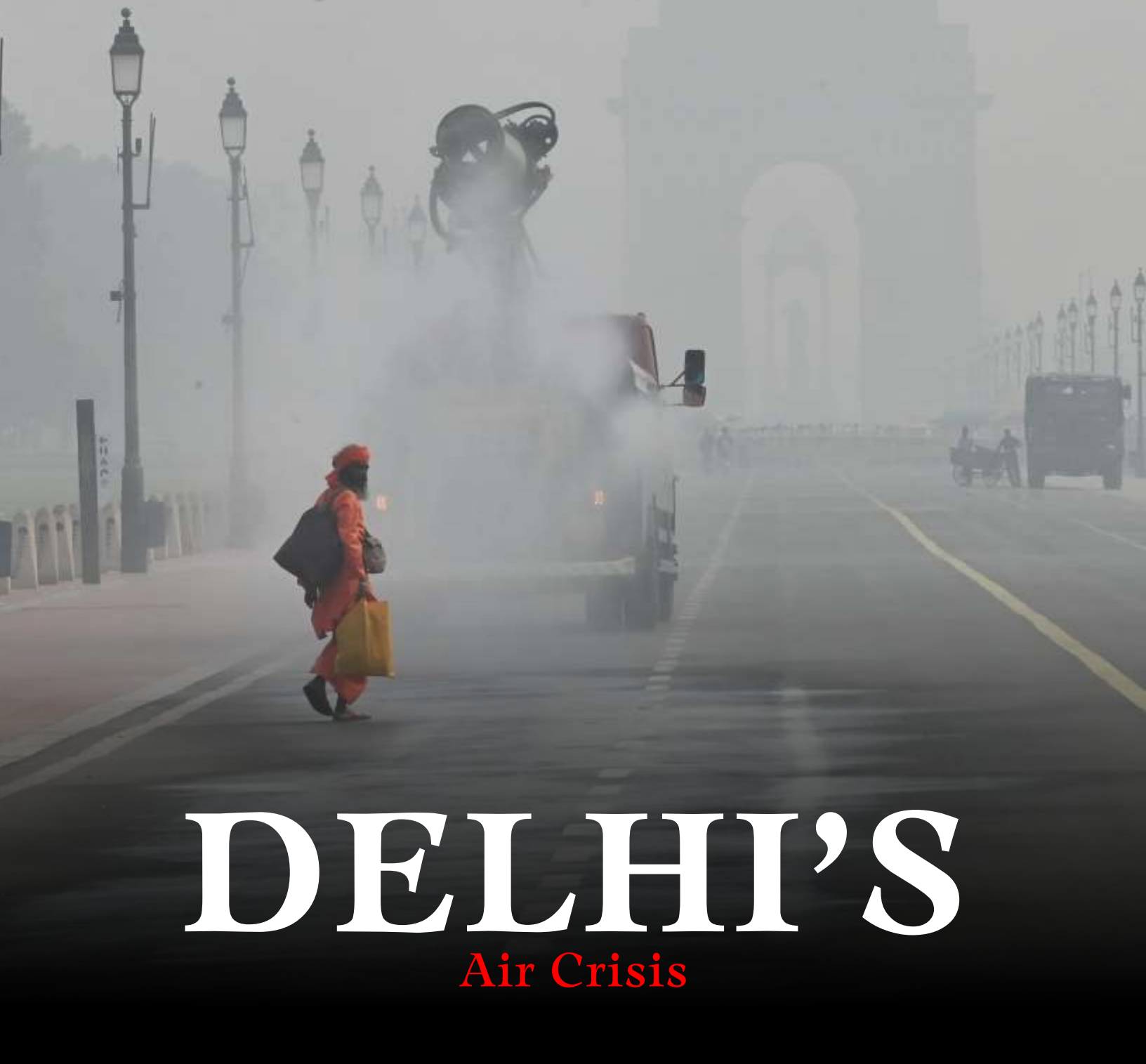
NATIONAL AWARENESS
TIMES
Weekly 11-17 November, 2026 Price ₹20/-



DELHI'S
Air Crisis



For Investment
and joint venture with

Rajasthan Government

in following: -

Facilities

- Commercial Plots
- Industrial Plots
- Group Housing
- Educational Plots
- Hotels
- Hospitals



CONTACT US:

Modern Projcon Pvt. Ltd.
H. Q. – Plot No. H1-99, Salarpur, Bhiwadi, Rajasthan
Gurugram Office- L-22/11, DLF Phase-2, Gurugram, Haryana-122001
Mobile- 7982987829



21-11-1938 — 5-4-2006
Founder Editor:
Late Shri Harbhajan Singh
11-17 November, 2026

Price: - ₹20/-

Chief Editor & Chief of Bureau:
Deepak Singh

Editorial board:
Gurinder Singh, Eminent Journalist
Dr. L.C. Bhartiya,
(Member, Press Council Of India)
Padma Shri Dr. V.K. Shah
Copy Editor Ms. Keeron Ghose
Compiler & Designer Shiv Kumar Chawla

Editor: Gaurav Singh
Head Office:
L-22/11, DLF Phase-II,
Gurgaon-122001.
Phone: - 0124-4065670,
Fax: - 011-24621636
Email:
chiefeditor@nationalawarenesstimes.com

