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Saina Nehwal honoured for excellence in the field of sports

he Suryadaita Global Business Forum (SGBF) recently honoured badminton player Padma Bhushan Saina Nehwal with the Suryadatta National Award for Exce

player Pedana Bhushan Saina Netwal with the Suryadata National Award for Excellence in Sports. The award occument to k place in New Delhi, where the accided was recessited by professor Dr Sanlay B Chordiya, the founder president and chair man of the Suryadata Rétucation Foundation along with yotto provident Sushama Sanjar Chordiya and chaf operating officer (COO) Akshit Kashal of the SER Pume.

This honour, which includes a certificate, Scarf, and toppit, recognises Salva's remarkable achievements and significant court ibusions to the sport of bodiminutes. The salvand Such is award Such indicatives play a vital role in inspiring and motivating furneer and the salvand such in the salvand such is a salvand such in the salvand such in the



Dr Chordiya, who is the president of SGBR addressed the gathering, urging students to reflect on the values of hard work, determination, and resilience, which will help them achieve their dreams. He further added, "May we all draw inspiration from Sains Rebwal's story and continue to strive for excellence in our own endeavours. Our objective is to celebrate and honour excellence through this award. Recognising outstanding individuals not only acknowledges their achievements but also serves as a source of inspiration.

Enjoy delicious kaju katri this Rakshabandhan

akhabandhan is all about celebrating the leving connect between brothers and sisters. It is a bend tied with threeds of love and sealed with a sweet treat. And when it comes no sweets, very little matrices the decadent traits of Armil 1964 Rout. After all, no festival is complete without a bit of andulence. On this soxial day, the usual sibiling squabbles lake a backseat, leaving culy the joy of sharine, Sharing Sown, bughier and, of course, nouth westering awords.

When it comes to mithei, it's the quality that sets it appart. Armil Raju it kair is made with the intest cashes white to create pure magic. To add a royal touch to your celebrations, try the Resar variant, made with real, rich lessar. Flor those crawing something a bit more wholesome, the God Afou Rott is the porfect pick. With premium canhew must an matural jaggery topped with shiny silver vark, it's a treat for your traste buds.

So, this Rakshabarathan, make every moment all tilles weeter with Amul.

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PUNE IS TALKING ABOUT

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Saina Nehwal honoured for excellence in the field of sports

he Suryudatta Global Business Forum (SGBF) recently honoured touried to diminion player Padmin Blushan Salm Nelwad with the Suryedata Nedicard Award for Decellence in Beyords, Boy Medicard Award for Departs, Boy Medicard Salman, Salman Salman, Salman, Salman Salman, Salma

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stery and continue to strive for eccellence in our own endeavours. Our objective is to celebrate and hon-our excellence through this ward. Recognising outstanding individuals not only acknowledge their achievements but also serves as a source of inspiration for future generations.



Bankloy96 sustained
—in miner sprain to
—in the gran. His hand has been immobilised with a
—cast as a precautionary measure. Despite the injury.

Mr. NTR completed the shoot for Deware last night
—and is now recuperating. The east will be off in a cou
ple of weeks and he will be back at work soon. In the
meantime, we request that speculation regarding
—iths minor injury is avoided, "the actor's team share
—in a press note.





Zuckerberg's Roman-style love for Priscilla Chan

priscillackon • • by author
The more of me the better? • Zuek a Author
@priscillachan Always

Meta CEO installs 7ft-tall statue of his wife in the backyard of their residence



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Priscilla Chan

Thuesday, Mota CEO
Mark Zare, Rerberg
shared on Instagram
that the had commissioned in
passauce of his wife, Priscilla
assume of his wife, Priscilla
spired by the ancient Komans,
"Bringing hack the Roman
tradition of making seculoturns of your wife," Zuckerberg captioned the post.

In the photo, Chan is seen
standing now to the status,
which dopicts her likeness.
The art work shows Chan in aw init-blown silver garment.

wind-blows sliver garawind-blows sliver garawind-blows sliver garawind-blows sliver garborg's post, fran commentied, "The more of me the beter?" followed by a beart
er?" a zackreberg's post
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real man," another added,
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a user wrote below the post.

