

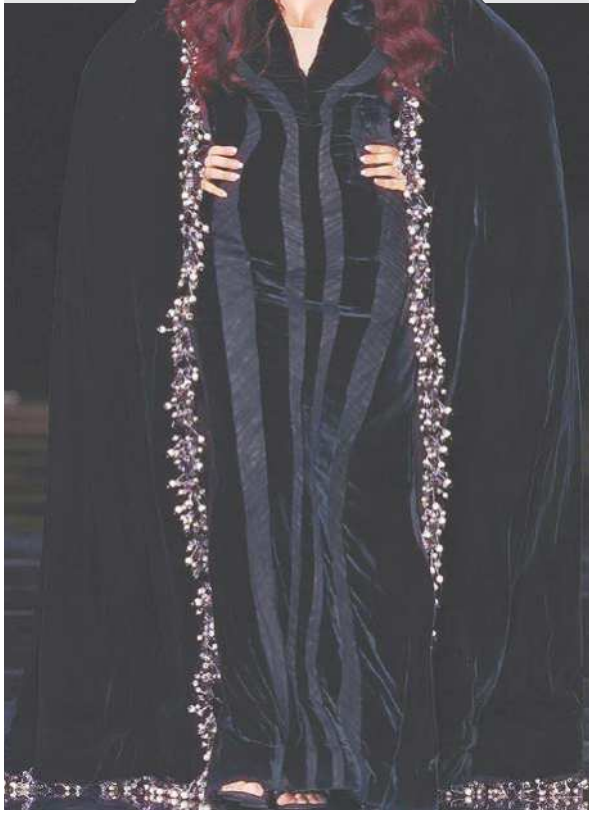
# Aishwarya Rai Bachchan Stuns at Paris Fashion Week in Royal Crimson Glam

A first look at the icon's runway glam at Place Joffre, set against the iconic Eiffel Tower

Aishwarya stepped out in a Royal Crimson Glam look that brought together bold beauty, rich colour and timeless glamour. Her return marks several years of her journey with L'Oréal Paris on the global fashion stage, celebrating the spirit of "Express Your Worth."

Aishwarya's beauty look made a powerful statement with a deep bold lip. Her signature red lipstick made a comeback with L'Oréal Paris Infallible Matte Resistance Liquid Lipstick in shade 423 Audacious Red, one of five new shades from the L'Oréal Paris Runway Matte Collection. With its intense colour payoff and comfortable matte finish, the statement red brought depth and confidence to the look. Her complexion was perfected with L'Oréal Paris Infallible Cushion Foundation in shade N140, delivering lightweight flawless coverage with a semi-matte finish.

L'Oréal Paris Panorama Waterproof Mascara for bold, voluminous lashes and the L'Oréal Paris Infallible Grip Matte Liquid Liner in shade 01 Matte Black for added definition and intensity to her eyes. The look was finished with L'Oréal Paris Infallible 3-Second Setting Spray, keeping her makeup flawless and intact for the runway. The Royal Crimson Glam look was completed with a Yara Shoemaker corseted black velvet fishtail gown, featuring a velvet-embellished cape and paired with a jewelled crown, bringing a regal sense of drama and grandeur to Aishwarya's appearance on the Paris runway. Paired with her bold red lip and glamorous beauty look, the statement ensemble came together as a powerful celebration of confidence, individuality and timeless glamour, bringing the spirit of "Express Your Worth" to life.



# Nutrition through a woman's life: What your body needs in your 20s, 30s, 40s and 50s

EDWINA RAJ

A woman's nutritional needs change as she moves through different stages of life. The food that supports the body in the 20s may not be enough in the 40s or 50s. Hormonal changes, pregnancy, work stress, bone health and metabolism all influence what the body needs. Eating a balanced diet at every age can help women stay healthy, energetic and active.