Website:
Www.nationalawarenesstimes.com
Owned, Printed & Published by
Deepak Singh

Pages 20 Including Cover

CONTENTS

FROM CHIEF EDITOR'S DESK	5
DELHI'S AIR CRISIS	6
EVENTS	9
TRUMP'S REPUBLICAN PARTY LOSES CONTROL OF US CONGRESS IN MAJOR MIDTERM SETBACK	11
BLINKIT INTRODUCES ₹2,500 FEE FOR NON-EMERGENCY AMBULANCE TRIPS	12
CRISTIANO RONALDO ANNOUNCES RETIREMENT FROM INTERNATIONAL FOOTBALL	13
TITAN COMPANY STRONG EARNINGS SUPPORT FURTHER STOCK GROWTH	15
ENTERTAINMENT	16
HEALTH: THE HIDDEN DANGERS OF EXCESSIVE SALT CONSUMPTION	17
PIC OF THE WEEK	18
LEARN & PASS IT ON	19

Printed at:

Five Stars Printers,Gaushala Marg, Karol Bagh New Delhi-110005.

Publisher And Editor Are Not Responsible For The View Expressed By The Contributor.



YES!
I WISH TO SUBSCRIBE



indian Observer

A FORTNIGHTLY ON CURRENT AFFAIRS

SUBSCRIBE NOW

Please fill the form in CAPITAL LETTERS

I am enclosing Cheque/DD No. _____

dated _____ drawn on (specify Bank) _____

favouring INDIAN OBSERVER for Rs. _____

(Add Rs. 50/- for non Delhi cheques. Not valid in case of At Par Cheques)

Kindly issue Cheque/ D.D. in favour of " INDIAN OBSERVER"

Please tick your subscription choice

TICK	TERM	NO. OF ISSUES	YOU PAY
	3 Years	72	1650
	2 Years	48	1100
	1 Year	24	550

Date of Birth : D D M M Y Y Y Y

Name _____

Address _____

_____

City _____ State _____ Pin _____

Phone (Resi.) _____ Phone (Off.) _____

Mobile : _____ Email : _____

Signature _____

Send to:
Circulation Manager
INDIAN OBSERVER
F-26, Connaught Place, New Delhi - 110001 (INDIA)
Ph.: 011-23312329 • Email: indian.observer@gmail.com

CHIEF EDITOR DESK



Dear Readers,

On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead to all .

Delhi, the heart of India and home to millions of people, is once again facing a serious air pollution crisis.

US President Donald Trump and the Republican Party have suffered a major political setback after Democrats secured control of both chambers of the United States Congress in the 2026 midterm elections.

Quick-commerce platform Blinkit has introduced a charge of ₹2,500 for non-emergency ambulance trips, drawing attention to the growing role of app-based services in urban healthcare transportation.

Football history has reached an emotional milestone as Cristiano Ronaldo has announced his retirement from international football, bringing an end to an extraordinary 23-year journey with Portugal.

Deepak Singh,
Chief Editor

Representatives Worldwide

Dr. Nabarun Ghose

Dr. Sunil Kanti Roy

Gurmeet S. Sodhi

Narasimhan Ramani

Dr. Balbir Singh Verma

Dr. Anmol S. Kapoor

DELHI'S AIR CRISIS

By Editor – Gaurav Singh



Delhi, the heart of India and home to millions of people, is once again facing a serious air pollution crisis. As winter approaches, a thick layer of smog covers the national capital, turning the morning sky grey and making everyday outdoor activities uncomfortable. From busy roads and crowded markets to residential neighbourhoods and school playgrounds, polluted air has become an unavoidable part of daily life. What was once considered a seasonal environmental problem has now become a recurring public health challenge.

In November 2026, Delhi's Air Quality Index (AQI) has repeatedly entered the very poor category, with several monitoring stations recording levels close to the severe range. On November 11, the city's AQI reached 373, placing it in the very poor category. Several areas, including Chandni Chowk, North Campus, ITO and Chhawla, recorded particularly high pollution levels. The restrictions introduced under the Graded Response Action Plan (GRAP) reflect the seriousness of the situation.

Air pollution is much more than poor visibility or an unpleasant smell in the atmosphere. It directly affects human health and quality of life. Among the most concerning pollutants are PM2.5 and PM10. Fine PM2.5 particles are particularly dangerous because they can travel deep into the lungs and potentially enter the bloodstream. Prolonged exposure increases the risk of respiratory infections, asthma, cardiovascular diseases and other long-term health complications.

The effects are increasingly visible among Delhi's residents. Coughing, throat irritation, watery eyes, headaches and breathing difficulties are common complaints during periods of high pollution. People suffering from asthma, bronchitis and heart-related conditions may experience worsening symptoms. Children, elderly people and pregnant women require particular attention because they are more vulnerable to the harmful effects of polluted air.

Children face additional risks because their lungs are still developing and they generally spend more time outdoors. Schools, playgrounds and sports activities are essential for their physical and mental development, but severe pollution can make outdoor activities unsafe. Parents



are increasingly concerned about their children's exposure during morning walks, sports practice and school activities. Similarly, elderly people with existing respiratory or heart conditions may experience breathlessness and other complications even after relatively short periods of exposure.

