and industry-aligned standards to the national vocational ecosystem. NCVET has already approved the foundation's first qualification in Port Management, positioning it to create a

steady supply of trained professionals for a sector critical to India's economic growth and global trade ambitions. Industry analysts note that such qualifications will help bridge talent gaps in operations, port services, and modern logistics management. For fast-growing logistics hubs like Guwahati, the announcement is expected to generate renewed interest in skill-oriented careers. The city's expanding warehousing clusters, rising cargo movements, and its

strategic role as a Northeast trade gateway highlight the demand for certified professionals. Businesses in Guwahati anticipate that the NCVET-Adani certification pipeline could create a more skilled workforce for multimodal logistics, inland waterways, and cross-border trade operations. NCVET said the partnership will enhance the vocational training landscape and provide youth with credible pathways to national-level employment opportunities.

## TVS Motor Company announces major initiatives on Day 2 of TVS MotoSoul 5.0

**Guwahati:** TVS Motor Company (TVSM)—a leading global automaker in the two and three-wheeler segment—has announced major initiatives on Day 2 of TVS MotoSoul 5.0. The company showcased the Aegis Rider Vision AR HUD Helmet, announced a partnership between TVS Racing and MT Helmets, and launched the TVS Racing Offroad Training Academy. The Aegis Rider Vision Helmet represents a significant leap in rider-focused safety innovation. Built on advanced AR technology, it uses spatial anchoring to project essential information, such as navigation cues, speed, safety alerts, and notifications, directly into the rider's line of sight, ensuring uninterrupted focus on the road while delivering enhanced clarity, responsiveness, and situational awareness. Day 2 of Motosoul 5.0 marked the launch of the TVS Racing 'Offroad' Training Academy, a specialised platform designed to help riders develop foundational off-road and adventure riding skills. A defining partnership between TVS Racing and MT Helmets—one of the world's leading premium helmet manufacturers known for their ECE-certified safety engineering will introduce helmets engineered for superior



aerodynamics, comfort and global-standard safety starting at INR 5,999. Reflecting on the signature partnerships announced at MotoSoul 5.0, Vimal Sumbly, Head Business – Premium, TVS Motor Company, said, "Day 1 celebrated design, individuality and creative expression, while Day 2 strengthened our focus on innovation, advanced technology, and rider experiences." As a part of its commitment to the 'Ride for Change' initiative, TVS Motor Company organised a special children's helmet distribution drive in Vagator. Day 2 delivered its biggest spectacle with the high-adrenaline RiderSphere and the FMX showcase, where professional stunt athletes executed gravity-defying stunts that electrified the crowd. The evening culminated in electrifying performances by Nucleya and Lagori, infusing the festival with a high-energy celebration of music and motorcycling culture.

## JP Morgan Sees IPO Boom



**New Delhi:** Initial public offerings worth \$20 billion per annum are the "new normal" for India and will become an annualised run rate over the next few years, one of the biggest investment bankers said on Tuesday. The market, which has seen a slew of initial share sales this fiscal, has already witnessed \$21 billion of issuances in 2025, the same as last year, and we should close the year with over \$23 billion, given the fact that some large issues like the ₹10,000 offering from ICICI Prudential AMC are in process, said JP Morgan.

"Yearly issuance of \$20 billion is the new normal for India. It is the new watermark and will become an annualised run rate from here on," its head of equity capital markets, Abhinav Bharti, told reporters here. Bharti said nearly a fifth of the demand is getting driven by consumer technology and new age businesses, and the same will go above 30 per cent as well over the next five years. He said at least 20 startups, which command valuations in hundreds of millions in the private market, are preparing for an IPO at present. Four to five companies are preparing for an issuance of over \$1 billion, and will raise up to \$8 billion between them, he said, adding that two of these are technology-driven businesses.

## Bank of Baroda opens Guwahati Zonal Office, boosting Northeast operations

**Guwahati:** Bank of Baroda has inaugurated a new Zonal Office in Guwahati covering the entire North Eastern region, aiming to strengthen its administrative presence and expand banking operations across Assam and neighbouring states. The bank said the move is aligned with its strategy to broaden physical infrastructure in parallel with digital banking initiatives. The new office was inaugurated by the Managing Director and CEO Dr. Debadatta Chand in the presence of senior officials including Executive Director Beena Vaheed and North East Zonal Head Shiba



Pada Nayak. Bank of Baroda said the zonal setup will support improved customer service, faster administrative decision-making and customised banking solutions for the region. During the event, the bank also highlighted its social outreach by distributing clothes and essentials to

special children at Guwahati-based facilities Kalyanai Niwas and Ashneer Home.

Officials said Bank of Baroda currently operates 197 branches and three regional offices in the North East, with over 61% of its outlets located in rural and semi-urban areas.

## Manasi Joshi sets sights on World Championship Gold as intense 2026 season nears

**Guwahati:** Para-badminton star Manasi Joshi is preparing for one of the busiest competitive cycles of her career, with her eyes firmly set on winning gold at the upcoming World Championships. Speaking at the Godrej Industries Assistive Tech Conference, she said reclaiming the title she won in 2019 remains her top priority as she heads into a demanding 2026 season. Joshi, who has received her official selection letter, confirmed that she has qualified in singles, doubles and mixed doubles; a feat she described as a matter of pride. Her recent performances include medals from tournaments in Japan, Australia and

Indonesia. She acknowledged that her world ranking had dipped after the Paralympics as she competed in fewer events, but said she has been pushing hard to regain her position. For sports enthusiasts in Guwahati, where para-sports awareness and athlete development programmes have grown rapidly in recent years, Joshi's return to form is being closely followed. Local coaches say her recovery journey including surgery for uterine fibroids highlights the resilience required at the highest level. Joshi said the focus now is on recovery, readiness and adapting quickly during back-to-back matches.