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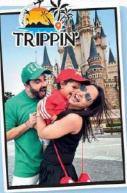
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Saina Nehwal honoured for excellence in the field of sports



Network for cordinates in this field of sports in Celtithe Surryactata Global Business Forum
(SOBT) incentify honorared hadmintion
with the Suryacidata National Award for Exocilence in Sports. The award ceremony toolplace in New Delhi, where the accelade was
presented by professor De Sariny B Chording,
the founder president and chairman of the
Suryadata Education Foundation atomy with
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by honoured to receive this award. Such initiatives play a vital role in inspiring and motreating hitting speneutisms to strive for excellence." She told students to never under-

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Choose good health on I-Day, add protein to your daily diet



iven that protein is important for buildings strength, but often neglected in our diet, annua is Billing files protein gap with its new range of high protein products. The brand's high protein in products rally files in the Indian diet. High protein butternallity dies in the Indian diet. High protein butternallity and lass come with 18g protein in a 20min pack (626). Bluederry shake lass 20g protein in a 20min pack (636). Those who prefer to whip up their own rocipes con use one of Indias in the Indias in State to see they produce the Indias in State of the Protein State of the Indias in State of the Protein State of the Indias in State of Indias in State

Milk is a super food and our high protein range is an attempt to bring sufficient protein to the regular Indian

tem and 45 % reduced calories. Protein milk comes with 35g protein (65% RDA) in a 250ml pack (850). To esdevate Independence Day the brand is launching a high protein lactose-free, 10% at lassif with no acided colour. Brand a few launching a high protein lactose-free, 10% at lassif with no acided colour. Brand a few launching a high protein lactose-free, 10% at lassif with no acided colour. Brand a few launching as the protein range on shop smull.com on August 15 only Jayen Mehin (MD, GCMMF) says. "San't it interesting that one of India's most loved food brands, Annul, is as cld as India'd And we believe that everyone deserves the best quality nutrition. Mik it is a superiord and Anul isoodip peeps that india, so the high protein range is our attempt to bring sufficient protein to the regular indian diet, so that everytody consumes at least 1g protein per Kg body weight every day, which we believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who believe will holp make india stronger and healthier who healthier will hold make the stronger and healthier who healthier will hold make the stronger and healthier who healthier who healthier will have a stronger and healthier who healthier who healthier will have a stronger and healthier who healthier

SPECIAL

Divine Solitaires Ropes in Bollywood Actor Vaani Kapoor as the Face of The Solitaire Festival of India Campaign

The brand unveils special offers at the third edition of TSFI

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Divine Solitaires, a leading diamond solitaire jewellery brand that unveiled the third edition of The Solitaire Feetwal of India (TSF1) in association with Bolywood actor Vazni Kapoor a week ago has aiready clocked a positive response from partner jeweller stores and customers edited. In this last two editions more than 12,500 gifts were given and won by the customers who shopped during the feetwal. This year also there is a lot of sectionent among consumers, since gold prices have false after the budget and diamonds too have become more affordable. Some properties of the section of t

referent budgets direct to the deding season. Divine Solitaires, which never discounts its roducts, and they are always sold at their stienwide standard sticker prices, brings this remotion overy year in August to reward its stoomers and delight them with prizes and fits. It is also the time when fresh designs are the solitain of the season open and the season of the season open and the season open are the season of the season open and the season open are the season open are the season open are the season open and the season open are the se

guts. It is also the time when fresh de unveiled and it's a great opportunity for diamond lovers to buy into the latest trends early and be rewarded for it bod



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Solitaires who has been revolutionizing the diamond buying experience for consumers across the world since he founded Divine Solitaires in 2006.
Customers from varied placed like Jamangar, Kolkarta, Pata, Indore, Pune, Deliradiin, Ludhara, Garupgam have won prizes like SUVs, cars, Filone and more. Dilege Sanghi from Ahmedabad was eleted lest year when he won



a car and said
"Winning the car
last year was a
most wonderful
surprise and double
one for my wife for
whom I had purchased a solitaine
ring from Divine for
our Doth armiversary. I am looking forward to this year's
festival too.