Delhi's deteriorating air quality is the result of several contributing factors. Vehicle emissions remain a major concern, particularly in areas with heavy traffic. The capital has millions of private cars, motorcycles, commercial vehicles and buses. Traffic congestion keeps vehicles on the roads for longer periods, increasing emissions. Older vehicles with higher pollution levels add further pressure to the atmosphere.

Construction activities and road dust are also significant contributors. Rapid urban development, infrastructure projects and road construction generate dust that can spread across nearby areas. Uncovered construction materials, poorly managed debris and inadequate dust-control arrangements worsen local air quality. Dust accumulated on roads also becomes airborne as vehicles pass through busy streets.

Industrial emissions and pollution from power generation contribute to the larger problem. Factories and industrial units across Delhi-NCR release pollutants depending on their activities and fuel consumption. Since air pollution does not recognise administrative boundaries, emissions from neighbouring cities and industrial regions can also affect the national capital. This makes air pollution a regional challenge requiring cooperation between multiple states.

Stubble burning in neighbouring agricultural states is another factor that receives considerable attention during winter. After harvesting paddy crops, some farmers burn crop residue to prepare their fields for the next agricultural season. Smoke from these fires can travel towards Delhi-NCR and add to existing pollution. However, stubble burning is only one part of a much larger problem. Vehicle emissions, industrial activity, construction dust and waste burning also contribute significantly. Addressing only one source cannot provide a lasting solution.

Weather conditions make the situation worse during winter. Low temperatures, weak winds and temperature inversion can prevent pollutants from dispersing into the atmosphere. As a result, polluted air remains concentrated closer to the ground, where people breathe.

Festival-related firecracker emissions can further increase pollution when combined with existing sources and unfavourable weather conditions.

Government agencies have introduced several measures to control pollution, including restrictions on construction activities, action against polluting vehicles, road dust management and limitations on certain industrial operations. The Graded Response Action Plan provides different levels of emergency measures according to pollution severity. While these restrictions can help reduce additional emissions during critical periods, they cannot independently eliminate the underlying causes.

A lasting solution requires consistent planning throughout the year. Improving public transportation should be a major priority. Delhi already has an extensive metro network and bus services, but public transport must become more convenient, affordable and accessible. Increasing electric bus services, improving last-mile connectivity and developing safer walking and cycling infrastructure can reduce dependence on private vehicles.

Construction companies must follow strict environmental standards. Building materials should be covered, construction sites should use appropriate dust-control systems and transportation vehicles should be properly managed. Regular monitoring and penalties for violations can encourage compliance. Similarly, scientific road-cleaning methods and effective dust management should become regular municipal responsibilities.

Agricultural solutions are equally important. Farmers need affordable machinery, financial assistance and practical alternatives to burning crop residue. Technologies that convert agricultural waste into bioenergy, compost and other useful products can provide economic opportunities while reducing pollution. Cooperation between governments, agricultural institutions and farming



communities is essential to make these alternatives accessible.
Better waste management is another necessary step. Open burning of household waste, leaves and other materials releases harmful pollutants. Municipal authorities must ensure regular waste collection, proper segregation and scientific disposal. Citizens should also avoid burning garbage and support responsible waste-management practices.
Science and technology can play an important role in improving air quality. Advanced monitoring systems, pollution forecasting and cleaner industrial technologies can help authorities identify pollution sources and respond effectively. Research institutions and universities can contribute by developing affordable air filtration systems, sustainable energy solutions and environmentally friendly technologies. Accurate public information is equally important so that residents understand pollution levels and take appropriate precautions.
Individual responsibility also matters. People can reduce unnecessary vehicle use, share transport, maintain their vehicles and avoid open waste burning. During periods of very poor air quality, strenuous outdoor exercise should be limited, especially for children, elderly people and individuals with existing health conditions. Properly fitted particulate-filtering masks can provide additional protection outdoors, while maintaining cleaner indoor environments can help reduce exposure.



However, citizens cannot solve a citywide pollution crisis alone. Government departments, industries, municipal authorities and neighbouring states must work together. Pollution control should not become an emergency exercise limited to the winter months. It requires year-round monitoring, consistent enforcement and long-term environmental planning.
Delhi's pollution crisis also offers an opportunity to rethink urban development. Economic growth and environmental protection should go hand in hand. Cleaner public transport, energy-efficient buildings, sustainable construction and responsible industrial practices can support development while protecting public health. Investing in clean air means investing in healthier citizens, better productivity and a higher quality of life.
The right to breathe clean air is fundamental to a healthy life. For millions of people living in Delhi, it should not be a privilege dependent on weather conditions. The challenge is not simply to reduce pollution for a few weeks but to create an environment where residents can breathe safely throughout the year.
Delhi has the scientific knowledge, institutional resources and technological capabilities to make meaningful progress. What is needed is continuity, accountability and collective action. The future of the capital should not be defined by its pollution levels, but by its ability to overcome them. Clean air must become a shared priority because the health of a city ultimately depends on the quality of the air its people breathe.

