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Health program boosts police spirit, cuts stress

V Nayanika

BENGALURU: Better mood and controlled stress levels were observed by Bengaluru city police officers after a three-month voluntary health programme concluded earlier this Thursday. Launched on September 11, Project Khushi, in collaboration with Happiest Health, addressed concerns like obesity, stress, thyroid, and anger management, among others, with a focus on making changes in diet and exercise. Lakshmi K, head constable, DCP intelligence office, said, "The sessions did not hinder our normal working hours and could be managed along with regular duty." They were conducted twice a month by doctors and yoga instructors who taught the participants exercises they later practised independently, he added. According to a press note that was issued by the Office of the Commissioner of Police, 61 per cent of the participants managed to reduce their sugar levels, while 60% saw healthy weight loss during the three months. Police Sub-Inspector, Jayakumari S, said, "The programme encouraged changes in my daily routine, which I found manageable alongside duty, and over time I noticed changes in my physical and mental health." Officials said the programme was structured to be adaptable to operational requirements, and did not indicate whether similar initiatives would be extended or scaled in the future.

AI and falling rupee fuels RAM price hike in India

Allen George Easo

The prices of Random Access Memory (RAM) in India have skyrocketed in the last two months owing to factors like the rupee's falling conversion rate and AI data centres' bulk usage, shifting the dynamics of the RAM market. India's surge in large-scale artificial intelligence and cloud infrastructure is tightening the global supply of memory chips, with direct effects on consumers. Google announced a \$15 billion investment in an AI hub in Visakhapatnam on October 14, with a planned capacity of one gigawatt that amounts to about 67% of India's current total data centre capacity. Other major projects include TCS HyperVault's \$2 billion, 1.2-gigawatt data centre announced in December, AWS's \$8.3 billion expansion in Maharashtra alongside a broader \$35 billion India commitment, and Microsoft's \$17.5 billion investment

Last 12 Months: India DDR4 8GB Price Escalation

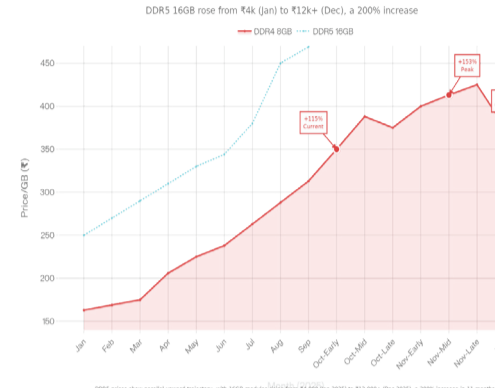


Chart-1

DDR5 16GB rose from ₹44 (Jan) to ₹122+ (Dec), a 200% increase. DDR5 prices peaked at ₹900/GB, rising 37% from baseline. DDR5 prices peaked at ₹900/GB, rising 37% from baseline. This supply squeeze is already showing up in the cost of budget smartphones. RAM accounts for 10% to 15% of a phone's cost, and DRAM costs for budget phones rose 20% to 30% in 2025 (Chart 3). In India,

2025 DDR5 16GB RAM Prices - India vs Major Markets

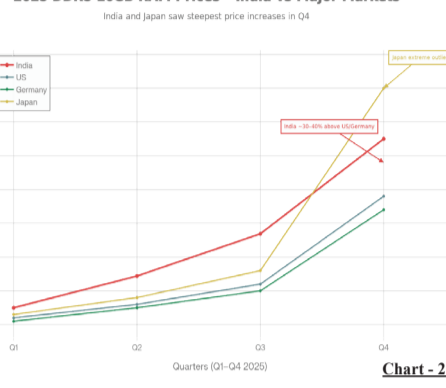


Chart-2

Last 90 Days: Steepest Increases in India RAM Market (Oct 1 - Dec 15, 2025)



Chart-3

the Redmi Note 13 saw a 7.7% price increase, and the iQOO Z9 rose 10% between November and December. Industry forecasts point to another 40% rise in memory prices through the second quarter of 2026, which could add up to 8% to 15% to phone production costs and push retail prices higher.

The falling conversion rate of the rupee has added further pressure. The rupee fell from 84 rupees per U.S. dollar in Jan to 90.52 rupees in Dec, an 8% decline. An 8GB DDR4 memory module rose from Rs 1,859 in September to Rs 3,621 in December, a 94.8 per cent increase, with currency movement accounting for about 12.8 per cent. While global RAM prices are increasing, India has hit harder than most markets. DDR5 32GB prices rose 163% in the United States, 173% in Germany and 246% in Australia, while India and Japan recorded increases of 200% to 300% and 163-619% (Chart 2) respectively. India relies entirely on imports for DRAM, faces logistics costs of 5% to 8%, higher foreign exchange costs, 70% to 80% of retail supply controlled by a few distributors and 60% to 70% of inventory locked into bulk contracts. India remains more exposed to global memory shocks.

