

## Shriji Huzur **DR. LAKSHYARAJ SINGH MEWAR** Driving legacy forward...

+  
**HOW AI IS  
CHANGING  
THE GAME OF  
FOOTBALL**

**NEW  
NISSAN  
GRAVITE**  
THE NEW CLASS OF  
TOGETHERNESS



+  
**HOW AI CHANGED  
THE GAME IN  
SPORTS & HEALTH**

**REVIEWS:** MOTOROLA SIGNATURE • REALME 16 PRO + • REDMI NOTE 15  
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# FROM THE EDITOR'S DESK

## THE FUTURE IS FIT

Some months feel loud. Others feel layered. February–March sits firmly in the second camp.

On one end of this issue, we found ourselves in Udaipur with Shriji Huzur Dr. Lakshyaraj Singh Mewar, shooting what was meant to be a straightforward feature. It didn't stay that way for long. Royalty usually arrives with choreography. This one arrived with calm. No excess, no rehearsed gravitas. Just a quiet confidence shaped by lineage, responsibility, and a very modern understanding of relevance. What stood out wasn't the palace backdrop or the heritage objects, but the ease with which tradition and today coexisted. Simplicity, it turns out, is the most underrated form of luxury. And perhaps the most future-ready one too.

That idea echoed through the rest of the issue in unexpected ways.

Take artificial intelligence. This season's AI summit conversations were less about spectacle and more about substance. The tone has shifted. We're no longer asking what AI can do. We're asking what it should do. From generative models entering creative workflows to AI quietly optimising logistics, health, and enterprise decision-making, the tech has grown up. The honeymoon is over. Accountability has moved in. And that's a good thing. The most exciting AI right now isn't loud or flashy. It works in the background, invisible, efficient, and transformative.

Which brings us neatly to wearables, where the battle has moved from screens to signals.

The ongoing face-off between Apple, Samsung and Whoop is no longer about step counts or flashy watch faces. It's about data depth. Recovery metrics. Sleep intelligence. Heart strain. Apple and Galaxy continue to refine the smartwatch as an extension of your phone and lifestyle. Whoop, meanwhile, is playing a quieter, almost monastic game, no screen, no distractions, just relentless focus on performance and health insight. This isn't a winner-takes-all race. It's a clear signal that wearables are splitting into tribes, lifestyle companions versus performance instruments. And consumers are smart enough now to choose with intent.

Zoom out, and the broader tech world feels like it's shedding its obsession with noise. Phones are iterating, not reinventing. Laptops are becoming thinner, smarter, and more efficient rather than dramatically different. Even consumer tech launches feel more restrained, more purposeful. Underneath it all is a common thread, maturity.

Much like our Udaipur cover story with the just launched Nissan Gravite. Legacy brands are learning to speak the language of today. New-age tech companies are realising that trust is built slowly, not launched overnight. And users are no longer dazzled by promises. They're looking for reliability, ethics, and long-term value.

This issue of Exhibit is about that convergence. Heritage meeting hardware. Royalty meeting relevance. AI meeting accountability. And tech finally learning that progress doesn't always have to shout.

Sometimes, it just has to work.

Happy reading!



**RAMESH SOMANI**  
Founder, Publisher  
& Chief Editor

**Users are no longer dazzled by promises. They're looking for reliability, ethics, and long-term value.**



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# CRYPTO CURRENCY IN 2026

## A Pivotal Year of Maturity and Growth

Words By: *Shintu Dhang*



**A**s we approach the beginning of 2026, the cryptocurrency market is entering a transformative phase. Following a volatile yet resilient 2025, where the global crypto market cap hovers around \$3 trillion and Bitcoin trades between \$86,000 and \$93,000, the stage is set for broader adoption, regulatory improvements, and technological breakthroughs. It is anticipated that 2026 will mark a shift for cryptocurrency from being a speculative asset to becoming an integral part of financial infrastructure. This transition will be driven by institutional inflows, the tokenization of real-world assets (RWAs), and the integration of stablecoins into everyday payments.

Experts predict that Bitcoin will break its traditional four-year cycle, achieving new all-time highs due to increasing demand for exchange-traded funds (ETFs). Institutional investors, including potentially half of the Ivy League endowments, are expected to allocate funds to cryptocurrency. Moreover, over 100 crypto-linked ETFs could be launched in the U.S. This maturation of the market signals a decoupling of cryptocurrency from pure speculation, moving towards more sustainable utility.

### THE DEEP IMPACT OF CRYPTO IN 2026

The impact of cryptocurrency by 2026 could reshape global finance in several ways. The tokenization of real-world assets, such as treasuries, bonds, funds, and even emerging market equities, is expected to enter an explosive growth phase, potentially expanding 1,000 times by 2030. This development will democratize access to illiquid assets, reduce settlement delays, and enhance capital efficiency in traditional markets worth trillions of dollars.

Stablecoins are likely to become core infrastructure for payments, facilitating faster and lower-cost cross-border transfers and everyday transactions. They may support corporate balance sheets, serve as collateral for derivatives, and energize prediction markets, benefiting ecosystems like Ethereum and Solana. Decentralized finance (DeFi) will see accelerated growth, with lending protocols and perpetual futures driving increased activity. Additionally, privacy solutions and AI-blockchain integrations will help address centralization risks.

From a societal perspective, cryptocurrencies could serve as a hedge against the devaluation of the U.S. dollar amid rising national debts. Alternatives like Bitcoin and privacy-focused coins may gain traction. In emerging markets, stablecoins could disrupt local currencies, potentially destabilizing them while simultaneously promoting financial inclusion. Overall, the influence of cryptocurrency could extend to areas such as wealth management, prediction markets, and verifiable media, with on-chain tools enabling programmable money and agent-driven economies.

### SHOULD YOU BUY OR SELL CRYPTO HEADING INTO 2026?

Deciding whether to buy or sell cryptocurrency in 2026 depends on your risk tolerance and investment time horizon. There are several bullish factors to consider like ETF purchases could exceed the new supply of Bitcoin, Ethereum, and Solana; crypto equities may outperform traditional tech stocks and as the market matures, volatility might decrease. Additionally, pro-crypto policies and the growth of institutional investment support higher valuations, with some forecasts predicting Bitcoin could reach between \$150,000 and \$175,000.

However, it's important to be aware of the risks. Volatility persists, and Bitcoin could experience a dip to around \$80,000 due to human errors, security breaches, or overconfidence among investors. Moreover, bearish analysts warn of potential market collapses if macroeconomic pressures escalate. Cryptocurrency is not suitable for everyone. It is a highly speculative investment, and past performance does not guarantee future results. Always conduct your own research and consider diversifying your investments. This is not financial advice, but please consult a professional before making any financial decisions.

### MY PREDICTION FOR CRYPTO IN 2026

As a crypto enthusiast who has been active in the industry since 2017, I maintain an optimistic yet data-driven perspective. I predict that 2026 will be a landmark year, with the total cryptocurrency market cap surpassing \$6 to \$8 trillion, driven primarily by the tokenization of real-world assets (RWA) and the increased adoption of stablecoins. Bitcoin is expected to reach new highs above \$150,000, with some forecasts suggesting it could climb to \$170,000. Ethereum and Solana should also see significant gains if regulatory conditions are favorable.

In the decentralized finance (DeFi) space, the assets held in on-chain vaults are likely to double. Innovations integrating privacy features and artificial intelligence will distinguish leading blockchain projects. While challenges such as regulatory hurdles or project failures are likely to arise, the long-term trajectory for cryptocurrency remains positive as it becomes increasingly essential. 🚀



# TECH RECAP



## GEMINI TAKES OVER CHROME

Google has updated Gemini in Chrome, introducing a redesigned side panel, advanced image tools, deeper app integrations, and new automation features powered by the Gemini 3 AI model. The side panel allows for seamless multitasking, enabling users to compare information, summarize documents, and manage tasks without leaving their webpage. The integrated Nano Banana tool lets users edit images with text prompts directly within the browser. Additionally, Gemini now supports Connected Apps like Gmail and Google Calendar, enhancing user productivity. Upcoming features include Personal Intelligence for personalized interactions and Chrome Auto Browse for AI Pro users, which automates multi-step tasks while ensuring security with user confirmation for sensitive actions.



## AIRTEL BETS BIG ON THE CREATOR ECONOMY WITH FREE ADOBE EXPRESS FOR 360 MILLION USERS

Bharti Airtel has partnered with Adobe to offer Adobe Express Premium for free to its 360 million customers for one year. This initiative, accessible via the Airtel Thanks app, targets a diverse audience, including students, small business owners, and social media users. Adobe Express Premium provides thousands of customizable templates, AI-powered tools for image and video editing, premium stock assets, and 100GB of cloud storage. With language support in English, Hindi, Tamil, and Bengali, the app aims to enhance digital creativity beyond urban users, particularly in Tier-2 and Tier-3 cities. This partnership positions Airtel as a provider of digital services, while Adobe reaches new users who need visual content but may never have paid for design software.



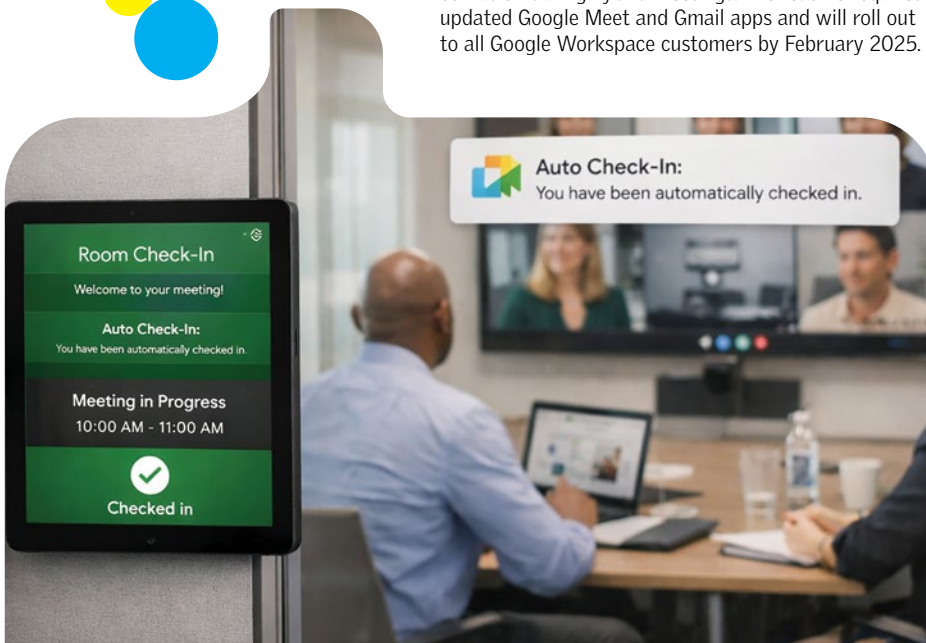
## ZEBRONICS ACQUIRES IBALL IN STRATEGIC MOVE TO REVITALIZE BRAND

Zebronics India Pvt Ltd has acquired iBall, a reputable technology brand in India, to revitalize its market presence. Founded in 2001, iBall is known for its commitment to quality and innovation, aligning with its philosophy, 'Designed for Excellence.' Zebronics co-founder Mr. Rajesh Doshi highlighted the board's unanimous support for the acquisition, praising Mr. Sandeep Doshi's pivotal role in the process. The companies plan to relaunch iBall with new products while preserving its legacy. Mr. Pradeep Doshi emphasized iBall's ability to compete with global brands, expressing optimism for growth. Meanwhile, Mr. Yash Doshi aims to enhance iBall's visual identity while maintaining its core values, setting high expectations for future innovation in the tech market.



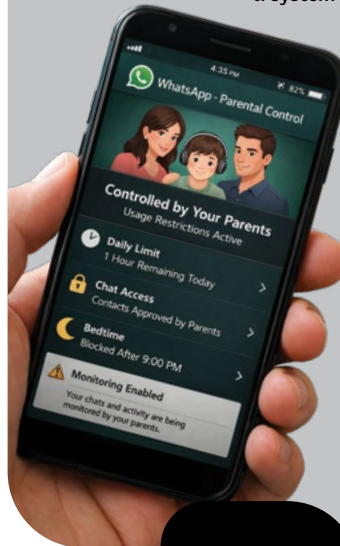
## GOOGLE MEET ADDS AUTOMATIC ROOM CHECK-IN

Google Meet is introducing an automatic room check-in feature to simplify in-person meetings. This feature checks users into the correct meeting room using Companion mode on smartphones or tablets, eliminating manual selection. It utilizes ultrasound-based proximity detection to recognize when users are present in a meeting space. The app highlights the "Use Companion mode" option upon detecting the signal, allowing for easier in-room participation without activating audio. This update helps prevent common meeting issues like accidental full-audio joins, echo, and confusion during hybrid meetings. The feature requires updated Google Meet and Gmail apps and will roll out to all Google Workspace customers by February 2025.



## WHATSAPP MAY SOON LET PARENTS CONTROL KIDS ACCOUNTS

WhatsApp is reportedly developing parental control features to create a safer environment for younger users. According to WABetaInfo, the app is testing a system allowing parents to manage secondary accounts linked to their primary accounts. These accounts, designed for children, will have built-in restrictions, such as limiting messaging and calling to saved contacts only, reducing unwanted interactions. Parents may receive limited updates on their child's account activity, but message content remains private due to end-to-end encryption. While WhatsApp hasn't confirmed a release timeline, these features could significantly enhance child safety on the platform once launched.



## WHATSAPP iOS IS TESTING ADMIN PROFILES FOR CHANNEL UPDATES

WhatsApp is testing a new feature on iOS that introduces admin profiles for Channel updates, providing clarity on who posted each update. Admin profiles allow Channel managers to create a public identity separate from their personal accounts, keeping phone numbers hidden and ensuring privacy. Admins can set up their profiles from Channel settings, choosing a display name and profile picture, which will be consistently displayed with their posts. This feature enhances trust and transparency, especially in Channels with multiple admins, while also keeping personal contact details private. Currently available to select beta users, the broader rollout is expected after testing, with potential future support for Android.



MOTOROLA SIGNATURE

₹59,999

# FLAGSHIP MUSCLE WITH LIFESTYLE AMBITIONS



Words By: Sohil Nikam

**M**otorola Signature. One has to admit that the name has a ring to it. In a market filled with iterative models and confusing alphanumeric branding, something this simple immediately feels refreshing. But also a reason Motorola has dropped the familiar 'Edge' branding. The Signature is positioned as more than just a device. It's also about access. With the Signature Club baked into the experience, Motorola is clearly trying to add lifestyle value to the purchase.

## DESIGN

The Motorola Signature greets you with a familiar sensory detail: The brand's trademark fragrance. It sets the tone for a phone that feels thoughtfully put together. At 186g, it's comfortable to hold and doesn't feel fatiguing even during long usage sessions. The aluminium frame is smooth, while the textured rear panel adds grip and visual character. Durability is clearly a priority here, with MIL-STD-810H certification and Gorilla Glass Victus 2 protection. While these ratings are hard to verify in real-world use, the phone doesn't feel overly ruggedised either. IP68/IP69 water and dust resistance, however, is a reassuring addition.

## DISPLAY AND SOUND

The LTPO AMOLED panel is excellent. It's sharp, vibrant, and supports Dolby Vision, which enhances contrast and colour when watching compatible content. Motorola claims a peak brightness of 6200 nits, and while that's situational, outdoor visibility is genuinely strong. The display supports up to 165Hz, though it typically operates at 120Hz for everyday use. Speaker performance is solid, especially for vocals and dialogue.

## CAMERA

The triple 50MP rear camera setup is led by a Sony LYTIA 828 sensor that delivers



impressive dynamic range. However, indoor colour consistency can be unpredictable, with noticeable shifts even under similar lighting conditions. Low-light performance is good, though not class-leading. It's more than capable for casual night photography. Where the camera really shines is in HDR video, complete with Dolby Vision support. Videos look rich, detailed, and well-stabilised. Portrait mode is another strong point, with natural background separation across multiple focal lengths.

## PERFORMANCE

Powered by the Snapdragon 8 Gen 5, performance is predictably excellent. Apps open instantly, multitasking is smooth, and the phone handles demanding workloads with ease. Gaming performance is strong, with high frame rates and no noticeable drops even in graphically intensive titles. The phone does warm up during long sessions, but thermal management is controlled and consistent, with no visible throttling.

## BATTERY LIFE

The 5200mAh battery comfortably lasts a full day of heavy use, ending most days with around 20 to 25% remaining. Moderate users could stretch this to a day and a

half. Charging is fast thanks to 90W wired charging (with the charger included), making quick top-ups very effective. Wireless charging is available too, best suited for overnight use rather than quick boosts.

## SOFTWARE AND AI FEATURES

The Signature Club app adds lifestyle benefits like spa access, airport concierge services, and even golf course privileges. I tested the service and received a ₹6,000 spa credit, and my interaction with customer support was smooth. While long-term value will depend on consistency, this service-driven layer genuinely sets the Signature apart from typical smartphones.

## VERDICT

The Motorola Signature is a well-rounded premium smartphone that delivers where it matters: strong performance, an excellent display, capable cameras, and dependable battery life. But what truly sets it apart is the service-led experience through the Signature Club, which adds a layer of lifestyle value rarely seen in this segment. While it's not without minor quirks, especially in the camera department, the overall package feels thoughtfully curated. [es](#)

### PROS

- Flagship performance
- Great display
- Versatile cameras

### CONS

- Inconsistent colours
- Charging not fastest

• **RATING** ★★★★★

REALME 16 PRO PLUS • ₹43,999

# BIG BATTERY AND A BEAUTIFUL SCREEN, BUT PLAYING IT SAFE

Words By: Aadithya Harish

The Realme number series has always aimed to balance premium features with sensible pricing. With the Realme 16 Pro Plus, I expected the brand to push that balance forward.

After using the phone as my daily driver, I can say it delivers a smooth and dependable experience, but it feels overly cautious for the price Realme is asking.

Instead of a dramatic upgrade, the 16 Pro Plus focuses on refinement. That makes it easy to like, but harder to get excited about in a competitive segment where value and performance matter more than ever.

## DESIGN & BUILD

What impressed me immediately is how slim the phone feels despite housing a massive 7000mAh battery. At just over 8mm thick, it never feels bulky and remains comfortable during long usage sessions. The back panel uses a bio-based silicone material with a leather-like texture. It feels premium in hand and offers excellent grip, reducing the chances of accidental drops. The gold colour variant I tested, however, does not feel particularly refined and attracts dirt easily. The grey version looks far more elegant, while the pink option is clearly aimed at users who prefer a bold aesthetic.

The rear camera layout looks familiar and lacks a strong visual identity, though I appreciated that the camera module sits nearly flush with the back. Durability is a major highlight. With IP68, IP69, and IP69K ratings, the Realme 16 Pro Plus offers protection against water submersion and high-pressure water exposure, something still rare at this price point.

## DISPLAY

The display is one of the strongest reasons to consider the Realme 16 Pro Plus. The curved AMOLED panel looks premium and immersive, with slim bezels that make content consumption enjoyable. Watching videos and scrolling through social media felt polished and fluid.

It is a 10-bit AMOLED panel with HDR10 Plus and Dolby Vision support. In everyday usage, brightness stays around 1000 nits and can push close to 1800 nits outdoors. Visibility under direct sunlight was never an issue during my testing.



### PROS

- Long-lasting 7400mAh battery.
- Slim design despite large battery.
- Top-tier water and dust resistance.
- Smooth everyday performance

### CONS

- Pricing feels too high
- Performance trails cheaper alternatives.
- Pre-installed apps clutter the software.

• RATING ★★★★★

The phone supports a 144Hz refresh rate, though it mostly runs at around 120Hz in daily use. Scrolling is smooth, animations are fluid, and text remains sharp. The default Vivid colour mode delivers punchy colours with a slightly warm tone, which I found comfortable for extended viewing. Useful additions like Always On Display animations, Glove Mode, and Waterproof Pouch Mode add to the overall experience.

## PERFORMANCE AND SOFTWARE

Powered by the Snapdragon 7 Gen 4 processor, the Realme 16 Pro Plus delivers consistent day-to-day performance. Apps open quickly, multitasking is smooth, and general usage feels reliable. In benchmark testing, the phone scored around 1250 in Geekbench single-core and 4258 in multi-core. These numbers reflect real-world performance well. The phone is capable, but it does not stand out in its segment.

Gaming performance is decent. Casual titles run without issues, while demanding games like Genshin Impact are best played at low settings for stable frame rates. Medium settings are playable but can show occasional drops. The phone does get warm during extended gaming, reaching around 45 degrees Celsius, but it cools down fairly quickly once the load reduces.

Realme UI remains simple and easy to navigate, though pre-installed apps continue to be a drawback. While most third-party apps can be removed, some system apps still cannot, which feels unnecessary in 2026.

## BATTERY AND CHARGING

Battery life is where the Realme 16 Pro Plus truly shines. The 7000mAh silicon-carbon battery delivers excellent endurance. With a mix of browsing, social media, photography, and casual gaming, I consistently achieved around 11 hours of screen-on time.

Even after adding two hours of gaming, battery drain remained controlled. Charging speeds peak at 80W, and using the bundled charger, the phone took about 1 hour and 14 minutes to charge from near empty to full, which feels well-optimised considering the battery size.

## CAMERA

The camera experience is decent but inconsistent. In good daylight, it captures pleasing images with good detail and mostly accurate colors, though high-resolution shots take time to process. Under harsh sunlight, some photos can be overexposed, and shutter response may feel slow. Closer portraits yield natural skin tones with acceptable background separation, but wider ones often lose sharpness. Low-light performance is satisfactory with decent detail and controlled noise, though occasional lens flares can appear.

## VERDICT

The Realme 16 Pro Plus is a solid smartphone with excellent display quality, battery life, and durability. However, its conservative upgrades and high price of ₹39,999 make it face tough competition, even from Realme's own GT series. While it's ideal for those prioritizing long battery life, a curved AMOLED display, and strong water resistance, it becomes more appealing if the price drops closer to ₹30,000. 📌

₹19,999

# REDMI NOTE 15

## A THOUGHTFULLY PRICED SMARTPHONE THAT KNOWS ITS STRENGTHS

Words By: Aadithya Harish



### BUILD AND DESIGN

Spending time with this phone on a daily basis made me appreciate how well it's designed for comfort and practicality. The moment I picked it up, it felt balanced in the hand, not too heavy, not too slippery, and easy to use even during longer sessions. The design language is clean and contemporary, avoiding unnecessary flair while still looking modern. The materials feel sturdy enough to handle everyday wear, and the overall finish gives it a reassuring sense of durability. It may not have the flashy appeal of premium flagships, but it feels well thought out and reliable, which matters more in daily use.

### PERFORMANCE

The Redmi Note 15 is powered by Qualcomm's Snapdragon 6 Gen 3, built on an efficient 4nm architecture, and in everyday use, it shows exactly where its strengths lie. From the moment I started using the phone, basic interactions felt smooth and responsive. Scrolling through apps, switching between social media platforms, pulling down notifications, and moving through menus all felt quick and fluid, with no unnecessary delays.

For daily tasks, the performance feels well optimised and dependable. Multitasking is handled comfortably, and the phone keeps up with regular usage without feeling strained. Light and casual games run really well, delivering stable gameplay and consistent frame rates. However, when I pushed the phone with heavier, graphics-intensive titles, longer gaming sessions led to minor frame drops and some heating. It's clear that while the Snapdragon 6 Gen 3 is excellent for everyday performance, it isn't designed for prolonged heavy gaming. That said, for most users, the balance between efficiency and performance works in the phone's favour.

### CAMERA

The camera performance genuinely surprised me and became one of the highlights of

using this phone. At this price point, expectations are usually modest, but this phone consistently delivered results that exceeded them. In good lighting, photos come out sharp with well-balanced colours and impressive detail retention. What stood out to me was how natural the images looked, without aggressive processing. Even in challenging lighting situations, the camera managed to capture usable, pleasing shots. For someone who enjoys documenting daily moments and sharing content online, the camera feels far more capable than what the price would suggest, and it easily stands out as one of the phone's strongest features.

### BATTERY

Battery life proved to be dependable, though it clearly depends on how intensively the phone is used. On days when my usage involved browsing, streaming videos, messaging, photography, and light gaming, the phone comfortably lasted through the day. On heavier days that included extended gaming sessions or continuous camera usage, the battery drained faster, which is expected. What I appreciated was the consistency of the battery performance. It behaves predictably, allowing you to plan your usage without constant worry. For most users, it delivers a reliable all-day experience.

### VERDICT

After using this phone extensively, I see it as a device that understands its audience extremely well. It doesn't try to chase flagship status or make unrealistic promises. Instead, it delivers where it matters most, smooth everyday performance, a surprisingly strong camera, and dependable battery life. For its price, this phone feels like a smart, honest purchase that prioritises usability over gimmicks. It may not be built for power users or hardcore gamers, but for the majority of users, it offers a polished and satisfying experience. 🏆

#### PROS

Camera performance exceeded expectations for the price.

Smooth and reliable everyday performance.

Comfortable design with a solid in-hand feel.

Consistent battery life with moderate usage.

Strong overall value proposition.

#### CONS

Performance drops during extended heavy gaming

Mild heating under sustained load

Not ideal for power users seeking Bagship-level performance

• **RATING** ★★★★★

₹24,999



# XIAOMI REDMI PAD 2 PRO

## A TABLET FOR WORK AND PLAY

Words By: Shintu Dhang

Smartphones are getting larger, and laptops are becoming more portable; tablets serve as the perfect middle ground, offering the screen real estate for productivity and media consumption without the bulk of a full computer. The Redmi Pad 2 Pro, launched globally, targets laptop users who crave a lightweight device for work tasks like document editing, video calls, and browsing, while also serving as an entertainment hub for streaming and casual gaming. Priced affordably in the budget segment, it aims to bridge that gap with modern features. But is this the best tablet on the market? Let's find out.

### BUILD & DESIGN

The Xiaomi Pad 2 Pro boasts a premium all-metal unibody construction that feels surprisingly high-end for its price point, starting around ₹25,000, depending on the configuration. At just 7.5mm thin and 610g (or 620g for the LTE variant), it's slim and lightweight, making it easy to hold for extended periods without fatigue. This design echoes higher-end tablets like the iPad Mini, but at a fraction of the cost, with smooth edges and a minimalist aesthetic. The 12.1-inch IPS LCD display dominates the front, with slim bezels providing a 16:10 aspect ratio ideal for widescreen video playback.

On the positive side, the build quality is a standout feature. It is sturdy, and the aluminium body dissipates heat well during use. The quad speakers, tuned with Dolby Atmos support, deliver immersive audio with strong bass and clarity, making it excellent for media consumption without the need for external speakers. The inclusion of a microSDXC slot (expandable storage up to 2TB) adds practical versatility, especially for users who need extra space for files. However, there are negatives to note. The display, while decent, falls short of promised brightness levels, advertised at 600 nits but often measuring lower in real-world tests, leading to visibility issues in bright outdoor environments. There's also no ingress protection rating (like IP53), so it's vulnerable to dust and splashes, which could be a dealbreaker for clumsy users or those in humid climates.

### PERFORMANCE

Under the hood, the Xiaomi Pad 2 Pro is powered by the Qualcomm Snapdragon 7s Gen 4 chipset, built on a 4nm process, with an octa-core CPU and Adreno 810 GPU. It comes in 8GB LPDDR4X RAM and 128GB or 256GB UFS 2.2 storage, running Android 15 with Xiaomi's HyperOS 2 overlay. This setup handles everyday tasks admirably, including multitasking across apps like Chrome, Office, and YouTube. The 120Hz display enhances scrolling responsiveness for social media and documents.

Positively, it's a solid performer for its budget class, excelling in light productivity and entertainment. Benchmark tests show it outperforming older budget tablets in apps like PUBG Mobile at medium settings or video editing in Filmora without major stutters. The thermal management is excellent, with the metal body keeping things cool during extended sessions, and the software includes useful features like split-screen multitasking and stylus support for note-taking (though the stylus is sold separately).

On the downside, performance hasn't improved significantly from the previous generation, leading to occasional lags in demanding games or heavy multitasking. Software quirks persist, such as unreliable auto-brightness that often leaves the screen too dim or overly bright. The cameras are basic at best, producing soft, noisy images unsuitable for anything beyond casual scans or calls.

### BATTERY

Battery life is one of the Xiaomi Pad 2 Pro's strongest suits, equipped with a massive 12000mAh cell that delivers exceptional endurance. In real-world use, it can last 12-16 hours on mixed usage, including streaming videos, browsing, and light work, making it ideal for all-day sessions without a charger.

However, charging is decent and 33W wired charging takes over 3 hours to fully top up from empty. There's no wireless charging, and while the battery health holds up well over time, the slow charging can be frustrating for on-the-go professionals. Still, longevity outweighs recharge speed in most scenarios.

### VERDICT

The Xiaomi Pad 2 Pro is an affordable budget tablet that offers impressive build quality, battery life, and media capabilities, making it a strong choice for users looking for a balance between phones and laptops. It features a premium design, expandable storage, quad speakers, and all-day battery life, making it ideal for entertainment and light work. However, its slow charging, minimal performance upgrades, and basic cameras prevent it from being the top option, especially when compared to more expensive competitors like the Samsung Galaxy Tab A9 or the iPad. 📱





₹19,999



POCO M8

# BALANCED MID-RANGE CHOICE

Words By: Shintu Dhang

**T**he market recently welcomed a new mid-budget smartphone that closely resembles Xiaomi devices, as both brands operate under the same parent company. This new model boasts an attractive design, a sleek body, a vibrant display, and competitive specifications. With the growing popularity of mid-budget smartphones, many consumers are eager to know if this device stands out as the best option in its category. Is this the best mid-budget smartphone? Let's find out.

## DESIGN & BUILD

The POCO M8 resembles the Xiaomi Redmi Pro 15 and last year's Redmi Pro 14+, acting as a rebranded Redmi Note 15 with a premium feel due to its curved design and oversized camera module. At just 7.35mm thick and weighing 178 grams, it's one of the lightest devices under ₹20,000. While it has a plastic frame, the curved edges provide a comfortable grip. Available in Carbon Black, Frost Silver, and Glacier Blue, our Carbon Black version has a subtle dual-tone design.

Durability is a strong point, with an IP66 rating for dust and water resistance and MIL-STD-810H certification for drop resistance, making it more robust than many competitors. The curved display features high-durability glass and Wet Touch Technology 2.0 for rainy conditions. However, the camera looks like a triple setup, but one cutout is a dummy element, which might feel gimmicky.

## PERFORMANCE

The POCO M8 is powered by Qualcomm's Snapdragon 6 Gen 3 chipset, featuring up to 8GB of RAM and 256GB of expandable storage. It delivers solid mid-range performance for everyday tasks, with smooth animations due to the 120Hz refresh rate. Benchmarks show respectable scores, positioning it ahead of the POCO M7 but behind competitors like the Realme P4x.

In gaming, it handles titles like BGMI and Call of Duty: Mobile at low to medium settings, but struggles with heavier games like Genshin Impact, experiencing frame drops and noticeable heating after extended play.

Running on HyperOS 2 based on Android 15, the POCO M8 offers four major OS upgrades and six years of security patches, although the interface is cluttered with pre-installed apps.

## CAMERA

The POCO M8 features a 50MP primary sensor and a 2MP depth lens at the rear, along with a 20MP front camera. While it performs adequately in point-and-shoot scenarios, it lags behind competitors in versatility and quality.

In daylight, photos show decent detail and good dynamic range but tend to brighten faces and soften subjects. There's no ultra-wide lens, which is a drawback compared to rivals like the CMF Phone 2 Pro. Portraits can benefit from the depth sensor, but edge detection varies with lighting, sometimes leading to blurriness. Low-light performance

is average; night mode reduces noise but can introduce graininess and color inaccuracies.

Selfies from the 20MP front camera are decent for social media, showcasing natural skin tones in good light but lacking detail and proper exposure in low light.

## BATTERY

The POCO M8 boasts impressive battery life with a 5,520mAh silicon-carbon unit, providing over 18 hours of usage under moderate conditions and around 7 hours of screen time, even with light gaming. Heavy tasks like video streaming deplete the battery by about 6% per hour, while gaming adds more strain but still delivers good performance.

It features 45W wired charging, allowing a full charge from 0% to 100% in under an hour, a significant upgrade from the M7's 33W, and offers 18W reverse charging for accessories.

## VERDICT

The POCO M8 is a solid mid-budget phone priced from ₹18,999, known for its design, display quality, and battery life. It offers good value with long software support but is limited by average gaming performance and a basic camera system. While it doesn't outperform competitors like the Realme P4x or Moto G96 in power or photography, its slim build and bright AMOLED screen are appealing. It's great for calls, media, and light use, but those with specialized needs may want to consider other options. 📱

• ₹11,999

LOGITECH  
MX MASTER 4

# A GAME CHANGER IN USER EXPERIENCE

Words By: Shintu Dhang

• **RATING** ★★★★★

**F**he Logitech MX Master 4 stands out as one of the finest productivity mice available, building impressively on the already excellent MX Master series. My original MX Master still performs reliably with strong battery life. Still, after two weeks with the MX Master 4, it has fundamentally transformed my daily workflow, making browsing and content engagement feel more intuitive, comfortable, and efficient. But is this mouse any better for professional use? Let's find out.

## FEATURES & BUILD

The MX Master 4 retains the iconic ergonomic shape of its predecessors while introducing meaningful upgrades over the MX Master 3S. Key additions include customizable haptic feedback and the innovative Actions Ring, both of which significantly boost productivity. Connectivity is twice as strong for more reliable performance in crowded wireless setups, and battery life reaches up to 70 days on a full charge.

At 150 grams, the weight difference is negligible in the hand. The design remains substantial and premium, available in sleek colour options like Black, Pale Grey, and Graphite. It looks sharp on any desk and incorporates sustainable materials, up to 54% Next Life Plastics on the Graphite model (48% on Pale Grey), a low-carbon aluminium thumb wheel powered by renewable energy, and 100% recycled cobalt.

The haptic feedback shines brightest on the Actions Ring and gesture controls, providing tactile confirmation for custom actions.

