



The Iran war has again re ignited with attacks on Iran and the counter attack putting to rest the ceasefire that was in place. There was a brief pause raising hope for a permanent ceasefire , but such has been the situation that the flare up has been sudden and frequent. The month of July had quite some World events in the field of sports and it is refreshing to read on that . There was one of the biggest sporting events the FIFA football world cup, The Grand slamTennis at Wimbledon, The ICC Womens T20 cricket world cup, F1 racing and many more.

One of the most watched sporting action was the month long Football world cup, which saw some of the leading names like Mbappe, Halland, Ronaldo, Yamal, Kane, Bellingham, Messi and many more in action. Spain won the 2026 FIFA World Cup, defeating defending champions Argentina 1-0 in the final at MetLife Stadium in New Jersey. Substitute Ferran Torres scored the only goal in the 106th minute of extra time to secure Spain's second men's World Cup title. With that it was curtains for the defending champions, who inspired by the one and only magician Messi could not create that genius moves in the final. Messi could not get the world cup home for a second time but he gave the world invaluable memories with his play .

At the Wimbledon Grand slam Tennis, Jannik Sinner (Men's Singles) and Linda Nosková (Women's Singles) won the titles at the 2026 Wimbledon Championship. Sinner successfully defended his title by defeating Alexander Zverev. In the women's final, Nosková defeated fellow Czech player Karolína Muchová to secure her maiden Grand Slam title.

Let us read on ...

Light Moments

Some Funny "Out of Office" replies

"I am currently out of the office on vacation. I will have limited access to email, and even more limited desire to reply to them. If your request is urgent, please re-evaluate your definition of 'urgent' and try again next week."

"I am out of the office. If you are reading this, it means I successfully escaped the building before anyone could drop a 'Friday afternoon surprise task' on my desk."

"I am currently away. Please choose one of the following options:

- A) Wait patiently for my return.
- B) Send three more follow-up emails asking if I saw the first one.
- C) Figure it out yourself (Highly recommended!)."

News from Sevenseas

Sevenseas Ahmedabad shifted to a bigger and better premises on the 8th of June 2026.

A move necessitated by the increased activities in the region . A few snapshots from the occasion..



Around the world, one Plate at a time – Cepelinai, Lithuania



Cepelinai means “zeppelins” and describes dirigible-shaped potato dumplings that are often said to be the national dish of Lithuania. Although from the outside they look roughly like a potato, they are actually intricately manufactured.

The outside is made of a mix of finely grated raw potato, riced boiled potato, minced onion and salt. This is mixed up to form a wet dough, then wrapped around a filling of minced meat, onion and egg to bind and shaped into the classic zeppelins.

The gravy can vary slightly between recipes, but mandatorily must involve bacon and dairy

Trade News

India-UK CETA takes effect – improved trade, reduced barriers

The India-UK Comprehensive Economic and Trade Agreement (CETA) that took effect on 15 July 2026 aims to improve bilateral trade, market access, simplify procedures and reduce trade barriers. The agreement, grants zero-duty access to almost 99% of exports from India, that in turn constitutes almost 100% of trade value. Around 89.5% of UK exports to India will enjoy tariff concessions, covering 91% of total exports from the country. This will result in 24.5% of export value receiving immediate duty-free access, with the rest enjoying gradual implementation of concessions. The CETA is designed to protect sensitive sectors such as agriculture, and high-value products such as jewellery, while expanding benefits to many industries.

Industries to benefit include food processing, textiles, leather and footwear, marine products, engineering goods, electronics, software, pharmaceuticals, chemicals and steel, etc. The provisions also include several socio-economic benefits promoting sustainable development.

Maersk raises emergency surcharge on India-Europe shipments from August 1

Maersk has raised its Emergency Contingency Surcharge (ECS) on cargo moving from the Indian Subcontinent to North Europe by about USD 1000 per container, effective August 1, in a move that is expected to increase logistics costs for Indian exporters.

The higher surcharge would raise overall logistics costs and other shipping lines are also expected to revise similar contingency charges to offset the higher risks and operating costs associated with current trade disruptions. The increase would particularly hurt exporters operating on thin margins. While large exporters may be able to absorb part of the increase, SMEs are likely to face greater pricing pressure in international markets. The higher ECS reflected continued operational challenges faced by container carriers, including network disruptions, longer voyage times, port congestion and higher operating expenses arising from ongoing uncertainty in the Gulf region. Although the ECS is only one component of total freight charges, it will increase overall shipping costs, particularly for low-margin commodities. Exporters may have to absorb the additional expense or renegotiate prices with overseas buyers.

Travel Diaries – Basilica of the Sagrada Familia – Barcelona ,Spain



A celebrated architect and a truly one-of-a-kind church — that combination could only produce one of the most famous landmarks in the world .

Construction began in the late 19th century, and it's still not finished. One reason for that is the elaborate design. The facade alone, with its extraordinary wealth of detail, is already seriously impressive. And inside, it continues just as beautifully with soaring columns, intricate details, and enormous stained-glass windows. It is a UNESCO World Heritage Site known for its unique architecture, featuring intricate facades like the Nativity and Passion facades. The basilica has been under construction since 1882, with major towers recently nearing completion.

Off Beat News - Woman Drinks Diet Coke to Dissolve Huge Mass in Her Stomach



Doctors were able to treat a 63-year-old woman who had been experiencing pain and discomfort in her stomach by having her drink large amounts of soda. They say soda is bad for you, and that is probably right in most cases, but if you happen to have a stomach clogged with undigested food, it can apparently be a big help! A team of doctors from Massachusetts recently reported the unusual case of an elderly woman with a large benzoar in her

stomach, who managed to dissolve the large mass by drinking 1.5 liters of Diet Coke per day. the doctors reported that the patient had been experiencing a burning pain in her upper abdomen and right side of her torso for about a month when she finally came in for a checkup. She had tried two common over-the-counter medications for acid reflux, but they had no effect. The woman had a history of type 2 diabetes and obesity, but her weight loss had accelerated in the last month or so, which gave doctors some idea about what might be causing her discomfort. She had been taking semaglutide, a drug similar to Ozempic known as a GLP-1 receptor agonist. This sometimes causes undigested material to lump into a mass known as a gastric benzoar.

In some cases, patients require surgery to have the benzoar removed, but the first course of action is to try to dissolve it while it's still in the stomach. Apparently, one of the most effective ways to do this is to administer large volumes of soda. Because of her history of diabetes, the woman was prescribed diet soda 1.5 liters per day. The treatment proved remarkably effective! During her second day of treatment, the patient reported a "tugging" sensation in her stomach, after which her nausea and discomfort disappeared. A subsequent endoscopy confirmed that the benzoar had dissolved.

Treasures of Wisdom

Something to think about

There are no regrets in life. Just lessons.....

- Team Sevenseas - India