## Renault launches Discovery Days; Guwahati explores Triber, Kiger

**Guwahati:** Renault India has announced the nationwide rollout of its flagship customer engagement campaign, 'Discovery Days', inviting buyers to experience the new Triber and new Kiger across all dealerships in India. The 13-day initiative will run from December 10 to December 22, 2025, offering immersive showroom activities and exclusive benefits. Designed as a festive, interactive experience, Discovery Days will transform Renault dealerships into carnival-like spaces where visitors can enjoy themed games, demonstrations, and personalised interactions with Renault's product specialists. Car buyers will also have access to a range of lucrative offers, including 0% interest financing, a 50% waiver on processing fees, exchange benefits of up to



₹35,000, and cash benefits of up to ₹25,000 on new Renault models. In Guwahati's growing passenger vehicle market, local dealers say interest in compact SUVs and multi-purpose vehicles has been rising steadily. The introduction of upgraded versions of the Ki-

ger and Triber is expected to draw strong footfall during the campaign period. Renault India's Managing Director, Venkatram Mamillapalle, said the campaign focuses on creating meaningful, memorable experiences for customers nationwide.



# Sony launches AI-powered ILCE-7V mirrorless camera; Guwahati creators eye upgrade

**Guwahati:** Sony India has introduced the ILCE-7V, the fifth-generation Alpha 7 full-frame mirrorless camera, equipped with a newly developed partially stacked Exmor RS CMOS sensor and the updated BIONZ XR2 processing engine. The company says the model brings major improvements in autofocus, subject recognition, and video capability, along with AI-assisted tracking and advanced real-time recognition. The camera delivers up to 30% better autofocus accuracy, supported by 759 phase-detection points and nearly full-frame cover-



age. Sony also unveiled the FE 28-70mm F3.5-5.6 OSS II lens, which supports high-speed continuous shooting. Sony India said the device is designed for professional

and advanced creators who require speed, precision and advanced controls, especially in wildlife, events, commercial content and fast-moving environments. With new AI-

based colour and auto white balance, the camera also supports improved video performance including 4K 60p and 4K 120p.

Local photography groups in Guwahati noted that demand for high-speed mirrorless systems has grown strongly in the Northeast, particularly among wildlife and documentary photographers working in Assam's national parks and river basins. They expect the new model to attract buyers looking for professional speed without moving to cinema-class equipment.

# HP unveils Laser M300 for Guwahati SMEs



**Guwahati:** HP has introduced the Laser M300 Series, a new lineup of high-speed laser printers designed to meet the growing printing needs of India's SMBs and local jobber shops. As demand for bulk documentation, form printing and office-ready output continues to rise across Assam, the Laser M300 Series offers fast printing, auto-duplex features and low running costs to support reliability in daily operations. For Guwahati, where print shops, service centres and office clusters across GS Road, Dispur and Panbazar handle thousands of pages each day, the new series is expected to improve turnaround speed. The printers deliver up

to 30 ppm and an 8.5-second first-page-out time, helping local shops complete urgent jobs during peak hours. Mobile printing via the HP App also enables walk-in customers and office teams to print directly from smartphones. The M300 Series includes durable components, high-yield toner options and a 30,000-page duty cycle, making it suitable for businesses setting up new branches or managing multiple departments. HP's pricing — starting from ₹13,999 — targets budget-conscious local enterprises while offering sustainable features such as 20% recycled plastic and energy-efficient Auto-Off Technology.

## ICICI Prudential speeds claims



**Imphal:** ICICI Prudential Life Insurance has reported that it achieved a 99.33% claim settlement ratio in H1-FY2026, along with an average settlement time of just 1.1 days for non-investigated claims. The company said death claims amounting to over Rs 893 crore were settled during this period. According to the insurer, its digital tools such as chatbot services, WhatsApp and online claim submission have significantly improved turnaround time.

A senior official said the rapid settlement reflects a "customer-first approach" and supports families at critical moments. Insurance agents in Imphal believe faster processing could encourage more families to consider life insurance as a serious financial protection product.

Local financial advisers say many households in the Northeast still rely on savings rather than structured insurance, and the latest performance figures may help change perception. The company's "Claim for Sure" initiative settled Rs 157 crore in one-day claims alone.

ICICI Prudential said digital processes, combined with service assurance, have helped maintain its industry position. The insurer also recorded a high settlement ratio in the previous quarter.

## Axis Max Life strengthens online insurance presence with faster digital journeys

**Guwahati:** Axis Max Life Insurance has said that its e-commerce channel has become a core pillar of policy sourcing over the last three years, helping the company build a strong share in the online protection and savings segment. H1 FY26 numbers show sustained momentum in digital sales as the company continues to push direct-to-consumer channels. At present, more than one-third of the company's new policies are sourced online. The company has used analyt-



ics, performance marketing, AI-powered communication, regulated onboarding systems and account aggregation tools to support customers through a seamless buying experience.

In Guwahati, digital adoption is accelerating in Assam,

particularly after mobile banking and UPI payments became more common. As a result, online insurance buying is gaining acceptance among young earners and middle-class families. Axis Max Life said it will continue investing in mobile-first journeys, digital distribution partnerships and structured buying flows that guide customers from discovery to purchase. The company also noted that trustworthy processes and customer-centric product design remain key to online growth.