EVENTS



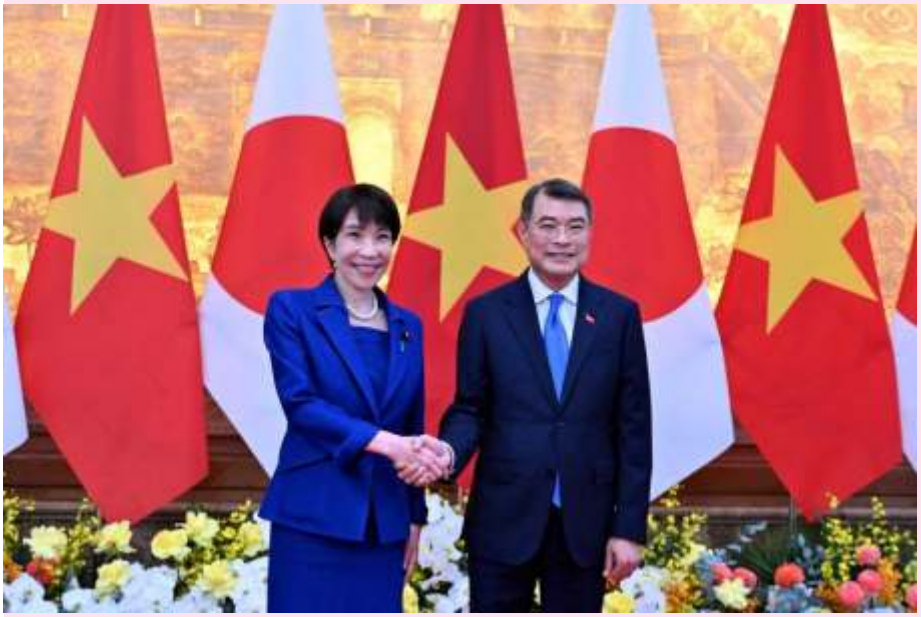
President Asif Ali Zardari's official visit to Kyrgyzstan included discussions with President Sadyr Japarov on bilateral relations and cooperation between the two countries.

India and Canada held their inaugural Defence Dialogue, opening a formal platform for discussions on defence cooperation and bilateral security engagement.





Turkish President Recep Tayyip Erdoğan met South Korean President Lee Jae-myung in Seoul. The bilateral meeting focused on strengthening diplomatic and economic relations.



Vietnamese President To Lam held talks with Japanese Prime Minister Sanae Takaichi in Tokyo, reflecting continued diplomatic engagement between the two Asian countries.



Minister of State for Commerce and Industry Jitin Prasada visited Poland to strengthen cooperation in trade, investment and technology, highlighting India's growing engagement with European partners.



Leaders from Slovakia, Czechia, Hungary and Poland gathered in Bratislava, with European Commission President Ursula von der Leyen also attending discussions on regional and European issues.

TRUMP'S REPUBLICAN PARTY LOSES CONTROL OF US CONGRESS IN MAJOR MIDTERM SETBACK



US President Donald Trump and the Republican Party have suffered a major political setback after Democrats secured control of both chambers of the United States Congress in the 2026 midterm elections. The results mark a significant shift in American politics, ending Republican control of the House of Representatives and the Senate and creating a challenging political environment for the Trump administration during the final two years of his presidency.

The Democratic victory reflects growing public dissatisfaction with several key issues, including rising living costs, economic uncertainty, the ongoing conflict with Iran and concerns about the administration's policies. Voters used the midterm elections to express their expectations for a different political direction, delivering an impressive performance for the opposition across several traditionally Republican areas.

One of the most significant developments was the Democrats' success in the Senate. The party secured at least 54 seats, giving it control of the upper chamber when the new Congress begins in January 2027. Democrats also achieved a substantial victory in the House of Representatives, where they secured a commanding majority. According to projections, the party is expected to hold around 259 seats, while Republicans are projected to have approximately 176 seats once the remaining contests are resolved.

The results were particularly striking in states that have traditionally supported Republican candidates. Democrats achieved historic victories in Texas, Kansas and South Carolina, challenging the Republican Party's longstanding electoral strength in these regions. These victories demonstrated that political loyalties in the United States are not permanent and that voter priorities can reshape the national political landscape.

Economic concerns played an important role in the election. Many Americans have been struggling with higher household expenses, fuel prices and uncertainty about employment and economic growth. The impact of tariffs and the administration's approach to international conflicts also became major campaign issues. Democrats focused their message on affordability, accountability and the need for stronger congressional oversight of the executive branch.

For Trump, losing control of both chambers presents a considerable challenge. During the first two years of his second term, Republicans controlled Congress, allowing the administration to advance much of its legislative agenda with relatively limited opposition. The new political arrangement will make that process considerably more complicated. Democrats are expected to use their congressional majority to examine government policies, investigate decisions made by the administration and push legislation focused on reducing living costs, healthcare and public services. They will also have greater authority over congressional committees and legislative priorities. However, passing major legislation will still require negotiations, particularly in the Senate, where many bills need broader support to overcome procedural obstacles.