Qutone Tiles and Actor Anil Kapoor: A Decade of Successful Association

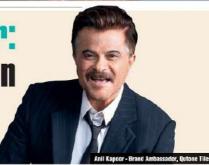
utone Tiles - a super prenium luxury tile brand - Made in India end present in over 60 countries across the iglobe; is a pioneer in the Tile industry of India. For the first time in India and have been offering numerous Tile solutions - all under one roof. The brand offers a wide range of products for floor, wall and work surfaces, external foades the brand believes in presenting the consumers with something unique and classy. Through

its 11 Experience Centers and over 100 Luxur'a Shovroums across India & Italy, Qutone Tiles has become synonymous with unparalleled Elling and interior solutions.

Anil Kapor, the celebrated Bollywood actor has been an integral part of Gutoner's brand-building journey for over a decade. As the brand ambassacium, Kopoor has passionately endorsed Qutoner's commitment to quality consistency, and inavolation, playing a pivotal role in the brand's growth and

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recognition in the Indian market. More Againval. OMD of Qutone Tiles, says. "We are delighted to continue our association with Aril Kapoor, who has been an integral part of the Qutone Smily. Anil Kapoor, who has been a part of some of the most memorable Bollywood nesses over decades, said, "I am thrilled to continue my sessiciation with Jauten Tiles, And Lea super excited and proud to be associated with a brand that values quality and innovation as much as Loo".



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Whip up some quick & no-fuss coffee mousse

Saina Nehwal honoured for excellence in the field of sports The Susyadatta Global Business Forum (SGBP) recently leneural balenia on player Padria Blusiana Baira MPOWER MPOWER LENCE LE

Nehwal with the Suryadate National Aware for Nehwal with the Suryadate National Aware for The Aware for The Aware for The New York of the National Aware for The New York of t

This bonour, which includes a certificate, scarf, and trophy, recognises Sains's remarkable achievements and significant contributions to the sport of badnin inton. Expressing her gratitude, she said, "I am deeply honoured to receive this zward. Such initiatives play a vital tole in inspiring and motivating future generations to strike for excellence." She fold superior along the strike for excellence." She fold superior strike the concellence. generations to strive for excellence." She come sud-dents to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with ehallenges and opportunities. She moti-vated them to view each challenge as a stepping stone toward their aspirations. She added, "Every obstacle gives an opportunity to learn, grow, and become stronger"

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Enjoy delicious kaju katri this Rakshabandhan akshabandhan is all about celebrating the loving connection between brothers and sisters. It's a bond tied with threads of love and scaled with a sixel resist. And when it comes is sweet, sery little matches the decadent base of Annia Radin Roof. After all, no testival is complete. The decadent base of Annia Radin Roof. After all, no testival is complete. The decadent base of Annia Radin Roof. After all, no testival is complete bles take a backseat, leaving only the top of all arting. Starting low, laughter and, of excess, mouth water ing scores.

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cashow nuts and natural Jaggo Bopped with shiny silver vark, alt's a treat for your taste huds. So, this Rokshaband-

Hittle sweeter with Amul *Mithal*. Order on shop amul.com.

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were commissioned to prepare the sweethat is known as petha. It was mean as an energising tre for the 21,000 work who were building the iconic landmark Petha is often caller Confessioned.

To add a royal touch to your celebrations, try the

celebrations, try the
Kesar variant, made
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For those craving
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Katri is the perfect pick.

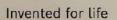


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Nelwal with the Suryadath National Award for Excellence in Sports. The award ceremony took place in New Delhi, where the accolate was presented by probesor Polsarys & Chordiya, the Delhi, where the accolate was presented by probesor Polsarys & Chordiya, the Aducation Poundation along with vice president Stushama Sanjay Chordiya and chief operating officer (COO) Akehit Rushal of the SEF, Pune.