## Myntra boosts leadership with EORS-23, launches tech, hyper-delivery

**Imphal:** Myntra announced the launch of the 23rd edition of its flagship End of Reason Sale (EORS), scheduled from December 5 with VIP access on December 4. The company is positioning EORS-23 as a strategic growth lever, offering over six million styles across 10,000+ brands. The sale includes exclusive VIP-only benefits, Brand Mania Deals, Midnight Steals, Grab or Gone, and partnerships with ICICI, RBL, and Paytm to boost conversions. As part of its corporate strategy, Myntra has significantly invested in logistics infrastructure, technology optimisation, and its hyper-delivery service M-Now. With more than one lakh styles available for 30-minute delivery across major metros, the company is targeting faster fulfilment as a key differentiator during peak season. Imphal represent growing high-potential fash-



ion markets where EORS-23 is expected to stimulate festive and wedding purchases. Both towns are seeing increasing demand for ethnic wear, beauty and personal care, winter fashion, and youth-oriented party wear, reflecting Myntra's wider nationwide strategy. EORS-23 will also feature major new launches including American Eagle X Ananya Pandey, Project Rock 8 Shoes, Saucony Sneakers, Tara C Tara, Italian Shoe Company, Longway, and extensive luxury offerings from MAC,

Clinique, Huda Beauty, Valentino, and designer labels like Masaba, Ritu Kumar, and Kalki Fashion. Desigual will make its India debut on Myntra. "EORS-23 reflects our commitment to delivering trend-forward selections, tech-backed discovery, and unmatched convenience for diverse customer demands," said Bharath Kumar, Head of Revenue & Growth. Influencer participation and seasonal demand are also expected to boost income opportunities for thousands of delivery partners.

## Value commerce gains momentum in Guwahati this festive season

**Guwahati:** Guwahati shoppers contributed actively to Shopsy's festive momentum this year as smaller cities and emerging markets recorded a sharp rise in online orders. The company said that younger shoppers especially Gen Z and millennials formed the largest segment, together driving nearly 80 percent of total orders. Guwahati-based retailers say online shoppers are increasingly choosing hypervalue platforms for lifestyle, electronics and fashion items during seasonal promotions. Diwali gifting trends were also visible in the region, with high interest in accessories, jewellery sets and beauty products.

Nationally, electronics was the top-performing category for Shopsy, followed by beauty and grooming, while winter-focused products such as moisturisers, socks, caps and personal care items reported high traction. Fashion remained a consistent driver across cities, with strong performance in women's and men's festive wear. Company officials said repeat customer contribution touched 90 percent, up from 86 percent last season. Retail voices in Guwahati said this trend shows stronger confidence in reliable product selection and doorstep service, especially among first-time digital consumers.

## Lenovo Plans Rollable OLED Laptop

**New Delhi:** Lenovo has already shown that it can put a rollable OLED screen into a real laptop. The ThinkBook Plus Gen 6 is proof of that. It uses a built in mechanism that lifts the display upwards to give you more vertical space for documents, browsing and work. Now it looks like Lenovo is ready to try the same idea in

a more playful way for gaming. According to a report from Windows Latest, the company is working on a machine called Lenovo Legion Pro Rollable. The name tells you almost everything. Instead of rolling the panel up, this laptop is expected to roll the screen out sideways. In its wider mode the display would open into something.



## Sip n Slurp Morung shines as Hornbill 2025 festival favourite

**Kohima:** Nestlé India is making waves at this year's Hornbill Festival with its vibrant "Sip n Slurp Morung", a cultural-meets-culinary installation blending Nagaland's artistry with the region's love for NESCAFÉ® and MAGGI®. Designed as a warm, inviting space inspired by traditional Morung architecture, the stall captures the colours, textures and symbols of the state while offering modern food experiences. Visitors can sip NESCAFÉ cold coffee while slurping MAGGI Spicy noodles — a combina-



tion that has quickly become a hit among students, young travellers and families. The three exclusive MAGGI spicy flavours introduced for Hornbill celebrate the bold,

fiery tastes popular across the Northeast. Nestlé leaders say the concept honours the community that made these brands household favourites. The NESCAFÉ visual universe, redesigned with local patterns, further strengthens the brand's cultural engagement. For many festival-goers, the "Sip n Slurp Morung" is more than a food stop — it's a symbolic bridge between tradition and youth culture, blending nostalgia with new experiences. Its success highlights how brands can meaningfully celebrate regional pride.

## MotoHaus brings Brixton Motorcycles & VLF Tennis electric scooter to Aizawl, bookings begin

**Aizawl:** MotoHaus, the automotive venture of KAW Veloce Motors Pvt. Ltd. (KVMPL), has expanded its national footprint with the launch of a new dealership in Aizawl, introducing Austria's Brixton Motorcycles and Italy's VLF Tennis Electric Scooter to Mizoram. The expansion forms part of the company's larger plan to strengthen premium motorcycling and electric mobility access across India. The Aizawl outlet offers the full global portfolio, including Brixton's Crossfire 500X, Crossfire 500XC, Cromwell 1200, Cromwell 1200X, and the upcoming Storr 500. The VLF Mobster 135 and VLF Tennis Electric Scooter also make their debut, featuring a lightweight frame, removable battery, cantilever suspension, mobile charger, and three riding modes with a range of up to 150 km. Managing Director of KVMPL—MotoHaus, Tushar Shelke, said the company aims to "redefine the riding experience in India" while com-

binning heritage engineering with modern innovation. The dealership includes a 2,000 sq. ft. showroom and a 1,500 sq. ft. workshop, offering extended warranty packages and dedicated after-sales support. Pricing begins at ₹1,29,999 for the VLF Tennis Electric Scooter and Mobster 135, while the Brixton motorcycles start at ₹3,99,999 under a special offer till December 31. With rising interest in premium two-wheelers and a growing shift toward sustainable mobility in Aizawl, local buyers are expected to welcome MotoHaus' arrival. The city's demand for fuel-efficient scooters and high-performance motorcycles has grown steadily, making Aizawl a strategic market for EV and premium motorcycle brands. MotoHaus plans to open five additional dealerships by the end of 2025 and targets first-year sales of 5,000 units. The long-awaited touring model Storr 500 will be launched by end-December 2025.