### Your 20s: Build a Strong Foundation

The 20s are an important time to build healthy eating habits. Women should focus on protein, iron, calcium, healthy fats, vitamins and minerals. Iron is especially important because of monthly menstrual blood loss. Green leafy vegetables, lentils, beans, eggs, nuts and seeds can be included regularly. Vitamin C-rich foods such as oranges, guava and amla can help the body absorb iron. Protein from eggs, pulses, dairy, soy, nuts and seeds supports muscles and overall health. Calcium and vitamin D are also important for building and maintaining strong bones.

### Your 30s: Support Energy and Hormonal Health

The 30s often bring busy work schedules, family responsibilities and, for many women, pregnancy and motherhood. Nutrition should support energy while also helping maintain a healthy weight. Protein, fibre, iron, calcium, folate and omega-3 fats deserve attention. Women planning pregnancy should discuss folic acid supplementation with their doctor. Whole grains, vegetables,

Women's nutritional needs evolve with age, hormones, lifestyle and changing health priorities. From building strong bones in the 20s to protecting muscle and heart health later in life, the right nutrients can support wellbeing at every stage. A balanced, varied diet tailored to each life stage can help women maintain energy, strength and overall health through the years

fruits, pulses, dairy, eggs, nuts and seeds can form the base of a healthy diet. Limiting highly processed foods, excess sugar and sugary drinks is equally important.

### Your 40s: Protect Muscle, Bones and Metabolism

During the 40s, changes in metabolism and hormones may make weight management more difficult. Muscle mass can also gradually decline without adequate protein and physical activity. A protein-rich diet, along with regular strength exercises, can help preserve muscle. Calcium and vitamin D remain important for bone health. Foods rich in fibre can support digestion and heart health. This is also a good stage to pay attention to blood pressure, blood sugar and cholesterol. Regular health checks, along with



a balanced diet, can help identify problems early.

### Your 50s: Focus on Bone and Heart Health

Around menopause, falling oestrogen levels can affect bone health, body composition and heart health. Calcium and vitamin D become particularly

important. Milk, curd, ragi, sesame seeds and leafy greens can contribute to calcium intake. Protein should remain part of every meal to help maintain muscle strength. Fruits, vegetables, whole grains, pulses, nuts and seeds provide fibre and essential nutrients.



### Healthy Eating at Every Age

There is no single diet that works for every woman. Nutritional needs depend on age, activity, health conditions and lifestyle. However, the basic principle remains the same: eat a variety of minimally processed foods, include enough protein

and fibre, stay hydrated and maintain regular physical activity. Good nutrition is not about following a restrictive diet. It is about giving the body the right nutrients at every stage of life.

(The writer is a Head of Services - Clinical Nutrition & Dietetics, Aster CMI Hospital, Bangalore)

# Dhanya Vasanta wins Dame Marie Bashir Peace Prize 2026

## TELUGU GIRL MAKES HER MARK IN COMMUNITY SERVICE

MV SYAM SUNDAR

IN a proud moment for the Telugu community across the globe, Dhanya Vasanta, a young NRI student of Telugu origin, has been conferred the

Dame Marie Bashir Peace Prize 2026. The award was presented on Monday at the New South Wales (NSW) State Parliament, Sydney, recognising her outstanding contributions to community service,

youth leadership, and promotion of peace. Dhanya's work reflects exceptional initiative and impact at a young age. She founded "A Little Library" when she was just 12-year-old, beginning

with a donation of 200 books to Westmead Children's Hospital. Under her leadership, the initiative has grown into a grassroots literacy movement—collecting over 10,000 books, distributing books to regional, remote Australian communities, communities overseas in African countries. She has also built partnerships with multiple organisations, raised funds to sustain the initiative, and mobilised volunteers. Her service extends beyond literacy.

For over four years, Dhanya has volunteered weekly at a music therapy clinic, supporting children with physical disabilities and neurodivergence to build communication, emotional resilience, and confidence. She has also actively advocated for the importance of music therapy through student publications.