This honour, which includes a certificate, scarf, and trophy recognises Sainn's remarkable achievements and significant contributions to the sport of badminton.

Expressing her gratitude, she said. "I am deeply honoured to receive this award. Such initiatives play a vital role in inspiring and motivating future generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping

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Rare insights into Queen Elizabeth II's inflight comforts to be auctioned

ewly discovered notes from a British Ali-ways flight attendant have revealed Queue flighten the specific to flight preferences during her 1989 tour of Singapore and Malaysia. The notes, written by Elizabeth Evans, disclose the Queen's flying habits and are scheduled to be auctioned at Hansons Auction-eers along with other terms from her collection. According to Hansons Auctioneers, Evans' notes stated, "If Her Majesty was saleep be-fore landing, cabin crew were instructed not to disturb her. She should be left in her bed." The collection is expected to fortch between

The collection is expected to fetch between £400 and £500 (approximately ₹45,000 to ₹64.452).

Evans' collection of career mementos was Evans' collection of career mementos was discovered by her niceo, do Smallwood, after Evans passed away in 2017. The notes also reveal that the longest reigning monarch was fond of following route maps during flights, with one note mentioning, "Route map - Her Majesty enjoys looking at these." Agencies





If Her Majesty was asleep before landing, cabin crew were instructed not to disturb her. She should



from home Her dresser was responsible for preparing her bed on board the aircraft If the Queen was asleep upon landing, she was

Bali's Denpasar International Kite Festival kicks off

Denpasar International Kite Festival is a popular festival in Indonesia. It also marks the beginning of the tourist season as the festival attracts many tourists who gather to watch the beautiful sight of kites in the sky







The festival is held across Bali, but the opening and closing events occur on Padanggalak Beach

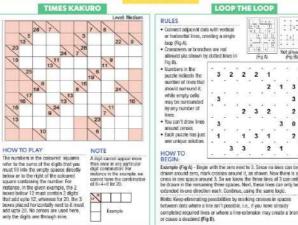
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SUDOKU CHALLENGE

HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every contains the digits 1-0, without repeating the numbers in the sair owe, column or box. You can't change the digits already given in the grid. Every puzzle has one structure.

LEISURE



BECINY.

Example (Fig A) - Begin with the zero next to 3, Since no lines can be drawn around zero, mark crosses around it, as shown blow there is a cross in one space around 3. So we know the three lines of 3 can only be frawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line son't possible, i.e., if you have already completed required lises or where a line extension may create a branch or cause a deadend (Fig B).

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FINOLEX FORTUNE

ARIES: It is a great day to implement new projects and plans. Relationship with friends and relatives will improve. Do not follow offsets, as you need to make your own decisions. Any recognition you receive for your work now may be for a short-term.

and you could accomplish a great deal, You may find yourself being out to good use by your WREAP. You find it easy to work with other pope and pour a lot of energy with of hose around you. Many opportunities are waiting for you. Think twice before you speak to a senior. You may regist the way you respend to them. LIBRA. Friends will bring sumprise for you. Make every effort to relax. Spend time with family members. Meeting more people is most brauching the senior of you you could do things that are not in your long-arm interests. Early next week there will be an event that changes the picture entirely, so be petion! You may find youself engine, and interests. Early next week there will be an event that changes the picture entirely, so posterior. You may find youself enjoying a long conversation, writing a before or making a popular.

projection will improve. Do not follow others, as be pectary, five may find yousself registing along you need to make your own decisions. Any recognition you receive for your work row may be read to find a short-lemm. The project of the project o

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cannot have the color 8+4+8 for 20.

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Example





How many words of four or more letters can you make from the lotters shown in today's puzzle? In making a word, a letter can be used as many times as all passion in the puzzle. Each word must contain the confail letter. There should be at less of seven letter word. Puzzle, foreign words and proper manies are not allowed. British English Dictionery is used as reference.