## MG Motor India unveils Guwahati midnight carnival



**Guwahati:** JSW MG Motor India has announced its nationwide 'Midnight Carnival', a three-day celebration from December 5–7 that will keep all MG showrooms open until midnight. The initiative aims to provide customers more time and a festive, family-friendly atmosphere to explore MG's full vehicle portfolio, including the Windsor EV, Hector, Astor, Comet, ZS and Gloster. For Guwahati, where EV adoption and mid-segment SUV demand continue rising, the Midnight Carnival is expected to attract strong footfall. MG showrooms in locations such as Christian Basti and Lohra will host exclusive

midnight test drives along with carnival-themed activities for families. Customers in Guwahati stand a chance to win assured rewards worth ₹11 crore, including a dream trip for two to London, 3 days/2 nights holiday vouchers and scratch-and-win gifts like gadgets and lifestyle accessories. Attractive finance options such as a 3-month EMI holiday and 100% on-road funding are also available during the event. MG Windsor, now India's fastest-selling EV with 50,000 units sold and contributing to 1 lakh MG EVs on the road, continues to be a major draw for Assam's eco-conscious buyers.

## Usha expands sporting portfolio with strong backing for Yubi Lakpi 2025 in Manipur

**Imphal:** Strengthening its national sports outreach strategy, Usha International supported the Yubi Lakpi Indigenous Sports Festival 2025 held at Kambongput Lampak, Nongpok Sanjenbam, Imphal East. The association reinforces the brand's growing investment in India's traditional sporting ecosystem, aligning with its broader business objective of community-led market engagement. Over 200 athletes participated in this year's edition of YubiLakpi—a traditional Meitei-Pangal sport resembling football but played with a coconut. SKDC claimed the championship title, followed closely by the Heinoubok Team, while Maibam Khumanlakpa domi-

nated the awards. Usha's role as official partner included interactive sport zones, on-ground workshops, and distribution of sports kits, strengthening brand visibility across rural and emerging markets. According to Komal Mehra, Head—Sports Initiatives, Usha International, supporting indigenous sports complements the company's strategy of nurturing grassroots talent and encouraging healthy lifestyles. Usha's ongoing initiatives span associations with Mumbai Indians, Mallakhamb, Thang-Ta, and other inclusive sports formats nationwide. The presence of dignitaries like MLA Arunkumar Thangjam, MLA Khongbantbam Ibomcha, and Thang-Ta scholar

Irom Ibomcha Meitei added institutional weight to the event. The prize distribution saw winners receiving trophies, medals, and certificates. In Imphal, local retailers noted increased demand for sportswear, coconut-based accessories, and traditional merchandise during the festival period. Business owners said events like YubiLakpi help stimulate short-term commercial activity and renew consumer interest in culturally relevant products. Usha's support for indigenous games aligns with its long-term brand positioning—bridging culture, community and commerce while deepening its connection with regional consumer markets.

## Mandatory Licence for AI Developers



**New Delhi:** With rampant use of artificial intelligence, or AI, across the country, the Centre on Tuesday proposed giving a mandatory blanket licence to AI developers for using all legally accessed copyright-protected works to train AI systems in the country. However, the licence should be accompanied by a statutory remuneration right for the copyright holders, according to the government.

The government said that an eight-member panel, headed by additional secretary Himani Pande, was formed to seek public opinion in this regard. The panel also consists of legal experts and representatives from industry and academia as well. These suggestions are part of a working paper prepared by the panel and released by the department for promotion of industry and internal trade (DPIIT). In a statement, the commerce ministry said that recognising the growing need for deliberations on emerging issues pertaining to AI systems and copyright, the DPIIT formed a committee on April 28, 2025. "It was tasked to identify the issues raised by AI systems, examine the existing regulatory framework, assess its adequacy, and recommend changes if necessary, besides preparing a working paper for consultation with stakeholders," the ministry said.

## Bajaj Finance intensifies financial inclusion push in Tripura through Arthsutra Samvad

**Agartala:** Bajaj Finance Ltd. has strengthened its financial inclusion efforts in Tripura by hosting its flagship financial literacy programme, 'Arthsutra Samvad', in Agartala as part of a wider national rollout. The initiative focuses on building financial discipline, improving understanding of credit, and enhancing awareness about cyber fraud at a time when digital financial activity is rapidly growing. For Agartala's business ecosystem from small traders to self-help groups and new digital borrowers, the programme arrives at a crucial time. The city's markets have reported an accelerated shift towards UPI payments and online banking, prompting experts to stress the need for stronger



financial awareness. Local stakeholders say such initiatives can help reduce financial risks and empower consumers to make informed decisions. Held at the Agartala Press Club, the event featured insights from Cyber Crime Additional SP Shri Nirdeh Deb, who warned against fraudulent apps and reminded participants not to share OTPs.

Press Club President Shri Pranab Sarkar emphasised checking institutional credibility before investing, while economist Dr. Priyanka Bhowmik underlined the importance of budgeting and responsible borrowing. Bajaj Finance will continue outreach sessions in nearby villages, aiming to build a more financially aware and credit-ready population.

## Swiggy QIP Opens At 390

**Bangalore:** Swiggy Ltd, the leading food delivery and quick commerce platform, has moved forward with its qualified institutional placement (QIP) after receiving board and shareholder approvals, signaling a fresh fundraising push.