The Republican Party, meanwhile, faces an important period of political reassessment. Party leaders will need to examine the reasons behind the electoral losses, reconnect with voters and develop a strategy ahead of the 2028 presidential election. Internal disagreements over leadership, economic policies and the party's future direction could become increasingly visible. Despite the setback, Trump retains presidential powers, including the ability to veto legislation passed by Congress. This means the coming two years could involve intense negotiations, political disagreements and efforts by both parties to protect their priorities. The 2026 midterm elections have therefore become more than a routine electoral contest. They represent a powerful reminder of the role voters play in determining the balance of political power. For Democrats, the victory brings both opportunity and responsibility. For Republicans, it signals the need for reflection and renewal.

BLINKIT INTRODUCES ₹2,500 FEE FOR NON-EMERGENCY AMBULANCE TRIPS



Quick-commerce platform Blinkit has introduced a charge of ₹2,500 for non-emergency ambulance trips, drawing attention to the growing role of app-based services in urban healthcare transportation. The move highlights an important distinction between emergency medical response and scheduled patient transport, while raising questions about affordability, service expectations and the responsibilities of technology companies entering the healthcare space.

Ambulance services are generally associated with urgent situations in which every minute can matter. However, not every ambulance journey involves a medical emergency. Patients may need transportation between hospitals, travel home after treatment, attend scheduled medical appointments or reach diagnostic centres while requiring assistance and monitoring. Such journeys are commonly described as non-emergency patient transport.

By introducing a fixed fee for these trips, Blinkit appears to be positioning the service as an option for people who need organised medical transportation rather than immediate emergency intervention. A dedicated ambulance service can be useful for patients who cannot safely travel in a regular car, including elderly people, individuals recovering from surgery and those with limited mobility. Depending on the ambulance category and the patient's condition, the vehicle may also provide basic medical support during the journey.

The ₹2,500 charge, however, is likely to become an important consideration for families comparing transport options. The final cost of an ambulance journey can depend on several factors, including distance, vehicle type, medical equipment, staff availability and the level of assistance required. A fixed fee may offer clarity at the time of booking, but customers will need clear information about the distance covered, waiting charges, additional services and any conditions attached to the price.

The development also reflects the wider expansion of quick-commerce and delivery platforms into services beyond groceries and household essentials. Digital platforms are increasingly exploring ways to use their technology, local networks and app-based booking systems to address everyday urban needs. Healthcare transportation is a particularly sensitive area because reliability, trained personnel and patient safety are more important than speed of booking alone.

For such a service to build public confidence, transparency and operational standards will be essential. Customers should be able to understand whether the ambulance is equipped for their requirements, what level of medical assistance is available and how the service handles patients whose condition worsens during transit. A non-emergency booking should never be mistaken for an emergency response facility.

People facing severe symptoms such as chest pain, breathing difficulty, unconsciousness or signs of stroke should contact emergency medical services immediately rather than rely on a scheduled transport option. In India, the national emergency response number 112 can be used to seek urgent assistance.

Blinkit's move brings attention to an often-overlooked part of healthcare: safe and dependable transportation for patients who do not require emergency intervention but still need more support than an ordinary vehicle can provide. If delivered with clear pricing, suitable equipment and trained staff, app-based ambulance booking could make planned patient transport more accessible. Its long-term value, however, will depend on whether convenience is matched by safety, affordability and dependable service.

CRISTIANO RONALDO ANNOUNCES RETIREMENT FROM INTERNATIONAL FOOTBALL



Football history has reached an emotional milestone as Cristiano Ronaldo has announced his retirement from international football, bringing an end to an extraordinary 23-year journey with Portugal. The 41-year-old forward made the announcement on November 5, 2026, through a video message on social media, confirming that he would hand back Portugal's iconic number 7 shirt after the November international break.

Ronaldo's decision marks the conclusion of one of the most remarkable careers ever witnessed in international football. Since making his senior debut for Portugal in August 2003, he has represented his country in 234 matches and scored a record-breaking 146 international goals. These achievements have made him the men's international football record holder for both appearances and goals.

His journey with Portugal was filled with historic moments, unforgettable performances and major achievements. One of the most significant milestones came in 2016, when he captained Portugal to its first European Championship title. Despite being forced to leave the final against France through injury, he remained actively involved in supporting his teammates from the sidelines as Portugal secured a memorable victory.

Ronaldo also played an important role in Portugal's success in the UEFA Nations League, helping the country lift the trophy in 2019 and again in 2025. His leadership, determination and ability to perform under pressure helped establish Portugal as a major force in international football.

Another remarkable achievement was his participation in six FIFA World Cup tournaments, from 2006 to 2026. He became the first player in men's football history to score at six different editions of the tournament. Although Portugal's 2026 World Cup campaign ended in the round of 16 against eventual champions Spain, Ronaldo's international legacy remained firmly established. In his retirement message, Ronaldo described the decision as difficult, explaining that it was guided not only by his mind but also by his heart. He thanked his family, teammates, coaches, staff members and supporters who stood beside him throughout his journey. He also reflected on how representing Portugal had been one of the greatest honours of his life.