Now arrange the letters in the circles to form the answer to the ricidle or to fill in the missing word as indicated **SOLUTIONS TO** GAMES/PUZZLES TIMES SUDOKU

HOW TO PLAY

SPELLATHON

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HANDLE WITH CARE - FLAG FERVOUR CAN INVITE FLAK TOO

While you get caught up in the patriotic fervour, don't make these mistakes with the Indian flag that got



ra angle, it blew up into a full-fledged controversy and then a court case that made her consider quitting tennis



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When India won the Cricket World Cupin 2011 and everyone, including Bollywood cicles, spilled out on the streets waving tricolous to celebrate, little did they knew that a momentary lapse would mean getting booked by the poice avear later. While



In June, Rohk Sherma led India to victory at the T20 World Cup Finals. However, that did not make him immune to contrivency. While Rohit and so deflarted the victory, of Figure a handels to the sloppe; who excitedly their did plant the flagin the Barbacks ground – imdeventantly bouching the flag to the ground and attracting the world not the total ranks.



Amitable Backchan decided to calabrate india's sitcory over Pekistan in the World Cap in 2015 by waving a tricelour, and even expressed his joy at wrapping himself up in it. Such a greatley when you drage the national flag over your shoulders, wrapped around in patriotic fervours. It is the ultimate emotion his



In 2015, when Coldplay frontman Chris Nardin performed in Mumbal, he teok one of the flags on the stage and tuxed it into his back pocket something he is known for doing when performing in different countries. The singer pot caught in a political crossfire and two complaints were filed against him, with NCP leader Nawab Malik demanding an appology from Chis.

In 2015, Vijender Singh were shorts with a tricelou on the idea during the WBO Asia Pacific Super Middleweight Life, and a complaint was filled against thin in Delir for Sisrespecting' the Flag. The bower had replied, "Asia and is it is if yor to soling main pelma Asi. I were shorts that had the tricolou in amatteen brooking as well. The symbol is a mattee or pride for the player. The an Indian and I don't need to carry a certificate to prove that. Log agree dain't see duth's achi hoir, deser he suth's sc hoir."

Saina Nehwal honoured for excellence in the field of sports

he Suryadatta Global Bushness Forum (SGBF) recently honoured badmin ton player Padma Bhushna Saina Nohwal with the Suryadatta National Award for Excellence in Sports. The award ceremony took place in New Delli, where the accolade was presented by professor Dr Saniya B Chordiya, the founder president and chairman of the Suryadatta founder president and chairman of the Suryadata Education Foundation along with vice president Susha-ma Senjey Chordiye and chief operating officer (COO) Akshit Kushal of the SEF, Pune

CK, Pune. This honour, which includes a certificate, searf,

This bonour, which includes a certificate, sparf, and truphy, respirits so have a remarkable achievements and significant contributions to the sport of beath inton.

Expressing her gratitude, she said, "I am deeply honoured to receive this sward. Such intitutes play a vital role in inspiring and motivating frume generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping



wind of special belt is stone loward their aspirations. She added, "Every obstacle gives an opportunity to learn, grow, and become stronger."

Dr Chordlya, who is the president of SGBF, addressed the geshering, unplug students to reflect on the values of hard work, determination, and resilience, which will help them achieve their dreams. He further added, "May we all draw inspiration from Saina Nehwal's story and continue to strive for excellence in our own endeavours. Our objective is to celebrate and honour excellence through this award. Becognising outstanding individuals not only acknowledges their achievements but tale serves as a source of inspiration for future generations."

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Milk is a super food and our high protein range is an attempt to bring sufficient protein to the regular Indian diet

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(150) comes with 25% protein and 45% reduced calories. Protein milk comes with 35g protein (66% RDA) in a 256ml pack (66% RDA) in the brand 8 in the 150 km and 150 km and

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FILL MOMOS:

Place a small spoonful of filling in the centre of each dough circle. Be careful not to overfill. Gently fold the dough over the filling to form a half-moon shape.