A strong youth leader, Dhanya has contributed to community engagement through initiatives such as the Northern Beaches Youth Advisory Group and "Have Your Say Day," which drew significant youth participation. Her international pen-pal initiative fosters cultural understanding between Australian and Japanese students. Within her school, she has founded a Japanese Club, mentored younger students, led peer tutoring initiatives, and supported social causes including

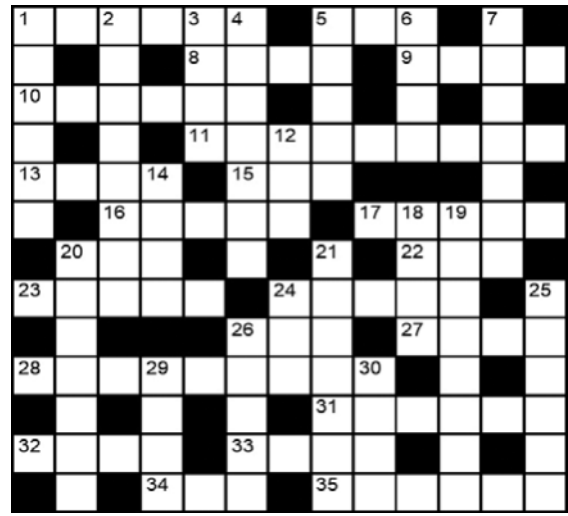


Dhanya Vasanta receiving the award in Australia on Monday.

fundraising for community programs. Dhanya is the granddaughter of Potluri Bhaskara Rao, president of the Andhra Pradesh Chambers of Commerce and Industry Federation (AP Chambers), adding further pride to the Telugu Diaspora. This distinguished

recognition highlights not only Dhanya's individual accomplishments but also the growing global impact of Indian-origin youth. Her journey stands as an inspiration to young people worldwide, exemplifying compassion, leadership, and commitment to societal good.

## CROSSWORD



- ACROSS**
- Unfortunate occurrence (6)
  - Legal right (3)
  - Roman censor (4)
  - Asian noble's title (4)
  - In \_\_\_ of : pro ? (6)
  - Euphemism for hell (9)
  - Goes astray (4)
  - \_\_\_ away : escaped ? (3)
  - Bestow upon (5)
  - Contraction of has not (5)
  - Influenza (3)
  - Voice of America (3)
  - Perhaps (5)
  - Long fictional narrative (5)
  - Black beetle (3)
  - Applies friction to (4)
  - Former British coin (9)
  - Home of St Francis (6)
  - Kid's claim (4)
  - Mahler's "Das Lied von der \_\_\_" (4)
  - Scoundrel (3)
  - A colour made by mixing red and yellow (6)

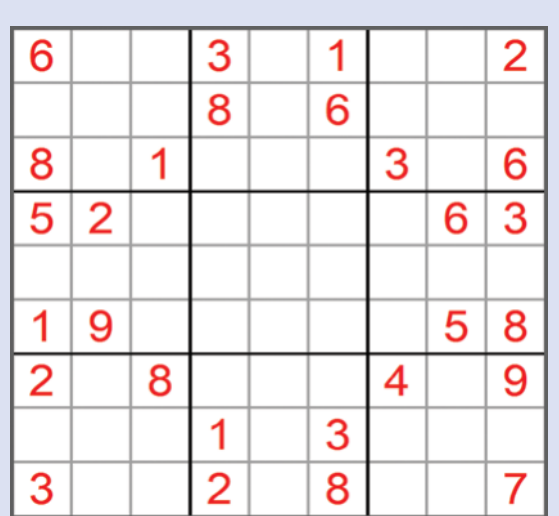
## DOWN

- Displeased (6)
- In a harsh and austere manner (8)
- \_\_\_ above the rest : better than others ? (1,3)
- Beau ideal (7)
- A piece of meat (5)
- Parody (4)
- "Material Girl" singer ? (7)
- Altercation or fight (3)
- Rebuff (4)
- Say for sure (4)
- Answer to a problem (8)
- Zealot (7)
- Hurricane or twister (7)
- Not (prefix) (3)
- Seek ambitiously (6)
- Dissuade (5)
- Exchequer, treasury (4)
- Belgian river (4)



Solution to September 29

## SUDOKU



Solution to September 29