The Portuguese Football Federation responded with a tribute, expressing deep gratitude for his contribution to the national team. It described him as an inspiring leader whose dedication and achievements had influenced generations of young footballers. The federation also announced its intention to organise a special tribute to celebrate his international career.

Although Ronaldo is retiring from international duty, his professional football journey is not over. He is expected to continue playing for Saudi Arabian club Al-Nassr, where he remains focused on adding to his remarkable career achievements.

Ronaldo's departure leaves a significant place to fill in Portuguese football. His goals, records, leadership and commitment have become part of the country's sporting identity. More importantly, his journey from a young boy in Madeira to one of the world's most recognised athletes demonstrates the importance of ambition, discipline and perseverance.

The number 7 shirt will now belong to a new generation, but Ronaldo's contribution to Portugal will remain part of football history. His international career may have ended, yet the memories created over more than two decades will continue to inspire supporters and aspiring footballers around the world.

LOVED BY ME
TRUSTED BY MILLIONS

95% of women feel **LUX** gives them soft, beautiful glowing skin.*

One of the many reasons, LUX is loved and used by over **150 million** households.



LUX IS
INDIA'S
MOST
TRUSTED
SOAP^



LUX

*Data as per consumer market surveys conducted by IPSOS during the period 2019 and 2020

TITAN COMPANY STRONG EARNINGS SUPPORT FURTHER STOCK GROWTH



Titan Company, one of India's leading lifestyle and consumer businesses, has attracted investor attention following its strong second-quarter performance for FY2026-27. The company reported a 54% year-on-year increase in consolidated net profit to ₹1,722 crore, excluding a one-time accounting gain. Its total income also rose approximately 25% to ₹20,533 crore, reflecting healthy demand across its major business segments.

The jewellery business remained the biggest contributor to Titan's performance. Domestic jewellery revenue increased around 21%, supported by demand for brands such as Tanishq, Mia and CaratLane. Studded jewellery also recorded strong growth, indicating that consumers continue to show interest in premium and design-focused products despite fluctuations in gold prices. Titan's international jewellery operations also expanded, supported partly by its Damas business.

The company's watches and eyewear segments delivered encouraging results. Watch revenue grew approximately 27%, while eyewear revenue increased around 28%. Demand for premium watches, an improved retail network and a wider product range supported this performance. Titan also continued expanding its store network, strengthening its presence in India's growing organised retail market.

Another important factor for investors is the company's ability to maintain growth across different consumer categories. Its established brands, retail network and customer trust provide a strong business foundation. Rising disposable incomes, organised retail expansion and growing demand for branded jewellery and lifestyle products could offer further opportunities over the coming years.

Market reaction was also positive. Titan shares gained attention following the quarterly results, with the stock rising during trading on November 6. Several brokerages expressed optimism about its growth prospects, although their assessments and price targets differed.

However, investors should also consider the risks. Gold-price volatility can influence jewellery demand, while intense competition and changing consumer spending patterns may affect margins. Titan's valuation is another important consideration, as strong business performance does not automatically mean that a stock is available at an attractive price.

Titan's latest results highlight the strength of its established brands and diversified consumer businesses. Its future performance will depend on sustained demand, profitable expansion and the company's ability to manage costs and competition. For long-term investors, Titan remains an interesting company to watch, but careful evaluation of its valuation and business risks is essential before making an investment decision.

RAMAYANA ENDS WITH A BIG SURPRISE: MAKERS CONFIRM DIWALI 2028 RELEASE FOR PART 2



On July 3, 2025, the makers of Ramayana unveiled the film's first asset, significantly amplifying the buzz surrounding the much-awaited magnum opus. The announcement also confirmed that while the first part would arrive in cinemas on Diwali 2026, the sequel was scheduled for a Diwali 2027 release. However, on October 23, Bollywood Hungama exclusively broke the news that Ramayana 2 had been postponed by a year to Diwali 2028. The report went viral and sparked considerable discussion among fans and trade circles.

Now, Bollywood Hungama's exclusive scoop has been proven 100% accurate. The first part of Ramayana concludes on a spectacular note, following which the makers reveal the release date of the sequel. The slate officially confirms that Ramayana 2 will arrive in cinemas on Diwali 2028.

Interestingly, this isn't the only Bollywood Hungama exclusive that has turned out to be accurate. We were also among the first to reveal that Sunny Deol's much-awaited appearance as Lord Hanuman would be reserved for the concluding moments of the first part. True to our report, the superstar makes a grand entry as Lord Hanuman while the end credits roll, providing a rousing finale and setting the stage for an even grander second instalment.

On September 1, Bollywood Hungama had published an exclusive report in which a source revealed, "The idea is to leave the audience on a massive high, much like the ending of the first Baahubali. The 'Kattappa ne Baahubali ko kyun maara?' moment created tremendous curiosity and considerably amplified the excitement for the second film. Similarly, the makers of Ramayana are hoping that the introduction of Lord Hanuman at the end of Part 1 will create a frenzy in cinemas and leave audiences eagerly waiting for the sequel."

With Sunny Deol's grand introduction and the confirmation of the Diwali 2028 release date, the makers have ensured that the anticipation surrounding Ramayana 2 begins well before the curtains come down on the first part.