However, its potential feels underutilized beyond these (e.g., I'd love haptic cues during browser scrolling or precise adjustments in creative apps). Setup requires Logi Options+ software (free, with an account for advanced features), which lets you unlock Smart Actions, such as prebuilt or custom macros that launch apps, open tabs, or automate workflows with one click. Examples include firing up Chrome + email + Office suite for work, quick access to social media (YouTube/Instagram), or prepping Zoom with a notepad for meetings. The flexibility, including template imports, is a genuine time-saver.

On the AI front, Logitech integrates access to Perplexity, Copilot, Gemini, and ChatGPT via the Actions Ring. While AI integration is increasingly standard (and optional), it proves handy for quick tasks, saving time without dominating the experience. Many default Ring actions map to common keyboard shortcuts; reassigning them to lesser-used functions maximizes utility.

Performance remains top-tier with an 8,000 DPI Darkfield sensor that tracks flawlessly on virtually any surface (including glass), ideal for couch or table use. Connectivity is rock-solid, with no dropouts or interference during intensive work. It also includes the Logi Bolt USB-C receiver.

## EXPERIENCE

The MX Master series shape has evolved subtly but effectively, remaining near-perfect for extended sessions. With large hands, I find it exceptionally comfortable. The contoured grip supports natural posture without fatigue.

Clicks are satisfying, yet whisper-quiet (Quiet Click tech reduces noise by -90%), and the MagSpeed scroll wheel glides buttery-smooth in free-spin mode or ratchets precisely for document navigation.

The thumb wheel enables effortless horizontal scrolling (great for spreadsheets or timelines), while dedicated back/forward buttons and the new gesture button add layers of control. Hold the gesture button and swipe to switch to desktop mode, adjust volume, zoom, or run app-specific commands, all customizable via Logi Options+.

Battery life impresses most, starting at around 40% out of the box, it dropped only -5% over three weeks of heavy daily use. I charge it preemptively rather than out of necessity. The 125 Hz polling rate suits productivity perfectly (far from the 1,000+ Hz of gaming mice), delivering responsive, lag-free input without excessive power draw.

## VERDICT

The Logitech MX Master 4 is hands-down the best mouse I've ever used, making it nearly impossible to go back to anything less. For non-gaming needs, it delivers unmatched productivity through customizable actions, all-day comfort, exceptional battery life, and reliable performance. Whether at a desk, on the go, or juggling multiple devices, it enhances every task without compromise.

If you're seeking the ultimate productivity companion, the MX Master 4 isn't just an upgrade, it's the new benchmark. Highly recommended. [👉](#)

# CMF HEADPHONE PRO SURPRISINGLY GOOD BUDGET HEADPHONES

Words By: Aadithya Harish

**C**MF has built a strong identity around creating colourful, affordable products, and the CMF Headphone Pro reflects that philosophy perfectly. From smartphones to earbuds, the brand has consistently focused on design and value. The CMF Headphone Pro, its first over-ear headphones, continue that approach, and after spending considerable time with them, I can confidently say they are far more than just visually appealing.

The CMF Headphone Pro starts at ₹9,999, with a special launch price of ₹6,999, which places it firmly in the competitive budget segment. I tested the Light Green colour variant.

## DESIGN AND COMFORT COLOURFUL, LIGHTWEIGHT AND WELL THOUGHT OUT

The Light Green colour looks fresh and modern, and the soft-touch finish on the earcups and headband adds a premium feel. Despite being primarily plastic, the build quality is sturdy. At just 283 grams, these over-ear headphones are impressively lightweight, with cushioned earcups and an evenly distributed headband for long-lasting comfort.

Attention to detail is evident, with clear left and right markings on the cushions and easily removable modular ear cushions for simple cleaning. The only downside is that they don't fold, taking up more space in a bag.

## CONTROLS AND BUILD PRACTICAL WITH MINOR LIMITATIONS

All controls on the CMF Headphone Pro are physical, which I personally prefer. On the right earcup, there is a scroll wheel for volume that also functions as a button, along with a multifunction key and a USB Type-C port. The left side houses the power button, the signature energy slider, a 3.5 mm audio jack, and an LED indicator.

The headphones have an IPX2 rating, meaning they can withstand light splashes or sweat. While a higher rating would have made them more suitable for workouts or outdoor use, IPX2 is still acceptable for everyday listening.

## APP EXPERIENCE SIMPLE, CLEAN AND CUSTOMISABLE

The CMF Headphone Pro pairs with the Nothing X app on Android and iOS, featuring a clean layout that displays battery percentage, noise cancellation modes, EQ presets, and spatial audio options. I appreciated the customizable multifunction button, scroll wheel behaviour, and energy slider for adjusting bass or treble. The personalised sound feature also enhances the listening experience. However, the EQ options are limited to five presets: Pop, Rock, Electronic, Classical, and Enhance Vocals with basic adjustments in custom mode, which may feel restrictive for advanced users. Pairing was quick and seamless, and the connection remained stable throughout my usage.

## SOUND QUALITY AND NOISE CANCELLATION, BASS DRIVEN AND ENJOYABLE

The CMF Headphone Pro features 40 mm drivers and supports AAC, SBC, LDAC, and Hi-Res audio. Its bass-focused tuning delivers punchy, energetic low-end that enhances immersion

without overpowering vocals. The soundstage is wide, with impressive instrument separation for the price.

While mids and highs are slightly subdued, EQ adjustments can create a more balanced sound for vocal or instrumental tracks. The active noise cancellation (ANC) works effectively in various environments, with Low, Mid, High, and Adaptive modes that reduce constant background noise, making it reliable for commuting and travel.

## BATTERY LIFE AND CALL QUALITY: RELIABLE AND LONG LASTING

Battery life is another major strength. CMF claims up to 50 hours with ANC on, and in my usage, I consistently got around 45 hours.

Charging takes close to two hours, and a quick five-minute charge provides several hours of playback, which is extremely convenient.

Call quality is solid. The microphones capture voice clearly and manage background noise well, making these headphones suitable for work calls and everyday conversations.

## FINAL VERDICT: WORTH BUYING UNDER ₹10,000

The CMF Headphone Pro genuinely surprised me. They look unique, feel comfortable, sound engaging, and deliver excellent battery life. While the plastic build and limited EQ options may not appeal to everyone, the overall experience is strong for the price.

If you are looking for stylish over-ear headphones under ₹10,000 that offer strong bass, dependable noise cancellation, long battery life, and a bold design, the CMF Headphone Pro is an easy recommendation. These headphones are not just good for the price. They are simply good. 🎧



### PROS

Lightweight and very comfortable for long listening sessions

Punchy bass with good ANC and LDAC support for the price

Excellent battery life with fast charging support

### CONS

Plastic build does not feel premium

Limited EQ customisation in the app

Does not fold, making it less travel friendly

• **RATING** ★★★★★

VIVO V70 ELITE

• ₹45,999

# ELITE THAT WORKS LIKE A PRO

Words By: Shintu Dhang

**V**ivo has established a strong presence with its V series, particularly the newly launched V70 lineup, which appeals to a broad audience, from casual users to tech enthusiasts. The V70 Elite boasts impressive specifications, including enhanced processing power, Zeiss optics for its camera, and a larger battery. Price starting at ₹45,999, it competes effectively with devices like the Google Pixel 9 and the OnePlus 15R. However, it may fall short in terms of software longevity when compared to iPhones and Samsung's Galaxy S series. Does it truly deserve the title of "Elite"? Let's find out.

## DESIGN & BUILD

The Vivo V70 Elite impresses with its modern, ergonomic design and compact 6.59-inch OLED display, making it easy to handle and pocket. While many smartphones are exceeding 6.8 inches, this size feels refreshingly manageable, perfect for one-handed use.

Its display features a 120Hz refresh rate, HDR10+ support, and peak brightness of 5,000 nits, ensuring vibrant colours and smooth scrolling for social media and video streaming. Constructed with flat sides and aerospace-grade aluminium, the V70 Elite has a sturdy feel and a matte back that resists fingerprints. The camera module, inspired by the OnePlus 15 and Oppo Reno 15 series, integrates seamlessly into the design and features Zeiss branding. Additionally, the IP68 rating makes it dust- and water-resistant, protecting against spills and rain.

## PERFORMANCE

The Vivo V70 Elite is equipped with Qualcomm's Snapdragon 8s Gen 3 processor, paired with 12GB of LPDDR5X RAM and 256GB of UFS 4.1 storage, delivering impressive performance in a mid-range phone. In everyday use, it efficiently handles multitasking, allowing users to run multiple apps like streaming Netflix, editing photos, and browsing with numerous tabs open without lag. The 120Hz display contributes to smooth animations.

In gaming, the V70 Elite shines, easily running demanding titles like BGMI and Call of Duty Mobile at high settings and maintaining a stable 60 fps. However, it does warm up near the camera after about

30 minutes of intensive gaming. Operating on OriginOS 6, based on Android 16, the software is clean and devoid of excessive bloatware.

## CAMERA

Vivo's partnership with Zeiss enhances the V70 Elite's camera system, featuring a triple-camera setup: a 50MP main sensor, a 50MP telephoto lens with 3x optical zoom, and an 8MP ultrawide lens. The 50MP front camera ensures sharp selfies and video calls. Zeiss optics deliver professional-grade colour profiles, with modes like Natural Colour and Vivid that rival high-end DSLRs.

In daylight, the main camera captures impressive detail and dynamic range, avoiding the oversaturation common with other brands. Our tests in Mumbai highlighted sharp edges, natural skin tones, and minimal noise. The telephoto lens excels in close-ups but softens at maximum zoom.

In low-light conditions, the night mode combines exposures to reduce blur, producing bright, noise-free images that outshine mid-range competitors. Although the ultrawide lens is just 8MP, it maintains colour consistency and handles distortion well. Selfies feature subtle AI beauty enhancements, and video recording supports 4K at 60fps with smooth stabilization, making it suitable for vlogging.

## BATTERY

Battery life is crucial for smartphones, and the V70 Elite excels with its 6,500 mAh battery. In moderate use, it lasts a full day with 30-40% remaining by bedtime. Even with heavy usage like GPS and gaming, it achieves 7-8 hours of screen time.

It supports 90W wired fast charging, reaching 100% in about 40 minutes, but lacks wireless charging. The included charger is a rare bonus in 2026, as many brands have eliminated them. During our 4K video playback test at 50% brightness, it only dropped by 5% over 30 minutes, showcasing its efficiency with the Snapdragon chip and optimized software.

## VERDICT

The Vivo V70 Elite is a well-rounded smartphone that justifies its place in the V70 series as the premium option, offering flagship features at a palatable price. Its compact design, stellar performance, Zeiss-backed cameras, and robust battery make it a top pick for most users. Is it the best? If you value balance over extremes, yes, it's better than many mid-rangers and competitive with flagships. However, if you need wireless charging or a bigger display, look elsewhere. 📱





₹32,000



KINGSTON DUAL  
PORTABLE SSD

# A TINY DRIVE IN AN EXPENSIVE ERA

Words By: **Sohil Nikam**

Reviewing storage devices in 2026 inevitably brings up one uncomfortable reality of today - pricing. RAM and storage products across the board have seen sharp increases, and the Kingston Dual Portable SSD is no exception, having been priced at ₹32,000. However, Kingston isn't positioning this as a mass-market device. Instead, it targets users with modern, multi-device workflows who value convenience and speed over sheer affordability.

The headline feature is its dual USB design. With USB-C now standard across most smartphones, tablets, MacBooks, and Windows laptops, and Type-A being a remnant of the past that still makes its presence felt everywhere, the drive eliminates compatibility friction. Plug it into almost any contemporary device, and it simply works. Those still on Lightning-based iPhones and iPads may feel left out, but that's more a reflection of changing ecosystems than a design flaw. On paper, the idea is elegant. In practice, it proves even more compelling.

## DESIGN

The Kingston Dual Portable SSD is impressively small. Available in capacities up to even 2TB, it packs serious storage into a form factor barely larger than a thumb drive.

It's lightweight, discreet, and easy to carry, even in the smallest pocket.

Its cable-free, plug-and-play design is the real win here. There's nothing to untangle. You just connect and get to work. The only minor downside is the removable caps on both ends, which require a bit of care to avoid misplacing.

In real-world use, the design shines. During an editing session, my video editor seamlessly switched the drive between a laptop and a phone to pull in additional clips, then went straight back to editing. That effortless handoff makes the drive particularly useful for creators, especially iPhone videographers working with ProRes footage.

## FUNCTIONALITY

Performance is where the Kingston Dual Portable SSD backs up its design. With USB 3.2 Gen 2 support, it delivers read speeds of up to 1,050MB/s and write speeds of up to 950MB/s. In practical terms, a 10GB video file transfers in seconds, while a 100GB project folder moves in under two minutes.

These speeds make it viable to edit directly off the drive. Timelines load quickly, scrubbing is smooth, and preview renders remain stable. On

smartphones, transferring a 5GB ProRes clip takes around a minute and a half, making it a reliable on-the-go backup solution. Performance remains consistent across repeated transfers, with thermals well controlled despite the compact size.

## VERDICT

The Kingston Dual Portable SSD isn't designed for everyone, and that's its strength. It's built for creators and professionals who need fast, portable, cross-device storage. While pricing may feel steep, the Type-C design and utility might end up justifying the premium for those who actually use it. If your workflow spans phones, tablets, and laptops, this tiny SSD delivers far more than its size suggests. 🌟

### PROS

Excellent cross-device compatibility.  
Fast real-world transfer speeds.

### CONS

Pricing feels steep.

• **RATING** ★★★★★



INTRODUCING

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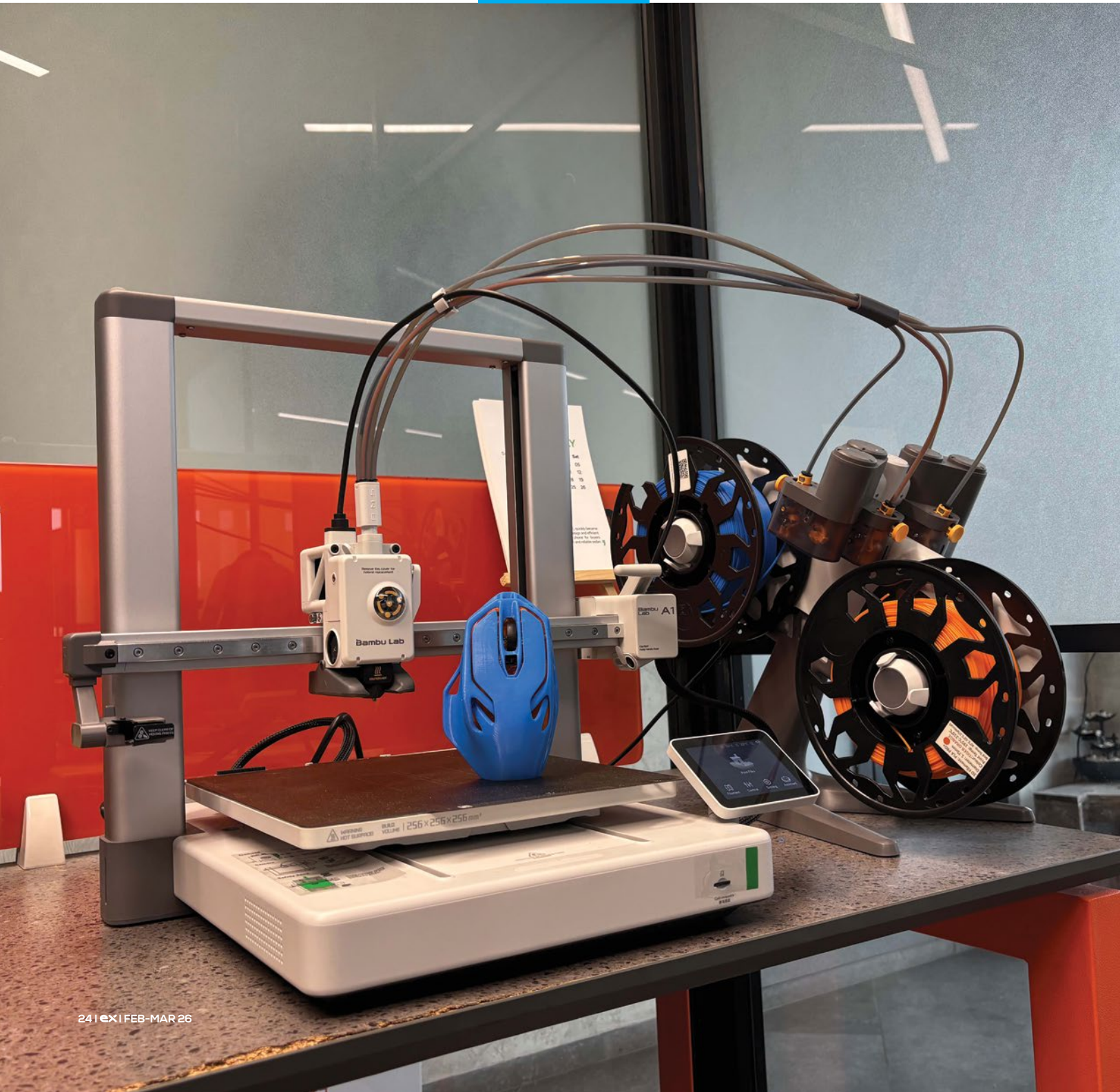
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Six Months with  
**BAMBU LAB  
A1 COMBO**  
POWERED BY WOL3D

Words By: Shintu Dhang



Six months ago, I wrote an enthusiastic initial review of the Bambu Lab A1 Combo powered by Wol3D, highlighting its groundbreaking accessibility to multi-colour 3D printing at an affordable price of ₹49,990. Back then, after a month of use, I was impressed by its speed, precision, and the seamless integration of the AMS Lite system for up to four colours of materials. It felt like a significant upgrade from my old Creality Ender 3 V2, blending premium features with a user-friendly design. Now, with over 500 print hours logged, countless projects completed, and a deeper understanding of its quirks, it's time for a long-term perspective. Has it held up under daily demands? How has it evolved my creative workflow and daily life? And what about those unavoidable hiccups? Let's dive in.

### LONG-TERM PERFORMANCE: RELIABILITY MEETS REAL-WORLD CHALLENGES

In the past six months, the A1 Combo has proven itself as a workhorse. I've pushed it through a variety of tasks, from rapid prototyping custom phone stands and mechanical parts to intricate multi-colour models like personalized keychains and decorative coasters. The core specs include 256 x 256 x 256 mm build volume, max speeds up to 500 mm/s (though I typically stick to 250 mm/s for quality), and the all-metal hotend capable of 300°C, have remained consistent. Print quality hasn't degraded; if anything, I've fine-tuned my settings in Bambu Studio to achieve even sharper details and smoother surfaces.

The AMS Lite, which enables effortless multi-material printing, has been a standout. Using Wol3D's in-house PLA filaments (derived from corn starch and biodegradable), I've experimented with vibrant colour combinations without the need for constant manual swaps. The Wol3D spools save time, and even with third-party filaments, manual calibration is straightforward. Noise levels have stayed impressively low at around 48 dB, making it suitable for home offices. I've printed overnight without disturbing the household.

However, it's not all smooth sailing. About four months in, I encountered a significant breakdown: filament got stuck in the extruder during a heavy multi-colour print session. It started with inconsistent extrusion, leading to a complete jam that clogged the hotend. After some YouTube tutorials, I was able to clear it with cleaning filament and nozzle tools. The process took a few days. It turned out to be a brittle



filament due to moisture. Since then, I've been more active with maintenance, including regular purge-tower cleanups and the use of high-quality filaments to prevent similar issues.

Overall, uptime has been about 95%, which is impressive for a consumer-grade printer. The built-in camera, though still limited to 0.5 fps for timelapses, has been handy for remote monitoring via the Bambu Handy app, catching potential failures early.

### HOW IT CHANGED OUR LIVES: FROM HOBBY TO ESSENTIAL TOOL

The A1 Combo hasn't just been a gadget; it's transformed how I approach creativity and problem-solving. In the last six months, it's shifted from an occasional toy to a daily utility. For instance, I've printed custom coasters for our office, saving us trips to the store and reducing plastic waste from mass-produced items. My colleagues have used it for projects, like a horseshoe for a mic and a camera lens protector.

### POSITIVES & NEGATIVES

Beyond the initial wow factor, I've come to appreciate several aspects of the printer. Its durability impresses; the unibody frame and metal components show minimal wear after

heavy use. The removable textured PEI bed grips print well and allow for easy removal. Reliable auto-calibration features save time compared to older models.

Multi-colour printing with AMS Lite is fun, with crisp colour transitions and modular upgrades. Wol3D filaments perform excellently and are readily available in India. The software, particularly Bambu Studio, has improved significantly, making slicing intuitive, while community profiles enhance versatility. Its quiet operation and compact design make it suitable for living rooms, and the camera's time-lapse feature is great for social media.

At ₹49,990, it has already paid for itself. The wide filament compatibility allows for a variety of projects, from flexible grips to durable parts.

However, no printer is perfect. Filament costs can add up, especially for larger prints, with waste from multi-colour jobs reaching up to 20%. Maintenance can be a hassle; clogs require tools to fix, and the open-frame design limits ABS printing without an enclosure, leading to warping in humid conditions. The AMS Lite increases the printer's footprint, affecting portability. Occasional software glitches occur after updates, and the low-res camera feels outdated. While the printer is quiet, the fan noise increases during long prints.

### VERDICT

After six months, the Bambu Lab A1 Combo powered by Wol3D earns a solid 9/10 in my long-term books, a slight dip from my initial 9.3 due to maintenance realities, but still a recommendation for hobbyists and pros alike. It's revolutionized our lives by embedding creativity into everyday routines, delivering consistent performance with room for growth. If you're okay with occasional servicing and budgeting for filament, it's a powerhouse. For those in India, Wol3D's support seals the deal. Just remember: great tools require care to shine in the long term. 🌟



# FITNESS

Revolutionizing  
Performance and  
Wellness

IN TECH

Words By: Shintu Dhang

**T**echnology is now integrated into every aspect of daily life, and its influence on fitness has fundamentally changed how we approach health and performance. No longer limited to basic step counters or gym timers, technology acts as a personal coach, data analyst, and motivator. It enables users to optimize workouts, prevent injuries, and achieve peak physical condition.

Imagine starting your day with a device that analyzes your sleep quality from the previous night, suggests a personalized exercise routine based on your energy levels, and even adjusts the intensity of your workout in real time to match your heart rate. This is not science fiction; it's the reality of 2026, where advances in wearables, apps, and smart devices have made fitness more accessible, efficient, and effective.

Technology enhances fitness performance by providing actionable insights that were once available only to elite athletes. By tracking biometrics such as heart rate variability (HRV), oxygen saturation, and movement patterns, devices can detect inefficiencies in your form, predict fatigue, and recommend recovery strategies. For example, if you're training for a marathon, technology can simulate race conditions, monitor your pace against historical data, and alert you to the risks of overtraining. This data-driven approach not only boosts endurance and strength but also reduces injury rates by up to 30%, according to studies on wearable tech. Performance improvements stem from personalization, as algorithms learn your habits and adapt plans to fit your lifestyle, whether you're a busy professional in Mumbai fitting in evening runs or an enthusiast incorporating yoga with high-intensity interval training.

Moreover, technology democratizes access to expert guidance. Virtual reality (VR) workouts immerse you in scenic trails or group classes, while augmented reality (AR) provides form corrections during lifts. These tools enhance motivation through gamification, allowing users to earn badges for reaching milestones or compete in virtual challenges, thereby increasing adherence rates. In India, where urban lifestyles often limit outdoor activities, technology offers home-based plans that rival traditional gym sessions.

As we explore this further, it's clear that embracing technology isn't just about gadgets; it's about unlocking your body's full potential and ensuring that every workout contributes to measurable improvements in speed, power, and overall vitality.

## HOW TECH HELPS IN FITNESS

Technology's role in fitness extends far beyond tracking steps. It fundamentally enhances how we train, recover, and sustain long-term health. At its core, tech provides real-time feedback that empowers users to make informed decisions. Wearables like smartwatches use optical sensors to monitor heart rate during exercise, ensuring you stay in optimal fat-burning or cardio-endurance zones. This precision helps avoid plateaus, as data reveals when to push harder or ease up.

One key way tech aids fitness is through injury prevention and recovery. Advanced algorithms analyze gait and posture via accelerometers and gyroscopes, flagging imbalances that could lead to strains. For example, apps integrated with smart insoles can correct running form, reducing knee stress by 20%. Post-workout, tech facilitates recovery with features like guided breathing exercises or vibration therapy in massage guns, which improve blood flow and reduce muscle soreness.

Nutrition and sleep, pillars of fitness, are also revolutionized. Apps scan food labels to log macros accurately, while sleep trackers use skin temperature and movement data to score sleep quality, suggesting adjustments like earlier bedtimes to improve hormone regulation. In group settings, technology fosters community, and virtual classes connect users globally, enhancing accountability and enjoyment.

To enhance performance, tech simulates professional training. Connected equipment like smart rowers adjusts resistance based on your output, mimicking coached sessions. In India, where pollution and traffic hinder outdoor activities, indoor tech solutions like air-purifying treadmills and app-based cycling routes help maintain routines. Overall, tech streamlines fitness by integrating data from multiple sources into cohesive plans, turning vague goals into achievable milestones.

## PRODUCTS THAT CAN IMPROVE YOUR FITNESS SKILLS

The market is flooded with innovative tech products designed to boost your fitness game. Below, we explore standout options, from wearables to apps and

appliances, each offering unique features to enhance performance, tracking, and recovery. These tools not only monitor progress but also provide insights to refine techniques and build skills like endurance, strength, and agility.

### APPLE WATCH SERIES 11

The Apple Watch Series 11 stands out as a complete fitness companion, building on its predecessors with enhanced health monitoring and workout features. It includes hypertension notifications, a refreshed Workout app with quick-access buttons for Pacer, Race Route, and Custom Workouts, and a new Workout Buddy that delivers personalized pep talks via text-to-speech. The device tracks daily activity through Move, Exercise, and Stand rings, celebrating milestones with badges. Its heart rate monitoring adjusts goals based on intensity, while 5G connectivity ensures seamless data syncing. GPS accuracy is reliable for runs, and integration with Apple Fitness+ provides real-time metrics like calories burned.

### BEATS POWERBEATS PRO 2

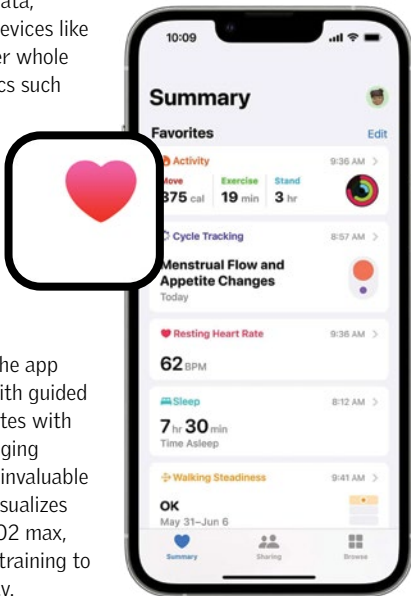
For audio-driven workouts, the Beats Powerbeats Pro 2 earbuds introduce heart rate monitoring, a first for Apple audio products. With secure-fit earhooks and IPX4 sweat



resistance, they're built for intense sessions. Features include Active Noise Cancellation (ANC), Transparency mode, and Adaptive EQ for immersive sound. Heart rate sensors pulse 100 times per second and integrate with the Apple Fitness app for 50 workout types, including HIIT and cycling. They also count steps independently and improve accuracy when paired with an Apple Watch. The battery lasts up to 45 hours with the case, making them perfect for long training sessions without carrying a phone.

**APPLE HEALTH APP**

The Apple Health app serves as a central hub for fitness data, aggregating info from devices like the Apple Watch to offer whole insights. It tracks metrics such as heart rate, sleep score, and activity rings, providing summaries and trends. Features like ECG for irregular rhythms and low cardio notifications help monitor cardiovascular health. The app supports mindfulness with guided meditations and integrates with third-party nutrition logging apps. Free with iOS, it's invaluable for skill-building, as it visualizes progress in areas like VO2 max, encouraging consistent training to improve aerobic capacity.



optimal, red for low). New features include Healthspan, which tracks physiological age and the pace of ageing, and female hormonal insights that overlay cycle data on metrics. Auto-detection of workouts provides strain scores, and AI coaching recommends intensity based on recovery. At ₹28,950/year, it's suited for serious athletes honing recovery skills to sustain high performance.

**CULT SMART SCALE PRO**

From Indian fitness brand Cult.fit, the Smart Scale Pro is a US FDA-approved body composition analyzer measuring over 50 parameters like BMI, body fat, muscle mass, and visceral fat. With eight electrodes and dual-frequency BIA technology, it offers precise full-body scans for up to 10 users. Bluetooth connectivity syncs data with the Cult Connect app for trend tracking. The LED display and tempered glass build support up to 180kg. Priced at around ₹3,000, it helps refine nutrition and training by revealing body changes, improving skills in weight management and muscle building.



**NUUK BRISK AIR FRYER**

While not a traditional fitness gadget, the Nuuk BRISK Air Fryer promotes healthy eating with 100% toxin-free ILAG ceramic coating, free of PTFE/PFAS. Its 6.5L capacity uses 360° rapid air circulation for oil-free cooking, with eight presets including Indian modes like Tandoor and Crispy Fry. Features such as a digital touch interface, a shake alert, and 40-200°C temperature control make meal prep easy. At ₹8,999, it supports fitness by enabling low-calorie, nutrient-rich meals, enhancing dietary skills for better recovery and energy.



make it versatile. Officially priced at ₹38,999 but available on Amazon for ₹19,999, this product is ideal for minimalists seeking to enhance their endurance skills through seamless monitoring.

To highlight Indian innovations launched recently, consider these additions:

**WHOOPEE 5.0 PEAK**

The Whoop 5.0 Peak is a screenless tracker focused on recovery and longevity, with a 14-day battery life and Peak membership for advanced insights. It monitors sleep, strain, and recovery via HRV, respiratory rate, and blood oxygen saturation, assigning colour-coded scores (green for

**SAMSUNG GALAXY RING**

The Samsung Galaxy Ring is a discreet smart ring for those ditching bulkier devices, tracking heart rate, sleep, and stress, and automatically detecting walks/runs without a subscription. With sensors for HRV, skin temperature, and accelerometers, it provides Energy Scores and cycle predictions. Up to 7-day battery and 10ATM water resistance



## ULTRAHUMAN RING AIR

From Bengaluru-based Ultrahuman, the Ring AIR is a smart ring that tracks sleep, activity, and recovery, with AFib detection and power-nap modes. It monitors HRV, SpO2, and movement, offering insights via an app without subscriptions. Launched in 2024-2025, it's lightweight and durable, helping users improve sleep hygiene and workout efficiency.



## NOISE COLORFIT PRO 5

Noise, an Indian wearables leader, launched the ColorFit Pro 5 in 2025 with a 1.85" AMOLED display, over 100 sports modes, and SOS tech. It tracks heart rate, SpO2, and sleep, with up to a 7-day battery. Affordable at ₹4,000, it builds tracking skills for daily fitness.



## UNDER ARMOUR ECHO SLIP SPEED

The Universal unisex training shoes enhance your fitness journey with cutting-edge technology. Featuring responsive UA HOVR cushioning for impact reduction and energy return, they support intense workouts and long runs. The innovative SlipSpeed convertible heel allows for easy transitions from training to recovery, making them ideal for gym sessions or casual wear. Whether lifting weights or jogging, these shoes adapt to an active lifestyle.



## ATOVIO PEBBLE WEARABLE AIR PURIFIER

Made-in-India necklace-style purifier (from Bengaluru startup, IIT Kanpur-tested) uses negative ion technology to create a personal clean-air bubble, reducing up to 90-99.9% of pollutants like PM2.5, dust, and smoke in your breathing zone. In high-AQI Mumbai, it supports outdoor runs, commutes, or workouts




by minimizing respiratory strain, improving oxygen intake, endurance, and recovery without bulky masks.

## HOW AI CAN HELP IN FITNESS

By 2026, AI will be the backbone of fitness, personalizing experiences and optimizing outcomes. AI analyzes data from wearables to create adaptive plans, such as reducing intensity or suggesting rest if you're recovering poorly. Apps like Fitbit's AI coach build routines via conversation, adjusting for factors like sleep or diet. In workouts, AI provides real-time form corrections, using camera analysis to prevent injuries.

AI enhances motivation with predictive insights, forecasting performance dips and offering tips. For nutrition, it scans meals for macros and suggests alternatives. Recovery benefits from AI-driven programs that integrate HRV and stress data for tailored advice. In India, AI apps like Healthify provide voice-enabled coaching in local languages, making wellness inclusive.

Future trends include AI platforms as "change fitness" tools, embedding into workflows for seamless habit-building. However, experts advise verifying AI suggestions with professionals, as it's a tool, not a replacement. 

# Resetting MYSELF TO LEVEL 10

How a post-wedding burnout led me to Evity Wellness, a futuristic longevity lab

Words By: Ramesh Somani

**T**here are weddings. And then there are Indian weddings. After days of late nights, endless sweets, social obligations, loud music, and very little sleep, I felt like my body had been through a multi-day endurance rally without pit stops. My knees ached, my back felt tight, and my energy levels were erratic. Upon a friend's suggestion, I walked into Evity Wellness in Kolkata, and I didn't walk out the same.

## A DIFFERENT KIND OF WELLNESS SPACE

Evity doesn't feel like a spa. Nor does it resemble a gym. There are no incense sticks, no treadmills humming in the background. Instead, it feels clinical yet inviting. It's minimalist, futuristic, and quietly confident in what it offers. The philosophy here is clear: longevity over vanity. Healthspan over lifespan. The idea isn't merely to add years to your life, but life to your years, and to wake up tomorrow

feeling better than you did today. Evity calls it building a "Level 10 life." And for the first time, I experienced what that could mean.

## FACING THE DATA: A 3D BODY SCAN

I began with the 3D Body Scan. Think of it as a digital mirror that doesn't flatter or judge, but informs. Within minutes, I had a comprehensive scan of my body composition: fat-to-muscle ratios, posture alignment, asymmetries, and metabolic indicators. It was precise, visual, and objective. No guesswork. No approximation.