In a filing to the exchange today, the company stated that its Investment & Allot-

ment Committee approved the opening of the qualified institutional placement of equity shares with a face value of ₹1 each today, December 09. The committee approved a floor price of ₹390.51 per equity share, determined in accordance with SEBI's ICDR Regulations. Additionally, the company said it cleared the preliminary placement.

## India, Australia partner on skills; Northeast youth gain opportunities

**Guwahati:** India has proposed an Annual India–Australia Skills Meet to expand cooperation in training and workforce mobility, with a particular focus on emerging sectors such as advanced construction, sports economy, mining and renewable energy. The proposal came during the Australia–India Education and Skills Council meeting in New Delhi, where both countries discussed harmonising standards and enabling movement of skilled workers. The partnership is likely to help young workers access jobs across infrastructure, hospitality and IT in coming years. Shri Jayant Chaudhary said the aim is “to shape the global workforce of the future” and ensure youth are trained according to global



requirements. The initiative is expected to benefit states like Assam where thousands of students pursue technical and IT-related courses every year. Industries in Guwahati especially construction, logistics and sports goods trading—may find new opportunities as Australia expands infrastructure ahead of global sporting

events. Officials noted that India’s skilling ecosystem, including ITIs and NSTIs, will work with Australia’s TAFE network on curriculum and standards. The meeting ended with a shared commitment to build future-ready skill pathways and improve the quality of workforce mobility between the two countries.

## TVS MotoSoul 5.0 Debuts, Goa Launches Excite Guwahati Riders

**Guwahati:** TVS Motor Company has opened its fifth edition of MotoSoul in Goa with the launch of the new TVS Ronin Agonda and the anniversary edition of the TVS Apache RTX. The festival has drawn more than 8,000 riders from different countries, according to the company’s statement. The TVS Ronin Agonda has been introduced at ₹1,30,990 (ex-showroom), while two custom creations; TVS Ronin Kensai and TVS Apache RR310 Speedline crafted with Smoked Garage, have also been displayed. TVS also unveiled a new limited-edition helmet line called Art of Protection, available exclusively at the festival. The company said the design direction reflects the creative



identity of the Ronin range. Motorcycling communities in the Northeast, including Guwahati, have been following the developments closely as the Apache series completes two decades. TVS Motor Chairman Sudarshan Venu stated that MotoSoul celebrates youth expression,

individuality and the evolving culture of custom motorcycles. The festival has also featured freestyle showcases, stunt arenas, dirt track events and other riding activities. More experiences and announcements are scheduled during the second day of the event.

## Nifty Smallcap 100 index may jump over 25% next year



**Mumbai:** The Nifty Smallcap 100 index — now on the verge of slipping into correction territory — has sharply underperformed in the current calendar year. The index has fallen more than 9% on a year-to-date basis, dealing a significant blow to retail investors, who are among the biggest shareholders in these companies. This year’s profit taking comes on the heels of two back-to-back years of massive returns, as investors are worried about valuations running ahead of fundamentals. In the year 2024, the Nifty Smallcap 100 index rallied 24%, following a 56% rally seen in the index in 2023.

“Through 2024–25, the index rallied over 70%, far outpacing earnings growth, and traded at a premium to its 10-year average P/E. Once liquidity tightened globally and domestic risk appetite moderated, small caps—being the highest beta segment—became the first to absorb the correction,” said Harshal Dasani, Business Head, IN-VAsset PMS.

## NIESBUD hosts South Sudan delegation for training on strengthening PPP in TVET sector

**Guwahati:** The National Institute for Entrepreneurship and Small Business Development (NIESBUD) is hosting a 12-day international training programme for a high-level delegation from South Sudan to strengthen public–private partnership (PPP) models in the country’s TVET ecosystem. The programme, being held from December 2 to 12, is supported by the Ministry of External Affairs under the ITEC initiative, in collaboration with UNESCO. The delegation includes 28 officials



from South Sudan’s key ministries and private-sector representatives, with three ministers expected later this week.

The training aims to build institutional capacity in TVET governance, entrepreneurship development, and industry-

integrated skilling. During a visit to Kaushal Bhawan, New Delhi, the participants interacted with MSDE Secretary Debashree Mukherjee, who highlighted India’s coordinated skilling framework and the importance of PPP models.

In Guwahati, industry groups and skill institutes observed that such international collaborations help expand India’s role as a skilling hub and may open new avenues for northeast-based training centres to engage in global capacity-building efforts.

## Adani Rights Issue Nears Completion

**Mumbai:** The Rs 24,930-crore rights issue of Adani Enterprises (AEL), the flagship company of the Gautam Adani Group, was subscribed around 90 per cent a day ahead of its close. According to stock exchange data as at 4.50 pm, shareholders had placed bids for 124.5 million shares as against the offer size of 138.5 million. AEL is issuing the new shares at Rs 1,800 apiece.

Shares of the company last closed at Rs 2,250, up 1.5 per cent. AEL will initially issue partly paid-up shares and subscribers will pay in three instalments: Rs 900 per share at the time of application, followed by two calls of Rs 450 each in January and March 2026. The holding-cum-incubation arm of the Adani Group plans to use a significant portion of the rights issue proceeds to repay or prepay existing borrowings. AEL had outstanding loans of Rs 1.1 trillion at the end of September 2025, up from Rs 80,400 crore a year ago. Among the largest public shareholders are Life Insurance Corporation of India (LIC), GQG Partners and Green Enterprises. Nearly three-fourths of the total proceeds will come from the promoter group, which currently holds 73.97 per cent in AEL.