HRITHIK ROSHAN ATTENDS LACMA ART + FILM GALA 2026, BECOMES FIRST MAINSTREAM INDIAN ACTOR TO GRACE EVENT



Actor Hrithik Roshan attended the 15th edition of the LACMA Art + Film Gala, held in Los Angeles on November 7. His appearance at the annual event marks a notable moment for Indian representation at the international cultural gathering, with Hrithik reportedly becoming the first mainstream Indian actor to attend the gala.

The event, presented by Gucci, celebrates achievements in art and filmmaking. It is co-chaired by Hollywood actor Leonardo DiCaprio and entrepreneur Eva Chow. This year's edition honoured filmmaker Denis Villeneuve, known for directing Dune, and artist Vija Celmins for their contributions to cinema and the visual arts.

Hrithik Roshan opts for Brunello Cucinelli at LACMA Gala

For the occasion, Hrithik opted for a custom tuxedo by Italian luxury fashion house Brunello Cucinelli. The actor kept his look classic, choosing a formal ensemble for the black-tie gathering.

Hrithik was hosted at the event by Kavita Gupta, an Indian-origin producer and venture capitalist who is also a member of the International Emmy Board. Gupta has been involved in promoting Indian talent on international platforms. Leonardo DiCaprio, Nicole Kidman and other celebrities attend

The LACMA Art + Film Gala brought together several prominent names from the worlds of entertainment, fashion, art and business. Among those in attendance were Leonardo DiCaprio, Tom Hanks, Timothée Chalamet, Nicole Kidman, Andrew Garfield, Anya Taylor-Joy, Rufus Sewell, Ashley Park, Jessica Williams and Monica Barbaro.

Entrepreneurs and fashion personalities, including Kylie Jenner and Kim Kardashian, were also present at the gathering.

THE HIDDEN DANGERS OF EXCESSIVE SALT CONSUMPTION



Salt is an essential part of our daily diet. It adds flavour to food and provides sodium, a mineral that helps regulate fluid balance, supports nerve function and enables muscles to work properly. However, consuming too much salt can silently affect our health over time. Since many people eat more salt than their bodies need, understanding its hidden dangers is an important step towards a healthier lifestyle.

One of the biggest health risks associated with excessive salt consumption is high blood pressure. Sodium causes the body to retain water, which can increase the volume of blood circulating through the blood vessels. This may raise blood pressure and place additional strain on the heart. High blood pressure is often called a silent condition because it may not produce noticeable symptoms, even when it is gradually damaging the body.

Over time, uncontrolled high blood pressure increases the risk of serious cardiovascular problems, including heart attacks and strokes. The heart has to work harder to pump blood, while increased pressure can damage blood vessels. Reducing salt intake is therefore an important part of protecting long-term heart health, particularly for people who already have high blood pressure.

Excessive sodium can also affect kidney health. The kidneys help maintain the body's balance of water and minerals by filtering waste from the blood. When sodium intake remains high, the kidneys may have to work harder to remove the excess. For people with existing kidney problems, too much sodium can make it more difficult to control blood pressure and fluid levels.

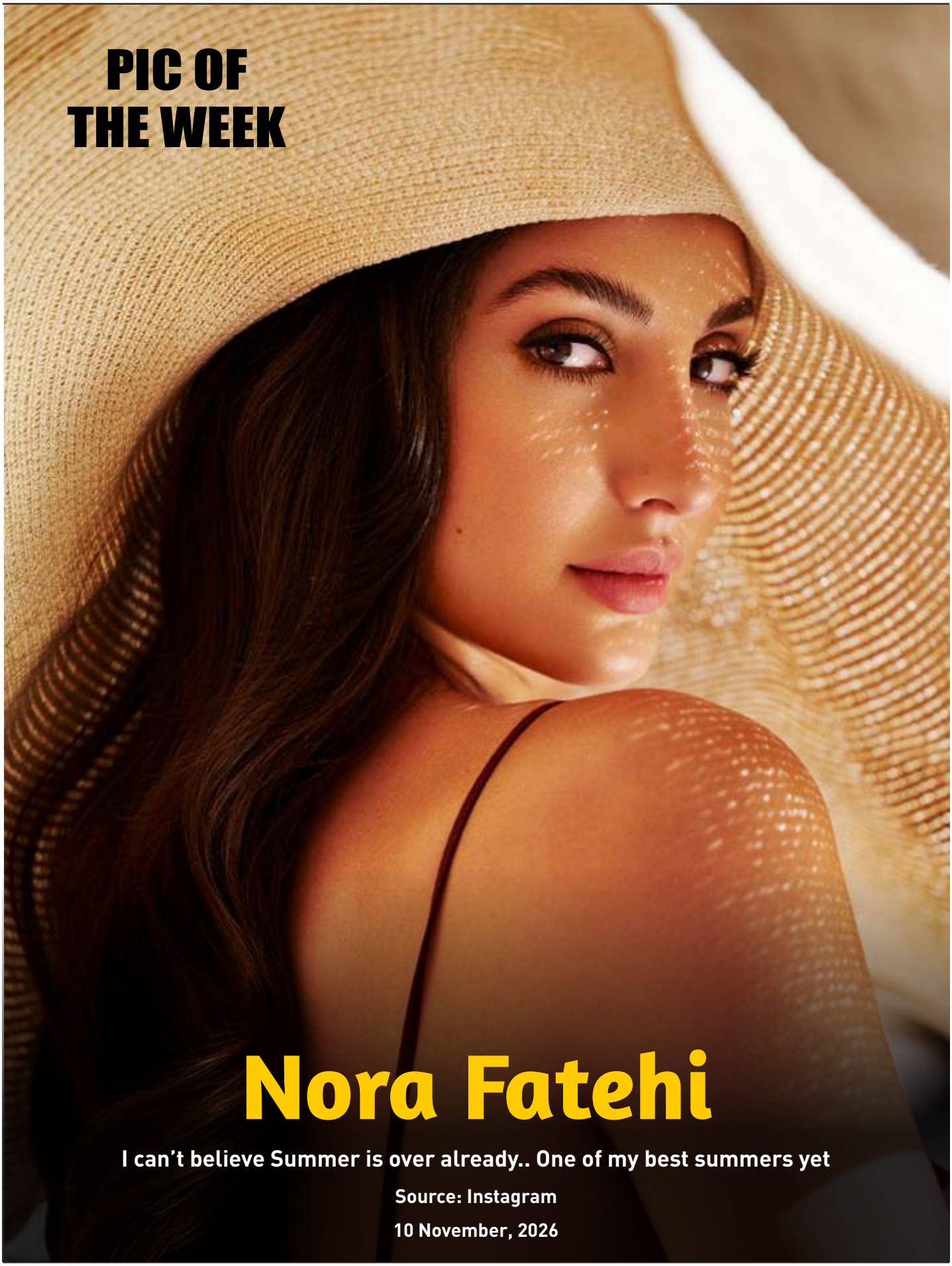
Another concern is that excessive salt may contribute to calcium loss through urine. Over time, this can potentially affect bone health, particularly when overall calcium intake is inadequate. High-salt diets may also cause water retention, leading to temporary swelling or puffiness, especially around the hands, feet and face.