CREATE PLEATS:
Press the edges firmly to seol,
ensuring no filling leaks out. Fold &
pinch one side of the dumpling over
the other, creating small pleats along

the other, creating small pleats all the edge. STEAM TILL DONE: Check the seals to avoid openings during cooking. Arrange the folce dumplings on a tray brushed with Steam until they turn translucent.





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insider♥

a Parents' eating behaviour often influences how children respond to food: Study

coording to a ScienceDaily report, children efter display similar eating hebaviour as their parents, with a parent's own gating style influencing how they feet their children, research at Aston University revealed.

According to the report, the study suggests that parents can help inculcate healthy eating behaviour in their children by how they eat as well as how they freed their kids. 'A team hell by Professor Jacqueline Bitsself in the School of Psychology and Aston University, asked parents to assess their own eating behaviour and those of their children. The team grouped parents into four eating styles—"typical eating,' and parents into four eating styles—"typical eating,' and granting, and entional eating and 'avoidant eating,' The direct links between child and parent behaviour were particularly clear in parents with avid or avoidant caling behaviours, whose children tended to have similar eating behaviours, whose children tended to have similar eating behaviours, whose children tended to have similar eating behaviour, whose children tended to have similar

Parents are a key influence in children's eating behaviour but equally, they have the perfect opportunity to encourage a balanced diet and healthy eating from a young age in their children

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The Suryadatta Globel Business Forum (SGBF) recently honours of badminton player Padma Bhushen Saina Nehval with the Suryadatta National Award for Excellence in Storics. The award ceremony took place in New beinh, where the accoleacy was presented by professor DF Sanjey B Charoltya, the founder president and chairman of the Suryadate alkention Foundation, along with vice president in Surham Sanjey Choults and their operating office of the Suryadate alternation of the SEP.

This honour which includes a certificate, exarf, and trophy, recognises Saint's remarkable achievements and significant contributions to the sport of bedminton.

Expressing her gratifiade, she said, "I am dooply honoured to roceive this award. Such initiatives play a vital role in his phing and motivating the ture generations to strive for excellence." She told students to never underestimate the importance of determination and hord work, emphosis-

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vated them to view each challenge as a siepping stone toward their aspira-tions. She added, "Every obstacle gives an opportunity to learn, grow, and bosomo strongen." De Chardigy, who is the president of SGRR addressed the gathering, urging students to reflect on the values of hard work, determination, and

Enjoy delicious kaju katri this Rakshabandhan

akshabandhan is all about celebrating the loving connection between brothers and sisters. If a bond tied with intreasks of low and sealed with a sweet real. And when it course to sweets, very little matches the decadent issie of Anul Keigh Karti. After all, no festival is complete without a bit of indulgance. On this special cay, the usual sining squabbles take a backsen, town only the joy of she ing. Sharing love, loughter and, of course, mouth water income.

only the joy of starting, shall aughter and, of course, me ing exects.
When it comes to mithat, if's the quality that sets it apart. Amul Kaju Kart is made with the finest cashew muts to create pure myseic. To add a royal touch to your celebrations, try the Kosar variant, made with real, rich

thing a bit more wholesome, the Gud Kaju Katri is the perfect pick. With premium eash

and natural jaggery topped with shiny silver vark, it's a treat for your

shiny siver values to buds. So, this Rakshabandhan, make evry moment a little sweeter with Amu Mithai. Order on shop.amul.com.

To add a royal touch to your celebrations, try the Kesar variant, made with real, rich kesar. For those craving samething a bit more wholesome, the Oud Kaju Katri is the perfect pick.

hoodies and some cool tees for herself. I found better options for those liked them all
- Nidhi Sharma, stylist thing is that most shorts come with pockets and that's still not the case with most made with real, rich kesar. For those craving

One of my clients wanted buttoned

in menswear and she

collection for men I think athleisure

(or any bottom) picked from the men's section

is better than womenswear. The good

brands in womenswear



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Many female shoppers often go to the

