

It Is Sugar-free. But Is It Safe?

Even if a product is labelled 'sugar-free', it can still spike blood sugar levels.



Understand food labels better
with Ask Apollo



Elevated road project: Min asks NHAI to ensure people remain unaffected

TIMES NEWS NETWORK

Varanasi: UP Minister of state (independent charge) for registration, stamp and court fees, Ravindra Jaiswal said on Friday that officials of the National Highway Authority of India (NHAI) should ensure that people are not unnecessarily affected by the construction of the proposed elevated road project in Varanasi.

The project, estimated to cost around ₹25,000 crore, is aimed at strengthening the city's traffic system. Jaiswal said special attention must be given to the interests of local residents while finalising the project design and construction ramps.

The minister held a meeting on Thursday with divisional commissioner S Rajkumar, district magistrate Satyendra Kumar, NHAI officials and local councillors. During the meeting, NHAI officials made a digital presentation on the proposed route and various aspects of the project.

According to officials, the elevated road will start from Kazzarail and pass over the Hachin River and continue through the Cantt area, Phulwaria and other locations before moving towards Namo ghat. Ramps have been proposed at different points along the route.

The proposed ramp at Hukulganj was discussed in detail during the meeting. Jaiswal said that if by constructing a ramp at Hukulganj affects a large number of local residents, alternative options should be seriously considered. He directed officials to examine the possibility of placing the ramp near the Ayurvedic College instead of Hukulganj.

The minister said that the objective of development projects is to improve public convenience. Therefore, the elevated road should be designed in a way that improves traffic flow while minimising the impact on local citizens.

NHAI officials said that the main challenges in the project are related to the locations of ramps. They are looking for alternative ramp locations and designs are being considered according to local conditions.

The elevated road project is being seen as an important initiative to transform Varanasi's traffic system.

UP Creators Summit celebrates digital talent and art of storytelling & innovation

TIMES NEWS NETWORK

The inaugural edition of the UP Creators Summit and Awards at Taj Varanasi brought together some of India's leading creators, actors, storytellers and industry experts for two days of discussions, masterclasses and recognition of talent. The event showcased Uttar Pradesh's rapidly growing creator ecosystem and highlighted the state's emergence as a hub for digital innovation, content creation and entrepreneurship.

The summit, held on Aug 20 and 21, served as a platform for creators to exchange ideas, learn from industry leaders and explore the opportunities and challenges shaping the evolving creator economy. Participants engaged in conversations on the role of creators, ethical content creation, personal branding and the joys of creators in driving cultural and economic change.

Day 1 featured a series of masterclasses and fireside chats led by prominent personalities from the entertainment and digital content sectors. Actor and comedian Sunil Grover, speaking during a session titled "The Art of Storytelling", underscored the importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the



From left: RJ Rana, Abhinav Yadav, Janhvi Singh, Raj Grover, Maroof Umar

From left: Sukriti Chaturvedi, Sakshi Sindwani, Ronit Ashra, Ishita Arun

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

From left: Sunil Grover, Harsh Gajral, Maroof Umar, Nisha Madhulika, Arun Singh, Vishal Jethwa

BJP MP Ravi Kishan captivated the audience with stories from his journey from struggle to stardom. He reflected on changing definitions of fame in the digital era and praised the creativity and energy of young creators.

The summit also featured three thought-provoking panel discussions. "Heartland to Headline: How UP became a creator economy powerhouse" brought together Maroof Umar, Raj Grover, Abhinav Yadav and Janhvi Singh to explore the rise of creators from the heartland and UP's growing influence on the creator economy. The second panel, "The Creator Economy as Economic Development: Can influencers create jobs, tourism and entrepreneurship?", featuring Ishita Arun, Sakshi Sindwani, Ronit Ashra and Sukriti Chaturvedi, examined how creators can contribute to jobs, tourism, entrepreneurship and wider economic growth.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

Day 2 featured keynote sessions, panel discussions and the awards ceremony. Actor and

comedian Harsh Gajral, who conducted a masterclass on "Ethical Rulebook for Content Creation", spoke about the responsibilities that accompany influence in the digital age. Discussing algorithms, controversies and audience engagement, he highlighted the

importance of strong narratives over technical perfection. Sharing insights from his creative journey, Grover said the focus should always remain on getting the story right rather than obsessing over the number of takes. Reflecting on online trends, he noted that there is no fixed formula for virality and that what works today may quickly lose relevance.

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi

UP Creators Summit and Awards at Taj Varanasi