The surprising part is that most people do not consume excess salt only through the salt added while cooking. A significant amount can come from packaged and processed foods. Pickles, papads, namkeen, chips, instant noodles, sauces, ready-to-eat meals and processed meats can contain considerable amounts of sodium. Even foods that do not taste particularly salty may contain hidden sodium.

The World Health Organization recommends that adults consume less than 2,000 milligrams of sodium per day, equivalent to less than 5 grams of salt. This includes salt already present in food as well as salt added during cooking and at the table.

Reducing salt intake does not mean sacrificing taste. Herbs, lemon juice, garlic, ginger, pepper and other natural spices can add flavour without relying heavily on salt. Choosing fresh foods, checking nutrition labels and limiting packaged snacks can also make a significant difference. Avoiding the habit of adding extra salt at the dining table is another simple step.

Salt is necessary for the body, but moderation is essential. Small dietary changes made consistently can help protect the heart, kidneys and overall well-being. By becoming more aware of hidden sodium in everyday foods, we can make healthier choices and reduce the long-term risks associated with excessive salt consumption.


PIC OF
THE WEEK
Nora Fatehi
I can't believe Summer is over already.. One of my best summers yet
Source: Instagram
10 November, 2026

WHY DO WE OFFER FLOWERS TO GOD?



Offering flowers to God is one of the most beautiful and meaningful traditions in Hindu worship. Whether in temples or at home, devotees place fresh flowers before their favourite deities as an expression of love, respect and devotion. This simple ritual carries a deeper spiritual message that goes beyond the beauty and fragrance of flowers.

In Hindu tradition, flowers are considered symbols of purity, positivity and the beauty of nature. Their freshness and fragrance represent a sincere heart and a peaceful mind. When devotees offer flowers, they express their gratitude to the divine and acknowledge the blessings they receive in life. It is not the cost or quantity of flowers that matters, but the devotion and sincerity behind the offering.

Flowers also remind us of the importance of humility. A beautiful flower blooms, spreads its fragrance and eventually fades away. In a similar way, human life is temporary, and our actions should be guided by kindness, goodness and humility rather than pride. Offering flowers can therefore serve as a reminder to let go of negative thoughts and cultivate positive qualities within ourselves.

Different flowers are traditionally associated with different deities. For example, the lotus is closely connected with Goddess Lakshmi and Lord Brahma, while marigolds are commonly used in worship and festive decorations. Red flowers are often offered to Goddess Durga and Lord Ganesha. These customs reflect the rich diversity of Hindu traditions and devotional practices.

The act of offering flowers also teaches us to appreciate nature. Flowers are gifts of the natural world, and placing them before God can remind us to respect and care for the environment.

Ultimately, offering flowers is not simply a religious ritual. It is an expression of love, gratitude and surrender. The true offering is a pure heart, kind thoughts and good deeds. When devotion comes from within, even a single flower becomes a beautiful symbol of faith.



If Undelivered, Please Return To :

NATIONAL AWARENESS TIMES
INDIA'S NATIONAL WEEKLY
L-22/11, DLF Phase-II, Gurgaon-122001.