## Assam’s tea culture reflected in Tata Tea premium care’s new ‘Premium Care’ campaign

**Guwahati:** Tata Tea Premium Care has introduced a new campaign that places emotional importance on the simple act of sharing tea, drawing attention to thoughtful gestures within Indian households. The narrative shows how replacing an ordinary cup with a more considered option becomes a symbol of affection within families. Officials said the product blends strong Assam tea with ginger, tulsi, elaichi, brahmi and mulethi. According to the company, households today are not only seeking traditional flavour but also natural benefits, making



the new variant a mindful choice. Puneet Das, President – Packaged Beverages

at Tata Consumer Products, said the aim of the campaign is to underline how premi-

um care can be expressed through everyday routines, especially when consumers choose options that reflect wellness and cultural preferences. In Guwahati and other parts of Assam, tea continues to be a major part of lifestyle and identity.

Retailers in the city said that premium positioning combined with wellness-based ingredients may find preference among younger families looking for authentic Assam blends. The campaign forms part of the brand’s wider marketing focus that celebrates the tradition and emotional value of tea in Assamese households.



## Nancy Tyagi's Saree-Inspired Sequined Ensemble Dazzles on Tyla



When a Grammy-winning global pop star touches down in Mumbai and ends up in a custom saree-inspired couture look stitched overnight by one of India's most influential young designers, you know fashion history is being made. Tyla's first trip to India sparked an unexpected yet electric collaboration with 23-year-old creator Nancy Tyagi – resulting in a dazzling ensemble that marries cultural homage with

world-tour glamour. Rather than reinterpreting the saree in predictable tropes, Nancy Tyagi crafted a piece that feels almost cinematic – ethereal, sculptural, and unmistakably contemporary. Using a sheer pale-mint fabric drenched in fine sequins, she constructed a silhouette that floats between a red-carpet gown and a pre-draped saree. The pallu, reimagined as a sweeping cross-body drape, framed Tyla's torso while giv-

ing the look a fluid sense of motion. A low-rise, figure-hugging skirt with front pleats and a dramatic train added couture sharpness, while the thigh-high slit injected red-carpet audacity. The see-through effect, tastefully executed with intricate embroidery, offered a whisper of sensuality without compromising elegance. What elevates this collaboration is its spontaneity. Tyla revealed that Nancy quite literally “stayed up all night” designing and hand-making the ensemble – transforming an idea into a statement within hours. Speaking about the experience, Nancy said, “I designed this saree for Tyla as a way of bringing two distinct visual languages into a single expression. Indian technique carries a deep emotional history, a sense of artistry and I wanted that lineage to sit naturally beside Tyla's bold, modern, self-assured style.

## Breathing Exercises Improve Mood Despite City Pollution

Visualise yourself walking through the bitter, noxious vapours of a Delhi winter morning, where the air quality index sits firmly in the “severe” range and every breath feels like a struggle. It is a familiar sight across many Indian cities, where fine particulate pollutants are pulled deep into the lungs and quietly stir up distress. Yet, within this bleak landscape, a quiet resistance is growing, a movement powered by something as simple as the act of breathing.



Regular breathing exercises are not just a yogic relic; they are a practical bridge from this smog-choked reality to a deeper, more resilient sense of happiness. In a country where family feasts and festival lights help 88% of us describe ourselves as content, the highest

rate in a 30-country Ipsos survey, why does that joy so often feel surface-level? According to the 2025 Ipsos World Happiness Survey, India has improved its overall happiness score from 78% in 2017 to 90% after recovering from a low of 66%, largely due to strong family ties (from large Sunday meals in Mumbai to late-night celebrations at rural weddings in Rajasthan). These are our emotional anchors. Yet they can also mask deep-rooted challenges: unspoken difficulties within relationships, lower levels of genuine intimacy, and spiritual practices that do not always translate into daily contentment. Adding to this is the chaos of social media and the uncertainty of the political climate, creating a steady background hum of stress.

## Gen Z Changes Honeymoon Plans



The traditional idea of a long, leisurely honeymoon is rapidly evolving. Today's Gen Z newlyweds are rewriting the rules, favouring shorter, high-impact getaways over extended trips. Their fast-paced lifestyles, work commitments, and desire for personalised experiences are shaping a new honeymoon culture built on flexibility, variety and value.

This shift is powered by two major forces: the need for personalisation and financial practicality. “Gen Z newlyweds are transforming honeymoon culture, replacing the long, elaborate vacations of previous generations with a craving for flexibility, personalization, and experiences created real-time. 70% of Gen Z travellers in India believe that multiple short trips offer better value than one long holiday,” says Dr Vikas Katoch, Founder and CEO, Adotrip. Their preferences are clear. Whether it's a three-day beach escape, a cosy mountain retreat or a quick cultural experience, couples want trips that reflect their identities and shared interests as partners. Dr Katoch adds that value-consciousness also guides their choices. “Average honeymoon budgets now range from INR 1-2 lakh, with a lot of couples seeking premium, personalised, or luxury experiences over shorter trips.” He notes a surge in demand at Adotrip for weekend honeymoon getaways, with nearly 35% of honeymoon bookings now consisting of compact, experiential trips. This nationwide shift is echoed across the travel industry. Govind Gaur, CEO, WanderOn, observes that young couples especially Gen Z are prioritising agility and experience-rich itineraries. “About 71% of all road-travel trips made in 2025 were less than two days, up from 66% in 2023, underlining a clear tilt toward quick weekend getaways.”

## How To Prevent a Heart Attack

A heart attack—medically known as a myocardial infarction—occurs when a blockage in your bloodstream interrupts blood flow and oxygen to the heart. Without a quick restoration of this blood flow, the affected part of the heart begins to die because of a lack of oxygen. Unfortunately, without proper intervention, heart attacks can be fatal.