**1** After a week of wedding indulgences, that data was grounding. What struck me most wasn't just the numbers, but the clarity. Instead of vague ideas like "I feel bloated" or "my back hurts," I could see exactly what needed attention. Postural imbalances explained the stiffness. Muscle-to-fat ratios contextualised my fatigue. Wellness, suddenly, felt measurable. Evity's ecosystem is

built around tracking five core longevity markers, including metabolic health, fat-to-muscle ratios, and posture adjustments. Every session feeds into a personalised dashboard. It felt less like a one-off visit and more like enrolling on a long-term performance programme.

## CRYO PROTOCOL

Then came the Cryo Protocol. Walking into a chamber set at  $-85^{\circ}\text{C}$  is not something you "ease into." It is immediate. Sharp. Invigorating. For a few seconds, your brain screams "why?" and then something fascinating happens. You adapt. The cold isn't just about endurance theatre. It activates a cascade of physiological responses: increased norepinephrine, endorphin release, reduced inflammation, and accelerated recovery. It can stimulate a burn of up to 800 calories as your body works to regulate core temperature. But what you feel is clarity. Twenty minutes later, I stepped out charged. Not jittery but alert.

**3**

**2**



My mood had lifted, my body felt lighter, and the post-wedding sluggishness seemed to have been chemically edited out. This isn't pampering. It's stimulus-driven adaptation.

### RED LIGHT PROTOCOL

If cryo is intensity, Red Light Protocol is restoration. Lying inside a chamber that bathes your body in precise red and near-infrared wavelengths feels almost meditative. There's no discomfort, no dramatic sensation. But beneath the calm, cellular activity ramps up. Red light therapy activates mitochondria, enhances circulation, stimulates collagen production, and supports muscle repair. It is subtle, but powerful. The kind of protocol elite athletes use between high-load training sessions. After cryo, it felt like the perfect counterbalance. My muscles relaxed. My joints felt fluid. The cumulative fatigue from days of dancing, standing, and socialising seemed to dissolve. I walked in tired. I walked out reset.



### THE "LEVEL 10 LIFE"

What differentiates Evity is not individual treatments, but intent. Traditional spas are reactive. You go when you feel exhausted. Gyms are effort-heavy. You push yourself to improve. Most wellness spaces are fragmented. Evity integrates performance-grade protocols — cryotherapy, red light therapy, oxygen therapy, contrast therapy — into efficient 3 to 30-minute sessions that slot into real lives. No six-month bootcamp. No aesthetic obsession. Just strategic, science-backed adaptation. The promise is simple: feel better, move better, age better.

A Level 10 life isn't abstract. It's playing your weekend sport without knee pain. It's holding your 5K pace for years. It's having energy left to meet friends after work. It's refusing to accept stiffness as "just age." And it's tracked. With consistent sessions over 6 to 8 weeks,



improvements can definitely compound. For someone who lives a high-output, deadline-driven life, that framing resonated deeply.

### WALKING OUT DIFFERENT

When I left Evity that evening, the Kolkata air felt lighter. Or perhaps I did. My posture felt more upright. My mind was sharper. My mood was buoyant. The residual fatigue from the wedding week had been replaced by something more controlled, more deliberate. Rejuvenation is often marketed as indulgence. At Evity, it feels like an investment. Not in how you look tomorrow. But in how you function next year. And the year after that. If this is what a Level 10 life begins to feel like after a single session, I can see why the idea isn't about chasing lifespan. It's about upgrading the present. And after that hectic week, that was exactly what I needed. [see](#)





# MODERN MPV, REIMAGINED

Why the New Nissan Gravite feels perfectly  
timed for today's Indian family

Words By: *Sohil Nikam*

**T**here was a time when the term MPV conjured up images of purely functional machines, which were practical, yes, but hardly aspirational. Today, that definition has evolved. The modern

Indian family wants space, but also style. Efficiency, but also tech. Comfort, but not at the cost of driving ease. The newly launched Nissan Gravite enters at precisely this intersection. Not as a throwback to old-school people movers, but as a contemporary, urban-ready MPV that understands how families actually live in 2026. Here's what makes it feel especially relevant right now.

### **GENUINE SEVEN-SEATER WITHOUT COMPROMISES**

Built on the proven CMF-A+ platform, the Gravite shares its underpinnings with the Renault Triber but carries a distinct Nissan character. More importantly, it retains the highly practical 5+2 seating layout that makes this format so relevant in India. The third row is removable, giving buyers the flexibility to convert the MPV into a large-boot five-seater when required. For families juggling school runs, airport drops and weekend trips, that adaptability matters. Rear AC vents are a critical feature in Indian summers, and ensure all rows stay comfortable. Lastly, the cabin offers generous storage spaces throughout. It's not just about fitting seven people; it's about making seven people comfortable.

### **NOT JUST HIGHWAY CRUISING**

The Gravite measures 1,734mm in width, keeping it compact enough for tight city environments while still offering a surprisingly roomy interior. The upright stance and generous glass area aid visibility, making it easy to manoeuvre in crowded areas. Power comes from a 1.0-litre, three-cylinder naturally aspirated petrol engine producing 72hp and 96 Nm. It's paired with either a 5-speed manual or a 5-speed AMT gearbox. Performance isn't about outright speed here but about smooth, predictable delivery. In real-world use, that translates into stress-free city driving and adequate highway capability. Efficiency remains a strong point too: Nissan



claims 19.3kpl for the manual and 19.6kpl for the AMT. For buyers focused on running costs, that's an important number.

### **TECHNOLOGY THAT ACTUALLY SERVES THE FAMILY**

Step inside, and the Gravite feels contemporary without being complicated. The dashboard layout is clean, featuring a three-spoke flat-bottom steering wheel, rotary climate control knobs and an 8-inch infotainment touchscreen paired with a 7-inch digital driver display. Wireless Apple CarPlay and Android Auto are supported, alongside push-button start/stop and steering-mounted controls. Automatic LED headlamps and rain-sensing wipers add a premium touch typically associated with higher segments.

Moreover, its practical touches elevate daily usability. You get a wireless charging pad, a cooled glove box, a reverse camera, parking sensors, and even a TPMS. And in an era where safety has become non-negotiable, the Gravite offers up to six airbags. The limited-run Launch Edition (1,001 units) further enhances the package with a JBL sound system, dual-channel dashcam, ambient lighting and a cabin air purifier. These are features that push the experience beyond basic transportation.

### **STYLING THAT AVOIDS THE "BOX ON WHEELS" LOOK**

While based on the Triber's structure, Nissan has made meaningful cosmetic changes. The Gravite features a honeycomb-patterned grille, redesigned bumpers with C-shaped silver inserts, unique DRL signatures and distinctive wheel designs. 'GRAVITE' lettering on the

bonnet and tailgate reinforces its identity. Colour options, which include Forest Green, Onyx Black, Blade Silver, Snow White and Metallic Grey, add personality. The Launch Edition goes a step further with orange accents and white tyre decals. The result is an MPV that looks contemporary and confident rather than purely functional.

### **THOUGHTFUL PRICING**

Perhaps the Gravite's strongest argument lies in its pricing. The starting price of ₹5.65 lakh, which applies to the Visia trim of its Petrol Manual variant makes it incredibly accessible to the Indian buyer. Even if someone wishes to opt for the top-end Launch Edition in this drivetrain, the cost stays at ₹8.35 lakh. As for the Petrol AMT version, it starts with the N-Connecta trim, which is priced at ₹7.80 lakh. The launch edition of this variant goes up to ₹8.93 lakh. This positioning keeps it firmly within reach of middle-class families upgrading from hatchbacks, while offering the space and practicality of a much larger vehicle.

### **THE RIGHT MPV FOR THE RIGHT MOMENT**

SUVs may dominate the conversation, but the logic of a well-executed MPV is hard to ignore, especially in a country where one car must serve multiple generations and multiple roles. The Nissan Gravite doesn't try to be flashy for the sake of it. Instead, it focuses on what matters: genuine seven-seat flexibility, usable fuel efficiency, contemporary features, and a starting price of ₹5.65 lakh. In 2026, practicality is no longer unfashionable. When done right, it's intelligent. And the Gravite makes a compelling case for exactly that. 🚗



Whoop vs

Apple Watch Ultra 3 vs

Galaxy Watch Ultra (2025)

# WHAT REALLY KNOWS YOUR BODY BEST?

Words By: Sohil Nikam



**A** big part of my job is to test wearables, and I'm still picky. That's because my nights are sacred, my workouts are habitual, and I get suspicious of any gadget that hands me a score and calls it "recovery." Over the last month, I wore a Whoop strap (Whoop 5 series), the Apple Watch Ultra 3, and the Samsung Galaxy Watch Ultra (2025) one after the other. I slept in all three, trained in all three, and let their companion apps narrate my rest, readiness and heart data. Below, I break down what each device does, what it actually means, and which one I'd rely on depending on your goals.

### SHORT PRIMER ON HARDWARE AND APPROACH

Whoop is a screen-less band designed to be worn 24/7. It samples heart rate continuously, emphasises HRV (heart-rate variability), sleep stages and strain, and presents recovery as a single daily metric. It ships with a membership model for full access to its coaching and analytics.

Apple Watch Ultra 3 is a full smartwatch with an expansive sensor suite: an electrical heart sensor (ECG), an optical heart sensor, blood-oxygen (SPO2), wrist temperature, advanced accelerometers and an S-class chip that runs on-device ML. Apple's approach is broad: clinical-grade features, first-party sleep tracking, and deep ecosystem integrations.

Samsung Galaxy Watch Ultra (2025) positions itself as an enduring, outdoorsy "ultra" watch. It's got a titanium build, huge battery modes, dual-frequency GPS, and Samsung's updated BioActive sensor and Galaxy AI for insights. It aims to mix ruggedness with health insights and long battery life.

### SLEEP: RAW TRACKING VS MEANINGFUL CONTEXT

What I looked for during these tests were factors like accurate time asleep, reliable staging (light/REM/deep), how often wakeups are detected, and whether the device mislabels sedentary wakefulness as sleep.

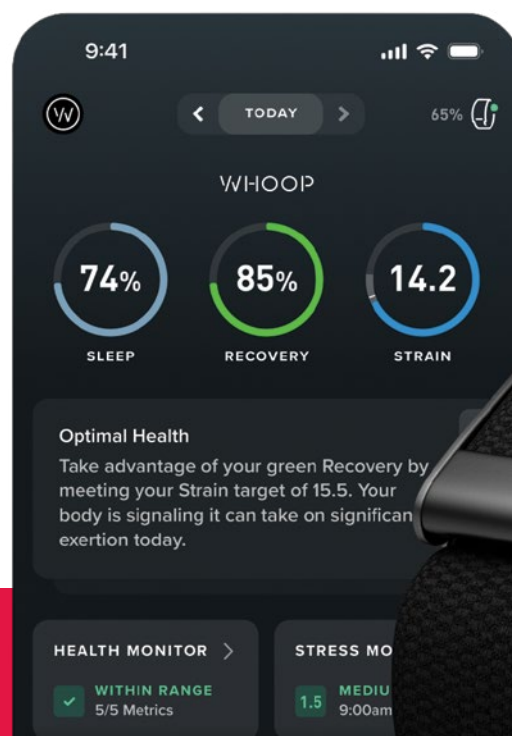
**Whoop:** This one nailed time asleep and sleep-onset detection in my testing. Because Whoop is devoted to this single job, it samples HR continuously and uses HRV patterns to infer sleep stages. The band rarely missed short naps or middle-of-the-night wakeups. Where it falls short is transparency. Whoop bundles staging into scores and algorithms that are not as visible as a stage-by-stage hypnogram you can interrogate. Clinically, Whoop has been shown to have acceptable accuracy for sleep and cardiac variables when baselines are available.

**Apple Watch Ultra 3:** Sleep tracking has matured. The Ultra 3 adds improved temperature sensing for overnight context and continues Apple's trend of prioritising user privacy and seamless integration. In my tests, the Ultra 3's sleep start/end times matched my perceived sleep and the Apple hypnogram (via third-party validated apps) better than many generalist watches. Independent comparative work has shown Apple's Ultra hardware performs strongly against chest-strap and lab devices in heart-rate and sleep staging tests. That matters if you want sleep stage fidelity.



**Samsung Galaxy Watch Ultra (2025):** Samsung's sleep staging is competent, and the long battery means you don't sacrifice overnight tracking to save power. Galaxy AI does a fine job of pointing out irregularities (e.g., SPO2 dips), and Dual-frequency GPS is irrelevant to sleep but nice for activity logs. In raw staging, I found it slightly more conservative than Whoop about calling short awakenings full wake periods; the result is slightly smoother nights on paper than what I felt.

**Verdict (sleep):** If your priority is actionable sleep-centric coaching (and you'll tolerate a subscription), Whoop's laser focus and continuous sampling make it the best companion for athletes or people trying to tune sleep timing and HRV-driven recovery. If you want the most accurate single-device read combined with broader health features, Apple Watch Ultra 3 is the best all-rounder. Samsung sits in a useful middle ground, with great battery and solid staging, but less athlete-centric coaching.



**RECOVERY AND READINESS:  
HRV, RESTING HR AND THE  
STORY THEY TELL**

Recovery in wearables is not a raw number; it's a narrative stitched from HRV, resting heart rate (RHR), sleep and recent strain.

Whoop leans into HRV as the primary signal. It measures HRV frequently and uses personalised baselines to calculate "recovery" and suggested strain. In practice, this meant Whoop flagged poor nights and recommended low-strain days more judiciously than the others. Several validation studies support Whoop's HR and HRV measurements as acceptable for longitudinal use, especially when the device is worn consistently.

Apple Ultra 3 provides HRV metrics (visible in Health), resting HR, and combines them with respiratory and temperature signals. My experience was that Apple's recovery numbers are conservative, and the device is excellent at spotting acute anomalies. For people who want to marry day-to-day readiness with medical safety nets, Apple is superior.

Samsung uses BioActive sensing and Galaxy AI to generate recovery-like insights. The radar here is wide. Samsung highlights stress, sleep quality and SPO2 trends; it's good for trends but less granular in HRV sampling cadence compared to Whoop.

**Verdict:** For dedicated recovery guidance, Whoop wins. For clinical safety signals plus recovery context, it's Apple for trend tracking with an excellent battery, Samsung.

**OVERALL HEALTH:  
SENSORS, CLINICAL  
FEATURES AND  
ECOSYSTEM**

If you want a watch to also be your medical second pair of eyes, sensors and ecosystem matter.

Apple Watch Ultra 3 packs ECG, SPO2, skin/wrist temperature and on-device analytics. Apple's ecosystem pushes health data into the Health app. Independent comparisons show Apple's hardware is highly competitive for heart-rate accuracy. If a single device must be the hub for health records, Apple leads.

Whoop is not a smartwatch and does not offer ECG or on-wrist SPO2 waveform displays. Its strength is the depth of physiological metrics over time and coaching. The cost model, an ongoing membership, is the price of entry.

Samsung Galaxy Watch Ultra (2025) gives you SpO<sub>2</sub>, ECG (in supported regions), blood pressure estimates in some markets, and long battery safety for long trips. Combined with Galaxy AI, Samsung markets more contextually intelligent summaries. It's a strong daily driver if you prefer an Android-first ecosystem.

**Verdict:** Apple Watch Ultra 3 for integrated clinical features and ecosystem. Samsung for Android users who need battery and ruggedness. Whoop for deep physiology, but not for clinical alerts.



## PRACTICALITIES THAT CHANGE THE WINNER IN REAL LIFE

**Battery & comfort:** Whoop's 14+ day battery and strap comfort make it easier to wear all night; no screen means no sleep disturbance. Samsung's Ultra 2025 is built for multi-day adventures and wins on runtime in power-saving modes. Apple's Ultra 3 is a smartwatch with more features and a shorter runtime than Whoop, but still respectable.

**Cost & subscriptions:** Whoop requires a membership for the full analytics experience; it's great if you value coaching, but annoying if you expect a one-time purchase. Apple/Samsung are one-time purchases with optional paid services.

**Data transparency & anxiety:** There's a real phenomenon of "orthosomnia," which means obsessing over sleep numbers can worsen sleep. If you're prone to anxiety, the constant stream of readiness scores (especially if you check them first thing) can be counterproductive. Use data to guide behaviour, not to police every hour of rest. My Final, Personal Recommendation

## AFTER FOUR WEEKS OF WEARING ALL THREE:

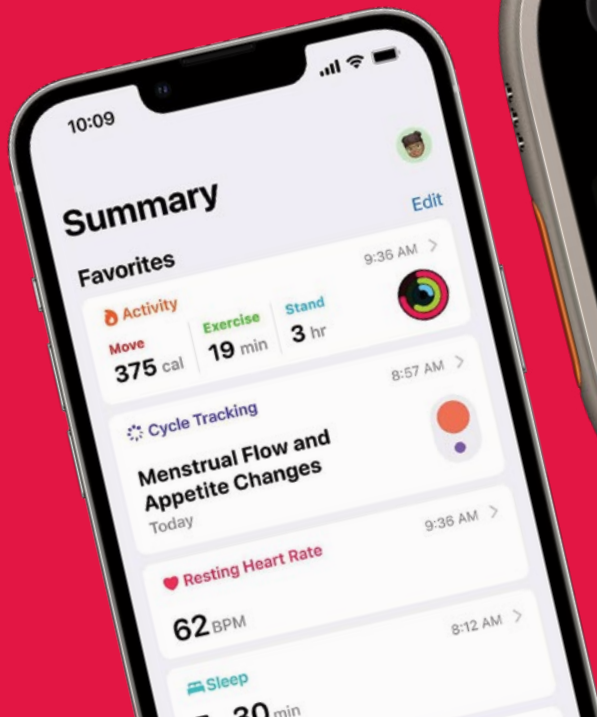
If you're an athlete or power-user focused on recovery and training load, and you'll commit to wearing a band continuously and paying a subscription for coaching, Whoop is the instrument I'd reach for. Its continuous HRV sampling and strain/recovery model are purpose-built for training decisions.

If you want the best combination of accurate physiological measures, clinical features (ECG), and an ecosystem that turns data into usable health actions, go with the Apple Watch Ultra 3. For me, it was the best single device to trust when sleep staging and medical safety both mattered. Independent tests place Apple hardware at or near the top for accuracy. And the first-gen Apple Watch still remains my daily watch, which I will go back to wearing after this test.

If you want long battery life, a rugged design for outdoor adventures, and good health insights without the subscription model, the Samsung Galaxy Watch Ultra (2025) is the best middle ground. It's the pick for travellers, multi-day hikers, and Android users.

## FINAL NOTE

All three devices gave me different, but overlapping stories about the same nights. Where Whoop nudged me to rest after a hard block of workouts, Apple cautioned me when heart-rate irregularities appeared, and Samsung reminded me that a long travel day plus altitude changes dented my SPO2. No single device has perfect sleep staging; no algorithm replaces how you feel. These wearables are tools. Choose the one whose narrative encourages healthier choices without turning your life into a spreadsheet. 🧘





# CAR **VS** TECH

Words By: Ramesh Somani

WHEN OPPO FIND X9 ENGINEERING MEETS  
MERCEDES-BENZ CLE PRECISION



**O**n the surface, a luxury coupe and a flagship smartphone live in completely different worlds. One is shaped by wind tunnels and road dynamics, the other by silicon wafers and lens coatings. But spend time with both,

and the similarities become impossible to ignore. This is not a phone review versus a car review. This is engineering versus engineering. Whether it's a modern luxury car or a modern flagship smartphone, the problems engineers are trying to solve are remarkably similar: how

to package more capability into limited space, how to deliver performance without sacrificing elegance, and how to build systems that feel intuitive rather than overwhelming.

On one side is the Mercedes-Benz CLE, a coupe that looks sculpted rather than assembled, where design and digital intelligence now carry as much weight as mechanical hardware. On the other hand is the OPPO Find X9 Series, a smartphone that treats internal architecture with the same seriousness that automotive engineers treat chassis design. Two machines. Same obsession.

**WHERE MILLIMETRES MATTER**

Both the CLE and the Find X9 wear their complexity quietly. The CLE doesn't look bulky or over-engineered, yet beneath its smooth bodywork lies dense packaging, with class-leading engine placement, electronics, structural reinforcement, and cabin tech, all layered to allow a low-slung driving position without sacrificing space or rigidity. Everything is pushed inward and upward, creating a sleek silhouette without compromising comfort. OPPO applies the same philosophy inside the Find X9 Series.

The entire camera system has been relocated to the top-left corner and physically reduced by up to 15 percent, even while housing larger sensors and more advanced optics. OPPO calls this Floating Stack Architecture, a vertical layering of components where the motherboard, camera modules, and internal sensors are stacked efficiently rather than spread across the frame. The motherboard itself is 13 percent denser and physically shorter, freeing up internal volume for a larger battery and improved cooling. Just like in car design, saved space isn't wasted but reallocated to improve performance and stability. In both cases, the goal is identical: tighter packaging, better balance, and maximum capability within fixed dimensions.

**HOW MACHINES READ THE WORLD**

Modern performance is no longer just about speed. It's about awareness. In the CLE, that awareness comes from surround-view cameras, parking assist systems, lane monitoring, and digital driver aids, all working together to constantly interpret what's happening around the vehicle. In the Find X9 Pro, awareness begins with its imaging system. The headline feature is the 200MP Hasselblad telephoto camera. But this isn't about spec-sheet flexing. The high resolution allows users to crop aggressively while maintaining sharpness, enabling lossless zoom up to 13.2x. It's about giving photographers freedom to frame after the shot, not before it.

But OPPO pushes this further with an optional external Hasselblad Teleconverter, a professional lens attachment that physically extends the phone's optical capability. Much like performance upgrades in cars, it's not necessary for everyday use, but it dramatically changes what the machine can do when pushed. Video capability follows the same professional approach. Every camera on the Find X9 Pro can shoot Dolby Vision 4K. Both main and telephoto lenses support 4K at 120fps, along with LOG recording and ACES colour workflow compatibility. That means footage from the phone can sit comfortably inside professional post-production pipelines.



Just as the CLE's digital systems are no longer optional extras, but core safety and performance tools, imaging on the Find X9 is no longer casual convenience. It is a production-grade capability built into everyday hardware. Both machines now see the world not just for the user, but with the user.

**INTERFACE-FIRST MACHINES**

Another shift both devices represent is this: hardware is no longer the centre of the experience. Interface is. The CLE's cabin is no longer

dominated by mechanical controls. Displays, ambient lighting, digital driving modes, and software-driven personalisation now define how the car feels from the inside. The driving experience is shaped as much by UI design as by suspension tuning.

The Find X9 follows the same approach.

Camera software, AI-based scene optimisation, video colour science, and battery management systems all work behind the scenes to ensure the hardware is always performing optimally without demanding constant user input. Both products are increasingly software-defined machines. They evolve through updates. They adapt to usage patterns. And they place interaction design at the same level of importance as physical components.

**DESIGNED FOR UNPREDICTABLE CONDITIONS**

Luxury does not mean fragile. The Find X9 Series carries IP66, IP68, and IP69 ratings, meaning it is protected against dust, submersion, high-pressure water jets, and extreme temperatures up to 80°C. These are standards closer to industrial equipment than consumer electronics. What makes this even



more impressive is that usability doesn't stop when conditions worsen. Splash Touch ensures the screen remains responsive even when wet, allowing full operation in rain or with damp hands.

In automotive terms, this is the equivalent of traction systems, structural rigidity, and stability controls. These are engineering solutions designed to ensure performance remains predictable when the environment is not. Both machines are built not just for ideal conditions, but for real ones.

### ENDURANCE OVER EXTREMES

If speed once defined performance, endurance now shares equal importance. The Find X9 Pro packs a massive 7,500mAh battery that's made possible by OPPO's Silicon-Carbon battery technology, which allows higher energy density within the same physical space. The result is up to two days of real-world use without compromising the slim design. But battery size alone is meaningless without intelligent power management. Processor efficiency, display optimisation, and camera energy control ensure that performance remains consistent even during demanding tasks like 4K video recording or gaming.

In the CLE, usable performance is also about balance. It offers smooth power delivery, predictable response, and efficient energy usage rather than chasing extreme output figures alone. Both devices focus on how long and how

reliably performance can be sustained, not just how impressive peak numbers look on paper.

### TWO INDUSTRIES, ONE ENGINEERING MINDSET

So who wins this face-off? Mercedes builds performance using tonnes of metal, mechanical precision, and digital driving systems. OPPO builds performance inside millimetres of glass and aluminium using silicon, optics, and battery chemistry. One shapes metal for motion. The other shapes circuits for endurance. But both are now built on the same foundations: intelligent packaging, software-driven experiences, environmental resilience, and long-term usability.

That's why the OPPO Find X9 Series doesn't feel like a conventional smartphone anymore. And the Mercedes-Benz CLE doesn't feel like a purely mechanical car anymore. They've both crossed into the same territory: machines that are no longer defined only by hardware, but by how intelligently their systems work together. And perhaps the biggest sign of where technology is headed is this: The car is learning from the phone.

And the phone is now being engineered like a performance machine. In that world, the OPPO Find X9 Series isn't just keeping up with automotive-grade engineering but proving that pocket-sized technology can now operate at the same level of precision, ambition, and sophistication as machines built on a far larger scale.







# DRIVING LEGACY FORWARD

**Shriji Huzur Dr. Lakshyaraj Singh Mewar** on evolution, modern mobility, and enduring values, while piloting the **New Nissan Gravite** through his city

Editor in chief : Ramesh Somani  
Photographer : Nirmeet Patil

**O**n a sunlit drive through the winding roads of Udaipur, with the Aravallis rising quietly in the background and the newly launched Nissan Gravite humming beneath us, Shriji Huzur Dr. Lakshyaraj Singh Mewar speaks with the ease of someone equally at home in the past and the present. He moves effortlessly between conversations about heritage and horsepower, artificial intelligence and Indian classical music, manual gearboxes and modern leadership. What emerges is not just the voice of a custodian of legacy, but of a contemporary thinker who's grounded in history, yet fully engaged with the future

**RS: You must be flying constantly. Do airports still feel glamorous to you, or are they just large waiting rooms now?**

**LR:** It depends on where you are in the world. But if we're talking about India, I must say our infrastructure over the last decade has been phenomenal. Airports like Bengaluru, Mumbai and Delhi are world-class. Even here in Udaipur, the new developments are beautiful. An airport is often the first sign of a region's progress. When you see thoughtful design, sustainability measures, and scale, it tells you something about ambition. India has genuinely shown clean heels to many so-called first-world countries in this space.

**RS: You grew up surrounded by history. Was there a moment when you consciously decided to carry that legacy forward?**

**LR:** History has always been around me, not as a burden, but as an environment. Ours is a lineage going back to 734 AD. That isn't just a statistic; it's a lived reality. But I believe everyone born in India is born into history. Some are conscious of it, some aren't. For me, being aware of the heritage of Maharana Pratap, of Bappa Rawal, instils gratitude and responsibility. It's not about glorifying the past blindly. It's about understanding what values were fought for: dignity, freedom, and self-respect. That awareness naturally shapes how you carry yourself today.

**RS: How digital is your daily life? Smartwatches, constant screens, or do you keep it simple?**

**LR:** I try to keep it simple. Technology is important. You can't ignore it, but it



should serve you, not consume you. I do check social media occasionally, but it's a conscious choice about how much of yourself you put out there. Awareness is key. How much do you want to know? How much do you want others to know about you? That's a deliberate decision in today's world.

**RS: If your ancestors had Instagram, who would have been the biggest influencer?**

**LR:** (Laughs) Maharana Pratap, without a doubt. But we must remember that there's a misconception that royalty was always about grandeur. In Mewar's case, it was about righteousness and resistance. The narrative was about standing up for principles. That's what would have resonated.

**RS: What's one modern habit you have that would shock previous generations in your family?**

**LR:** The word "modern" itself is subjective. What was modern 500 years ago was modern for its time. Even this car we're driving is brand new today. A year later, it won't feel the same. Modernity is time-bound. Every era believes it is contemporary. So I don't see it as a clash; just evolution.

**RS: You enjoy poetry?**

**LR:** I love listening to poetry. It stays with you. Poetry captures what prose cannot.

It allows you to feel your environment, whether it's a palace courtyard or a winding road through Udaipur.

**RS: If your life had a dashboard warning light, what would it say?**

**LR:** (Smiles) It would probably say: "Break for a coffee." But it's also a fact that I prefer Masala Chai over coffee. Success is often overdefined. Sometimes you simply need to pause, reflect and reset.

**RS: Are you excited about the future of cars or do you prefer the old-school manual, petrol machines?**

**LR:** I'm excited, definitely. But I also deeply enjoy driving manual cars and petrol vehicles. There's a connection there. That said, evolution must take its course. Humanity adapts. Let technology grow, and let us grow with it. It doesn't have to be either-or.

**RS: You've just driven the Nissan Gravite. First thoughts?**

**LR:** I was genuinely surprised by the pricing you mentioned. Today's consumer is getting far more value for money than before. Packaging, practicality, and space. It ticks important boxes. For what it offers, it's impressive. The colour has a regal presence, the seats are genuinely comfortable. For seven seats starting at ₹5.65 Lakhs and 1 litre engine, it's a good looking machine. Definitely more car for what you pay.



*Royal hues, comfy seats,  
and a lot of presence. For a  
seven-seater at ₹5.65 lakh  
with a 1-litre engine, it's  
impressive value. Truly more  
car for what you pay.*







# Hospitality is a human industry. Technology can assist you, but it's the human touch that creates memory

**RS:** How important is in-car tech for you?

**LR:** It depends on the journey. On longer drives, technology can enhance the experience. But fundamentally, the car should still feel mechanical and engaging. Technology must assist, not overpower, the experience of driving.

**RS:** You've worked abroad as well, correct?

**LR:** Yes, in Australia. I worked in hospitality - even as a barista - while studying. Those experiences teach humility and discipline. Later, I became involved in cricket administration in Rajasthan and Udaipur. I wasn't talented enough to play for India, but I remained connected to the sport in other meaningful ways.

**RS:** Is there a family heirloom - a watch, a car, a pen - that you feel personally connected to?

**LR:** For me, heirlooms are not just physical objects. The real inheritance is intangible. Conversations with parents, advice from elders, values instilled in you. Those are priceless. Objects can be preserved. Words shape who you become.

**RS:** Your family's car collection is legendary. Which car emotionally represents your family journey?

**LR:** The 1924 Rolls-Royce 20 HP. It's over a century old now. What fascinates me is how advanced it was for its time, with its aerodynamic windscreen and aviation-inspired thinking. That ability to innovate in the 1920s is remarkable. It's a timeless piece, not just mechanically, but symbolically.

**RS:** With security and constant attention, do you still enjoy simple drives like this?

**LR:** Yes. Ultimately, what surrounds you here is not just security but affection.

The bond between our family and the people of Udaipur has existed for generations. It's mutual respect and goodwill. Driving through the city, especially on your own, reminds you that beyond titles and history, you are simply part of a living, breathing place.

**RS:** Name a modern luxury car that you think will be a true classic 50 years from now.

**LR:** The Mahindra Thar, particularly the limited editions. It has character, presence and a distinctly Indian identity. I'm also a fan of the Force Urbania. It's simple, manual, practical, and a vehicle that brings people together. Completely different leagues, yes, but both have longevity. Cars that are honest, mechanical and purposeful tend to endure.

**RS:** Heritage teaches patience. The modern world demands speed. Which wins?

**LR:** A healthy balance of both. You cannot function today without pace. But without patience, pace becomes reckless. Heritage grounds you; speed pushes you forward. You need both.

**RS:** What role do you see AI playing in hospitality? Would you ever use robots instead of people?

**LR:** AI is a tool. We created it, so we must use it responsibly and intelligently. But hospitality is ultimately a human industry. The emotional connect, the warmth, intuition, and empathy are irreplaceable. Let me give you an example. I once had a mix-up at a hotel abroad where two guests were given the same room. It could have been awkward. Instead, the management handled it gracefully. Later that evening, there was a handwritten apology note and a bottle of champagne waiting in the room.

That thoughtful gesture stayed with me. That is hospitality. A robot may process efficiently. But it's the human touch that creates memory.

**RS:** What did studying hospitality abroad teach you?

**LR:** When I joined hospitality school in Australia, I was often the only Indian in class. On the first day, the professor said, "The first lesson in hospitality is learning how to smile." It sounds simple. But that's the foundation. Skill can be taught. Sincerity cannot. And in India, what I deeply value is the genuine effort people put in. Even if systems are imperfect, the intent is often pure. You cannot deny a genuine effort.

**RS:** What do you think we lack compared to hotels abroad?

**LR:** Efficiency can sometimes be stronger abroad. But India excels in warmth and emotional intelligence. The ideal model combines both; structured systems with heartfelt service.

**RS:** What kind of concerts do you enjoy?

**LR:** Indian classical music, especially instrumental. I've had the privilege of watching Zakir Hussain perform live. His command over the tabla is extraordinary. And listening to Ravi Shankar on the sitar is an experience in itself. Similarly, Hariprasad Chaurasia playing the flute. Those are transcendent moments. Fusion is interesting, yes. But classical concerts and poetry sessions have always drawn me. They slow you down. They make you reflect.

**RS:** A message for our readers, especially young people chasing success?

**LR:** Tough times don't last. Tough people do. But toughness doesn't mean aggression. It means resilience, clarity and depth of thought. Whatever you pursue, think deeply. Don't skim the surface. Understand what you are doing, and why.

**RS:** What is your net worth?

**LR:** (Smiles) I'm still figuring it out. Net worth is not just a financial figure. It's the value of experiences, relationships, and the respect you earn. 🌟



# APPLE HEALTH

One of the Best Tools for Tracking Your Well-Being

Words By: Shintu Dhang



**W**earable technology and health apps are flooding the market, but Apple's Health app stands out as a complete, user-centric powerhouse.

Launched back in 2014 with iOS 8, it has evolved into a central hub for aggregating data from your iPhone, Apple Watch, and third-party devices. By 2026, with iOS 26.5 on the horizon, the app is set for a major revamp, introducing features such as simplified navigation, built-in food tracking, expert health videos, and an AI-powered health agent for personalized advice. Apple Health stands out not only for its wide coverage, which includes everything from steps to sleep apnea detection, but also for its commitment to privacy and seamless integration. Unlike competitors that often require clunky syncing or sell user data, Apple processes most insights on-device, ensuring your information stays secure. Apple Health is arguably the best health tracking app available and we're here to uncover some of its lesser-known stats and features that can transform how you monitor your fitness and overall health.