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men's section in clothing stores to look

for more comfortable clothes, better fits

Divya Kaushik

snop from

ne men's

"Don't want to dress up in a fitted shirt every day"

Says Prach's Sharma, a communications professional, and think women's Glothing and designs come with weiler files, you have to try multiple clothes in different sizes just to find one top that looks good on you. While I may dress up in fitted, roopped tops occasionally, I an't wear them every day. So, whenever i want to have a stress-free shopping expenience, I just they from the men's section." Acks Suhran Seth software regimer. "As a plus Size shapper, if I look for a shirt for officewear, most brands will carry fitted options. But I don't us to dress up in a fitted shirt every day. There are days when I just want to be in loose-fit collared shirts and those I find in the men's section."

Whenever I want to buy button-down Whenever I want to buy burion-or shirts, long tees, hoodies and sweatshirts, I go to the men's section. I

mostly find everything I am looking for without even going to women's section - Dhwani Desal, marketing professional 'Parents' food habits can

influence kids response to food'

A coording to a Science Daily re-port, children often display simi lar eating behaviour as their par onts, research at Aston University re-

ceated.

The study suggests that parents can
help inculcate healthy eating behaviour in their children by how they eat

as well as how they feed their kids. "A team led by Professor Jac queline Blissett in

and Neurodevel-opment (IHN) at Aston University, asked paronts to es-sess their own eating behaviour and looked for associations between those behaviours and those of their chil-dren. The team grouped parents into four cating styles—'typical eating,' 'avid cating,' 'emotional eating' and 'avoidant eating'. The direct links be-

Parents are a key influence in children's eating behaviour but equally, they have the equally, they have me perfect opportunity to encourage a balanced diet in their children - Dr Abigail Pickard, lead researcher on the project

tween child and parent behaviour were particularly clear in parents with avid or avoidant cating behaviours, whose children tended to have similar cating behaviour," the report stated.

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SALWAR SUITS . SAREES - KURTAS . KURTA SETS - DRESS MATERIALS - TUNICS . KAFTANS

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Saina Nehwal honoured for excellence in the field of sports

he Suryadatta Global Business Forum (SGBF) recently honoured badminton player Padma Bhushan Saina Nehwal with the Suryadatta National Award for Exce player Pedana Bhushan Saina Netwal with the Suryadata National Award for Excellence in Sports. The award occument to k place in New Delhi, where the accided was recessited by professor Dr Sanlay B Chordiya, the founder president and chair man of the Suryadata Rétucation Foundation along with yotto provident Sushama Sanjar Chordiya and chaf operating officer (COO) Akshit Kashal of the SER Pume.

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Zuckerberg's Roman-style love for Priscilla Chan



Meta CEO installs 7ft-tall statue of his wife Priscilla in the backyard of their residence





n Tuesday Meta CEO Mark Zuckerberg shared on Ins In Tuesday, Metai GEO Mark Zuckerberg shared on Instagram that he had commissioned a statu of his wife, tagram that he had commissioned a statu of his wife, priscilla Chan, as a gesture of love, inspired by the ancient Romans. "Enriging back he Roman tradition of making sculptures of your wife," Zuckerberg captioned the post. In the photo, Chan is seen standing next to the statue, which depicts her likeness. The artwork shows Chan in a wind-blown siber garment. In response to Zuckerberg's post, Chan commented, "The more of me the better" followed by a heart emoj. Zuckerberg's goed saused a quito a sit on the platform. "This is the most billion are thing to do ever." a user registed. "The right woman turns a boy timb a real man" another added. Wife guy level: Advanced, "a user wrote below the post.

Enjoy delicious kaju katri this Rakshabandhan

Askabandhan is all about celebrating the leving connect between brothers and sistors. It is a bond tied with threads of love and sealed with a sweet treat. And when it comes have seven the property of love and sealed with a sweet treat. And when it comes have the consection of love and sealed with a sweet treat. And when it comes have the consection of the social day the consection of the social day the usual sibility squabtles lake a backseat having cuty the joy of sharing. Sharing slows, laughter and, of course, nouth watering awords.