Recognizing the symptoms of a heart attack is essential for quick intervention and treatment. Symptoms may include chest discomfort, a sudden feeling of weakness, dizziness, and shortness of breath. If you or someone around you shows signs of having a heart attack, it's critical to call emergency services immediately. The quicker the response, the better the chances of recovery. The aftermath of a heart attack doesn't mean an end to an active life. With swift treatment and appropriate care, many people continue to lead lives. While attacks are there are prevention you can improve your life to your risk one.



Heart attacks often occur when the heart doesn't receive enough oxygen-rich blood. A common cause of a heart attack is coronary artery disease—a heart condition that develops when coronary arteries (the vessels that supply your heart with blood) become narrowed due to the accumulation of a waxy substance called plaque. Over time, the narrow blood vessels can cause chest pain, difficulty breathing, or a blockage that may cause a heart attack. There is also a type of heart attack called MINOCA, which stands for myocardial infarction in the absence of obstructive coronary artery disease. This occurs more frequently in people assigned female at birth, younger individuals, and certain racial and ethnic groups, including African Americans, Asian Americans, and Latin Americans.

## Adopt These 12 Japanese Habits for a More Disciplined, Joyful, and Calm Life

It is often said that if you wish to improve your life, begin by changing your habits. In the fast-paced world, we become so absorbed in the chase for success that we overlook the quiet power of small, consistent habits. The Japanese way of living teaches us that major changes do not always require massive efforts; rather, they come from simple rules followed every day. Many of these gentle yet powerful practices bring discipline, peace of mind, and positivity. Here are twelve such habits that can elevate your daily routine.

**Clean Your Toilet Every Morning:** In Japan, cleaning the toilet is believed to attract luck and prosperity. Even the wealthiest individuals clean their own bathrooms. The act keeps one grounded and reinforces the idea that no work is beneath anyone.

**Say 'Arigato':** Gratitude is more than a polite gesture; it is an acknowledgement of the value someone or something brings into your life. The Japanese express thanks not only to people but also to food and its ingredients.

**A Unique Bathing Ritual:** After a warm bath, pouring cold water for around 30 seconds before rinsing again with lukewarm water helps refresh



the body, improve blood circulation, and soothe the mind. It creates a sense of balance and calm.

**Eat Fermented Foods:** Incorporate fermented foods into your diet. Japanese staples such as miso, natto, and koji are flavourful, strengthen immunity, and aid digestion.

**Have a Balanced Breakfast:** A traditional Japanese breakfast including, rice, miso soup, eggs, and fish, offers energy, nourishment, and a wholesome start to the day.

**Eat Until You Are 80% Full:** The practice known as Hara Hachi Bu encourages stopping at 80% fullness. It supports digestion, prevents overeating, and keeps the body light.

**Use Vinegar in Your Diet:** Vinegar is valued in Japanese cuisine not only for flavour but for health. It supports digestion and boosts metabo-

lism. **Go Trekking in the Mountains:** When life feels overwhelming, time in the mountains can be profoundly healing. Fresh air, greenery, and a break from screens help restore both body and mind.

**Use Vinegar in Your Diet:** Vinegar is valued in Japanese cuisine not only for flavour but for health. It supports digestion and boosts metabolism.

**Go Trekking in the Mountains:** When life feels overwhelming, time in the mountains can be profoundly healing. Fresh air, greenery, and a break from screens help restore both body and mind.

These habits are more than cultural practices; they are philosophies for living. Adopt them gently, one step at a time, and notice how even small changes can transform your daily life.



# There is no other player like Hardik Pandya in Indian T20 team: Bangar

## Bangar: Pandya Should Play First Three SA Matches

**NEW DELHI, 9 DEC:** Former India batting coach Sanjay Bangar believes there is no other player like Hardik Pandya in the national T20 set-up, asserting that the star all-rounder is capable of earning a place in the team purely as a specialist batter or as a specialist bowler. Out for more than two months due to a quadriceps injury suffered during the Asia Cup, Pandya will return to the Indian squad for the home five-match ODI series against South Africa beginning in Cuttack on Tuesday.

“Look at all the all-rounders in world cricket now. Does England have a back-up for Ben Stokes? No. In one-day or even Test cricket, there is no back-up for Ravindra Jadeja. It is the same with Hardik Pandya,” JioStar expert Bangar said.

“He (Pandya) can command a spot in the top five on his batting alone. He could also be one of the top three seamers in any team if he was just a bowler. The point is, to be that kind of all-rounder, you must earn your place with your batting and also

with your bowling. There is no other player like Hardik Pandya in the Indian team.” On Pandya’s workload management, Bangar said he should at least play the first three matches against South Africa. “We need to see how he copes,” he said, insisting that it is too early to say if he should play six or seven



T20Is before the World Cup.

“Playing in the SMAT (Syed Mushtaq Ali Trophy) is different from the intensity of an international game. The team management must manage the workload of important players like him. So, if needed, we must do that for Hardik too. A fit Hardik Pandya allows the team to

play its desired combination, especially with the spin options we have. That is why his presence is critically very vital.”

Before his India return, Pandya made an unbeaten 77 off 42 balls for Baroda in SMAT before bowling four overs at full tilt for 1/52. Test and ODI captain Shub-

man Gill is also making a return after missing almost a month of cricket owing to a neck spasm suffered while attempting a slog sweep during the opening Test against the Proteas. Bangar said Gill’s growth as Test captain will benefit him in all formats. “The confidence Shubman Gill has now after doing so

well in Test cricket over the last year will certainly help him. More than his skill, his mindset has grown. Taking extra responsibility as a Test captain makes him a far more rounded player. He now understands the game situation and what is needed from him. “At the top of the order, Shubman Gill could do the job for the team in T20I cricket. And if needed, Hardik Pandya could do a similar job in the middle order.” Bangar felt Sanju Samson may find it difficult to get a slot in the Indian T20 side. “... his best spot in T20 cricket is still at the top. With players like Tilak Varma, Shivam Dube, or Hardik Pandya available, there may not be a place for him at number four, five, or six.