### WHY APPLE HEALTH IS THE BEST

Apple Health stands out due to three key pillars: privacy, integration, and scientific grounding.

Firstly, privacy is paramount; all features are built with end-to-end encryption, ensuring users have full control over their health data. Unlike apps such as Google Fit or Samsung Health, Apple Health does not use health data for advertising, fostering user trust.

Secondly, Apple Health's integration within the Apple ecosystem is unmatched. It collects data from devices like the Apple Watch, iPhone, and AirPods, creating a holistic view of health metrics. For example, it syncs calories burned with sleep data, allowing users to identify patterns, such as the impact of caffeine on heart rate variability.

Lastly, Apple Health's features are backed by scientific research, with collaborations ensuring accuracy in metrics like VO2 max and sleep tracking.

### UNEXPLORED FITNESS FEATURES AND HIDDEN STATS

While many users stick to basics like step counting or Activity rings (Move, Exercise, Stand), Apple Health hides a treasure trove of advanced stats and features that elevate health tracking. Let's explore them category by category, focusing on those often overlooked but incredibly useful.

### ACTIVITY AND FITNESS TRACKING

Beyond the iconic rings, dive into "Trends" in the Summary tab. This feature analyses long-term data to show whether your walking

distance is increasing or your running pace is improving over weeks or months. For example, it might highlight that your average steps have trended higher for four weeks, motivating sustained habits. A hidden gem is "Walking Steadiness," which uses iPhone sensors to assess fall risk based on balance, speed, and asymmetry. If your score dips to "Low," the app suggests exercises like tai chi via integrated Apple Fitness+ workouts. Paired with the redesigned Workout app in watchOS 26, it includes "Workout Buddy" for virtual training sessions and motivational sounds during runs.

Another underutilized stat is VO2 max, which estimates your body's oxygen use during exercise, a gold standard for cardio fitness. Apple Health calculates this from outdoor walks or runs, categorizing you from "Low" to "Elite." Track it alongside "Training Load," which measures workout intensity to prevent overtraining. For cyclists or swimmers, enable "Heart Rate Zones" to stay in optimal fat-burning or endurance ranges, with alerts if you stray.

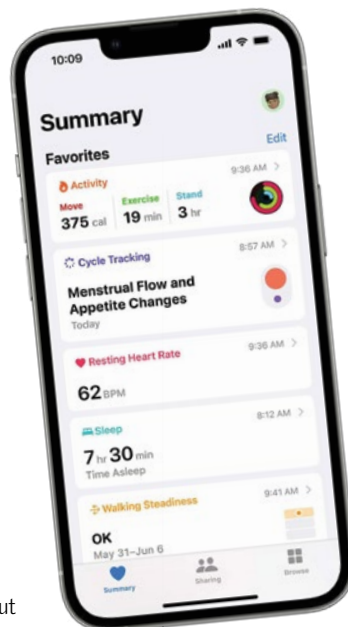
### HEART AND CARDIOVASCULAR HEALTH

Heart health features go far beyond basic pulse monitoring. "AFib History" tracks atrial fibrillation episodes, estimating frequency and correlating with lifestyle factors like alcohol or sleep. Hidden in the Browse tab under "Heart" is "Cardio Recovery," measuring how quickly your heart rate returns to baseline after exercise, a sign of improving fitness. New in iOS 26: hypertension notifications alert you to potential high blood pressure patterns, prompting doctor visits.

For deeper insights, explore "Heart Rate Variability (HRV)." This stat reflects autonomic nervous system balance, dipping during stress or illness. Apple Health charts it over time, helping you link low HRV to poor sleep or over-caffeination. It's especially useful for athletes monitoring recovery, but anyone can use it to gauge daily well-being.

### SLEEP AND RECOVERY

Sleep tracking is a standout, yet many miss the "Sleep Score" introduced in watchOS 26. It rates your night on a 0-100 scale based on duration, stages (REM, deep, core), and



disturbances. Hidden stats include "Respiratory Rate" and "Wrist Temperature" deviations, flagging potential illnesses early. The app's "Sleep Apnea" detection uses motion and breathing patterns to identify issues, with notifications for severe cases.

### MENTAL HEALTH AND MINDFULNESS

Often overlooked, mental health tools include daily "Mood Logging" to track emotions and identify triggers, such as exercise or social interactions. The app offers standardized assessments for depression and anxiety risk, with resources for professional help. "Journaling" prompts encourage reflection, boosting gratitude and reducing stress.

A hidden feature: "State of Mind" integrates with mindfulness sessions in Apple Fitness+, analyzing how breathing exercises impact your logged moods over time.

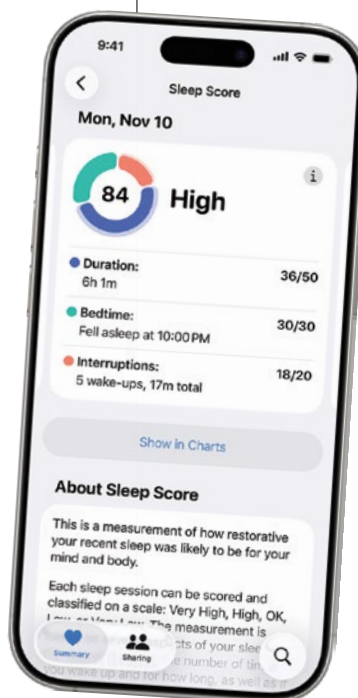
### NUTRITION AND EMERGING AI FEATURES

With the upcoming iOS 26.5 revamp, food tracking becomes native, no more third-party apps needed. Log meals to track calories, carbs, and nutrients, with AI suggestions for balanced diets. Hidden now but powerful: "Cycle Tracking" for reproductive health, predicting periods and ovulation with wrist temperature data, plus pregnancy mode for fetal development insights.

The AI health agent, part of "Project Mulberry," will provide personalized recommendations, like adjusting workouts based on sleep data or nutrition plans. This could revolutionize tracking by turning raw stats into actionable coaching.

### OTHER HIDDEN GEMS

Don't miss "Hearing Health" with clinical-grade tests on AirPods Pro, or "Vision" features like Screen Distance alerts to prevent eyestrain. "Medical ID" stores emergency info, accessible from the lock screen. [eS](#)



# OPENCLAW BOT

Your Personal AI

Words By: Shintu Dhang



In the AI world, few tools have captured the collective imagination quite like OpenClaw. This open-source AI agent, often dubbed “the AI that actually does things,” has exploded in popularity since its inception, collecting over 68,000 GitHub stars and sparking heated discussions across tech forums, social media, and even security briefings. Formerly known as Clawdbot and briefly as Moltbot (renamed, likely due to trademark pressure from Anthropic’s Claude), OpenClaw represents a paradigm shift in personal AI assistants. It’s not just a chatbot, it’s an autonomous agent that integrates with your daily tools, remembers your preferences, and proactively handles tasks, all while running on your own hardware. But what exactly is OpenClaw, why is the tech world talking about it, how can you get it running on your machine, and what does the future hold? Let’s dive in.

## WHAT IS OPENCLAW?

At its core, OpenClaw is a free, open-source autonomous AI agent developed by Peter Steinberger, the founder of PSPDFKit. It serves as a personal assistant that goes beyond passive responses, executing real-world actions like clearing your inbox, sending emails, managing calendars, checking in for flights, browsing the web, and even controlling smart home devices. Unlike cloud-based AIs that might compromise privacy, OpenClaw runs locally on your device, connecting to large language models (LLMs) such as Anthropic’s Claude, OpenAI’s GPT, or even local models via Ollama.

Key features include persistent memory, which allows it to recall past interactions and adapt to your habits over time, creating hyper-personalized experiences. It integrates seamlessly with messaging platforms such as WhatsApp, Telegram, Discord, Slack, Signal, and iMessage, enabling interactions in direct messages and group chats. Browser automation lets it navigate websites, fill forms, and extract data, while full system access (with optional sandboxing) permits file management, shell commands, and script execution. OpenClaw supports extendable “skills” and plugins built by the community or generated by the AI itself, enhancing its capabilities with features like voice mode, live canvases for visual workflows, and automation triggers such as cron jobs.

What sets OpenClaw apart is its “conversation-first” approach: you interact via natural language rather than complex configs, making it accessible for non-developers while remaining hackable for pros. It’s designed as a local-first gateway, routing messages across multiple channels and agents, with built-in security features like DM pairing approvals and tool allowlists.

## WHY IS EVERYONE TALKING ABOUT IT?

OpenClaw’s virality originates from its transformative potential. Launched in early 2026, it quickly evolved through name changes amid controversy, but its core promise, turning AI into a proactive “teammate” has resonated deeply. Users rave about feeling like they’re “living in the future,” with testimonials highlighting how it automates workflows, builds custom extensions, and handles tasks like code reviews or content creation while they sleep. High-profile adopters, like investor Jason Calacanis, have deployed multiple instances on dedicated hardware, offloading 20-30% of human workloads and aiming for more each month.

The buzz isn’t all positive, though. Security experts warn of risks: granting an AI full system access could lead to disasters if prompt injections or bugs occur, turning it into a “security nightmare.” CrowdStrike and Cisco have issued advisories, noting its potential for misuse in cyber threats. Yet, this hasn’t dulled confidence; on platforms like Reddit and X, discussions range from creative hacks (like running it on a \$25 phone) to philosophical debates on AI as “24/7 employees.” Its open-source nature fosters a vibrant community, with integrations like Google Workspace, Spotify, and GitHub fueling innovation. In a world where AI hype often falls short, OpenClaw delivers tangible productivity, making it a hot topic in 2026.

## HOW CAN WE INSTALL IT ON OUR MACHINE?

Getting OpenClaw up and running is straightforward, thanks to its user-friendly onboarding. First, ensure you have Node.js

version 22 or higher installed. The quickest way is via the one-liner script: open your terminal and run `curl -fsSL https://openclaw.ai/install.sh | bash``. This installs Node.js if needed and sets up OpenClaw on macOS, Windows, or Linux.

For a global install, use `npm install -g openclaw@latest`` or equivalent with `pnpm/bun`. Then, launch the onboarding wizard with `openclaw onboard --install-daemon``, which configures the gateway daemon to run in the background (using `launchd` on macOS, `systemd` on Linux). The wizard guides you through setting up workspaces, channels (e.g., linking WhatsApp or Telegram with bot tokens), and skills. You’ll need API keys for LLMs like Claude or GPT.

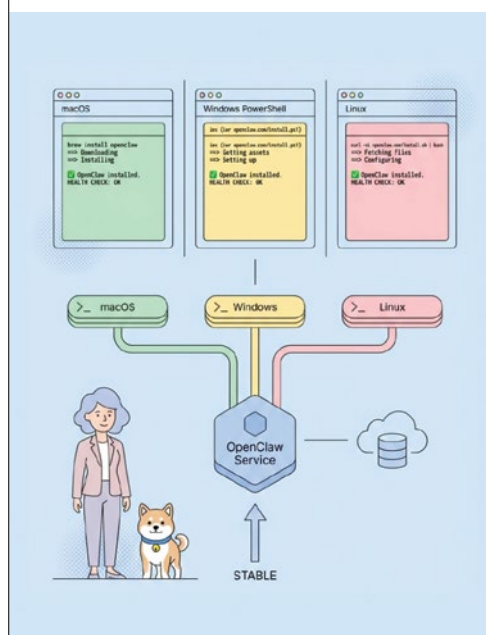
Start the gateway with `openclaw gateway --port 18789 --verbose``, and test by sending a message: `openclaw message send --to +1234567890 (Your spare phone number) --message "Hello from OpenClaw"``. For development, clone the GitHub repo, install dependencies, and build from source. Add guardrails early, like restricting email sends, and use `openclaw doctor`` for troubleshooting. API costs can add up, so monitor usage.

## WHAT MACHINE IS REQUIRED?

OpenClaw is remarkably flexible, running on any machine with macOS, Linux, or Windows (via WSL2 for best results). No high-end hardware is mandatory, users have successfully installed it on budget devices like a \$25 phone, Raspberry Pi, or a basic VPS. For 24/7 operation, a dedicated setup like a Mac Mini is ideal, as it handles persistent tasks without draining your main device’s battery. Minimum requirements include Node.js 22+, internet for API calls (though local models reduce this), and storage for persistent memory. For advanced features like voice or browser control, ensure compatible peripherals. It’s self-hosted, so scale as needed, run multiple instances for multi-agent setups.

## WHAT IS THE FUTURE POSSIBILITY?

Looking ahead, OpenClaw could redefine personal computing. As it develops, expect deeper integrations, multi-agent collaborations, and self-improving capabilities edging toward AGI-like behavior. Community-driven skills might collapse traditional apps into a unified “personal OS,” disrupting SaaS giants. Users expect fleets of agents handling everything from trading bots to educational tools, with innovations like voice models and LinkedIn APIs already emerging. However, security challenges must be addressed to prevent misuse. In 2026 and beyond, OpenClaw envisions a world where AI is not just assistive, but also integral, autonomous, and deeply personal. 🌐





# NO DRS?

Your essential deep dive  
into the new era of

**FORMULA 1**

Words By: **Sohil Nikam**

**F**ormula 1 has always evolved, but rarely has it reset this way. The 2026 season isn't just another regulatory update but a philosophical reboot of the sport. New cars, new engines, new teams, and a new way of racing are converging at once, creating the most radical shift Formula 1 has seen since the hybrid era began in 2014. For the first time in over a decade, no one enters the season with a genuine head start.

## ANYONE'S GAME TO WIN

One of the most significant, and quietly revolutionary aspects of the 2026 regulations is the concept of a true clean slate. Every team has been operating under the same development timelines, the same wind tunnel restrictions, the same CFD limits, and the same power unit testing windows. Unlike previous regulation changes, where established teams often leveraged existing architecture or institutional knowledge, the 2026 framework intentionally eliminates continuity advantages. Chassis dimensions change. Aerodynamic philosophies shift. Power units are fundamentally redesigned. Even racecraft tools like DRS are removed altogether. In theory, and more importantly, in no team carries forward a dominant concept. This levels the competitive field more than any cost cap or sliding-scale aero testing ever could.

For drivers, this reset is just as consequential. Talent, adaptability, and technical feedback once again become decisive. Drivers entering new teams aren't burdened by legacy car philosophies. Young drivers aren't learning decade-old systems refined around someone else's driving style. The 2026 car is new to everyone. If Formula 1 has ever had a season where genuine unpredictability is engineered into its DNA, this is it.

## NEW POWER UNIT EXPLAINED

At the heart of the 2026 reset lies Formula 1's most ambitious power unit redesign to date. While the sport retains its 1.6-litre V6 turbocharged internal combustion engine, nearly everything else about how power is generated and deployed has changed. The new power unit produces roughly 1,000 horsepower, but the composition of that power is what matters. Around 50 percent now comes from electrical energy, a dramatic increase from the current hybrid era. The MGU-H, long criticised for its complexity, cost, and limited road relevance, is gone. In its place is a simplified but significantly more powerful MGU-K, delivering up to 350 kW of electrical output, which is nearly three times what the 2025 season's cars deployed.

Sustainable fuels also move from concept to cornerstone. The 2026 engines run on 100

percent sustainable fuel, developed to be carbon-neutral while retaining the performance characteristics required for elite motorsport. This isn't an efficiency compromise but a technology transfer exercise aimed squarely at the future of high-performance road cars. Compared to the previous-generation engines, the 2026 power unit is less about raw combustion dominance and more about energy management.

## BYE BYE DRS, HELLO OVERTAKE MODE

Few systems have defined modern Formula 1 like DRS, and few have been as divisive. In 2026, Drag Reduction Systems are officially retired, replaced by a more nuanced, driver-controlled performance framework built around Overtake Mode and Boost Mode. Overtake Mode is designed specifically for racing situations. When a driver is within a 1-second gap to a competitor, they can deploy additional electrical energy to aid passing manoeuvres. Crucially, this is not an automatic advantage triggered by a detection point. It's strategic, situational, and limited by

energy availability. Boost Mode, on the other hand, is always available, but at a cost. Drivers can use it to defend, attack, or optimise lap time, but doing so depletes stored electrical energy that may be needed later in the lap or race. This introduces a layer of tactical decision-making unseen in the DRS era, where activation was binary and often inevitable.

The removal of DRS also places greater emphasis on aerodynamic wake management. Cars are designed to follow more closely without relying on artificial drag reduction, making overtakes feel earned rather than engineered. In short, overtaking in 2026 becomes less about zones and buttons, and more about judgment, timing, and risk.

## RELEARNING HOW TO RACE

The 2026 regulations demand more than adaptation from the drivers. They require



a fundamental skill overhaul for mastering a very specific kind of Formula 1 machinery. Energy management is no longer something handled quietly in the background by software and engineers; it becomes an active, lap-by-lap responsibility. With heavier electrical deployment, no DRS safety net, and variable aerodynamic states, drivers must think several corners ahead, constantly balancing attack, defence, and conservation. Braking techniques will change as regeneration plays a larger role, throttle application becomes more nuanced to avoid draining electrical reserves, and racecraft evolves beyond waiting for prescribed overtaking zones.

Perhaps most significantly, drivers will need sharper situational awareness for understanding when to deploy Boost Mode, when to hold back, and how to manipulate airflow without artificial aids. In 2026, the fastest driver isn't just the bravest on the brakes or the earliest on the throttle; it's the one who can process information, manage systems, and make strategic decisions at racing speeds, lap after lap.

## FRESH ROSTER: NEW TEAMS, NEW AMBITIONS

The 2026 grid also expands, welcoming two new teams that bring fresh narratives and long-term intent. Cadillac Formula 1 Team, backed by General Motors, marks one of the most significant manufacturer-backed entries in recent F1 history. While the Cadillac name brings immediate road-car prestige, this project is far from a branding exercise. The team is built on

a long-term development plan, with power unit integration and American motorsport expertise forming its backbone. However, for the first three seasons, they will be using Ferrari power units. Cadillac's initial driver lineup blends experience with future potential, with Valtteri Bottas and Sergio Perez laying claim to the seats. Their role in the early seasons will be about learning fast, scoring consistently, and building credibility rather than chasing instant podiums.

Alongside them is Audi F1 Team, which enters Formula 1 as a full works operation. Audi's approach is characteristically meticulous, and involves deep investment in power unit development, long-term staffing, and driver stability. Unlike some previous manufacturer entries, Audi is not hedging. This is a strategic commitment aligned with its electrification roadmap. Audi's driver pairing of Nico Hulkenberg and Gabriel Bortoleto reflects that seriousness: a proven race winner alongside a highly-rated younger driver, both chosen for adaptability rather than flamboyance. Together, these new teams inject unpredictability into a grid already undergoing transformation.

## AERODYNAMICS: SMALLER, SMARTER, SHARPER

Visually and functionally, the 2026 cars will look markedly different. They are shorter, narrower, and lighter, reversing years of incremental size growth. This alone changes how Formula 1 cars behave in traffic, under braking, and through high-speed direction changes. Aerodynamically, the emphasis

shifts toward efficiency rather than outright downforce. Active aerodynamics play a central role, allowing cars to switch between low-drag and high-downforce configurations depending on race scenarios. Front and rear wings are more adaptive, working in concert with underbody airflow rather than overwhelming it.

Ground effect remains, but in a moderated form. The goal is stability in close racing rather than peak cornering numbers. Wheel wake management is improved, reducing turbulence for following cars and enabling closer, more sustained battles. Cooling layouts, sidepod profiles, and diffuser geometries are all rethought to accommodate new power unit packaging and energy systems. The result is a car that supposedly rewards precision over brute-force aero dominance. From a viewer's perspective, this translates into cars that race closer, move more under braking, and place greater emphasis on driver skill.

## THE BEGINNING OF A NEW COMPETITIVE CYCLE

The 2026 Formula 1 season isn't about predicting winners. It's about rediscovering competition. The regulations are designed to disrupt hierarchy, challenge assumptions, and reward those who adapt fastest and not those who dominated last time. For fans, it promises uncertainty. For teams, it demands reinvention. And for drivers, it represents the purest test of skill Formula 1 has offered in years. This isn't just the next era of Formula 1 but a reminder of what the sport is meant to be when the slate is wiped clean. 🔄



#Digiteksabkeliye



# SWITCH

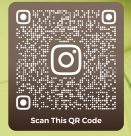
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**VIRAL ESCAPES**

**ELECTRIC CALM.**

# **MOU**

Kochi to Munnar in the Volvo EX30

Words By: Ramesh Somani

Photography By: Rushi Mankar



# NTAIN WILD.



# SQUAD

**GAURAV CHAUDHARY**

better known as Technical Guruji, decoding tech on and off the road

**EKTA MARU**

lifestyle influencer with an eye for detail and design

**RAMESH SOMANI**

Publisher and Editor-in-Chief, BBC TopGear India

**ISHA REIKI**

Punjabi actress bringing spontaneity to the mountains





Some journeys don't begin with a key twist or an engine roar. They begin with a pause. Kochi does that to you. The air is heavy, palms sway without urgency, and even the traffic feels mildly philosophical. It's a city that doesn't ask where you're going - it asks how fast you plan to get there. And for this episode of *Viral Escapés*, the answer was simple: not fast at all. Because when Volvo hands you the all-electric EX30, the idea isn't to rush. It's to glide.

Rolling out of Kochi, the first thing you notice is the silence. Not the awkward kind - the good kind. The kind where conversations don't compete with engine noise and playlists don't need to overpower anything. EVs don't shout for attention; they whisper confidence. Gaurav, aka Tech Guruji, summed it up perfectly somewhere between a toll booth and a coffee stop: "Electricity goes inside - happiness comes outside." Science. Pure science.

As the city gives way to greener stretches, the road begins to coil, gently at first, then with intent. This is where the EX30 shows its personality. Compact, alert, and surprisingly playful. Instant torque means you don't plan overtakes - you just think about them. The steering feels light but precise, the car darts into bends like it's enjoying the exercise, and suddenly you realise this isn't just an EV built for cities. It's an EV that likes corners. And Kerala has plenty of those. For a purist who loves driving, this combination - the EX30 and a road full of curves - is borderline lethal. And just when the pace picks up, Volvo's trademark safety net steps in — a cocoon of cameras and ultrasonic sensors constantly scanning the road, traffic and surroundings, quietly making sure enthusiasm never turns into excess.

The climb towards Munnar isn't about speed. It's about rhythm. One bend leads to another, waterfalls appear like unplanned VFX shots, and every few kilometres someone says, "Stop the car, this view is mad." The EX30 doesn't interrupt that flow. It adapts. Regenerative braking works quietly in the background, traction stays sorted even when the road gets damp, and the car feels composed without ever feeling clinical. In fact, we had this wild idea to stage a race. Gaurav and I took the EX30, while Isha and Ekta went zip-lining for a 1.5 km run. The men won. Naturally.

What followed was a heated credit debate. Gaurav claimed it was his navigation skills. I bragged about my driving finesse. The truth? The EX30 did about 85 percent of the work - thanks to its handling, acceleration, and braking. Inside, the vibe shifts completely. Scandinavian minimalism meets Kerala calm. Clean





lines. No clutter. Materials that don't scream luxury but quietly justify it. Recycled denim, PET bottles, aluminium - it's part of the cabin's personality. In fact, the EX30 is the most sustainable Volvo car ever made! Ekta called it "meditation-room-meets-luxury," which roughly translates to: I could shoot reels here all day and still feel emotionally balanced.

Somewhere near a waterfall stop - shoes wet, outfits questioned, phones instantly out - it hit us. The EX30 fits this landscape not because it's powerful, but because it's respectful. No noise. No drama. Just presence. Volvo's idea of luxury here isn't excess; it's restraint. As we moved deeper into Munnar, tea estates began rolling into the horizon like green waves frozen in time. Mist floated past at its own pace. Conversations slowed down. Network dropped. And suddenly, nobody cared. As the road unwound, the Harman Kardon immersive soundbar delivered a rich, balanced soundstage — proof that in the EX30, luxury is something you hear as much as you see.

"No notifications - mental fast charging," Guruji declared, accidentally becoming a poet. Isha Rekki immediately noted the date and time of this rare one-liner. Now let's talk about range anxiety - or rather, the lack of it. That conversation never really happened. Because on trips like this, planning becomes part of the pleasure. With an impressive 480km WLTP-certified range, sensible charging stops and a route that encourages pauses anyway, the EX30 feels perfectly judged. You stop not because you must, but because the place asks you to.

Kundala Dam was one such stop. Calm water, soft light, and the kind of silence that makes even overthinkers relax. Park the EX30 there and it doesn't dominate the scene. It belongs to it. Compact enough to stay humble, modern enough to feel relevant. By sunset, parked near a viewpoint overlooking endless tea gardens, cups of chai in hand, it all came together. Munnar isn't loud. It doesn't try to impress you. It simply exists, confidently - much like the EX30.

This car isn't about flexing specs, even though they're solid. It's about fitting into moments - misty mornings, winding roads, long pauses, laughter inside a quiet cabin, and the feeling that you've arrived without being drained. The Volvo EX30 doesn't try to be the hero of the story. It lets the journey be one. And yes, we did have its elder brother, the Volvo XC90, trailing along the entire way. But despite the luxury of a seven-seat cocoon, we kept bargaining to stay inside the EX30.

The XC90, clearly, deserves another escape of its own. 🌿





# HOW AI IS CHANGING THE GAME OF FOOTBALL

From the Training Ground  
to the World Cup Stage

Words By: Aadithya Harish

**F**ootball has always been a game of instinct, emotion, and split-second decisions. But behind the roar of the crowd and the magic on the pitch, a quieter revolution is underway. Artificial Intelligence is no longer a futuristic concept for football, it is now deeply woven into how the sport is played, coached, analyzed, and experienced.

With the FIFA World Cup year upon us, the role of AI has never been more critical. As teams prepare to compete on football's biggest stage, margins are razor thin. One misplaced pass, one mistimed run, or one overlooked weakness can decide a tournament. AI is becoming the invisible assistant that helps teams push those margins in their favor.

This is not about replacing human brilliance. It is about enhancing it.

## AI ON THE PITCH - SMARTER PLAYERS, SMARTER DECISIONS

### *Data Is the New Playmaker*

Modern footballers generate massive amounts of data every single match. GPS trackers in training kits, optical cameras in stadiums, and wearable sensors collect information on speed, distance covered, sprint intensity, heart rate, and fatigue levels. AI systems process this data in real time, turning raw numbers into actionable insights.

Instead of relying only on post-match analysis, coaches now receive instant feedback. AI can flag when a player is close to physical overload, suggest substitutions before injuries occur, or highlight when pressing intensity drops during key phases of the game.

In a World Cup year, where players arrive after long club seasons, this becomes invaluable. Managing fatigue is just as important as tactics.

### *Tactical Intelligence in Real Time*

AI-powered video analysis tools break down matches frame by frame. These systems can identify patterns humans might miss, such as recurring defensive gaps, pressing triggers, or predictable attacking movements.

#### *For example:*

- How often does an opponent's left-back drift out of position?
- Which passing lanes open up when a specific midfielder advances?
- Where does a striker tend to shoot under pressure?

During tournament football, where teams face unfamiliar opponents from different continents, AI helps coaches prepare faster and smarter. Tactical plans that once took weeks to refine can now be developed in days.

### *Enhancing Player Development*

Young players benefit enormously from AI-driven performance analysis. Training sessions are personalized based on individual strengths and weaknesses. A winger can receive data-backed advice on improving acceleration or decision-making in the final third, while defenders can study positioning errors with AI-generated heatmaps and simulations. This long-term development focus is shaping the next generation of World Cup stars.

### *Injury Prevention and Squad Management*

One of AI's biggest impacts is injury prediction. By analyzing workload data, recovery cycles, sleep patterns, and historical injury records, AI models can estimate injury risk before it becomes serious.

For national teams with limited preparation time, keeping players fit is crucial. AI helps medical teams decide when a player should rest, train lightly, or push harder. This could



## AI BEHIND THE SCENES - COACHING, SCOUTING, AND REFEREEING

### *Smarter Scouting and Talent Identification*

Scouting has traditionally depended on human judgment and limited match footage. AI has transformed this process by analyzing thousands of players across leagues, age groups, and continents simultaneously.

#### *AI scouting platforms evaluate:*

- On-ball actions and off-ball movement
- Decision-making speed
- Consistency across different game states
- Performance under pressure

This allows clubs and national teams to discover hidden talent and make objective comparisons. In a World Cup year, federations can identify late bloomers or tactical fits who may have previously gone unnoticed.

be the difference between a star player missing a group-stage match or being available for a knockout game.

### *AI-Assisted Refereeing and VAR*

Officiating has also evolved with AI support. Semi-automated offside technology uses AI and multiple cameras to track player movements and ball positions with extreme precision. Decisions that once sparked endless debates are now made faster and with greater accuracy.

As the World Cup attracts global attention, AI-backed officiating helps maintain fairness and consistency, reducing human error in high-pressure moments.

**THE FAN EXPERIENCE AND THE FUTURE OF FOOTBALL**

**AI for Fans: A More Immersive Game**

AI is not just changing football for players and coaches, it is transforming how fans experience the sport. From personalized match highlights to predictive match insights, AI tailors content to individual preferences.

**Fans can now:**

- Receive real-time tactical insights during live matches
- Watch AI-curated highlights based on favorite players
- Access advanced statistics explained in simple, visual formats

During the World Cup, where billions tune in worldwide, AI helps broadcasters deliver richer storytelling and deeper engagement.

**Strategic Advantage in a World Cup Year**

Tournament football is unforgiving. Teams play multiple high-stakes matches in a short period, often against contrasting styles. AI provides a strategic edge by helping teams adapt quickly, rotate squads intelligently, and exploit opponent weaknesses with surgical precision.

Preparation, recovery, analysis, and execution are all accelerated by AI. In a competition where one goal can define history, these advantages matter more than ever.

**The Human Touch Still Matters**

Despite its growing influence, AI does not replace intuition, leadership, or creativity. Football remains a human game driven by emotion, teamwork, and moments of genius. AI acts as a powerful support system, giving players and coaches clearer information so they can make better decisions.

The best teams are not those that rely entirely on data, but those that blend technology with footballing intelligence.

**THE FINAL WHISTLE: FOOTBALL'S INTELLIGENT FUTURE**

As the world gears up for another unforgettable World Cup, AI stands as one of the most important behind-the-scenes players. It prepares bodies, sharpens minds, supports fair play, and deepens fan connection. The trophies may still be lifted by human hands, but the journey to glory is increasingly guided by intelligent machines.

Football is not losing its soul to technology. Instead, AI is helping the beautiful game become smarter, safer, and more competitive than ever before. And in a World Cup year, that evolution could be the difference between heartbreak and history. 🏆



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NotebookLM

WHAT HAPPENED AFTER  
I GAVE MY NOTES TO  
**GOOGLE'S AI**

# Exploring how NotebookLM reshapes the way we read, remember, and make sense of our own work

Words By: Aadithya Harish

**W**e live in an age where capturing information is effortless. We record meetings, transcribe interviews, save research papers, bookmark articles, and jot down ideas that arrive at inconvenient hours. Our devices remember everything, even when we do not. Over time, this accumulation becomes a vast archive rarely revisited.

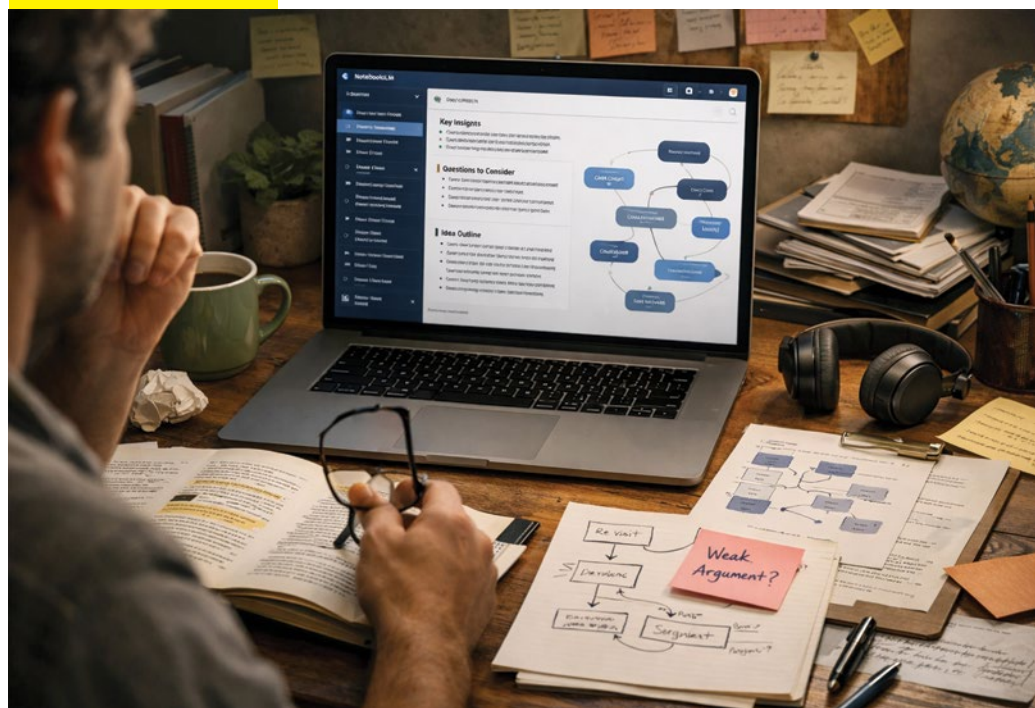
The challenge is no longer about access to knowledge. It is about interpretation. Notes are taken in fragments, across different moments and moods. Some are careful and structured, others hurried and incomplete. Weeks or months later, returning to them feels like opening someone else's notebook.

This is where Google's NotebookLM enters the picture, not as a tool that creates content, but as one that promises to help you understand what you already have. The experience of handing over personal notes to an AI is not just technical. It is deeply reflective.

## UNDERSTANDING NOTEBOOKLM BEYOND THE HYPE

NotebookLM is an AI-powered research and note analysis tool developed by Google and built on its Gemini language models. Unlike most AI assistants that rely on vast external data sources, NotebookLM works only with the material you upload. It does not browse the web. It does not supplement your notes with outside facts unless they already exist in your documents.

This design choice changes the relationship between the user and the AI. Instead of acting as an all-knowing assistant, NotebookLM



behaves more like a reader. It studies your documents, identifies patterns, and responds strictly within the boundaries of your content.