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HOW TO: Care for your velvet clothes during the rainy season

and avoid croases.

PROTECT AGAINST MOULD

Occasionally expose velvet items to indirect sunlight to prever mildew, but avoid long exposure.

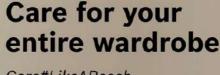


If the velvet gets wet or stained, blot the area with a dry, absorbent cloth. Do not rub, as this can damage the fabric. For small stains, use a damp cloth with a mild detergent.



















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Indian diet
- Jayen Mehta

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Saina Nehwal honoured for excellence in the field of sports



he Suryadatta Global Business Forum
(GGBF) recently honoured badminton
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place in Nove Delai, where the accidence was
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Khushi, Janhvi, Boney remember Sridevi on her 61st birth anniv

Choose good neal to be the protein is important for brilding strength, but often neglected in one with its nowmange of high protein good with its nowmange of high protein products. The brand's high protein range naturally fits in the Indian disk. High protein butter milk and Jussa's come with 15g protein in a 200ml pack (25). Butteenry shade has 20g protein in a 200ml pack (25). Butteenry shade has 20g protein in a 200ml pack (25). Those who profeed to whip up their own receips can use one of India's first laciosaftee when you'cle no constructs, which is available in single serve sachet in plain and chocale flavours. High protein dehic onnes with 5g protein in a 400m protein one with 5g protein in a 400m protein one with 3g protein milk comes with 3g protein flat protein more present play the turnal is launching a high protein.

ence Day, the orana is launching a high protein, lactose-free, low fat *lassi* with no added colour, flavour or



Boney Kapoor and his daugh ters, Janhvi a Khushi, took to socia Khushi, took to social media to share some sweet menorities of Sridevi on the occasion of her flat birth anniversary. Khushi dug out a throwback picture that had her sharing the frame with her mother and sister. Boney also dropped a rukhmani ANNUAL 14th-21st Boney also dropped a portrait of the actress August 2024

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🗐 am proud to have told this story: Sidharth on 3 years of Shershaah



idharth Melhotra's film Shershouh
docked in three years recently The
film was based on the life of Coptain
vikrum Batra, who we sail of 24 when he
laid down his life on the battlefield during
the Kargil Was Sidharth, who essayed the
part of Captain Vikram Batra, earned a lot
of praise for this performance in the film.
The actor said, "Shershouh is a special film
for me. This was my first film that received a
National Award. The process of
Eagthain Vikram Batra was exsultarating and rewarding."
He added, "Very varely of
you come across film she that
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and Shershouh is unfouthed.

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Boshed kove even after a year, and Sheruhach's undoubted by one of them.

On August 12, Sidharth sook to Ensagram, and shared book as till from the film, a pic sure of the late Capitaln between Bestra, as snap with the best of the state of the late Capitaln between Bestra, as snap with the best of the state of the late Capitaln between Bestra, as snap with the state of the late Capitaln bestra and capitaln bestra and the Capitaln bestra and the Capitaln bestra and the capitaln bestra and the state of the late of t

Very rarely do you come across films that continue to give you unabashed love even after a year, and Shershaah is undoubtedly one of them - Sidharth Malhotra

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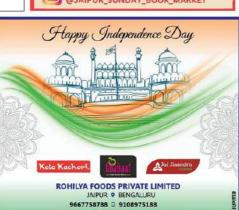


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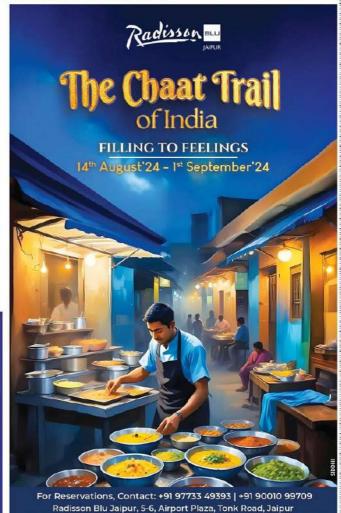
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