Delhi's smog traps children in toxic playgrounds

Anaina Kasim

For children growing up in Delhi, the playground has been transformed into a hazardous 'gas chamber'. While the government has mandated a halt to outdoor sports, the ban has exposed the lack of alternatives and calls to action. The Commission for Air Quality Management (CAQM) has issued a directive on the immediate halt of all outdoor sports in Delhi-NCR schools. Despite previous warnings and stage four restrictions, several institutions continued outdoor activities, prompting the CAQM to remind state governments that these actions



Child facing breathing difficulties

bbc.com

ignore the serious health risks to students and violate Supreme Court mandates. While talking to The Beacon, VP Anas, a resident of Jamia Nagar, Delhi, stated, "The city is very densely populated, forcing children to play cricket and other sports in small areas on the sides

of parks or near construction sites. Many children from these families work in local hotels or as street vendors instead of attending school, further increasing their exposure to the pollution that they seem to be unaware of," he expressed. He added that many families in these areas are from lower socioeconomic backgrounds and lack awareness about the severe health risks of pollution. "There is a lack of understanding about how pollution originates, how it affects health and how to properly use protective gear like N95 masks, therefore exposing them to dangerous pollution," he said. In addition, Yash Marwah, a climate activist and founder of the 'Let India Breathe' campaign, said, "Government responses can't just be bureaucratic. What we need are long-term enforcements and real regional cooperation between Delhi, the centre, and neighbouring states."

Cinematic illiteracy stifles art

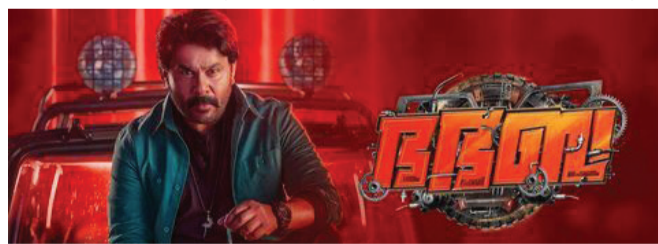
Niranjana Jayan

The Information and Broadcasting Ministry's decision to halt the screening of six films at the International Film Festival of Kerala (IFFK) reflects rising cinematic illiteracy, where films are evaluated on the basis of political discretion instead of artistic understanding, stated film critic Anjali Pillai on Thursday. The Kerala government was notified that six films had not received permission to screen at IFFK in Thiruvananthapuram, citing the absence of mandatory political clearances and concerns over possible diplomatic tensions. The mandate is the continuation of the initial denial of censor exemption for 19 films by the Central Board of Film Certification. "Cinematic illiteracy indicates the reluctance to engage with cinema as an art form with its own history and critical traditions," Pillai said. She highlighted that the festival screenings are meant for contextual viewing and debate rather than ideological scrutiny. She added that films are increasingly being evaluated based on political comfort in place of aesthetic or historical merit, which demeans the space for critical engagement that film festivals are intended to provide.

Bha Bha Ba: driven by style over story

Akhil Raj

Bha Bha Ba opened to packed theatres and nonstop cheers, quickly turning star appeal into real box-office numbers. With an estimated collection of rupees eight crores on day one in Kerala, it has become the third-biggest Mollywood opener of 2025, behind Empuraan and Coolie. The buzz around the movie is more about curiosity, nostalgia, and the pull of familiar faces rather than reviews. The film is loud, messy, and fully aware of it. The first half was full of



Bha Bha Ba movie poster

bookmyshow.com

inside jokes, callbacks, and exaggerated moments solely meant to get the crowd clapping and whistling. Mohanlal's extended cameo brings the house down, earning the biggest reactions and briefly elevating the emotion portrayed on screen. Dileep sticks to what he knows best,

slipping into the role of the entertainer or anchor that occasionally recalls his old comic spark. This reaction isn't just about the movie. Arriving after years of controversy around Dileep, the success feels layered, cheered by some as a return, and watched by others with visible unease.

Water woes slam local cafes

Ameva Krishnakumar

Cafes see a decline in customers along the Pettah-Anayara road as drinking water supply issues are persistent due to ongoing road widening works and pipeline restoration by the Kerala Water Authority (KWA). The issue began after KWA laid new water pipelines, which have been ongoing for about 18 months. Locals allege that the pipes have frequently burst, affecting the daily water supply and delaying restoration work. The construction has also narrowed down the roads, creating

problems for pedestrians and vehicles, including limited parking spaces. Speaking to The Beacon, Beta Jayakumar, owner of Eves Coffee, said the situation has impacted both utilities and business. "We are facing frequent power cuts and inadequate water supply." He added, "Around 60% of our customers avoid coming here because of potholes, open gutters, and lack of parking." Even after repeated complaints were filed, the officials only provided assurance and asked for more time, said locals.