Every response is grounded in source references. If an answer exists, it points to its source. If it does not, the system says so. This approach makes the AI quieter, but also more honest.

## HANDING OVER IMPERFECT NOTES

Uploading notes into NotebookLM feels almost unceremonious. There is no requirement to clean up documents or organise them beforehand. Interview transcripts, half-written drafts, scattered research PDFs, and rough outlines all sit together in a single notebook.

At first glance, this feels risky. These notes are not meant to be read linearly. They contain repetition, contradictions, and unfinished thoughts. Yet NotebookLM does not react to the mess. It simply reads.

Once processing is complete, the notes do not look different, but the way you interact with them does. Instead of scrolling and searching manually, you begin asking questions. What are the key themes across all these documents. Which ideas appear repeatedly. Where do my arguments conflict with each other.

The answers are not dramatic. They are methodical. The AI highlights recurring concepts, flags inconsistencies, and identifies gaps without trying to resolve them on your behalf.

## THE VALUE OF RESTRAINT

One of the most striking aspects of NotebookLM is what it refuses to do. It does not embellish unclear ideas. It does not invent conclusions. When the notes lack clarity, the AI reflects that lack of clarity back to you.

This restraint stands in contrast to many generative AI tools that prioritise fluency over accuracy. NotebookLM seems designed to avoid



overinterpretation. Its responses often include phrases that signal uncertainty, such as 'limited evidence' or 'insufficient detail' in the source material. For anyone used to AI tools that sound confident even when they are wrong, this approach feels refreshing. It turns the system into a collaborator rather than a performer.

### FINDING CONNECTIONS OVER TIME

The real strength of NotebookLM lies in handling time-separated documents. Notes written months apart often carry subtle shifts in thinking that are difficult to track manually.

By comparing documents, the AI can surface how an idea evolved. It can show where an early assumption was later challenged or how a vague concept became more defined over multiple drafts. These connections are not obvious when reading documents individually.

In one instance, NotebookLM highlighted that an argument initially dismissed in early notes reappeared later with stronger evidence and a clearer structure. That continuity might have been lost without revisiting everything from scratch. This ability to compress time is where the tool proves its value. It does not replace deep reading, but it dramatically reduces the effort required to reach it.

### A TOOL FOR THINKING, NOT WRITING

NotebookLM does not attempt to write final articles unless explicitly asked to do so. Even then, the output reflects the quality of the input.

If the notes are fragmented, the summaries are cautious. If the arguments are weak, the AI does not artificially strengthen them.

This makes NotebookLM particularly useful in the thinking phase of creative work. It helps organise raw material, clarify direction, and expose flaws before writing begins.

For writers and researchers, this stage is often rushed. The pressure to produce output leads many to skip the slow work of reflection. NotebookLM encourages the opposite. It invites you to pause and examine what you already know.

### RETHINKING PRODUCTIVITY

Using NotebookLM subtly changes the definition of productivity. Instead of measuring output by word count or speed, the focus shifts to clarity. Old notes that once felt unusable suddenly become accessible. Incomplete ideas feel less intimidating when they can be explored conversationally.

This does not necessarily make work faster. In some cases, it slows things down. But it slows them down in a productive way, by reducing confusion and uncertainty. The AI does not push you toward conclusions. It helps you understand where you stand.

### THE QUESTION OF TRUST AND PRIVACY

Any tool that asks users to upload personal notes invites questions about data security and privacy. Google states that NotebookLM notebooks

are private and are not used to train public models. Still, trust is built over time, not through statements alone.

The effectiveness of NotebookLM depends on openness. The more material you provide, the better it works. That creates a tension between usefulness and caution. Users must decide how much of their intellectual work they are willing to share, even within a controlled system.

For now, NotebookLM feels safer than OpenAI chat interfaces precisely because it limits itself. It does not pull in external data, nor does it generalise beyond your documents. Whether that will remain true as the product evolves is an open question.

### WHO BENEFITS MOST FROM NotebookLM

NotebookLM is not designed for casual queries or quick answers. Its strengths emerge with depth and complexity. It is best suited for people who deal with layered information over long periods.

This includes journalists managing interview-heavy stories, researchers synthesising multiple sources, students navigating academic material, and professionals overwhelmed by years of meeting notes and documentation.

For such users, the tool feels less like automation and more like memory support. It helps retrieve not just facts, but intent.

### WHAT CHANGED AFTER USING IT

After spending time with NotebookLM, the most noticeable change is psychological.

Notes no longer feel like dead weight. They feel like material that can be re-engaged meaningfully. The fear of revisiting unfinished work diminishes. Ideas that once felt abandoned gain new relevance. The AI does not create inspiration, but it clears the path for it. In that sense, NotebookLM does not transform the work itself. It transforms the relationship with it.

### A QUIET SHIFT IN HOW WE USE AI

In a technology landscape dominated by tools that promise speed, creativity, and scale, NotebookLM takes a quieter approach. It does not attempt to impress. It does not seek attention. It simply listens. Giving your notes to Google's AI does not result in instant brilliance. What it offers instead is something subtler and arguably more valuable. Understanding.

Sometimes, the most powerful thing an AI can do is help you see your own thoughts more clearly. And sometimes, that is more than enough. [↗](#)

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# TOP HIGH-END BICYCLES

To Start Your Fitness Journey In India

Words By: Sohil Nikam

# TURN EVERYDAY RIDING INTO SERIOUS FITNESS PROGRESS

**E**mbarking on a fitness journey often begins with motivation, but real progress requires consistency, commitment, and the right tools. Among all fitness disciplines, cycling stands out as one of the most efficient, low-impact, and sustainable ways to build cardiovascular health, leg strength, endurance, and overall well-being. Yet in India, many riders start on entry-level cycles that are heavy, inefficient, and ultimately discouraging. A truly capable, high-end bicycle doesn't just roll faster; it reduces fatigue, improves comfort, and makes you excited to ride again tomorrow. That psychological and mechanical edge can make all the difference when trying to stick with fitness goals. Here's a comprehensive guide to the top high-end bicycles available in India that can genuinely kickstart your fitness journey.

## WHY INVEST IN A HIGH-END BICYCLE FOR FITNESS?

Before diving into specific bicycles, it's worth understanding why the premium segment genuinely matters. High-end bikes use lighter carbon or well-engineered aluminium frames that improve efficiency and reduce fatigue, allowing you to ride longer without feeling drained. Quality drivetrains make shifting smoother and pedalling more responsive, so your effort translates directly into forward motion rather than mechanical resistance. A well-thought-out, comfortable geometry protects your body on longer rides, reducing strain on the shoulders, neck, and lower back. Add to that the confidence of disc brakes and better tyres, especially important on unpredictable Indian roads, and you get a safer, more reassuring riding experience. There's also the advantage of stronger resale value over time. Ultimately, real fitness gains come from consistency, and a great bicycle makes it easier to ride more often, for longer durations, and with far less physical discomfort.

## PERFORMANCE ROAD BIKES

Road bikes are the quintessential fitness machines. They reward cadence, endurance, and

sustained effort, making them perfect for riders who want measurable cardio progress.

### GIANT DEFY ADVANCED PRO ₹4,50,000 to ₹5,50,000

A true endurance performer with a lightweight carbon frame and relaxed geometry that encourages long rides without strain. For riders who want distance training and comfort, this sets a high benchmark. Its D-Fuse seatpost and handlebar absorb road shocks and vibrations easily, while its smooth ride quality leads to less fatigue on long rides.



### MERIDA REACTO 4000 ₹2,25,000 to ₹2,75,000

The Merida Reacto 4000 is an aero-optimised road bike that blends performance with efficiency. And it happens to be great for structured workouts, interval training, and riders who enjoy pushing average speeds while still riding comfortably.



### SPECIALIZED ALLEZ COMP ₹1,75,000 to ₹1,90,000

The Specialized Allez Comp is one of the most popular performance bikes globally, and is known for its aluminium frame and Shimano 105 drivetrain, which deliver great speed and responsiveness. This bike is often described as "road-bike DNA at a friendly price."





**JAVA FUOCO TOP GEN 2**  
₹1,85,000 to ₹2,10,000

The Java Fuoco Top Gen 2 is a carbon-frame sport machine with premium components that make long rides feel lighter and climbs easier. It's ideal for riders who plan to graduate from city fitness rides to road cycling events.

**ENDURANCE & ALL-ROAD BIKES**

Indian roads don't always reward ultra-sporty bikes. Endurance and all-road bikes pair performance with real-world usability, offering wider tyre clearance and stable handling.

**GIANT CONTEND AR 3**  
₹1,10,000 to ₹1,25,000

One of the most versatile bikes for Indian riders, the Giant Contend AR 3 is engineered for comfort, endurance, and distance. Its



tyre clearance and geometry make it forgiving on rough roads without compromising fitness performance.

**POLYGON STRATTOS S5 DISC SPECIAL EDITION**

₹1,30,000 to ₹1,45,000

This bike from Polygon pairs strong build quality with disc brakes and reliable Shimano components. As a fitness bike, it strikes a balance between road speed and urban stability.



**PERFORMANCE HYBRID BIKES**

Not everyone needs drop bars or race-oriented ergonomics. Hybrid performance bikes blend comfort, speed, and everyday usability, making them ideal for urban riders who want fitness without the learning curve.

**TREK FX SPORT 4**  
₹1,50,000 to ₹1,65,000

A premium hybrid bike with carbon elements, excellent tyres, and lively handling. The Trek FX Sport 4 happens to be perfect for commuters who want structured fitness gains without sacrificing daily comfort.



**CANNONDALE QUICK CARBON 1**

₹1,65,000 to ₹1,85,000

Combining a lightweight carbon frame with a confident, upright riding position, the Cannondale Quick Carbon 1 makes longer rides

easier and more motivating, particularly for beginners using commuting as fitness impetus.

## ULTRA-PREMIUM & RACE-READY

For riders planning serious distance goals, competitive events, or structured year-long training, ultra-premium bikes reward every watt of effort with performance, refinement, and efficiency.

### BMC TEAMMACHINE SLR 5

₹3,20,000 to ₹3,80,000

Swiss precision, race-bred geometry, and high-end components combine to create this exceptionally efficient fitness machine. It's not just fast, it's engineered to hold speed with less effort, making long aerobic rides feel easier.



## HOW TO CHOOSE BASED ON FITNESS GOALS

Choosing a high-end bicycle isn't just about the price tag; it's fundamentally about how and where you plan to ride. If your fitness routine is largely city-based, with rides typically under 30 to 40 kilometres, performance-oriented hybrid bikes make the most sense. Models like the Trek FX Sport or Cannondale Quick Carbon offer an ideal mix of comfort, safety, and efficient cardio workouts, especially in urban traffic.

If your focus shifts toward structured training, longer distances, or weekend highway rides, endurance road and all-road bikes are better suited to the task. Options such as the Giant

Contend AR or Polygon Strattos strike a balance between speed and comfort, allowing you to maintain consistent performance over extended distances without excessive fatigue.

For riders who see fitness evolving into something more serious, perhaps century rides, time trials, or long-distance cycling events, race-oriented road bikes are the natural progression. Bicycles like the Giant Defy Advanced Pro or Merida Reacto offer sharper responsiveness and superior power transfer, helping you improve fitness faster while rewarding disciplined, performance-focused riding.

## CHOOSE THE RIGHT RIDE, RIDE CONSISTENTLY

Cycling as fitness isn't complicated. And high-end bicycles make consistency easier, more enjoyable, and ultimately, more rewarding. Whether your passion is city fitness, endurance training, or road racing, there's a bicycle in the premium bracket that fits your goals, roads, and ambitions. What unites them all is this: they make cycling feel less like effort and more like progress. So pick one that motivates you to ride again tomorrow... and the day after. 🚴





## HOW AI CAN BE

# YOUR PERSONAL TRAINER

From Guesswork to Guided Fitness-How Smart Algorithms Are Changing the Way We Work Out

Words By: Aadithya Harish



## FITNESS THAT STARTS WITH YOU

What makes AI different from traditional fitness plans is its starting point. Instead of pushing a one-size-fits-all routine, AI begins by understanding you. Your age, fitness level, goals, injuries, daily schedule, and even your mood can shape the plan. Modern AI-powered fitness apps use data from your phone, smartwatch, or manual inputs to build a clear picture of how your body moves and recovers.

Once that foundation is set, the system creates workouts that actually fit into your life. Short on time? It suggests compact high-impact sessions. Feeling low on energy? It adjusts intensity instead of forcing you to quit altogether. This flexibility is what makes AI feel less like an app and more like a coach who listens.

## HOW IT WORKED FOR ME

I personally saw the real value of AI when I stopped looking at fitness as an ideal routine and started treating it as a realistic one. When I told the AI that I only had basic equipment at home and limited time on weekdays, it did not recommend fancy machines or long gym sessions. Instead, it sorted workouts based on the resources I already had. Bodyweight exercises, resistance bands, simple dumbbells, and even everyday movements were turned into structured sessions.

The same intelligence applied to my diet. I did not need imported superfoods or complicated recipes. Once I mentioned what was usually available at home, the AI built a diet plan around those ingredients. It balanced nutrients, suggested portion sizes, and even offered alternatives when something was missing. The plan felt practical, not aspirational, which made it much easier to follow.

Over time, as I logged workouts and meals, the system refined itself. If a routine felt too easy or too exhausting, the next plan reflected that feedback. This constant adjustment is something even human trainers struggle to maintain consistently.

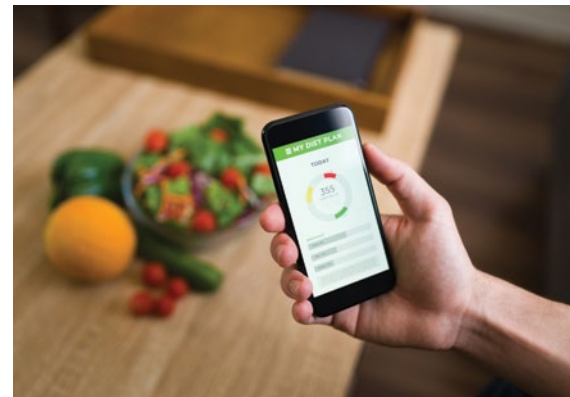
## REAL TIME FEEDBACK AND MOTIVATION

One of the strongest advantages of AI as a personal trainer is its ability to provide real-time feedback. Using sensors and motion tracking, AI can analyse posture, reps, and form. It alerts you when something is off and helps prevent injuries before they happen. This is especially useful for beginners who may not know the difference between discomfort and danger.

Motivation is another area where AI shines. Instead of generic reminders, it uses behavioural patterns to nudge you at the right time. If you usually skip workouts in the evening, it may be better to switch to a morning session. If consistency drops, it simplifies the plan rather than overwhelming you. These small, intelligent decisions keep you engaged without pressure.

## DIET PLANNING THAT ADAPTS

Nutrition is often the hardest part of any fitness journey. AI simplifies it by removing complexity. It calculates calorie needs, tracks macros, and aligns meals with your workout intensity. More importantly, it adapts. If you miss a meal or eat outside the plan, it recalibrates the rest of the day instead of labelling it a failure.



For me, this adaptive approach made a big difference. The diet plan was not rigid. It worked with what I had access to and adjusted based on my routine. That balance between structure and flexibility is what makes AI-driven nutrition sustainable in the long run.

## THE FUTURE OF PERSONAL TRAINING

AI will not replace human trainers entirely, but it is redefining access to fitness guidance. It brings personalised training to people who may never step into a gym or afford a dedicated coach. As technology improves, AI will become even better at understanding recovery, mental health, and long-term fitness patterns.

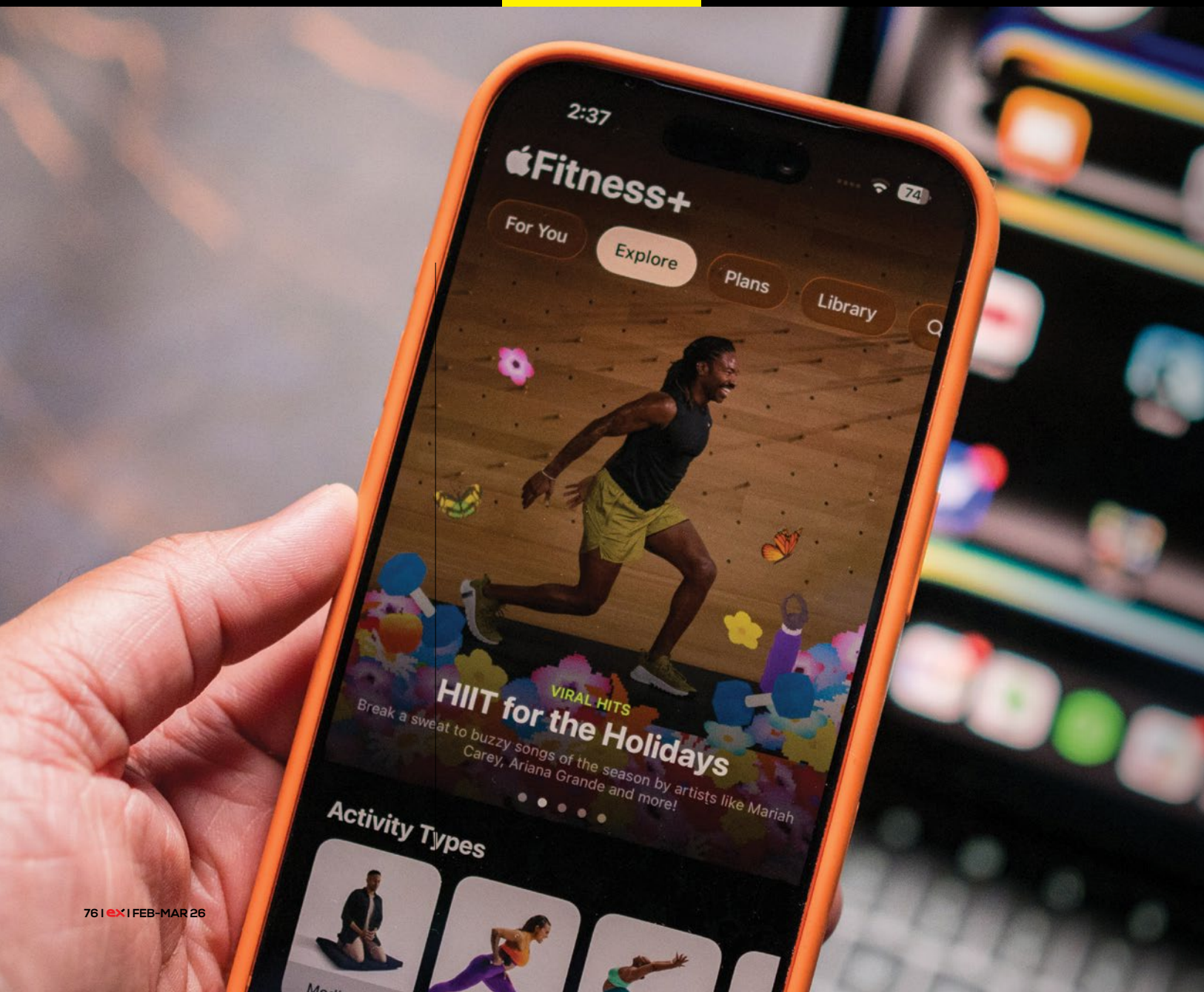
In the end, AI as a personal trainer is not about perfection. It is about progress. It meets you where you are, works with what you have, and grows with you over time. For anyone struggling to stay consistent or overwhelmed by fitness advice, AI might just be the most patient and practical trainer you will ever have. 🏃‍♂️

**F**or years, having a personal trainer meant one thing: expensive gym memberships, fixed schedules, and workouts that didn't always fit your lifestyle. Today, artificial intelligence is quietly rewriting that story. AI is no longer just counting your steps or tracking calories. It is learning about you, adapting to your habits, and designing fitness routines that feel personal, practical, and achievable. In many ways, AI has become the most accessible personal trainer you can have.

# APPLE FITNESS+ LAUNCHES IN INDIA

A closer look at Apple's fitness subscription, its features, pricing, and device requirements

Words By: Aadithya Harish



Apple has announced the India launch of Apple Fitness Plus, its subscription-based fitness service, starting December 15. The rollout is part of a wider global expansion, bringing the service to dozens of new markets. With this launch, Indian users gain access to Apple's guided workout platform that works closely with its existing devices and health-tracking features. Here is a clear, factual look at what Apple Fitness Plus offers, how it works, and who it is meant for.

### WHAT IS APPLE FITNESS PLUS?

Apple Fitness Plus is a digital fitness subscription that connects with Apple devices to provide guided workouts and wellness sessions. The service is designed to function within Apple's ecosystem, using data from devices like the Apple Watch to display live health metrics during workouts.

Users can access Fitness Plus on iPhone, iPad, Apple Watch, and Apple TV, with audio support on compatible devices such as AirPods Pro (3rd generation) and Powerbeats Pro (2nd generation). During sessions, on-screen metrics can include heart rate, calories burned, elapsed time, and Activity Ring progress.

### WORKOUT CATEGORIES AND SESSION LENGTHS

Subscribers in India will have access to 12 workout and wellness categories, covering both high-intensity and low-impact activities.

#### These include:

- |                      |                |
|----------------------|----------------|
| 1. Strength          | 2. HIIT        |
| 3. Yoga              | 4. Pilates     |
| 5. Dance             | 6. Cycling     |
| 7. Kickboxing        | 8. Core        |
| 9. Treadmill         | 10. Rowing     |
| 11. Mindful Cooldown | 12. Meditation |

Workouts range from five to 45 minutes, allowing users to choose shorter sessions or longer routines depending on their schedule and fitness level.

### CUSTOM PLANS AND PROGRESS TRACKING

Apple Fitness Plus includes tools aimed at helping users structure their routines. Custom Plans allow workouts to be organised based on preferred activities, trainers, and weekly goals. Progress is tracked through connected Apple devices, with workout history and activity trends visible over time.

The Burn Bar feature shows how a user's effort compares with others who have completed the same workout, while Activity Rings provide a familiar reference point for Apple Watch users.

### MUSIC INTEGRATION AND ARTIST-FOCUSED WORKOUTS

Music is integrated into the Fitness Plus experience through Apple Music. Workouts are paired with playlists across multiple genres, including Upbeat Anthems, Latest Hits, Hip-Hop/R&B, Latin Grooves, and K-Pop.

The platform also includes an Artist Spotlight series, where workouts are built around the music of well-known global artists such as Taylor Swift, Beyoncé, BTS, Selena Gomez, and Coldplay. These sessions follow the same workout structure as others on the platform but use artist-specific soundtracks.

### MINDFULNESS AND AUDIO-BASED CONTENT

In addition to physical workouts, Fitness Plus includes guided Meditation sessions across 12 themes focused on areas such as stress, focus, and sleep.

Another feature, Time to Walk, is an audio experience designed for walking sessions,

combining spoken stories and music from various personalities. Users can also explore curated Collections, which group workouts around specific goals like improving core strength or preparing for a first 5K run.

### PRICING AND FAMILY SHARING IN INDIA

Apple Fitness Plus will be available in India with the following pricing: ₹49 per month  
₹999 per year

The subscription supports Family Sharing, allowing up to five additional family members to use the service under one plan.

### DEVICE REQUIREMENTS AND LAUNCH OFFERS

To use Apple Fitness Plus, users will need compatible hardware.

#### The service supports:

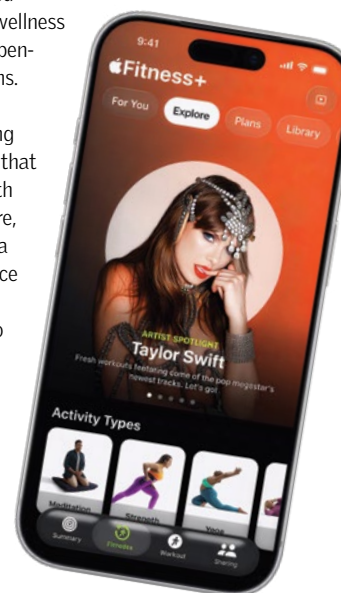
- iPhone 8 or newer running iOS 16.1 or later
- Apple Watch Series 3 or newer, paired with an iPhone
- Access via iPad and Apple TV for larger-screen workouts

As part of the launch, Apple is offering three months of Apple Fitness Plus at no extra cost with the purchase of eligible products, including Apple Watch, iPhone, iPad, Apple TV, AirPods Pro (3rd generation), and Powerbeats Pro (2nd generation).

### WHAT THIS MEANS FOR INDIAN USERS

The arrival of Apple Fitness Plus adds another option to India's growing digital fitness space, particularly for users already using Apple devices. The service focuses on structured workouts, device-based tracking, and guided wellness content rather than open-ended fitness programs.

For Apple users looking for a fitness platform that integrates directly with their existing hardware, Fitness Plus provides a consolidated experience that brings workouts, health data, and audio content into a single subscription.



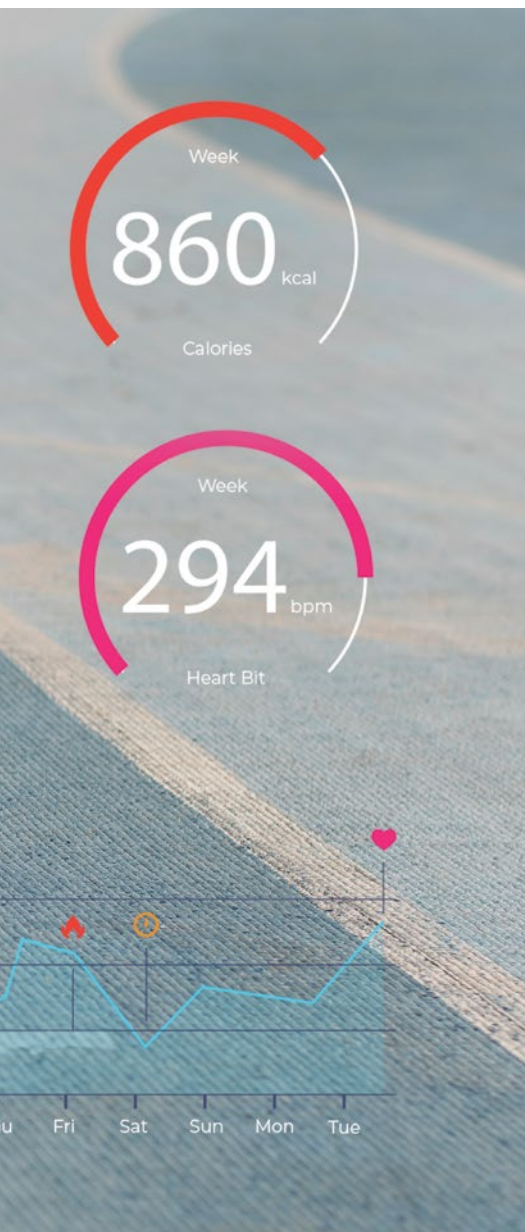


HOW AI CHANGED THE GAME IN

# SPORTS & HEALTH

When Data Became the New Coach and Caregiver

Words By: Aadithya Harish



**A**rtificial Intelligence is no longer a futuristic idea. It is already working quietly behind the scenes, changing how athletes train, how teams win, how doctors diagnose, and how patients heal. From stadiums and training grounds to hospitals and homes, AI has reshaped two of the most human-driven fields in the world: sports and health.

This transformation is not about replacing people. It is about helping humans make better decisions, faster and more accurately, using data that was once impossible to understand at scale.

### FROM INSTINCT TO INTELLIGENCE

For decades, sports relied on experience, instinct, and observation. Coaches trusted their

eyes. Players trusted their bodies. Today, AI adds a powerful new layer to this equation: intelligence drawn from millions of data points. Every sprint, jump, pass, and heartbeat can now be measured, analysed, and improved.

### SMARTER TRAINING, BETTER PERFORMANCE

AI-powered systems track athletes during practice and matches using cameras, wearable sensors, and GPS devices. These tools collect data on speed, movement, posture, fatigue, and recovery.

Instead of one training plan for everyone, AI helps create personalised training programs. If an athlete is pushing too hard, the system flags it. If recovery is slower than normal, coaches are alerted before injuries happen.

This has completely changed preparation in sports like football, cricket, basketball, tennis, and athletics. Training is no longer about doing more. It is about doing what is right for each body.

### INJURY PREVENTION BEFORE PAIN BEGINS

One of the biggest breakthroughs AI has brought to sports is injury prediction. By studying patterns in muscle load, movement imbalance, and past injuries, AI can estimate when an athlete is at risk.

This means teams can rest players at the right time, adjust workloads, and avoid long-term damage. Careers are lasting longer, and players are returning stronger after injuries. In elite sports, where one injury can change everything, this is a game-changer.

### FAIRER DECISIONS AND SMARTER STRATEGIES

AI has also changed how games are played and judged.

### DECISION MAKING ON THE FIELD

In many sports, AI supports referees and officials by analysing video footage in real time. It helps detect close calls, offside positions, line decisions, and rule violations with high accuracy.

While human judgment still matters, AI reduces errors and brings more fairness and consistency to decisions that once sparked endless debates.

### GAME STRATEGY POWERED BY DATA

Teams now study opponents using AI models that analyse past matches, player behaviour, strengths, weaknesses, and patterns.

Coaches can predict how an opposing team might react under pressure or which player is likely to make a mistake late in the game. Match

strategies are no longer built only on intuition but on evidence.

Even fans experience this shift through smarter match analytics, predictive stats, and deeper insights during live broadcasts. Sports have not lost their emotion. It has gained intelligence.

### FROM REACTIVE CARE TO PREDICTIVE MEDICINE

Healthcare has traditionally focused on treating illness after symptoms appear. AI is changing this approach by helping doctors predict problems before they become serious.

This shift is saving time, money, and most importantly, lives.

### FASTER AND MORE ACCURATE DIAGNOSIS

AI systems are now used to analyse medical images such as X-rays, MRIs, CT scans, and ultrasounds. They can spot



early signs of diseases like cancer, heart conditions, and neurological disorders with remarkable accuracy.

Doctors still make the final call, but AI acts like a second set of highly trained eyes that never gets tired.

In busy hospitals, this reduces diagnostic delays and helps patients start treatment earlier.

### PERSONALISED TREATMENT PLANS

Every patient is different. AI helps doctors understand how factors like age, genetics, lifestyle, and medical history affect treatment outcomes.

This leads to personalised medicine, where treatment plans are tailored to what works best for a specific individual rather than a general average.



From choosing the right medication to determining the ideal dosage, AI supports safer, more effective care.

**CARE BEYOND THE HOSPITAL WALLS**

AI is not only transforming hospitals. It is reshaping everyday healthcare.

**REMOTE MONITORING AND SMART WEARABLES**

Smart watches and health devices now track heart rate, sleep patterns, oxygen levels, stress, and physical activity. AI continuously analyses this data and alerts users or doctors if anything seems wrong. For people with chronic conditions like diabetes, heart disease, or asthma, this means better control and fewer emergency visits. Healthcare is becoming proactive rather than reactive.

**MENTAL HEALTH AND EMOTIONAL SUPPORT**

AI-powered apps are also supporting mental health by offering guided therapy exercises, mood tracking, and early detection of stress or anxiety patterns.

While they do not replace professional care, they make support more accessible and reduce the stigma around seeking help.

**THE HUMAN TOUCH STILL MATTERS**


Despite all these advances, AI does not replace doctors, nurses, or caregivers. It supports them.

The real strength of AI in health lies in freeing professionals from repetitive tasks so they can focus more on empathy, communication, and human connection.

**THE BIGGER PICTURE**

**A Future Built on Collaboration**  
In both sports and health, AI has changed the game by making decisions smarter, improving outcomes, and making systems more efficient.

Athletes are safer and stronger. Patients are diagnosed earlier and treated better. Data has become a powerful ally, not a replacement for human skill.

As AI continues to evolve, the future of sports and healthcare will not be about machines taking over. It will be about humans and technology working together, pushing limits while protecting well-being. And that might be the most important win of all. 

## VINTAGE TECH

# RECONNECTING WITH THE NOKIA 2300

Words By: Shintu Dhang

There are phones, and then there are eras. The Nokia 2300, announced in Q3 2003 and released in early 2004, arrived as an affordable, entry-level candybar phone that brought a touch of extra flair to Nokia's ultra-reliable lineup.

Hold one today, and the simplicity remains striking: a compact phone weighing just 92g, a monochrome graphic display (96 x 65 pixels), and that classic, durable build. Back then, it wasn't a high-end flagship but a step up from bare-bones models like the Nokia 1100 (released around the same time). While the 1100 focused on ultra-basic dependability, think torchlight and dust resistance, the 2300 added meaningful entertainment features without sacrificing reliability.