“Jitesh Sharma has shown he is quite a capable player. He can bat lower down the order and look to hit the big shots even with a slightly older ball.”

On the Samson versus Jitesh selection debate, Bangar said, “I think Jitesh will now get the number seven spot.”

## Krithi Shetty on 8-Hour Shift Debate: ‘Working Process is Different’

**CHENNAI, 9 DEC:** Actress Krithi Shetty, who is one of the top actresses in the Tamil and Telugu film industries at the present, has opined that cinema has never been a one size fits all kind of industry and that the choice to work for only eight hours or more will depend on an individual and that it will vary from person to person. In an exclusive interview, Krithi Shetty, who will be seen playing the female lead character in director Nalan Kumarasamy’s upcoming commercial entertainer ‘Vaa Vaathiyaar’, was asked about the debate over certain actresses insisting on shooting only for eight hours a day while certain others in the film industry were all for working longer hours. Responding to the question, Krithi Shetty said, “I think cinema has never been one size fits all. Every single person here is different. Everyone’s working process is different. No two people are the same. Obviously no two actresses can be the same. Because I think actresses are a little more different in their process of living and a little more clear because they are so conscious of what they do. So I think it all depends on what works for you.” Explaining her point of view further by using herself as an example,



Krithi Shetty said, “Personally, I can work 24 hours because I might have the energy to. I don’t have as many family responsibilities to take care of. I am willing to. I am a director’s actor. If the director requires me to work 13 hours. I am completely willing to. In fact, while shooting for this film, I was doing double shifts. One in Hyderabad and one here in Chennai. Right now, I am willing to work because I have the energy. But if someone doesn’t, I particularly don’t see it as a wrong thing.”

The actress explained that the working hours factor would not be an issue if everything was discussed in advance. “If the director and the producers know in advance that an actor is willing to work these long hours, then there is no issue. If not, they can look for another person. So, I think it depends on the individual. And it’s healthier if it’s discussed in prior.”

## Pathan Hopes Gill Shines in 5-Match T20I Series vs SA

**NEW DELHI, 9 DEC:** Former India fast bowler Irfan Pathan has expressed optimism over Shubman Gill coming good in the upcoming five-match T20I series against South Africa, saying he hopes the opener delivers strong performances which in turn will cement his place in the side ahead of next year’s World Cup.

Gill was out of action after suffering a neck injury during the first Test against South Africa in Kolkata. Since his return to the T20I team from the Asia Cup, Gill has been inconsistent with his scores while opening the batting alongside the in-form Abhishek Sharma. “Shubman Gill should cement his place at the top of the order in T20 cricket. We believe in all-format players. We have seen how well he plays in the IPL. Now, he has a chance to cement his place in India’s T20 International side. There is a little pressure, but he is a good player.” “I hope he performs well in this five-match T20I series against South Africa. He is coming back from a small injury. He will get a lot of opportunities across five matches on good pitches. The pitches will have pace and bounce, like in Dharamshala, and he will love batting on them,” said Pathan on JioStar. He also said his eyes in the five-match series will be on who would take up the mantle of finishing the innings alongside a returning Hardik Pandya. “I would like to see who plays the role



of a finisher with Hardik Pandya and how they do it. This is a very big aspect. If we have to defend the World Cup, which is in India, it is crucial that our lower-middle order batters stay in form.” “Along with Hardik, the other batters become very important. Axar Patel can do that, Jitesh Sharma is there, Rinku Singh can also come in. But we have to see who will complement Hardik down the order. My eyes will be on that.” Pathan signed off by saying how India’s fast bowling combination fares will be of utmost importance against the Proteas. “I want to see how the other fast bowlers perform along with Bumrah. Bumrah is the main bowler, but we also have Hardik Pandya, Shivam Dube can bowl a bit, and Arshdeep Singh as well.” “How they perform in this series against South Africa will be very important. With the T20 World Cup scheduled for February next year, this series is really important from a bowling point of view.”

## Two-Goal Bruno Fernandes Leads Man Utd to 4-1 Rout of Wolves

**WOLVERHAMPTON, 9 DEC:** Bruno Fernandes scored two goals and made another as Manchester United beat Wolverhampton 4-1 to move into the top six of the English Premier League on Monday. Fernandes’ first-half goal was cancelled out on the stroke of half time by Jean-Ricner Bellegarde but Bryan Mbeumo restored United’s lead early in the second half.

Mason Mount added a third in the 62nd minute before Fernandes rounded off a comprehensive victory with an 82nd-minute penalty. It was the eighth defeat in a row for Wolves and saw sixth-place United move on to 25 points, level with Chelsea, which is fifth. Wolves remains bottom of the table with two points, eight adrift of the team above it, Burnley. “We got ourselves back in the game but, with the

goals we conceded, you’re never going to get anything out of a game of football,” Wolves coach Rob Edwards said. “There’s a nervousness and I can understand it but, in

season, it came into the game as heavy favourites against a team that has one of the worst starting records of any Premier League side at this stage of the campaign.



the big moments in the game, we insisted on giving the ball back to them. We’re getting punished and we’ve got to try and improve and be consistent – but it’s not going to be a quick turnaround.”

Although United has been consistently inconsistent all

Thousands of Wolves fans boycotted the first 15 minutes in a coordinated protest at the ownership of the club by Chinese conglomerate Fosun International. They had barely sat down when United took the lead with a goal that typified Wolves’ season.