One big upgrade was support for polyphonic ringtones. Unlike the monophonic beeps common in earlier budget Nokias, the 2300 included a simple polyphonic MIDI synthesizer, with a handful of pre-loaded polyphonic tones (including an exclusive polyphonic version of the classic Nokia tune) alongside mostly monophonic ones. You could also compose your own basic monophonic ringtones. These polyphonic melodies, multi-layered and more musical than flat MIDI bleeps, felt sophisticated at the time. Picking

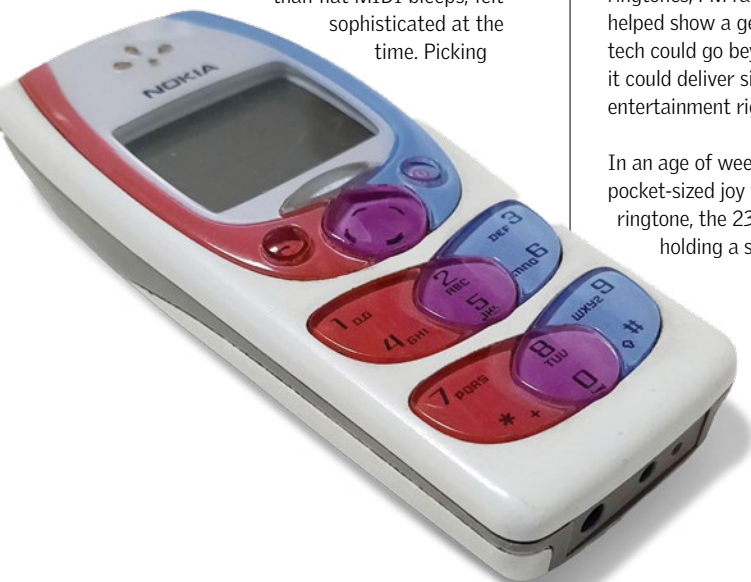
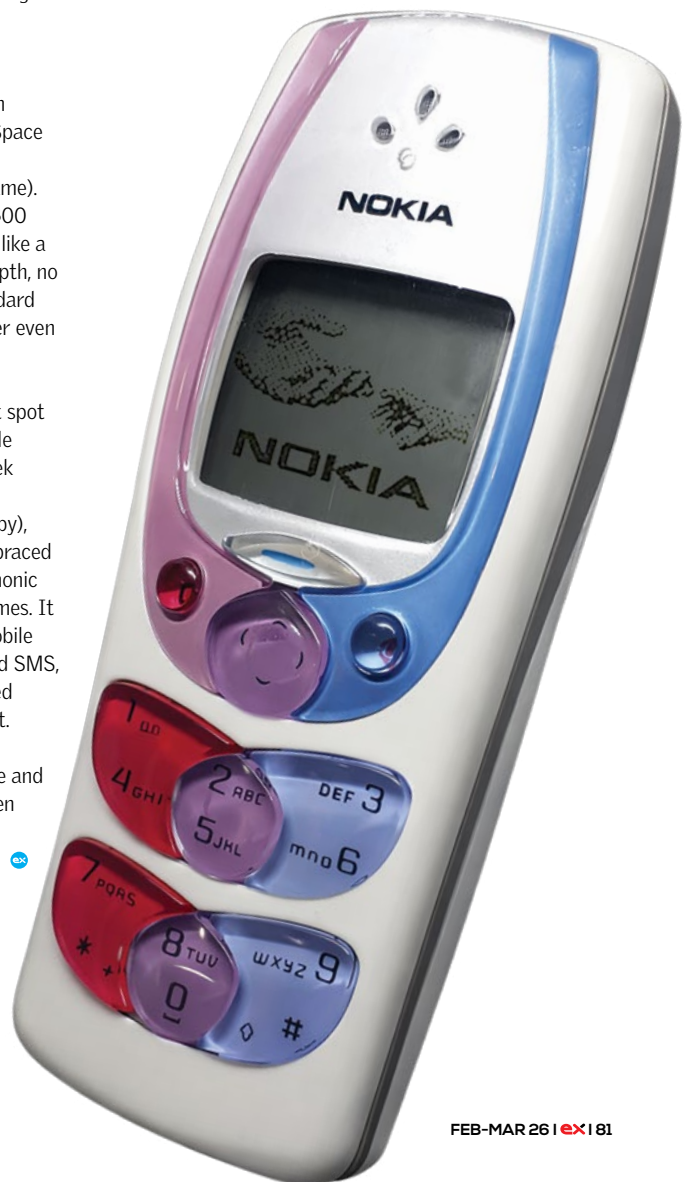
the right one became a small act of self-expression in an era before custom wallpapers or app icons.

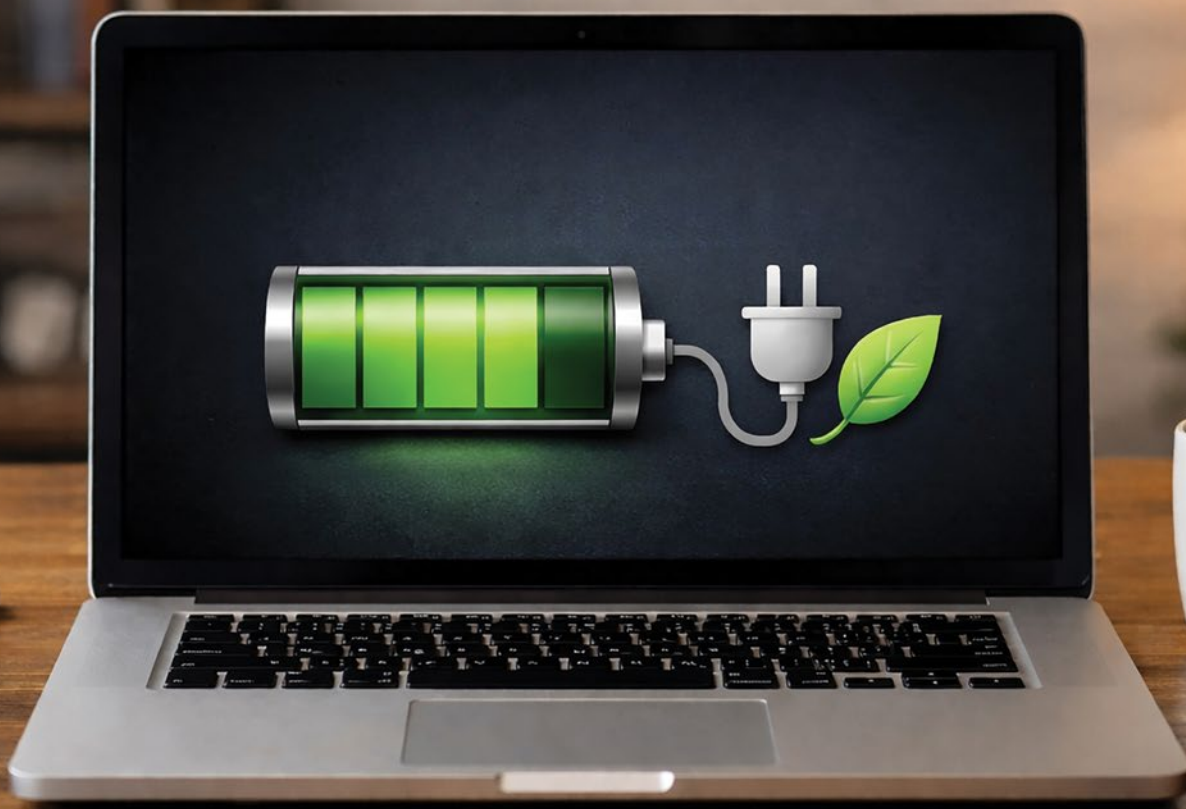
Then there was the built-in FM radio, one of the phone's standout features and a rarity in such a low-cost device. Using an external headset as the antenna, it lets you tune into stations directly, no separate transistor radio needed. It turned commutes, park hangs, or waiting around into personal listening sessions, adding real multimedia magic to everyday life.

The phone also came with a few built-in games that boosted its fun factor: the classics Snake II and Space Impact+, plus an extra one called Opposite (a simple puzzle-style game). These little additions made the 2300 feel less like a pure tool and more like a pocket companion with hidden depth, no "secret treasure" beyond the standard trio, but still a welcome bonus over even plainer models.

The Nokia 2300 occupied a sweet spot in mobile history: incredibly reliable and long-lasting (with up to a week of battery life from its 850 mAh removable Li-Ion battery in standby), durable, and affordable, yet it embraced early multimedia perks like polyphonic ringtones, FM radio, and basic games. It helped show a generation that mobile tech could go beyond just calls and SMS, it could deliver simple, personalized entertainment right in your pocket.

In an age of week-long battery life and pocket-sized joy from a well-chosen ringtone, the 2300 truly felt like holding a slice of the future. 📶





**HOW TO?**

# EXTEND YOUR LAPTOP'S BATTERY LIFE WITHOUT BUYING A NEW ONE

Words By: *Shintu Dhang*

Laptops are essential for work, entertainment, and everything in between. However, as batteries age, their capacity diminishes, leading to shorter usage times. The good news is that you don't need to jump on a replacement. With smart habits and optimizations, you can significantly prolong your existing battery's lifespan and runtime.

**OPTIMIZE POWER SETTINGS AND DISPLAY**

One of the simplest ways to conserve energy is by adjusting your laptop's power settings. On Windows, navigate to Settings > System > Power & battery, then select a shorter screen sleep duration when on battery power. Dimming the screen brightness is crucial since the display consumes a large portion of power. Use function keys or sliders to reduce it to a comfortable

level, potentially adding hours to your runtime. Enabling battery saver mode automatically throttles performance, limits background activity, and optimizes for efficiency. For gamers or heavy users, switch to power-saving plans that curb processor speed without sacrificing essential functionality.

**SMART CHARGING HABITS**

Lithium-ion batteries thrive on partial charges rather than full cycles. Follow the 20/80 rule: unplug when the battery reaches 80% and recharge at 20% to minimize wear. Avoid leaving your laptop plugged in constantly, as this can lead to overcharging and heat buildup. If your device supports it, like some Dell models, set a maximum charge limit in the BIOS to 80-100% for stationary use. Keeping the battery cool is vital, use your laptop on hard surfaces to ensure proper ventilation and prevent thermal degradation.

**MANAGE APPS AND PERIPHERALS**

Background processes and unnecessary hardware silently drain power. Close unused applications and disable startup programs to free up resources. Turn off Wi-Fi, Bluetooth, and other connectivity features when not needed, as they constantly search for signals. Unplug peripherals like external drives or mice, which draw power even idly. In browsers, enable power-saving options that put inactive tabs to sleep. Regularly update your OS and drivers to improve efficiency.

**ADDITIONAL MAINTENANCE TIPS**

Ensure good airflow to avoid overheating, which accelerates battery ageing. If possible, use aeroplane mode during offline work to cut wireless usage. For long-term storage, charge to 50% and store in a cool place. These habits not only extend daily runtime but also preserve overall battery health. 🔋



Search |

## HOW TO?

# SPEED UP WEB BROWSING WITHOUT A HARDWARE REFRESH

Words By: *Shintu Dhang*

**S**low web browsing can be incredibly frustrating, especially when your hardware isn't the culprit. The good news is that you can significantly improve speed through software tweaks, browser optimizations, and better habits, no new CPU, RAM, or SSD required. Here are proven, practical ways to make pages load faster and browsing feel snappier.

First, keep your browser updated. Modern versions of Chrome, Edge, Firefox, or Safari include performance enhancements, better memory management, and security fixes that directly speed up rendering and JavaScript execution. Check for updates regularly (in Chrome: Menu > Help > About Google Chrome; updates automatically when Chrome is reopened).

Next, close unnecessary tabs and use your browser's task manager. Each open tab

consumes RAM and CPU, even background ones. In Chrome/Edge, press Shift+Esc to open the built-in Task Manager and end high-resource tabs or extensions. Limit yourself to 10–15 tabs max for noticeable gains.

Clear cache, cookies, and browsing data periodically. Accumulated junk slows page loads as browsers re-process outdated files. In most browsers, use Ctrl+Shift+Delete (or Cmd+Shift+Delete on Mac), select "Cached images and files" and "Cookies," and clear for the last few months or all time. Do this weekly if you browse heavily.

Disable or remove unused extensions. Extensions run constantly and can hog resources, especially ad blockers gone wrong or shopping tools. Open your browser's extensions menu, review the list, and disable any suspicious extensions.

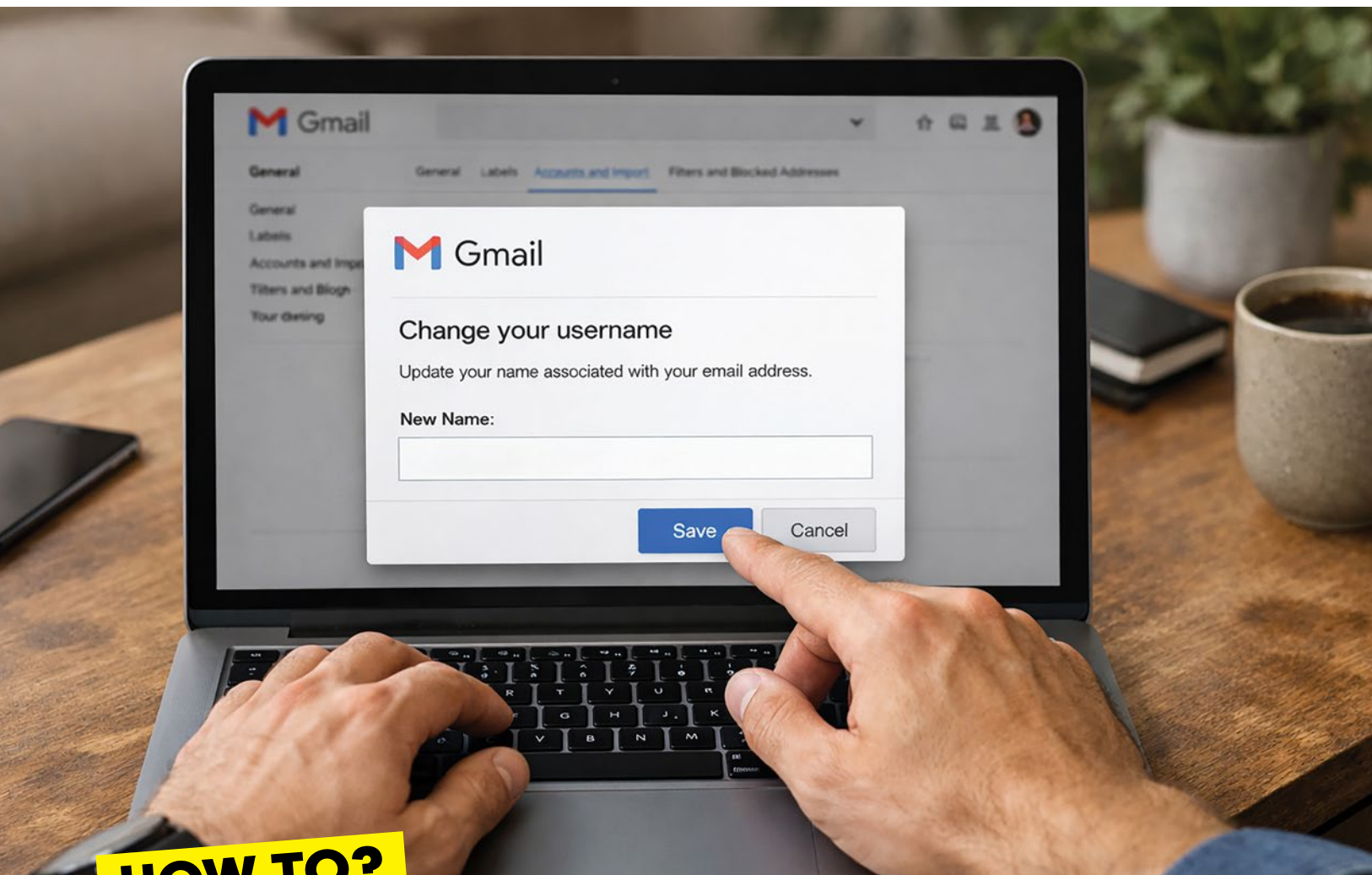
Enable built-in performance features. In Chrome/Edge, turn on Memory Saver (Settings

> Performance) to hibernate unused tabs and free RAM. Also, enable Preload pages to speed up navigation by predicting your next click. Hardware acceleration (often on by default) offloads graphics tasks to your GPU, ensuring it's enabled unless it causes issues.

Consider switching to a lighter browser if yours feels bloated. Brave or Firefox with minimal setup can feel faster on the same hardware thanks to better ad blocking and improved efficiency.

Finally, maintain good habits: restart your browser/computer weekly to clear memory leaks, scan for malware (which can hijack your browsing), and avoid running dozens of background apps that compete for resources.

These steps will be mostly free and quick. It can dramatically reduce load times and revive even older machines. With consistent tweaks, you'll browse smoother without spending a rupee on hardware upgrades. 🚀



**HOW TO?**

# CHANGE YOUR USERNAME ON GMAIL

Google now allows users to change their primary Gmail address (username) for personal @gmail.com accounts without creating a new one or losing data. Rolled out gradually starting late 2025 and more widely in 2026, this feature keeps all emails, Drive files, photos, YouTube history, purchases, and settings intact. The old address becomes an alternate email (alias), and you can still receive mail there and sign in with either.

**KEY LIMITATIONS:**

- Only for personal @gmail.com accounts (not Workspace or custom domains).
- Availability is rolling out progressively; it may not show yet for everyone.
- Limited changes (often up to 3 times total).
- After changing, you can't create a new @gmail.com account with the old username for 12 months.
- You can revert anytime.

Words By: *Shintu Dhang*

**STEP-BY-STEP GUIDE TO CHANGE YOUR GMAIL ADDRESS**

- 1 **Check availability**  
Visit [myaccount.google.com/google-account-email](https://myaccount.google.com/google-account-email) in a browser and sign in. Go to Personal info > Email > Google Account email. If you see the "Change Google Account" email (or a similar one), proceed. If not, wait, the rollout is ongoing.
- 2 **Initiate the change**  
Click Change Google Account email. Google displays what happens: data migrates, old address becomes an alias, etc.

- 3 **Select a new username**  
Enter your desired new @gmail.com username. Google checks availability instantly—try variations if taken.
- 4 **Confirm and finalize**  
Review the summary. Click Change email or Yes, change email. Complete verification (password, 2FA if enabled).
- 5 **Post-change actions**  
Sign out/in with the new address (old one still works). Update any linked apps/services if they show the old address. To revert: Return to the same page and select the switch-back option.

# yezdi

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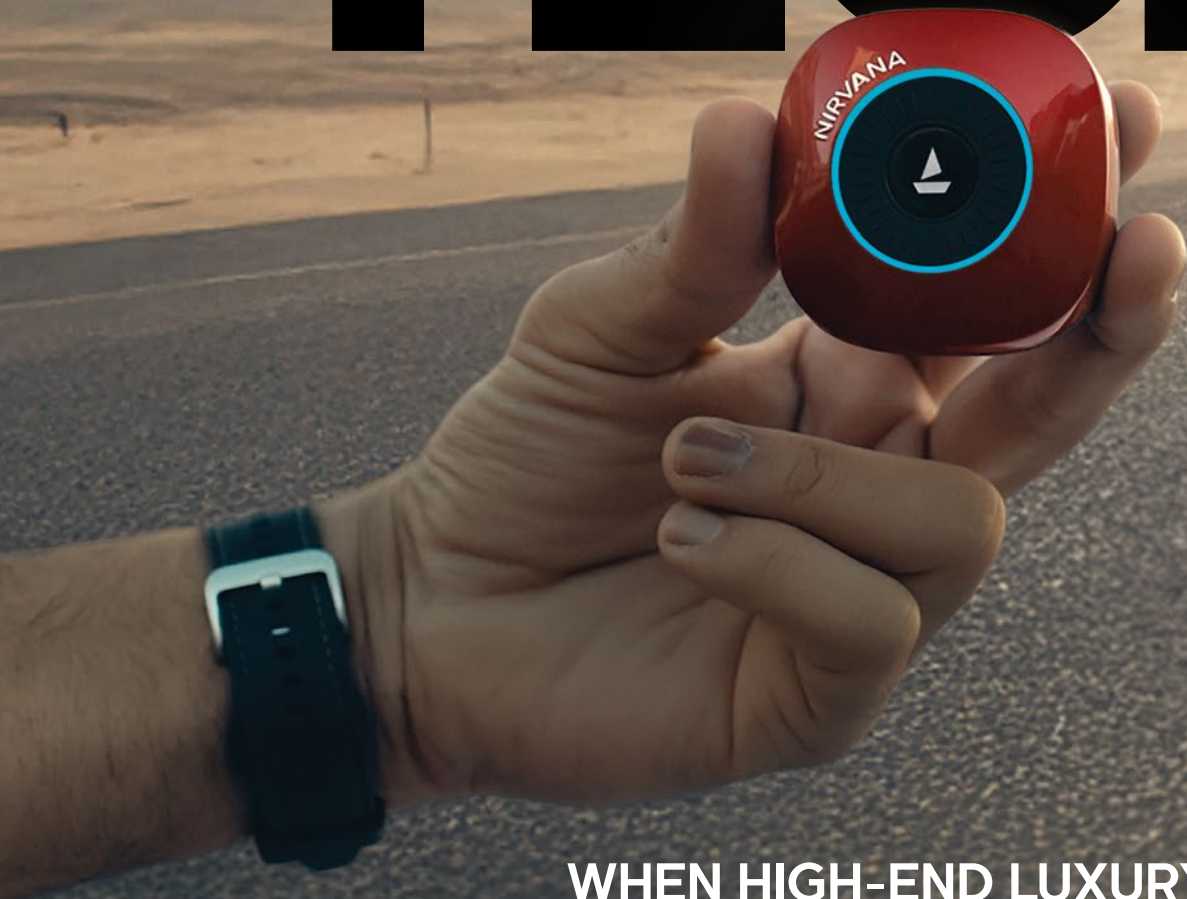
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\*T&C Apply. Accessories shown in the advertisement may not be a part of standard equipment.

# CAR **VS** TECH



**WHEN HIGH-END LUXURY  
MEETS HIGH-END TECH**

Words By: Ramesh Somani



Luxury technology doesn't always announce itself through spectacle. Sometimes, it reveals itself in the spaces we've learned to ignore. The places between use and rest, between action and pause.

That's exactly where the Nirvana Crown by boAt makes its boldest statement. Not in the earbuds themselves, but in the case that holds them. Transformed from a mere charging box into an interactive canvas, the Crown's case

becomes a functional, intuitive interface that brings comfort, control, and personalisation to the foreground. It's a design philosophy that feels evolutionary rather than disruptive, much like the Mercedes-Benz EQS 580, where innovation isn't forced into your line of sight, but seamlessly embedded into the experience. One rethinks how you interact with personal audio. The other redefines how you inhabit a luxury car. And despite operating in entirely different worlds, both speak the same language of thoughtful, human-first technology.



### **ELECTRIC LUXURY IN MOTION**

The EQS 580 isn't engineered to overwhelm you with theatrics. Its dual-motor performance delivers effortless acceleration and deep reserves of torque, but the real shift happens in how predictably and smoothly everything responds. Inputs feel measured. Transitions feel fluid. The cabin becomes a space where technology works with you rather than demanding attention. In this kind of environment, your relationship with sound changes. Not because it's quieter, but because control becomes more intentional. Adjustments feel natural, not reactive. Switching tracks, tweaking modes, or managing calls becomes an extension of movement rather than a disruption. It's here that premium personal audio starts to matter less for how loud it can get, and more for how intuitively it fits into the rhythm of your drive.

### **ENTER THE NIRVANA CROWN**

At first glance, the Nirvana Crown looks like a premium pair of earbuds with an unusually striking charging case. But the moment you pick it up, you realise this isn't just about aesthetics but about interaction. At the centre of the case sits a rotating physical crown, paired with haptic feedback. Instead of tapping tiny surfaces and hoping the gesture registers, users rotate the crown to control volume, skip tracks, or manage calls. Each movement is acknowledged with a subtle vibration, confirming the action instantly. It's a simple idea, but one that feels almost radical in a world dominated by flat touch surfaces.

This physicality makes the earbuds feel less like a regular gadget and more like a finely tuned device. It brings intention back into interaction, which is something that luxury products have always prioritised. Surrounding the crown is a customizable LED ring that communicates pairing status, battery level, and even personal themes. It's informative, but also expressive, adding personality to something that usually sits unnoticed on a desk or inside a pocket. Much like modern automotive ambient lighting, it turns function into mood.

### **SOUND BUILT FOR IMMERSION, NOT JUST IMPACT**

Of course, design only matters if the audio experience holds up, and this is where the Nirvana Crown justifies its futuristic look. 50dB Hybrid Noise Cancellation allows the earbuds to intelligently filter out background chaos, whether it's traffic, crowded spaces, or constant ambient hum. The result is not silence, but clarity; the ability to focus on what you want to hear, without distraction. Switch to transparency mode, and the outside world returns naturally, making it easy to move between isolation and awareness without removing the earbuds.

360°immersive Spatial Audio adds another layer to the experience. Instead of sounding trapped between the ears, it expands outward, creating a sense of depth and placement that makes music, films, and even gaming feel more immersive. In a quiet, refined cabin, that spatial effect becomes even more pronounced, turning ordinary playlists into cinematic soundscapes. Bass remains strong but controlled. Vocals stay clear even at higher volumes. The tuning feels designed for long listening sessions, not short bursts of impact. This isn't audio meant to impress for five minutes. It's built to stay comfortable and engaging for hours.

### **BUILT FOR REAL DAYS, NOT JUST SHOWCASE MOMENTS**

Premium products often look great in ideal conditions. What separates good tech from great tech is how it performs when life gets unpredictable. With up to 40 hours of total playback, including the charging case, the Nirvana Crown easily handles long workdays, extended travel, and weekend usage without constant charging anxiety. IPX4 splash resistance means workouts, sudden weather, or accidental spills don't become panic situations. The earbuds are designed to move with you, not force you to treat them delicately.

Through the boAt Hearables App 2.0, users can customise EQ profiles, assign controls, manage noise cancellation levels, and update firmware. This newly updated application is a pleasure to use, given its highly refined user interface. Its user interface is intuitive and easy to understand. Over time, the earbuds begin to adapt to personal preferences, rather than forcing everyone into the same sound profile. In many ways, this mirrors how modern luxury cars personalise themselves to drivers, learning habits, adjusting environments, and reducing the need for constant manual input. Different categories, same philosophy.

### **WHY THIS PAIRING MAKES SENSE**


Putting a flagship electric sedan and a pair of earbuds in the same conversation might seem odd until you look at what both are actually trying to achieve. Neither is focused on raw specs alone. Instead, both prioritise how technology integrates into daily life. The EQS creates an environment of calm and control. The Nirvana Crown fills that environment with sound that feels immersive, adjustable, and personal. Both rely heavily on feedback, visual, tactile, and auditory, to communicate with the user without demanding attention. Both blend digital intelligence with physical design to avoid feeling cold or overly mechanical. Most importantly, both are designed to reduce friction between human and machine. And that's where modern premium technology is clearly heading.

### **EXPERIENCE IS THE NEW STATUS SYMBOL**

Luxury today isn't about owning the biggest or loudest thing in the room. It's about how seamlessly technology fits into your lifestyle

***At first glance, the Nirvana Crown looks like a premium pair of earbuds with an unusually striking charging case. But the moment you pick it up, you realise this isn't just about aesthetics but about interaction.***

and how intuitively it responds to you. The Mercedes-Benz EQS 580 sets the stage with silence, stability, and digital intelligence. But it's the Nirvana Crown that turns that space into a personal sanctuary of sound. Controlled, immersive, and expressive.

With its rotating haptic crown, intelligent noise cancellation, spatial audio, long battery life, and distinctive LED design, the Nirvana Crown doesn't just compete in the crowded earbuds market; it creates its own identity. It proves that even the smallest pieces of technology can deliver luxury, not through excess, but through thoughtful design and meaningful interaction. And in a world moving rapidly toward electric mobility and connected lifestyles, that kind of design thinking is exactly what the future sounds like. 





# RIDING THE YAMAHA XSR 155

Words By: Sohil Nikam

Retro soul,  
modern punch





**T**here's a strange kind of poetry to riding the Yamaha XSR 155 in India. It's a motorcycle that doesn't scream for attention yet turns heads; it makes no bold claims of blistering performance yet delivers enough zip to keep you grinning; and it wears retro aesthetics not as a costume, but as an honest expression of design. In a market that oscillates between naked commuters and supersport replicas, the XSR 155 stakes its claim as something refreshingly balanced, if not entirely without compromise.

I spent a week with Yamaha's neo-retro contender on city streets and open highways. What emerged from those rides was an experience that felt emotionally engaging, mechanically sound, and, crucially, priced in such a way that its strengths and weaknesses hit home.

### DESIGN THAT CONNECTS

At first glance, the XSR 155 feels like a motorcycle that belongs to a different era, only without feeling dated. Its round LED headlamp, minimal tail tidy, circular analogue-meets-digital instrument cluster, and subtle tank shrouds encapsulate Yamaha's "Sport Heritage" philosophy without drifting into pastiche. Yet the seat height and upright riding posture make it inherently modern and usable. What you notice on day one is how the bike wears its design with confidence. It doesn't shout for attention like a cafe racer, nor does it lean into muscular aggressiveness like a streetfighter.

However, this design language isn't without minor frustrations. The stock mirrors feel flimsy and resonate a touch at highway speeds, and while the single seat looks handsome, it isn't as plush as the design suggests, which is something Indian riders will notice over longer distances.

### PUNCH WITH POISE

At the heart of the XSR 155 is the same 155cc single-cylinder engine found in Yamaha's R15 lineup. In practice, it delivers a commendable balance of performance and usability. Around town, the motor feels eager at low RPM, providing smooth throttle response with predictable power delivery. Perfect for navigating stop-start city traffic, it never feels strained.

On open roads, the bike's crisp midrange keeps things engaging. Overtakes are confident, surges of acceleration are satisfying, and the engine's character suits the bike's retro-inspired yet contemporary soul. That said, anyone expecting outright performance rivalling larger displacement machines will be disappointed. The 155cc output is competitive for its class but doesn't transform highways into playgrounds.

In terms of refinement, the engine hums with a healthy mechanical character, though above 90 to 100 km/h, the wind buffeting and engine note do become more pronounced. This is not a bike you'll want to ride at triple-digit cruising speeds for extended periods. It's happiest weaving through landscapes, feeling alive and responsive beneath you.

### CHASSIS, SUSPENSION, AND HANDLING

With telescopic front forks and a monocross rear setup, the XSR 155's suspension is tuned for comfort and composure. This translates to confidence-inspiring manners on urban tarmac and compliance over patchy roads. On the twisties, it's stable and willing, with a front end that communicates predictably and a chassis that absorbs imperfections without unsettling the rider.


The bike's weight distribution and ergonomics encourage you to ride with ease rather than aggression, and that's where it shines. The handling feels intuitive, the steering has a natural gait, and overall, the bike rewards smooth inputs rather than muscular ones.

However, it's worth noting that the rear suspension does reach its limits over larger bumps and aggressive compressions. It doesn't upset the bike dramatically, but riders seeking sportier suspension feedback might have hoped for sharper damping or preload adjustability.

### BRAKING AND TYRE FEEDBACK

Braking duties are handled by discs up front and rear, with dual-channel ABS as standard. The brakes themselves inspire confidence with adequate bite and modulation. The stock tyres offer predictable grip levels, though they skew more toward longevity than outright performance. On wet surfaces or aggressive corner entries, the feedback is dependable but not exhilarating, reinforcing the bike's character as a relaxed yet capable ride.

### A MOTORCYCLE WITH CHARACTER

The Yamaha XSR 155 isn't perfect, but in a market crowded with performance-focused machines and stripped-down commuters, it stands apart by offering something more nuanced. It's not the fastest 150cc bike, nor the most affordable. What it is is a motorcycle that understands intent: a machine built for riders who appreciate design, engagement, and a smoother, more thoughtful interaction with the road. Its strengths lie in character, comfort, and presence. If your idea of riding is as much about emotion as it is about utility, the Yamaha XSR 155 earns its seat in the garage. 





RIVER INDIE (GEN 3)

# UTILITY FIRST, CHARACTER ALWAYS

Words By: Sohil Nikam

Some scooters try to impress you with sharp styling, flashy screens, or outrageous performance claims. The River Indie Gen 3 takes a very different route. After riding it as my daily commuter for a week, it became clear that this isn't a scooter built to chase trends or spec-sheet glory. It's built around one word: utility. And in the chaos of Indian cities, that focus makes a lot of sense.

The Indie has always looked different, and even today, it stands out instantly. The slab-sided design, chunky proportions, and almost industrial aesthetic make it unmistakable on the road. You either like it immediately, or it grows on you slowly. But either way, it never disappears into traffic as most scooters do.

### THINKS LIKE A TOOL

Call it unique, call it unconventional, but the River Indie is unapologetically functional. The design isn't trying to be sleek or sporty, but trying to be useful. And it succeeds. The floorboard is genuinely expansive, allowing you to carry bulky bags without having to play a game of balance. Add to that a 12-litre glove box up front and a massive 43-litre underseat storage, and suddenly this scooter starts replacing not just your commute, but your shopping trips too. Few scooters in this segment come close to offering this level of storage flexibility.

What really separates the Indie from the pack, though, is its adaptability. River has thoughtfully built in provisions for a top box and panniers on both sides, something you'd normally associate with motorcycles, not scooters. For riders who treat their two-wheeler as a daily workhorse, this opens up a world of possibilities. The riding position is upright and relaxed, the seat is broad, and overall comfort is clearly prioritised. If there's one visual drawback, it's that the ruggedness comes at the cost of elegance. This is not a scooter you buy for visual lightness or finesse.

### SOLID, PLANTED, AND REASSURING

On the road, the Indie's engineering choices become obvious very quickly. The 14-inch wheels at both ends, combined with a long wheelbase, give it a planted, confidence-inspiring feel that's rare in the scooter world. It feels stable over broken roads, calm over speed breakers, and reassuring at urban speeds. In traffic, this translates to predictability. The scooter tracks straight, doesn't get unsettled by poor road surfaces, and never feels nervous. That solidity is a big reason why it feels so comfortable as a daily commuter.

Earlier versions of the Indie paid the price for this robustness in sheer weight. The Gen 3 addresses that concern head-on by shedding 7

kg, and it's noticeable. While it's still not what you'd call light, it's easier to manoeuvre at low speeds and less intimidating in tight parking situations than before.

### CHOOSE YOUR INTENT


Powering the River Indie is a 4kWh electric motor, paired with three distinct ride modes. And these modes genuinely change the scooter's character. In Eco mode, the Indie feels noticeably lethargic. Throttle response is dulled, acceleration is relaxed, and it's clearly tuned for maximum range rather than responsiveness. It's usable in light traffic, but if you're in a hurry, patience is required. Switch to Ride mode, and things improve significantly. Power delivery feels more natural, acceleration is better judged, and the scooter finally feels like it's responding in sync with your inputs. Then there's Rush mode, which unlocks the Indie's most engaging side. Acceleration is sharper, and so much so that, while riding pillion, my colleague Aadithya almost hit the ground due to the sudden burst of power. This is the mode you'll use most often in real-world commuting, especially on open stretches.

One small but thoughtful touch deserves mention. I'm talking about the scooter's front foot pegs. When cruising, especially on longer roads, they allow you to stretch out slightly, adding to the comfort factor. It's a small feature, but one that reinforces the Indie's focus on rider ease.

### OWNERSHIP REALITY AND PRICE

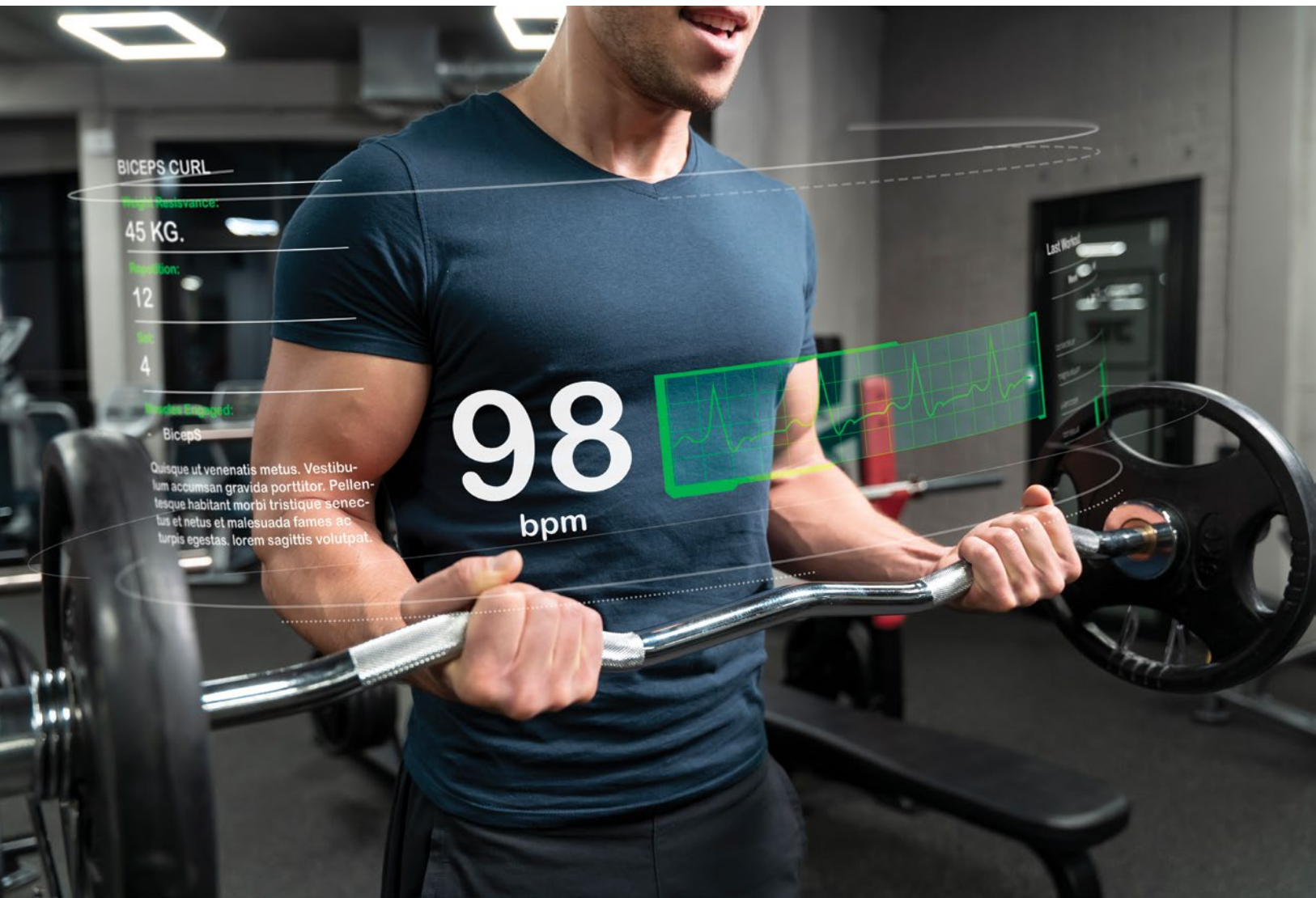
At ₹1.43 lakh, the River Indie Gen 3 sits in an increasingly competitive electric scooter space. Rivals may offer quicker acceleration, lighter kerb weights, or sleeker styling. But few match the Indie's outright practicality and ruggedness. This isn't a scooter you buy for drag-race bragging rights. You buy it because it can carry more, feel more stable, and handle daily abuse without complaint. Over time, those traits matter more than outright performance numbers.

### BUILT FOR REAL LIFE

The River Indie Gen 3 is not an emotional purchase; it's a rational one. And that's exactly its strength. It's a proper utility scooter, designed for Indian conditions, Indian roads, and Indian use cases that go far beyond short commutes. Yes, it's still heavier than most. Yes, Eco mode feels too conservative. And yes, the design won't appeal to everyone. But if your priority is space, stability, ruggedness, and everyday usability, the Indie Gen 3 makes a compelling case for itself. At ₹1.43 lakh, the question isn't whether it's the fastest or flashiest EV scooter but whether you value utility over novelty. If you do, the River Indie Gen 3 stands tall as one of the most thoughtfully engineered electric scooters on sale today. 



# GET AI TO KICKSTART



# YOUR FITNESS JOURNEY

# How AI is helping me stay in shape, without going through unnecessary complications

Words By: *Sohil Nikam*

Starting a fitness journey has never been easier, or more overwhelming, for that matter. Between contradictory workout plans, fad diets, influencer advice, and unrealistic transformations on social media, many people don't fail because they lack motivation, but because they lack clarity. This is where artificial intelligence (AI) could come to your rescue, as it did for me. I did not look at it as a futuristic gimmick, but as a practical, everyday tool that can help me start, sustain, and succeed in my fitness journey.

Tired of having lost my fitness drive due to the lack of clarity, I decided to take the help of AI to satisfy not just my health and fitness needs but also my curiosity. I have been following these plans for the last month and am already noticing changes in weight, my daily freshness, and my overall body shape.

I will start with a disclaimer that AI doesn't replace discipline or effort. What it does exceptionally well is remove the friction involved in decision fatigue, guesswork, and inconsistency. Whether you're a beginner trying to lose weight, a busy professional short on time, or someone returning to fitness after a long break, AI can act as a personal coach, planner, analyst, and accountability partner rolled into one. Here's now.

## PERSONALISED FITNESS PLANS, NOT ONE-SIZE-FITS-ALL

One of the biggest reasons people quit fitness routines is that generic plans don't work for them. AI-powered fitness apps analyse your age, height, weight, goals, injury history, fitness level, and even lifestyle constraints to create highly personalised workout plans.

One way to do it is using a tool like ChatGPT, where you can enter all your body stats, age, etc. in detail. And also mention what the exact result you want along with the amount of time you can set aside for your workouts. Add to these whatever other little details you want, and you're set.

Instead of blindly following a "30-day shred," AI adapts workouts to you. If your knees are weak, it avoids high-impact movements. If you're short on time, it designs efficient 20 to 30-minute sessions.

This dynamic personalisation mirrors what a good personal trainer does, but at no cost and with far more data points.

## SMARTER GOAL SETTING THAT FEELS ACHIEVABLE

Many people set goals that are either too vague ("I want to get fit") or too aggressive ("Lose 10 kg in a month"). AI helps translate ambition into realistic, measurable, and sustainable goals.

By analysing your baseline data, AI can project achievable timelines and milestones. Instead of fixating on weight alone, it may emphasise improvements in strength, endurance, body composition, sleep quality, or consistency. These smaller wins build momentum and keep motivation alive, which is something traditional fitness plans often ignore.

AI also helps you understand why progress may slow down, preventing frustration and burnout.

## NUTRITION GUIDANCE WITHOUT DIET EXTREMES

Nutrition is often the most confusing part of fitness. AI-driven nutrition platforms simplify this by analysing your dietary preferences, cultural habits, allergies, and calorie needs.

Take an app like MyFitnessPal, for instance. It's incredibly useful for counting calories and making sure your nutrition journey is on track. This app now uses AI very effectively, allowing you to just point your camera at the food you're eating so that it can scan it and log it.



Rather than forcing rigid meal plans, these apps also suggest flexible food choices, portion sizes, and substitutions. They can track your intake, identify nutrient gaps, and recommend adjustments in real time.

For beginners, this removes the fear of "eating wrong" and replaces it with informed decision-making.



## REAL-TIME FEEDBACK THROUGH WEARABLES

AI truly comes alive when paired with wearables like smartwatches and fitness bands. These devices collect data on heart rate, steps, calories burned, sleep cycles, stress levels, and workout intensity.

AI processes this data to provide actionable insights. It might tell you that you're training too hard and need recovery, or that your sleep quality is affecting fat loss. Instead of guessing whether you're doing "enough," you get objective feedback.

This real-time loop of action and feedback helps beginners learn how their body responds to exercise—something that traditionally takes years of trial and error.



**TECHNIQUE CORRECTION AND INJURY PREVENTION**

Poor form is one of the biggest reasons people get injured or stop working out. AI-powered motion tracking and computer vision tools can now analyse your posture and movement using just a smartphone camera.

Apps like AI Form Check flag incorrect form, suggest corrections, and even slow down exercises to help you learn safely. Over time, AI can identify movement imbalances, tight muscle groups, or patterns that increase injury risk.

For someone starting out, especially without access to a personal trainer, this can be the difference between long-term consistency and an early setback.

**TIME EFFICIENCY FOR BUSY LIVES**

One of the most common excuses for not exercising is lack of time, and often, it's valid. AI excels at optimising efficiency.

By analysing your schedule and activity patterns, AI can recommend the best time to work out, the shortest effective workouts, and even micro-sessions spread across the day. Instead of demanding an hour at the gym, it helps you extract maximum benefit from limited windows of time. This makes fitness accessible to people who previously felt excluded by traditional routines.

**DATA-DRIVEN PROGRESS TRACKING BEYOND THE SCALE**

Weight is a poor standalone metric. AI shifts focus toward holistic progress by tracking

multiple data points: strength gains, endurance improvements, resting heart rate, VO2 max estimates, sleep quality, and consistency.

By visualising trends over weeks and months, AI helps you see progress even when the scale stalls. This data-driven reassurance keeps people committed during inevitable plateaus.

More importantly, it reframes fitness as a long-term process, not a short-term transformation.

**MENTAL FITNESS AND STRESS MANAGEMENT**

Fitness isn't just physical. Stress, anxiety, and burnout directly impact motivation, recovery, and results. Many AI fitness platforms now integrate mindfulness, breathing exercises, and stress monitoring.

By correlating stress levels with sleep, workouts, and nutrition, AI helps you understand when to push and when to pull back. This balance is crucial for beginners who often overtrain out of enthusiasm, only to quit due to fatigue or injury.

**LEARNING YOUR BODY FASTER THAN EVER BEFORE**

Perhaps the most underrated benefit of AI is education. Over time, AI teaches you how your body works, what foods fuel you best, what workouts you enjoy, how much rest you need, and how your mood affects performance.

This self-awareness empowers you to eventually rely less on apps and more on intuition, supported by data. Fitness stops being intimidating and starts feeling personal.

**THE HUMAN ELEMENT STILL MATTERS**

It's important to clarify that AI is not a magic solution. You still need to show up, move your body, and make better choices. What AI does is remove unnecessary complexity and help you focus on execution.

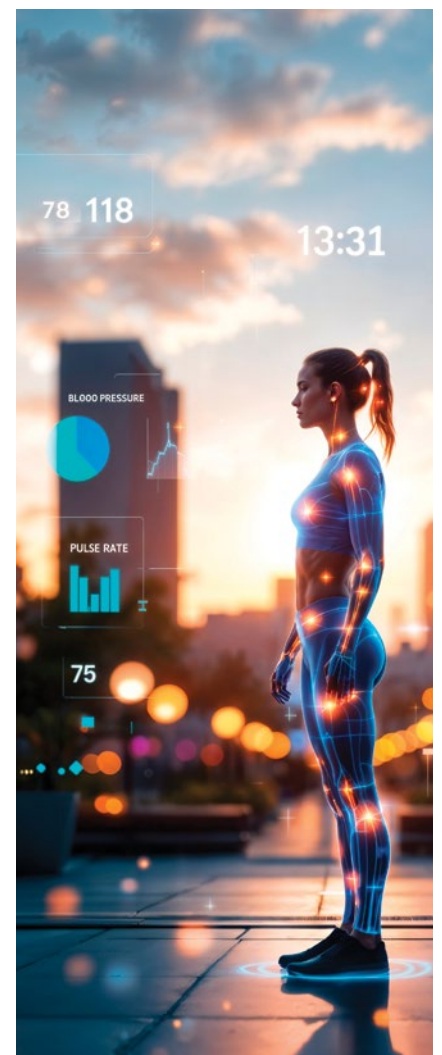
Think of AI as a smart co-pilot. It won't fly the plane for you, but it will guide, correct, and support you throughout the journey.

**FINAL THOUGHTS: A SMARTER WAY TO START**

Starting a fitness journey is often less about willpower and more about systems. AI provides those systems-personalised, adaptive, data-driven, and judgment-free.

For beginners, especially, AI lowers the entry barrier to fitness. It replaces confusion with clarity, extremes with balance, and guesswork with insight. In a world where quitting fitness is easy, AI makes sticking with it just a little more achievable.

And sometimes, that's all you need to get started-and keep going. 🏃‍♀️



# BLUE DART

## WE ENSURE VEHICLES ARE ALWAYS ON THE GO!!!

Delivering Best Solutions for the  
Automotive Sector



IF IT'S  
IMPORTANT,  
BLUE DART  
IT.



Las Vegas is not a city built on restraint. It is engineered for spectacle. Neon battles darkness, architecture competes for scale, and every landmark demands to be noticed. Against this theatrical backdrop, *Viral Escapes* unfolded its most ambitious chapter yet, a two-day Signature road trip across Nevada. And on this trip, I had the glorious company of Gaurav Chaudhary, one of India's most influential tech creators, Ashi Khanna, the lifestyle and fashion-forward digital creator from Delhi, and Jahanvi Choudhary, a style-led influencer recognised for her editorial aesthetic and strong social engagement. Anchored by the arrival of the Motorola Signature, the journey transformed from a scenic escape into a high-intensity creative proving ground.

#### THE SIGNATURE REVEAL

The experience began in a suite in no less than The Cosmopolitan of Las Vegas, overlooking the Strip. Laid out across the room were four Motorola Signature devices, with their ultra-thin, linen-inspired bodies, crafted with a 6.99 mm aluminium frame and protected by Gorilla Glass Victus 2. Military-grade certification underscored its resilience, but the real headline was inside.

The Motorola Signature houses the world's first Sony LYTIA 828 sensor system, with all four cameras at 50 MP. It records cinema-grade 8K video with Dolby Vision



and introduces a category-first 3.5-degree Optical Image Stabilisation system, which is an engineering leap designed to eliminate motion distortion even in aggressive handheld movement. DXOMARK recognition had already placed it among the top global camera phones. Vegas would now test that reputation. Waiting in the garage was a gold-wrapped Ford Bronco, the designated Signature car for the road trip, matching the rugged precision of the device in hand.

#### RED ROCK CANYON

The first challenge unfolded amid the crimson sandstone formations of Red Rock Canyon, approximately 25 km from the Strip. The brief: create a cinematic introduction that felt like the opening frame of a feature film. Ultra-wide desert establishing shots captured the immensity of the landscape. Slow-motion sand cascades tested motion rendering. Walk-and-talk sequences assessed stabilisation under natural stride movement. The 3.5-degree OIS proved

decisive. Even in active handheld tracking, footage retained the smoothness typically associated with gimbal rigs. The ultra-wide lens delivered immersive scale without distortion creep at the edges. Natural tones of desert reds and pale skies were preserved with remarkable dynamic range, lending footage a filmic neutrality rather than exaggerated saturation. The Motorola Signature passed the first test not with gimmicks, but with composure.

#### HOOVER DAM

Seventy-five kilometres later stood Hoover Dam, an architectural titan defined by symmetry, geometry, and scale. Here, the challenge shifted from motion to precision. The brief demanded a single "power frame" that conveyed monumentality. 8K HDR wide shots rendered the curvature and vertical drama of the structure with exceptional clarity. Close-ups of rivets and concrete geometry tested detail retention. Reflections and light-shadow contrasts examined tonal depth. The Sony LYTIA 828 sensor demonstrated its strength in dynamic range. Highlights remained controlled

# VIRAL EXCAPES

Words By: Ramesh Somani

## THE SIGNATURE CLASS — LAS VEGAS EDITION WITH MOTOROLA

even under harsh midday light, while shadows preserved depth without muddying. By sunset, the Motorola Signature had successfully transitioned from cinematic storyteller to architectural documentarian.

### NELSON GHOST TOWN

Seventy-five kilometres southeast of Las Vegas lies Nelson Ghost Town, a preserved relic of the Old West, layered with rusted vehicles, weathered wood and textured decay. The challenge here was portraiture: create character, not just a photograph. Telephoto editorial portraits exploited compression and depth separation. AI Signature Style was used to subtly enhance tonal palettes without artificial overprocessing. Macro shots captured peeling paint, cracked glass and oxidised metal in extraordinary detail. The Motorola Signature's colour science excelled in this environment. Skin tones remained balanced against harsh desert light, while the AI tools added refinement without stripping authenticity. The telephoto lens maintained edge clarity, delivering magazine-ready frames that felt intentional rather than opportunistic. The device's ability to move between editorial portraiture and cinematic slow-motion sequences without adjustment fatigue underscored its versatility.

### ELDORADO CANYON TO SEVEN MAGIC MOUNTAINS

The final creative test demanded restraint. A 15-second cinematic mood film, which was



raw, immersive, and filter-free. Ultra-wide canyon shots established geography. Stabilised walking sequences preserved narrative continuity. Slow-motion dust and gravel introduced texture and motion layering. Close-ups added intimacy. The final edit was executed entirely on-device. Colour reproduction in the Seven Magic Mountains installation provided a critical stress test. The Motorola Signature maintained faithful colour accuracy without oversaturation, preserving artistic intent. The editing workflow was fluid. Rendering speeds were responsive, transitions smooth, and export quality maintained resolution integrity. The phone did not merely capture content; it enabled production.

### THE LAUNCH AT THE SPHERE

The crescendo came at the Las Vegas Sphere, a glowing architectural icon redefining digital spectacle. Here, Motorola unveiled the Signature Class in a futuristic launch environment. The creators documented immersive Sphere visuals, keynote moments and interactive hands-on zones. In low-light interiors and LED-dominated atmospheres, the camera's HDR

control and stabilisation once again demonstrated composure. Bright LED highlights did not bloom excessively, and skin tones remained accurate even under artificial lighting.

### SIGNATURE CLASS

Over 300 kilometres across deserts, dams, ghost towns and neon cityscapes, the Motorola Signature encountered varied terrain, extreme light conditions, motion stress and portrait complexity. It succeeded across every challenge. The 3.5-degree OIS stabilisation proved transformative for handheld cinematic capture. The Sony LYTIA 828 quad-50MP system delivered exceptional dynamic range and detail retention. 8K Dolby Vision recording held professional credibility. AI Signature tools enhanced creativity without compromising authenticity. Military-grade build ensured durability across rugged outdoor environments. Most importantly, it redefined what luxury in a smartphone feels like. Not excess. Not noise. Precision. In a city that thrives on spectacle, the Motorola Signature did not compete for attention. It commanded it; through engineering.





# YEZDI ROADSTER

A well-rounded roadster and  
a week of living with it

Words By: **Sohil Nikam**

**T**he first thing I noticed about the Yezdi Roadster wasn't the badge. It was the way it rolled forward from a red light. It was calm, unhurried, yet assured. No frantic clutch work. No jerky throttle. Just a steady, confident surge through a narrowing traffic gap as autos and hatchbacks jostled for space. That moment summed up the Yezdi Roadster better than any spec sheet could. It carries legacy on its tank, yes. But more importantly, it carries itself well in 2026 traffic. To test that balance, I spent a full week riding it exactly how most owners would: 6km to the office, 6km back, peak-hour chaos, tight U-turns, signal sprints, broken roads. And even one longer weekend highway run to see if the story changed when the pace picked up. By the end of the week, what stood out wasn't nostalgia. It was usability.

### RETRO PRESENCE WITHOUT THE DRAMA

The Roadster gets its proportions right. Sculpted tank, round headlamp, twin exhausts and wide handlebars deliver old-school stance without slipping into caricature. It looks purposeful rather than ornamental. Parked outside the office, it has presence. It's not loud, but confident. The paint quality, metal finish and overall detailing feel premium. Importantly, it doesn't look fragile or overly delicate, which is a crucial trait for something that must survive weekday traffic, not just Sunday photo-ops. Unlike some retro-styled machines that feel built for cafe stops alone, the Roadster looks like it belongs in daily life.

### AN ENGINE THAT WORKS WITH YOU, NOT AGAINST YOU

The 334cc liquid-cooled single produces 29.6bhp and a healthy spread of torque. On paper, that sounds adequate. On the road, especially in real conditions, it feels intelligently tuned. This is not a top-end screamer. It's a mid-range companion. From around 3,000rpm onwards, the pull is clean and progressive. In traffic, that translates into effortless overtakes and fewer gear changes. You can sit comfortably in third or fourth gear and let the torque do the work. More importantly, the engine feels tractable. Crawling speeds don't induce jerks. The throttle isn't snappy or unpredictable. It responds smoothly, which is ideal when negotiating tight spaces between cars.

On my weekend highway run, the Roadster cruised comfortably at 90–100 km/h without feeling strained. Mild single-cylinder vibrations creep in at higher revs, but they're controlled and never intrusive. It doesn't beg to be pushed; it prefers to flow. The six-speed gearbox shifts positively, and the clutch action is light enough to survive long signal cycles without forearm fatigue. Over a week of repetition, that matters more than peak power numbers.

### URBAN COMPOSURE, WEEKEND CONFIDENCE

City roads are rarely kind. Broken patches, uneven joints and surprise potholes are daily obstacles. The Roadster's double cradle frame and suspension setup handle these with maturity. The ride leans toward firm-but-compliant. It absorbs everyday imperfections without feeling floaty, and mid-corner bumps don't unsettle the chassis. Despite its muscular stance, it doesn't feel top-heavy. Low-speed manoeuvres are predictable, and filtering through traffic is easier than expected once you're familiar with the turning radius.

On the highway, stability is reassuring. The bike tracks straight, feels planted, and doesn't wander in crosswinds. It's not a long-distance tourer in the traditional sense, but it's more than capable of a weekend escape. Braking performance is progressive and confidence-inspiring. Dual discs with dual-channel ABS offer strong stopping power without abrupt bite, which is important in unpredictable traffic conditions.

### SOLO CUSTOM, TWO-UP PRACTICAL

The Roadster's seating setup deserves specific mention. The single-to-double seat configuration gives it a subtle custom feel when riding solo, yet remains genuinely practical for a pillion. The rider's triangle, which allows for an upright torso and gives a wide grip and neutral footpeg placement. Over 12km daily commutes across five days, I experienced no wrist strain or lower back fatigue. The seat cushioning strikes a practical balance: supportive without being overly soft. With a pillion, the bike remains stable, and the torque delivery ensures it doesn't feel laboured. It doesn't shout "tourer," but it quietly manages both solo and two-up duties without complaint.

### CHARACTER WITHOUT COMPROMISE

Fire it up in the morning, and the deep, bass-heavy exhaust note sets the tone. It's distinctive without being obnoxious, with just enough character to make routine rides feel less routine. Build quality is another strong suit. Switchgear feels solid, panel alignment is consistent, and paint quality holds up under close inspection. Nothing feels like it exists purely for styling theatre. Fuel efficiency during traffic-heavy riding remained respectable for a 334cc motorcycle.

### THE BIGGER PICTURE

Spending a week with the Yezdi Roadster, and pushing it beyond just city limits, reframed my perspective. It would have been easy for this motorcycle to lean entirely into heritage. Instead, it delivers balance. The engine is responsive yet relaxed. The chassis is composed. The ergonomics support repetition. The design carries identity without excess. Is



it the most aggressive machine in its segment? No. Is it overloaded with electronic rider aids? Also no. But what it offers is cohesion.

The Roadster is for riders who value feel over flash, mid-range usability over headline numbers, and character over complexity. It's for someone who wants a motorcycle that looks classic, rides modern, and works every single weekday, with enough depth to make a Sunday highway stretch just as satisfying. In a segment often crowded by styling statements, the Yezdi Roadster feels like a motorcycle built to be ridden; not just admired. 🏍️

# CHATGPT CAN NOW PLAY APPLE MUSIC YEP. REALLY

How conversational artificial intelligence is quietly reshaping music discovery and what it signals for the future of streaming

Words By: Aadithya Harish



**M**usic discovery has always been deeply personal, yet for years it has been driven by algorithms that rely heavily on past behaviour. A new integration between ChatGPT and Apple Music introduces a different approach. Instead of clicks, filters, and endless scrolling, users can now discover music through conversation. This shift may seem modest on the surface, but it marks an important moment in how technology interprets human intent.

## THE LONG ROAD OF MUSIC DISCOVERY

The evolution of music consumption has closely followed technological developments. From vinyl records and cassette tapes to MP3 players and streaming platforms, each era has changed not just how music is played, but how it is found. Streaming services brought convenience and scale, placing millions of songs a tap away. Yet discovery within these platforms has largely remained mechanical.

Users learned to search by artist name, song title, or genre. Recommendations improved over time, guided by algorithms trained on listening history, skips, likes, and repeats. While effective, these systems often reinforced familiarity. Listeners were guided toward what they already knew, with limited room for nuance or mood-based exploration.

The integration of Apple Music into ChatGPT introduces a fundamentally different model. Discovery is no longer limited to predefined categories or past data. Instead, it begins with language. Users

describe feelings, scenarios, or atmospheres, and artificial intelligence interprets those descriptions into playlists and song suggestions. This approach does not replace existing discovery methods. Rather, it adds a new layer that prioritises expression over precision.

## FROM COMMANDS TO CONVERSATION

One of the most significant changes introduced by this integration is the way users interact with music platforms. Traditional interfaces require users to adapt to the system. Conversational AI reverses that relationship. The system adapts to the user.

Instead of typing keywords, listeners can now explain intent. A request can be vague, emotional, or contextual. The AI processes this input and generates musical selections from Apple Music's catalogue.

This matters because human relationships with music are rarely rigid. People do not always know what they want to hear, but they know how they want to feel. By allowing users to articulate that feeling in natural language, ChatGPT removes friction from the discovery process.

It is not about efficiency alone. It is about comfort. The interaction feels less transactional and more intuitive.

## HOW THE INTEGRATION FUNCTIONS

Using Apple Music within ChatGPT is straightforward. Users link their Apple Music account to ChatGPT through the available tools. Once connected, the AI can generate playlists, recommend tracks, and provide short previews.

For subscribers, these playlists can be saved directly to their Apple Music library and accessed across devices. For non-subscribers, the experience still serves as a discovery layer, offering insight into new artists and sounds without immediate commitment.

Importantly, ChatGPT does not access personal listening history. It does not analyse past behaviour or preferences. Each request stands on its own, shaped entirely by the language used in the prompt. This design choice keeps the experience exploratory rather than predictive.

## WHY THIS APPROACH FEELS MEANINGFUL

At a time when many digital experiences feel increasingly automated, conversational discovery introduces a sense of agency. The user leads the interaction. The AI responds.

This distinction becomes especially important in creative domains like music. Unlike productivity

tools or search engines, music is tied to emotion, memory, and identity. Reducing discovery to data points often strips away that complexity.

By contrast, language allows for ambiguity. A user can ask for music that feels hopeful but restrained, energetic yet reflective, or nostalgic without being dated. These are not menu categories, but they are easily expressed in conversation.

AI does not guarantee perfect results. But it offers something arguably more valuable. It offers interpretation.

## A SHIFT IN THE ROLE OF ALGORITHMS

Recommendation engines have long been the backbone of streaming platforms. They operate quietly in the background, shaping listening habits over time. While effective, they are often invisible to users, making discovery feel passive.

The ChatGPT and Apple Music integration brings that process to the foreground. Users actively participate in shaping recommendations through dialogue. The system becomes responsive rather than prescriptive.

This does not signal the end of algorithms. Instead, it reframes their role. Algorithms no longer decide what users should hear. They help users articulate what they want to explore.

This change may seem subtle, but it reflects a broader shift in how artificial intelligence is being positioned across industries. AI is moving from decision maker to collaborator.

## APPLE MUSIC IN A COMPETITIVE LANDSCAPE

The music streaming market is crowded, with platforms competing on catalogue size, exclusives, audio quality, and user experience. Apple Music's decision to integrate with ChatGPT aligns with a larger industry trend toward conversational interfaces.

Other platforms are experimenting with similar ideas, but Apple's implementation highlights a careful balance. The integration enhances discovery without replacing the core music app. It adds value without disrupting existing habits.

This restraint matters. The goal is not to reinvent streaming, but to make it more accessible and expressive.

## UNDERSTANDING THE LIMITS

Despite the enthusiasm surrounding the integration, it is important to understand its boundaries.

ChatGPT does not stream full songs. It does not

act as a replacement for Apple Music. It does not analyse personal taste or build long-term preference profiles.

What it does offer is a bridge between thought and sound. It helps users move from abstract ideas to concrete playlists. It lowers the barrier to discovery without demanding technical knowledge or precise input.

In this sense, the integration functions best as a starting point rather than a destination.

## WHAT THIS SIGNALS FOR THE FUTURE

The significance of this development extends beyond music. It reflects a growing belief that conversation may become the primary interface for digital services.

As artificial intelligence becomes better at understanding nuance, users may rely less on structured menus and more on natural language. This could reshape how people discover films, books, travel experiences, and even news.

The success of such systems will depend on trust, transparency, and restraint. Users must feel heard without feeling monitored. Creative spaces must remain open rather than overly optimised.

Apple Music inside ChatGPT offers a glimpse of how this balance might be achieved.

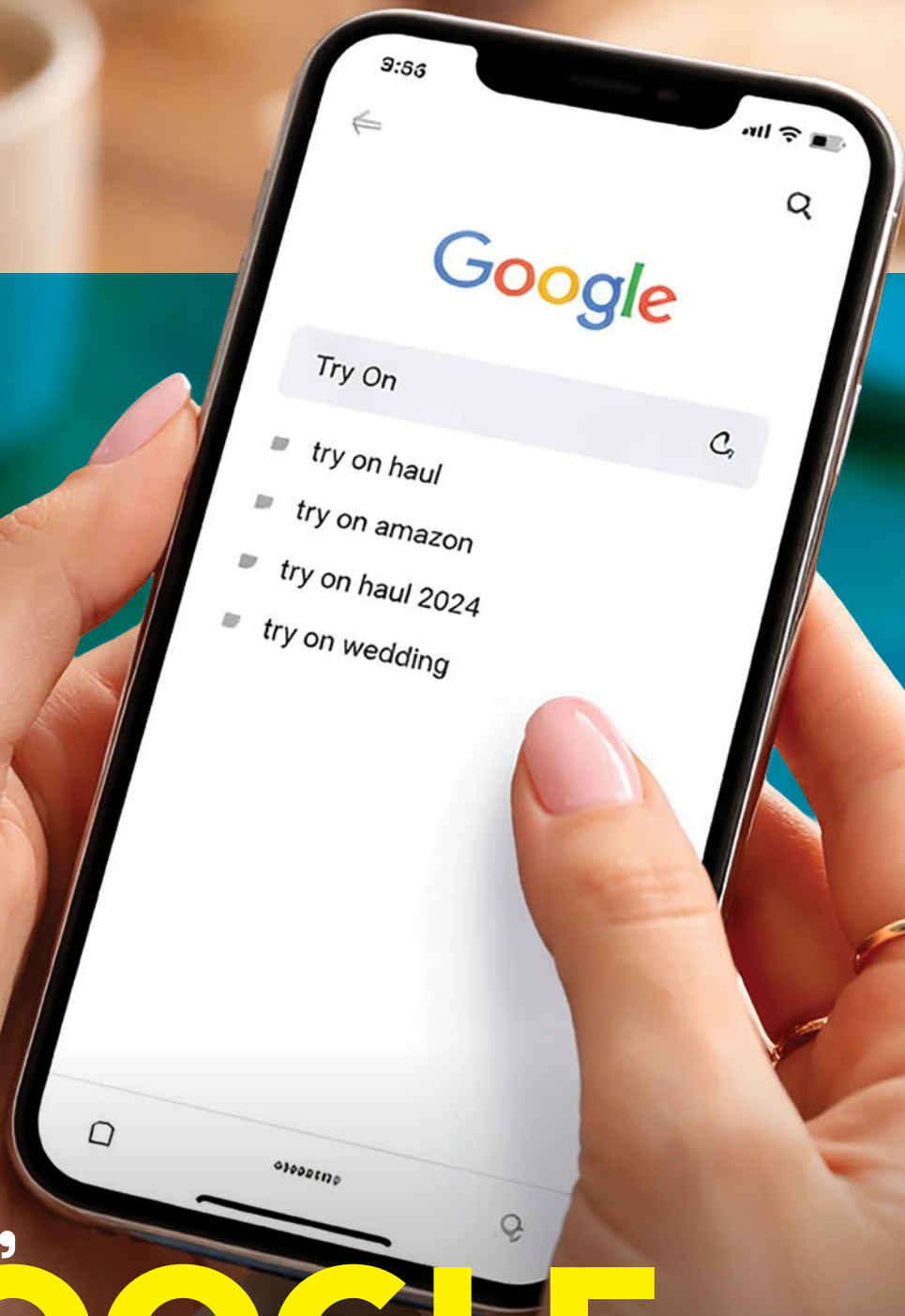
## CLOSING THOUGHTS

This is not a dramatic disruption of the music industry. It is quieter than that. But it represents a meaningful shift in how technology listens to users.

Music has always been about connection. By allowing discovery to begin with conversation, this integration brings technology a step closer to understanding that truth.

Sometimes, finding the right song is less about knowing its name and more about finding the words to describe the moment. 🎧

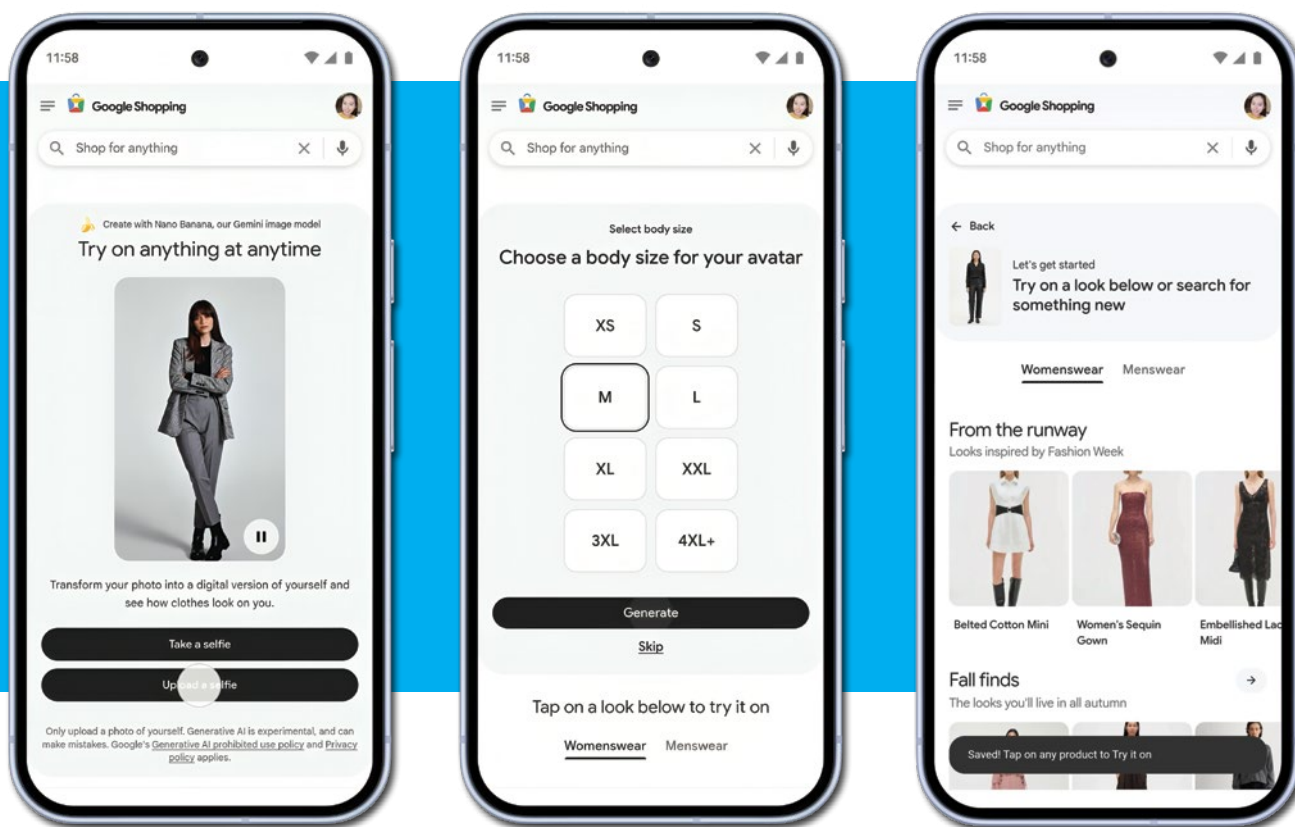




NOW,  
**GOOGLE  
TRY-ON**  
LETS YOU PREVIEW  
FULL-BODY OUTFITS  
FROM A SINGLE SELFIE

# Virtual fashion takes a practical leap as Google simplifies how users see clothes on themselves.

Words By: Aadithya Harish



## FROM GUESSWORK TO VISUAL CONFIDENCE

Online fashion shopping has always carried a degree of uncertainty. Size charts vary across brands, product images rarely reflect real-world body diversity, and even detailed descriptions cannot fully explain how a fabric might drape or fit. Over the years, brands and platforms have experimented with virtual try-on tools, but most have required full-body photos, special camera setups, or preset models that only loosely resemble the user.

Google's latest update to its virtual try-on experience aims to remove some of these barriers. The company is now allowing users to generate a full-body digital version of themselves using just a selfie. Instead of uploading a head-to-toe photo, users can rely on a single image and basic size information to preview how outfits may look on their own body shape.

This shift signals a more accessible approach to virtual try-ons, one that prioritises ease of use over technical complexity, while still leaning heavily on advances in artificial intelligence.

## HOW THE SELFIE-BASED TRY-ON WORKS

At the core of the update is a simplified onboarding process. Users upload a selfie, select their usual clothing size, and let Google's system do the rest. The platform generates multiple full-body images that simulate how a selected outfit might appear when worn by the user. These images are presented as studio-style visuals rather than raw photo edits, giving a clean and consistent look across different garments.

Users can then choose one of the generated images as their default try-on profile. This profile can be reused when browsing compatible apparel listings, removing the need to repeat the setup process each time. For those who are more comfortable with the earlier approach, Google continues to support full-body photo uploads, alongside preset models representing diverse body types.

Behind the scenes, Google says the system uses a combination of its Nano Banana framework and the Gemini 2.5 Flash Image model. Together, these technologies generate a full-body representation from limited visual

input, filling in missing details based on learned patterns from large datasets.

## THE AI BEHIND THE FIT

Google's try-on experience is powered by a custom AI model built specifically for fashion applications. Unlike general image generation tools, this model is trained to understand body proportions, garment construction, fabric textures, and how materials behave when worn.

The system analyses how different fabrics drape, stretch, or fold across the body, and attempts to replicate those behaviours in the generated preview. This is especially relevant for items like dresses, tailored trousers, and layered outfits, where fit and flow play a major role in appearance.

While lighting and image clarity still influence results, Google notes that no special setup is required. A well-lit selfie is usually enough for the system to create usable previews. The goal, according to the company, is not to produce a perfectly accurate digital twin, but to give users a realistic approximation that helps them make more informed decisions.

**WHERE USERS CAN ACCESS THE FEATURE**

The try-on feature is integrated across multiple Google surfaces. Users can access it via Google Search, Google Shopping, and Google Images by tapping on supported apparel listings and selecting the "try it on" option. The selfie-based setup can be initiated through a dedicated page, allowing users to create and manage their try-on profile.

Google recently rolled out the try-on experience in India, following earlier testing phases in other regions. The feature was first unveiled at Google I/O 2025, where the company outlined its broader vision for AI-assisted shopping experiences.

Currently, the updated selfie-based try-on is rolling out in the US, with wider availability expected over time. As with many Google features, the rollout is gradual and may vary depending on region and product category.

**WHAT IT CHANGES FOR ONLINE SHOPPING**

The most immediate impact of the selfie-based try-on system is convenience. By removing the requirement for a full-body photo, Google lowers the entry barrier for users who may not have suitable images readily available or who are uncomfortable uploading detailed photos of themselves.

This approach also reflects a broader shift toward privacy-conscious design. A single selfie reveals less personal data than a full-body image, while still enabling the system to generate useful previews. Users retain control over their uploaded images and can switch between different try-on profiles or methods as needed.

From a user experience perspective, the feature aims to bridge the gap between browsing and buying. Instead of imagining how a garment might look, shoppers can see a visual approximation tailored to their body type and size, potentially reducing returns caused by poor fit or unmet expectations.

**DOPPL AND GOOGLE'S WIDER TRY-ON STRATEGY**

The try-on feature is not an isolated experiment. Google has been steadily expanding its work in virtual fashion through Doppl, a dedicated app focused on AI-powered outfit visualisation. Doppl allows users to explore how different styles might look on them, offering personalised recommendations and outfit combinations.

Recent updates to Doppl introduced a shoppable discovery feed, where users can browse AI-generated outfit suggestions and

see them worn on their digital likeness. The feed includes direct links to merchants, along with short AI-generated videos showcasing real products in motion.

Together, Doppl and Google's try-on tools point toward a more immersive shopping ecosystem, where discovery, visualisation, and purchasing are closely connected. Rather than replacing traditional product images, these tools add an extra layer of context for users who want more confidence before buying.

**ACCURACY, LIMITATIONS, AND EXPECTATIONS**

Despite its advances, Google's try-on system is not positioned as a perfect representation of real-world fit. The generated images are approximations, influenced by the quality of the input photo, the accuracy of the selected size, and the limitations of AI modelling.

Subtle factors such as personal posture, fabric feel, and tailoring nuances are still difficult to capture digitally. Google acknowledges these constraints, framing the feature as a decision-support tool rather than a definitive fitting solution.

By offering multiple generated images for each outfit, the system attempts to reflect a range of possible outcomes. Users are encouraged to view the previews as guidance rather than guarantees, especially for items where precise fit is critical.

**A STEP TOWARD MORE HUMAN-CENTRIC AI**

What sets this update apart is its focus on reducing friction. Instead of asking users to adapt to technology, Google is adapting the technology to fit into everyday behaviour. Taking a selfie is already second nature to most smartphone users, making the try-on

setup feel less like a technical process and more like a natural extension of browsing.

The feature also reflects a growing emphasis on practical AI applications. Rather than showcasing AI for novelty, Google is embedding it into familiar experiences, quietly reshaping how people interact with digital services.

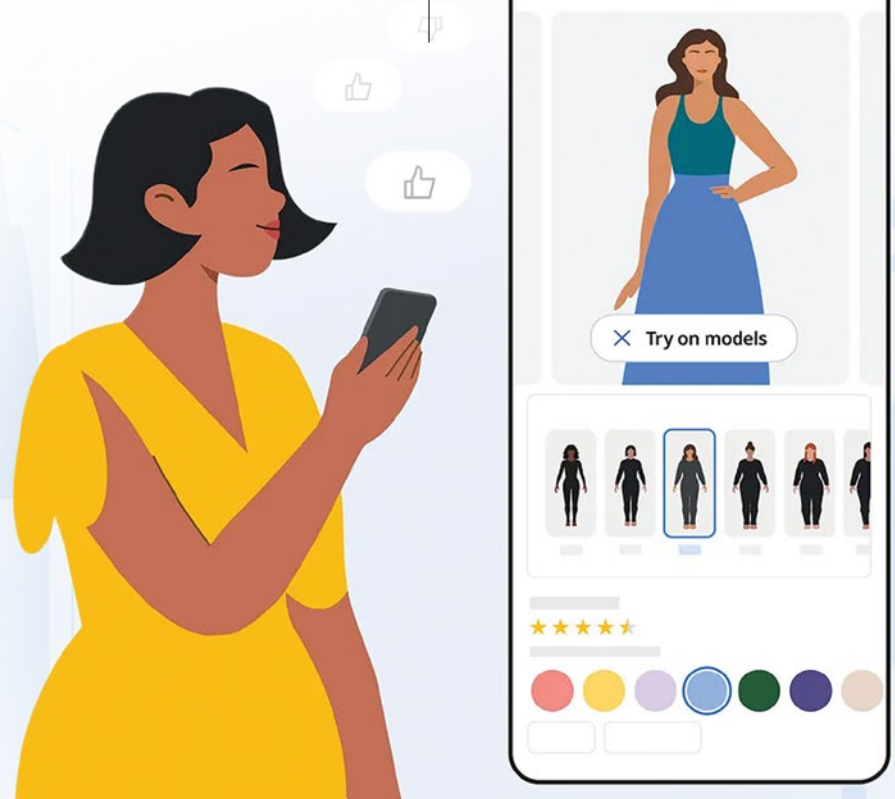
As virtual try-ons continue to evolve, the challenge will be balancing realism, privacy, and ease of use. Google's selfie-based approach suggests that the future of fashion tech may be less about hyper-realistic avatars and more about accessible, good-enough visuals that help users make smarter choices.

**LOOKING AHEAD**

With the rollout of selfie-based virtual try-ons, Google is refining its vision of AI-assisted shopping. The feature does not attempt to replace physical try-ons, but it does offer a more intuitive way to preview clothing in an online-first world.

As AI models improve and datasets become more diverse, tools like these are likely to become more accurate and more widely adopted. For now, Google's latest update represents a meaningful step toward making online fashion shopping feel a little more personal, without demanding much more than a simple selfie.

In a space often dominated by flashy promises, the real strength of this update lies in its restraint: practical, optional, and designed to quietly improve an everyday experience. 🌐



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AUTO DOSE!

# AI COULD BE THE REAL MVP OF THE ICC T20 WORLD CUP 2026

The Invisible Player  
Changing the Game

Words By: Aadithya Harish



**T20**  
ICC  
MEN'S T20  
**WORLD CUP**  
WEST INDIES & USA 2024

**T20**  
ICC  
MEN'S T20  
**WORLD CUP**  
WEST INDIES & USA 2024

When the ICC T20 World Cup 2026 begins, the spotlight will naturally fall on power hitters clearing the ropes, bowlers mastering deceptive variations, and captains making split second decisions under pressure. But working quietly behind the scenes will be a force that does not wear a jersey or hold a bat. Artificial intelligence is set to become one of the most influential contributors to how the tournament is played, experienced, analyzed, and remembered.

Cricket has always evolved with technology, from television replays to Hawk Eye and ultra edge. The 2026 edition of the T20 World Cup marks a phase where AI is no longer just assisting officials or broadcasters. It is actively shaping preparation, performance, strategy, fan engagement, and even how the sport is consumed globally. In many ways, AI could emerge as the real MVP of the tournament, not because it scores runs or takes wickets, but because it redefines how modern cricket operates.

## HOW TEAMS ARE USING AI LONG BEFORE THE FIRST BALL

The impact of AI on the T20 World Cup begins months before the opening match. National teams now rely heavily on data driven preparation, and AI plays a central role in turning raw information into actionable insights.

Modern cricket teams collect enormous volumes of data. Every delivery bowled in recent years has been tracked for speed, length, line, seam movement, swing, bounce, and outcome. Batting data includes shot selection, bat swing angles, footwork patterns, reaction time, and scoring areas. Fielding data captures sprint speed, throw accuracy, catching efficiency, and positional effectiveness.

AI systems analyze this data far more deeply than traditional video analysis ever could. Machine learning models identify patterns that are invisible to the human eye. For example, an AI model might detect that a particular batter struggles against back of a length deliveries when bowled from over the wicket under lights, or that a bowler is more effective with slower balls after a sequence of short deliveries.

Ahead of the World Cup, teams will use AI to simulate opposition strategies. Virtual match scenarios can be created where players face predicted bowling plans or batting approaches based on historical data. This allows teams to prepare for conditions, venues, and opponents with unprecedented precision.

Instead of relying purely on intuition or experience, captains and coaches enter the tournament armed with probability based strategies, all shaped by artificial intelligence.

## SMARTER STRATEGY AND REAL TIME DECISION MAKING

During T20 matches, decisions need to be made quickly. Field placements change ball by ball, bowling plans evolve within overs, and batting orders can be shuffled depending on the situation. AI is increasingly becoming a silent advisor in these moments.

In the ICC T20 World Cup 2026, teams are expected to use AI powered dashboards that process live match data in real time. These systems evaluate current conditions, pitch behavior, batter form, bowler workload, and historical matchups to suggest optimal decisions.

For instance, AI can recommend which bowler is statistically most likely to dismiss a specific batter at a given stage of the innings. It can suggest fielding adjustments based on scoring patterns or advise when to introduce a spinner based on ball grip data and pitch wear.

While the final call always rests with the captain and coaching staff, AI provides a layer of analytical confidence. In a format where margins are razor thin, even one correct decision influenced by AI can swing a match and potentially a tournament.

## REVOLUTIONIZING PLAYER FITNESS AND INJURY MANAGEMENT

One of the biggest challenges in a packed T20 World Cup schedule is player fitness. Teams often play multiple high intensity matches in a short span, increasing the risk of fatigue and injury. AI is transforming how teams manage this risk.

Wearable sensors and tracking devices collect data on player movement, heart rate, muscle load, and recovery patterns. AI systems analyze this information to predict injury risk before it becomes serious. If a fast bowler shows signs of fatigue or abnormal stress, the system can alert medical staff early.

During the World Cup, AI will help teams decide when to rest players, how to rotate squads, and how to tailor training sessions between matches. This is especially crucial for fast bowlers and all rounders who face the highest physical demands.

By reducing injuries and optimizing recovery, AI ensures that top players remain available for crucial matches. In a tournament where depth and consistency matter, this behind the scenes role could be decisive.

## UMPIRING AND DECISION MAKING GET EVEN SHARPER

Technology has already become an integral part of officiating in cricket, and the 2026 T20 World Cup will take this further with AI enhanced decision making systems. Ball tracking, edge detection, and stump

microphones are now powered by AI algorithms that continuously learn and improve accuracy. These systems analyze thousands of deliveries to refine predictions related to ball trajectory and impact.

AI can also assist umpires by flagging potential no balls, tracking over rates, and identifying unusual patterns such as suspect bowling actions. While umpires remain in control, AI reduces human error and ensures fairer outcomes.

For players and fans alike, this leads to greater trust in decisions and fewer controversies overshadowing the cricket itself.



## ENHANCING THE FAN EXPERIENCE LIKE NEVER BEFORE

One of the most visible impacts of AI during the ICC T20 World Cup 2026 will be how fans experience the tournament. From broadcast enhancements to personalized content, AI is reshaping cricket consumption.

Broadcasters use AI to generate real time insights during live coverage. Predictive win probability graphs, shot outcome predictions, and bowler impact analysis provide viewers with deeper understanding of the game as it unfolds. These insights are generated instantly by analyzing live data streams.

AI also enables hyper personalized viewing experiences. Fans watching on digital platforms can receive tailored highlights, statistics related to their favorite players, and match insights based on their viewing preferences. A fan who loves pace bowling may see more breakdowns of fast bowlers, while another who enjoys batting may receive shot analysis and scoring trends.

Social media coverage is also driven by AI. Automated systems identify key moments, generate highlight clips, and even suggest

captions or storylines. This ensures that the tournament remains constantly engaging across platforms, reaching global audiences in real time.

**LANGUAGE TRANSLATION AND GLOBAL REACH**

The T20 World Cup is a global event, with fans spanning continents, cultures, and languages. AI powered translation tools are playing a crucial role in making the tournament more inclusive.

Live commentary, match reports, interviews, and social media updates can now be translated instantly into multiple languages with high accuracy. This allows fans from different regions to engage with content in their native language, deepening their connection to the tournament. For the 2026 edition, AI driven language

tools are expected to expand coverage beyond traditional cricket markets, helping the sport reach new audiences and strengthen its global footprint.

**DATA DRIVEN STORYTELLING AND JOURNALISM**

AI is not just influencing the game itself but also how stories around the tournament are told. Sports journalism and analysis are increasingly data driven, and AI helps writers and analysts uncover narratives hidden within numbers.

AI tools can identify trends such as emerging players, tactical shifts, or performance patterns across matches. This enables more insightful storytelling that goes beyond surface level match reports. For magazines, digital platforms, and

broadcasters, AI provides richer context and depth, allowing fans to understand not just what happened, but why it happened.

**ETHICAL QUESTIONS AND THE HUMAN ELEMENT**

As AI becomes more embedded in cricket, questions around balance and ethics naturally arise. How much influence should data have over instinct? Does reliance on AI risk reducing the unpredictability that makes cricket exciting?

The ICC and participating teams are aware of these concerns. The goal is not to replace human judgment but to enhance it. Captains still read the game, coaches still motivate players, and athletes still perform under pressure. AI simply provides clearer information to support these human elements.

The beauty of cricket lies in its uncertainty, and AI does not eliminate that. Instead, it sharpens preparation and decision making while leaving the drama intact.

**THE FUTURE BEYOND THE 2026 WORLD CUP**

The ICC T20 World Cup 2026 is likely to be a milestone moment for AI in cricket. Many of the technologies used during this tournament will set standards for future events and even influence domestic leagues and grassroots cricket.


From talent identification and youth development to fan engagement and broadcasting, the lessons learned in 2026 will shape the next decade of the sport. AI will continue to evolve, becoming more accurate, more intuitive, and more integrated into cricket's ecosystem.

What makes this moment significant is not just the presence of AI, but its maturity. The technology is no longer experimental. It is reliable, trusted, and deeply woven into the fabric of modern cricket.

**A NEW KIND OF MVP**

The Most Valuable Player award will still go to a cricketer who delivers exceptional performances on the field. But when analysts look back at the ICC T20 World Cup 2026, many will recognize that artificial intelligence played a defining role throughout the tournament.

From shaping strategies and protecting players to enhancing fairness and transforming fan engagement, AI influences almost every aspect of the competition. It does not steal the spotlight, yet its impact is everywhere.

In a fast paced format where innovation and adaptability are crucial, AI stands as cricket's most powerful unseen ally. The 2026 T20 World Cup will not just be a celebration of skill and spectacle, but also a glimpse into the future of the sport, where intelligence on and off the field works together to elevate the game. 



# WHAT FITS MY POCKET

Words By: Shintu Dhang

When working with a budget of ₹50,000, making smart choices doesn't mean settling for less. It's about finding the perfect balance between quality, performance, and value. With careful selection, you can get three cutting-edge products that bring innovation and utility to your everyday life without breaking the bank. Here's what we can fit into your ₹50,000 budget



## XIAOMI REDMI NOTE 15 5G

₹22,999

(effective starting price for 8GB + 128GB variant)

The Xiaomi Redmi Note 15 5G is a powerful mid-range smartphone that delivers flagship-inspired features at an accessible price. Powered by the Qualcomm Snapdragon 6 Gen 3 chipset, it handles smooth multitasking, gaming, and everyday performance with ease. It boasts a large 5,520 mAh battery for all-day reliability, paired with fast charging. The camera setup has a 108MP primary sensor for stunning detail, 4K video recording, and advanced AI enhancements. The display is a vibrant 6.77-inch with high refresh rates for fluid scrolling and viewing. Running on Android 15-based HyperOS 2, it promises multiple years of updates.

With a slim, lightweight design and durable build, the Redmi Note 15 5G offers exceptional value, making it a top pick for photography enthusiasts and power users on a budget. flagship focused on photography and everyday performance.

## NOISEFIT PRO 6R

₹7,999

The NoiseFit Pro 6R, priced at ₹7,999, is a premium-feeling smartwatch that excels in health monitoring and outdoor adventures. It features a bright 1.46-inch AMOLED display with up to 1,000 nits of brightness for clear visibility even in sunlight. Powered by Noise AI Pro, it delivers accurate tracking for heart rate, SpO2, stress, sleep, and more, along with built-in GPS for precise location during runs or hikes. The battery life lasts impressively long, and it offers 3ATM water resistance for worry-free use in the rain or during workouts. The stainless steel build adds durability and style, with options like video watch faces, emergency SOS, and seamless TWS connectivity. Lightweight yet rugged, the NoiseFit Pro 6R pairs perfectly with your smartphone for notifications, fitness insights, and smart features.



## PHILIPS TAT1269

₹999

The Philips TAT1269 is an ultra-affordable pair of true wireless earbuds at just ₹999, offering impressive sound and convenience for daily use. Equipped with 13mm drivers, they deliver rich, balanced audio with clear highs and decent bass. Bluetooth 5.4 ensures stable connectivity and quick pairing with devices like the Redmi Note 15. Enjoy up to 40 hours of total playback time (with the case), making them ideal for long commutes, workouts, or calls. Features include built-in microphones for crisp voice calls, touch and voice controls, and IPX5 water resistance to handle sweat or light rain. Multiple ear tip sizes provide a comfortable, secure fit for extended wear.



# NVIDIA GEFORCE NOW HAS ARRIVED IN INDIA,

And We Had an Exclusive Hands-On.

Words By: Shintu Dhang



**N**VIDIA's GeForce Now cloud gaming service is finally making its way to India, with servers firing up in Mumbai. Although the full commercial launch is slated for later in Q1 2026, an open beta is coming, and we were lucky enough to get an exclusive hands-on preview at a media event in Mumbai on February 6, 2026. The experience was nothing short of revolutionary. As someone who's been following the gaming scene in India, this feels like a seismic shift that could democratize high-end gaming for millions.

For the new, GeForce Now isn't your typical game streaming platform. Unlike services that require you to buy games, it lets you play titles you already own from libraries like Steam, Epic Games Store, and Xbox, powered by NVIDIA's RTX servers in the cloud. During our hands-on session, we tested it on a variety of devices: from a modest Chromebook to a MacBook and even an entry-level smart TV. The setup was simple, log in via browser or app, connect a controller, and start playing. We fired up demanding games like Cyberpunk 2077 and Alan Wake 2, running at 4K with ray tracing enabled, all streamed with cinematic colour accuracy. The latency? Impressively low, clocking in under 20ms thanks to the local Mumbai servers, making it feel like local hardware. It was amazing how fluid everything ran; no stuttering, no compromises, it was like having an RTX 5080 rig in your pocket.

This hands-on left us buzzing about how GeForce Now could transform the Indian gaming market. India's gaming industry is booming, with over 600 million gamers projected by 2026, but high-end PC gaming remains a niche due to costs.

Building a capable rig today can easily set you back ₹1,00,000 or more, factoring in skyrocketing RAM prices amid global shortages and inflation. Components like an RTX 5060 ti alone cost upwards of ₹50,000, not to mention the rest of the build like CPU, RAM, storage, and cooling. For many in India, where average incomes hover around ₹15,000-20,000 monthly in urban areas, this is a prohibitive barrier. Mobile gaming dominates, but it can't match the depth of AAA PC titles.

With GeForce Now available, you no longer need that expensive hardware. All the heavy lifting happens on NVIDIA's RTX 5080 SuperPods in Mumbai, streaming the game to your device over the internet. As long as you have a stable broadband connection of 50 Mbps or higher, you're good to go. In our preview, games loaded in seconds, with visuals that rivalled dedicated consoles. This means students, casual gamers, and even professionals can access top-tier experiences on their existing laptops or phones. Imagine playing Fortnite or Genshin Impact at max settings on a ₹20,000 budget laptop, no upgrades required.

The impact on the market could be deep. Currently, India's PC gaming segment is limited to enthusiasts who can afford to import or build their own systems. Cloud gaming like this levels the playing field, potentially expanding the market by tapping into the massive mobile-first audience. According to industry reports, cloud gaming could grow the Indian sector to \$5 billion by 2028, driven by services like GeForce Now. It also bypasses hardware obsolescence: as NVIDIA upgrades its servers to newer tech like Blackwell RTX, users get those benefits automatically, without having to buy new cards.

Moreover, with servers in Mumbai, latency issues that plagued international services will be minimized. Previously, Indian gamers relying on foreign cloud services faced ping times of 100-200ms, leading to laggy gameplay. Now, with local infrastructure, it's optimized for the region. NVIDIA's decision to operate directly, without third-party ISPs, ensures consistency. This could promote competition, encouraging rivals like Xbox Cloud Gaming and successors to Google Stadia to invest more in India.

Of course, challenges remain. Broadband penetration is improving, but rural areas lag behind urban centres like Mumbai. Data caps could be an issue for heavy streamers, though NVIDIA optimizes for efficiency. Pricing will be key, as globally subscriptions start at \$9.99/month for the the Priority tier. Still, India-specific plans are expected to be more affordable, perhaps around ₹500-800/month, tailored to local economics. The open beta will give us a taste and allow us to gather feedback to refine the service.

During our session, switching between devices was seamless. We started a game on a MacBook, paused it, and resumed it on a TV, all synced via the cloud. Ray-traced reflections in Control looked stunning, and DLSS upscaling kept frames buttery smooth. It was exciting to imagine this could become the norm in Indian households, turning any screen into a gaming powerhouse.

GeForce Now is not just a service; it's a game-changer for accessibility. Gamers no longer need to spend years saving up to build an expensive PC. With the open beta launching soon, Indian gamers are about to enter a new era in gaming. Based on our hands-on experience, we can confidently say it's going to be amazing.

# TOP 3 SMARTPHONES

(ABOVE 1 LAC)



**PRICE**  
₹1,49,900

1

## APPLE iPhone 17 PRO MAX

The Apple iPhone 17 Pro Max is a flagship marvel boasting a 6.9-inch Super Retina XDR OLED display, the cutting-edge A19 Pro chip, and a revolutionary triple-camera system with advanced computational photography.

Powered by iOS 26, it delivers seamless integration of Apple Intelligence AI features, satellite emergency SOS, and up to 29 hours of video playback for unmatched all-day performance.



**PRICE**  
₹1,23,499

2

## SAMSUNG GALAXY S25 ULTRA

The Samsung Galaxy S25 Ultra features a 6.8-inch Dynamic AMOLED display, powerful processor, quad-camera setup, 200MP main sensor, and upgraded ultra-wide camera. Its durable design includes an Armor Aluminum frame and Gorilla Glass Victus 2. The phone runs on One UI, integrates the S Pen, and offers advanced AI features for power users.



**PRICE**  
₹1,24,999

3

## GOOGLE PIXEL 10 PRO XL

The Google Pixel 10 Pro XL shines on a 6.8-inch LTPO OLED display with 120Hz refresh and peak brightness up to 3,300 nits, driven by the Tensor G5 chip for superior on-device AI processing. Its triple-camera setup includes a 50MP main camera, a 48MP ultra-wide camera, and a 48MP telephoto lens, which excels in low-light and astrophotography, backed by Google's Magic Editor tools. With a recycled aluminium frame, Gorilla Glass Victus 2, and IP68 protection, it runs stock Android 16 out of the box.

# TOP 3 SMARTPHONES

(ABOVE 50K AND BELOW 1 LAC)

1

**PRICE**  
₹75,999



1

**VIVO  
X300**

The Vivo X300 is a stylish compact flagship smartphone with a 6.31-inch AMOLED display, MediaTek Dimensity 9500 processor, and a versatile ZEISS camera system, including a 200MP main sensor. Its sleek design features a glass back and aluminium frame, and OriginOS offers customization options. With 5G connectivity and excellent battery life, it's a compelling choice.

2

**PRICE**  
₹64,999



2

**iQOO 15**

The iQOO 15 boasts a 6.85-inch 2K LTPO AMOLED display, a Snapdragon 8 Elite Gen 5 processor, and a versatile triple-camera system with a 50MP Sony IMX921 main sensor, 50MP ultra-wide, and 50MP 3x periscope telephoto. Its sleek design features a premium build with vibrant colour options like Alpha and Legend. At the same time, OriginOS 6, based on Android 16, ensures a smooth, feature-packed experience with strong gaming optimizations and reliable performance in the flagship smartphone market.

3

**PRICE**  
₹74,999



3

**SAMSUNG  
GALAXY S25**

The Samsung Galaxy S25 is a stylish premium-range smartphone, offering a perfect blend of performance and style. Its sleek design, powerful Qualcomm Snapdragon 8 Elite processor, good battery life, and impressive camera system deliver top-notch features, making it a strong contender in the premium smartphone market.

# TOP 3 SMARTPHONES

(UNDER 50K)



1

**PRICE**  
₹27,999

1

**iQOO  
NEO 10**

The iQOO Neo 10 impresses with its vibrant 6.78-inch AMOLED display, 144Hz refresh rate, and powerful Qualcomm Snapdragon 8s Gen 4 processor for smooth performance. Its camera setup captures quality photos in different lighting. The sleek design, big fat 7000mAh battery with fast charging, and customizable FunTouch OS interface enhance the overall user experience.



2

**PRICE**  
₹38,999

2

**VIVO  
T4 ULTRA**

The Vivo T4 Ultra features a premium design with a 6.67-inch AMOLED display, offering vibrant visuals for everyday use. Powered by a MediaTek Dimensity 9300+ processor, it handles most tasks efficiently, though intensive gaming may show limitations. Its camera system, enhanced with Aura Light, excels in portrait photography. The device emphasizes a user-friendly interface and reliable performance for daily tasks.



3

**PRICE**  
₹44,999

3

**ONEPLUS  
15R**

The OnePlus 15R offers balanced performance and features at a budget-friendly price. It has a large 6.78-inch AMOLED display ideal for multimedia and gaming, a powerful Qualcomm Snapdragon 8 Gen 3, good camera performance, a customizable OxygenOS interface, and robust battery life with fast charging.

# TOP 3 TABLETS

1  
PRICE  
₹1,29,900



## 1 APPLE IPAD PRO 13

The latest iPad Pro is the thinnest device that Apple has ever created. Equipped with an M4 chipset, it is more powerful than most computers. It features a super-bright OLED display as well. Although it comes with a high price tag, the 13-inch iPad Pro is regarded as the best tablet available on the market.

2  
PRICE  
₹1,22,999



## 2 SAMSUNG GALAXY TAB S10 ULTRA

The Samsung Galaxy S10 Ultra is one of the largest tablets available, making it ideal for drawing and creative work. While it may not be the fastest tablet on the market, and its battery life might require you to stay near a power outlet, it remains the best option for a large drawing tablet if you're looking for versatile and powerful tools for creativity.

3  
PRICE  
₹34,900



## 3 APPLE IPAD 11" (A16)

The iPad A16 11th Generation (2025) is a refined entry-level tablet powered by the A16 Bionic chip, offering enhanced performance for multitasking and gaming. Its 10.9-inch Liquid Retina display, 128GB base storage, and support for Apple Pencil which make it ideal for students and casual users. Priced at just ₹34,900, it retains the sleek design, Touch ID, and Magic Keyboard Folio compatibility.

# LLMs

(LARGE LANGUAGE MODELS)

## IN NUMBERS

CHATGPT HAS OVER  
**800-815 MN**  
MONTHLY ACTIVE USERS  
AS OF EARLY 2026.

GOOGLE GEMINI SURPASSES  
**750 MN**  
MONTHLY ACTIVE USERS.

MAJOR LLM PLATFORMS RECEIVE NEARLY  
**8.2 BN** MONTHLY SITE VISITS GLOBALLY.

THE GLOBAL LLM MARKET IS VALUED AT AROUND  
**\$9.98-10.57 BN** IN 2026.

LLM MARKET IS PROJECTED TO REACH  
**\$24.92-149.89 BN** BY 2031-2035 (CAGR 20-34%).

**67%** OF  
ORGANIZATIONS  
WORLDWIDE HAVE  
ADOPTED LLMs  
OR GENERATIVE AI  
AS OF 2025-2026.

ENTERPRISE LLM  
ADOPTION IS  
EXPECTED TO EXCEED  
**80%**  
BY 2026 IN MANY  
SECTORS.

**40%** OF  
ENTERPRISE  
APPLICATIONS  
ARE PROJECTED  
TO INCLUDE TASK-  
SPECIFIC AI AGENTS  
BY THE END OF 2026.

INFERENCE COSTS FOR ADVANCED MODELS DROPPED  
OVER **280-FOLD** FROM 2022-2024 LEVELS.

LEADING MODELS  
FEATURE HUNDREDS  
OF BILLIONS TO OVER  
**1 TN**  
PARAMETERS.

GENERATIVE AI  
HANDLES OVER  
**2 BN**  
QUERIES DAILY  
ACROSS PLATFORMS.

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